



DISCERNING MINDS

Premiere Metaphysical Quarterly For The Abstract Enthusiast

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

Volume 2 – SUMMER 2017

What's Your Persepctive?



What's Your Perspective?

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

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→ TAKING AIM ←

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

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

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

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The Human Condition

Good forces work with me -

Bad forces work against me -

Both are within me -



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Who am I really?

Mistaken Identity

J.R. Preston

Mistaken identity is defined as ... An instance when someone *incorrectly thinks* that they have found or recognized a particular person – collinsdictionary.com

Who do people think that you are? How do they define you? More importantly, are they correct in their assessment?

Humor me here for a moment.

I believe I may have a Doppelgänger or at least an evil twin or at the very least, I am the target of someone's rather overactive imagination which is the most likely scenario. Exactly *why* this has happened I do not know and having worked in a hospital for many years in Urgent Care and often exposed to Personality Disordered individuals, I am not about to play amateur psychologist to try and figure out why I have been mistaken for someone else. It seems to be too tangled of an ongoing web for me to unravel yet I thought it only kind to bring some awareness to the finger pointer at large and perhaps help others who are not firmly in their own power enough to be unaffected by such instability from another person.

Now, in all fairness, sure, people make mistakes and usually they are honest ones and totally forgivable but when a person accuses someone of something or of being someone else for personal/ego satisfaction, jealousy, hatred, gain, or to make themselves appear as some sort crusader, well, they just might deserve a little more than some egg on their face. There are names for people like this:

- **Slanderer** - someone who deliberately tells lies that will damage your reputation
- **Libeler** - slandering in print

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- **Perjurer** - slandering under oath, or other specific legal circumstances
- **Famacider** - a killer of reputation
- **Liar** – which covers all of the above

Let's review some spiritual law about accusation:

Spiritual Law states that we all are supposed to make 'diligent inquisition' which means we are supposed to be very careful and search the actual facts before making a judgment against someone. Most normal people take the time to do this. Yet, someone with an agenda or a deviant mind will skip this prerequisite and jump to what looks like a familiarity and use it for basis in fact because it is effective (to them at least) and or fits the fantasy that has been created. That familiarity is often superficial at best and nowhere near the actual truth and very easy to see through in some cases and in other cases a well-veiled manipulation that a bit of research can unveil as there is often a prominent psychological pattern. The whole thing is a shame really when all our unfriendly neighborhood accuser had to do was man up and ask. Personally, in my case, I would be more than happy to answer any questions to alleviate doubt.

False accusation is worse than backbiting and some petty gossip. At its very worst, multiple false accusations result in a *distortion campaign*. Remember, false accusations are used by abusers as a deflection technique, to discredit their victim and promote the idea that the abuse is merited. This ends up inevitably worse for the accuser than his target because he winds up in an endless and never-ending loop of lying to cover up previous sins in order to remain believable. That means a lot of sleepless nights and energy expended in a negative direction. More's the pity methinks – a little karmic kickback there.

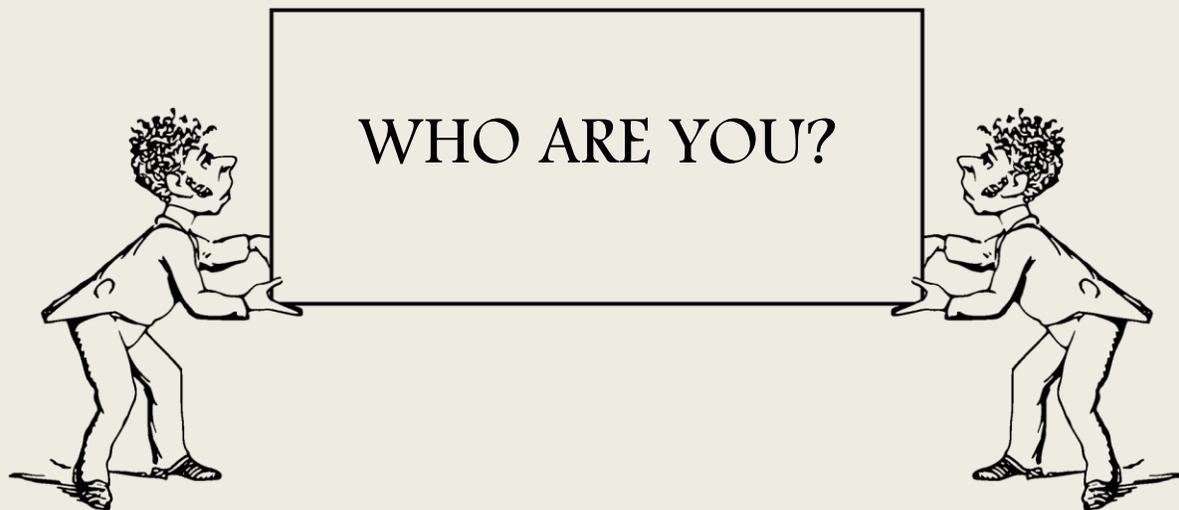
Here are some helpful hints for staying in your personal power and engaging your higher self:

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- Don't let them get into your head – do not believe everything a Personality-Disordered person says to you or about you. If they are vulnerable to deceiving themselves they will occasionally try to deceive you too.
- Don't try to negotiate by asking the Personality-Disordered individual to retract their accusations more than once. The goal of the false accusation may be simply to bait you into a fight.
- Don't play Dr. Phil by trying to over-analyze false claims. If someone believes something untrue, that is their problem, not yours.
- Drop the guilt and don't blame yourself for being falsely accused. You are responsible for the truth in your own words, not someone else's.

Somewhere, out there (as the song goes) there is another JR who is also suffering from a case of mistaken identity. I hope he too is in his power and unaffected. I'm sure he would accept an apology just like I would. In the meantime ... Sometimes you just gotta' laugh.



 **What is your self-chatter telling you?**

WTF ... Where's The Fire?

The Mad Hatter

Why all this emphasis on the difference between believing and knowing? What is this urgency of discovery? Because while belief often opens the door to experience and is often the first step toward deeper knowing – it's still only a limited form of the ultimate truth and can easily be misunderstood and abused. Be careful using all those matches to light all those candles in the alleged darkness because it's way too easy to go hog wild with the idea of looking into the *inner self* to find God, the Divine or the High Holy Grand Puba Hot Dog on a Stick of "Specialness."

It is a natural human expression to go inward but how do you know if you're becoming too narcissistic? Well, are you becoming too wrapped up in the belief itself while ignoring the actual deeper experience that the belief is supposed to lead to? Are you obsessed with *your truth, your path AND your own inner guidance system/self-chatter* so much that it has gotten to the point that you vehemently and easily ignore other important things like basic ethics, sense of community, and relationships with others who are not on *your page*? Well Bucko, then you had better step away from the spiritual mirror for a while because it's not working. It's easy to become enamored with what you see in that spiritual mirror; all caught up in the grandeur of the internal process complete with myopic vision. Remember every single spiritual approach has a shadow side so it's only inevitable that if you venture too far in the dark waters you'll forget to come up for air. "But I'm only human!" ... you protest. Sure you are. "I've read every single book on this subject and know what I'm talking about!" Sure you do. "Don't bother me with your thoughts and issues, I'm having a hard enough time finding my own damn self and need to meditate now so I can learn how to breathe through my third eye!" OK ... BUT remember what William Blake said in his Proverbs of Hell: "You never know what is enough unless you know it is more than enough."

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Your inner spark is a blessed thing so you don't need a roaring fire of enlightenment to be able to see your divinity. If you are paying attention, you might even have a few loved ones or friends who will pinch you once in a while or even give you a swift boot to the derrière to remind you to chill out before you start such an internal fire that it becomes necessary for the Universe to deliver a dreaded cosmic two by four upside your head (which hopefully won't be too buried up your lower orifice). If you don't want to listen and if you really *need* to continue as "usual" making things more difficult and confusing – you go right ahead and make a complete flaming ass out of yourself – eventually you'll get it. We all get it. There's plenty of illumination in the indwelling spark. Shine on.

Submitted with love (I think)





How do you define Karma and how do you live Dharma?

Everyday Karma/Dharma

Julia V. Agostino

Karma is one of the most misunderstood concepts throughout all of history despite the fact that it has been incorporated into a wide array of cultures from the ancient to the contemporary. Many people despise talk of Karma because to them it implies a type of inherited guilt and possible suffering or even necessity of change. Some have delegated it to 'Matrix Control' or religious dribble right down to stating that everyone should tell "the so-called Lords of Karma" to go to hell.

In reality, Karma simply means action (in the original Sanskrit it meant work) and because human beings take 'action' in our waking moments of one type or another we all create Karma either positive or negative every day. Yes, *every* day. That situation is not something the average person thinks about because there is a tendency to think that Karma just involves the good and especially the bad deeds of life. Some of the everyday Karma garners immediate kickback and sometimes cumulative kickback.

We create Karma in three ways:

- Actions
- Words
- Thoughts

Obviously actions are the greatest karmic inducers. They have more impact than words and thoughts but if we understand that words and deeds originate in thoughts which are at our core we know that all three of these facets are crucially important.

Karma is in a state of constant flux in our daily lives. We should not allow it to impose resignation but rather empower us to engage in the unfolding drama of our lives.

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A much repeated Buddhist sutra often seen plastered all over the media states:

“If you want to understand the causes that existed in the past, look at the results as they are manifested in the present. And if you want to understand what results will be manifested in the future, look at the causes that exist in the present.” - Nichiren Daishonin, 1222, Japan

You must be present to win ... or at least become aware and that's called Dharma. When you train yourself to become more aware, you may start to see your attachments be they people, things or places for what they really are – all transitory – yet important contributors to Karma that need to be examined.

The most important issue this sutra points to is personal responsibility through self-examination. Daily reflection taken in this vein would have the purpose of helping one improve life and not impose doubts or fear.

If at the end of the day, you can reflect upon what you have done, thought and said, you will notice the karmic flux and the much talked about theory of cause and effect. Did you take the lead in your life and/or in your work and create positivity? Did you show love or disdain and did it come back to you similar to the form in which you sent it out?

With some persistence in daily reflection, it will become easier to discern which actions of your life can use improvement and with improvement comes growth and fulfillment of Dharma and alleviation of future Karma.

Daily reflection can also bring about stress relief and a more peaceful state of mind. It is well worth the effort.

“Stop trying to be less of who you are. Let this time in your life cut you open and drain all of the things that are holding you back.” – Jennifer Elisabeth

 **Have you avoided the narrow-minded trap?**

Learning

Holly Ann Meno

So, you're one of those smart people ... right? You've learned a few things along the way ... yes?

Okay, I believe you ... but do you believe you?

Let's see ...

A few questions, if you please, before we get started. What comes to mind when you hear the word classroom? What images fill your head? What emotions does the word stir in you? Are they positive? Negative? Here's my mental conjuration:

- **Boring**
- **Rote learning**
- **Lock down**
- **Structure**
- **Compulsory**
- **Instructor (Teacher? ... that's debatable)**
- **Homework (aka more rote learning)**
- **Exams (reinforcement of rote learning)**
- **Headache (result of reinforcement of rote learning)**

You might be thinking I have bad attitude, but be honest – weren't you thinking the same thing? Fess up. If you agree then how exactly do we learn?

It has been a pondering of mine for quite some time that many people believe any one of life's classrooms (take your pick) constitutes a magical mystical room. In this magical room knowledge is injected into the Self through the wondrous (often human but not always) apparatus known as the teacher syringe. This applies not only to formal educational classrooms but also any classroom of life including the internet site forum du jour of your choice.

Continued ...

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We are never too old to *learn* ... sigh ...

How do we *really* learn?

“We learn by making connections, building on top of what we already know. Here’s something to think about; we can’t learn to speak until we’ve learnt to listen. Why? Simple. All **meaningful** audible sounds coming out of our mouths were once heard by our ears. Simple progression ... we can only build on top of what we already know. Remember, we can’t learn to speak until we’ve learnt to **listen**.” ~ D. Mansaray

You are *reading* right now but are you *listening* aka *absorbing/making the connection*?

Now here is where smart becomes important ...

The job of any teacher is to help the student make those connections.

Please read that again.

The teacher helps the student to connect new information with old information. Viola! Something has been learned. But wait there’s a hitch.

Here comes that “**D**” word again. Discernment. You made the connections and have technically *learned* but does it resonate as truth to you? Will the information help to enhance your life and make you happier? This has nothing to do with an external teacher, rather, your inner teacher. It’s all useless until you have become self-sufficient.

Now here’s the next rub.

“Society is structured to discourage the growth and development of our minds. It’s expected that we will grow to fit a pre-defined mould. We’re expected to learn more and more about less and less as we grow older in a world which expects and encourages specialty.” ~ D. Mansaray

Continued ...

Continued ...

Ah!

So, why are we not encouraged to expand our minds?

If we believe that knowledge is power, the **narrow** mind is unable to understand the bigger picture in its entirety. The result is that makes it easier for 'whoever' or 'whatever' to get control. Yeah, yeah, the guts of conspiracy theory ... well maybe ... unless you are more into **self-development** as opposed to operating as one of the sheeple.

OUCH!

Rule of thumb don't allow anyone or anything to coerce you into thinking of self-development in a negative light. This is what you do when you buy into the narrow minded program.

So, you are thinking, '... tell me something I don't already know.'

Well, if I did that you might actually learn something –

Right?



Are you sitting in judgment?

Judgment

William St. Thomas

Judgment as word has no power. The power this word evokes is simply driven by the value we have attached to it. In our vernacular we have all heard, "Judge not, lest ye be judged," "sitting in judgment," the list goes on. For the most part judgment is usually associated with unfounded persecution of a person or value. Personally, I think judgment as a word has been railroaded. I have outlined some concepts that we associate or confuse with judgment. I encourage you to read through them and see if any of them fit your frame of reference.

1. As much as we all claim to be "observers," somewhere in there we have to make a judgment and as much as that word is abhorred in the metaphysical community it is the truth. When we find, dark, or lower energy, we take precautions and flag that situation for its potential; just by the recognition alone ... We have made a judgment!
2. Our actions betray our hearts. You can hide your heart and disguise your beliefs, yet in the end they will betray your spirit in what you do. Although your motivations may be mixed or unclear, your actions speak your truth. Note Nazi Germany... I mean they were just following orders ... Yet millions died!
3. In the universe there is perfection. There is the sea of love where all are one yet, on this Earth, love doesn't necessarily mean warm and fuzzy or a perfect relationship. It sometimes means the lesson you are here to receive is offered up by someone who has a blessed interest in you. AND often times ... that love asks, no, sometimes requires you to let go and that if you refuse to release whatever ... the lesson will escalate until you understand.
4. Whether in spirit, word or belief, you cannot know the complete illumination of any event.

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On levels beyond what we understand, things are unfolding as they should. What I find most troubling is that by the word of others, a friend brings forth a truth that is not mine and lays before me an "interpretation." It is NOT my truth or experience but rather the modified version or someone else's experience. We are responsible for what we do, say and believe, PERIOD. There is no oops, and that which you do not value, will not be sustained in your life.

5. If you have a personal issue, a concern or an admonition with an individual it serves mutual harmony to handle it privately ... not in the court (usually of the kangaroo genre) of public opinion. Anyone who avoids this is cowardly, and has no real desire for harmony... It is their greed to appear "right," or the "victim."

6. Your actions, thoughts and beliefs have consequences. If you lead your life in truth ... you will discover consequences both good and ... OK - not so well! You must own these, if you don't, they will follow you like a shadow until you do.

7. In this world, you either serve the greater good, (people, causes, and your truth) or you release them. You cannot do both and once released, you follow a path that honors your truth. If you continue to return to that which you release ... Note the shadow comment in the section above...

8. People even metaphysicians often times confuse forgiveness and consequence ... for as much as we know, the fact remains, "You will reap what you sow..." Somehow, that translates into forgiveness wipes out consequences ... If I commit a crime, and the victim forgives me ... I still have to "face the music" whether it is court, restitution, the world and or Karma!

9. Words have the absolute power to heal and destroy ... In one breath we can set someone free, or bind them in our world, not theirs ... only by agreement, sadly.

Continued ...

Continued ...

10. No man sets my value. That which is my spirit and energy cannot be taken away, unless I give it.

11. We affect everything in our world ... Even by observation we are connected ... And that by nothing more than observation ... We introduce an intention that impacts the process - consciously or subconsciously.





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J.R. Preston (*Mistaken Identity*, pg. 2)

J.R. Preston works security in a busy hospital in the southeastern, USA and claims his experiences with people shape his writings. He considers himself more of a private person who uses his “mind your own business” attitude to the best advantage.

The Mad Hatter (*WTF – Where’s The Fire?* pg. 5)

The Mad Hatter prefers to use a pseudonym. Hailing from the Northeast USA, Mad Hatter is a writer who enjoys picking apart political rhetoric and debunking fallacy of any kind, anywhere.

Julia V. Agostino (*Daily Karma*, pg. 7)

Julia V. Agostino lives in New England, USA. She is clairvoyant who uses her gifts to help others and is known in her local area as ‘the spirit reader’. She enjoys boating and is a fan of all outdoor sports. Julia considers the ocean a ‘world mirror’ and finds sailing conducive to the most perfect contemplation. She is also an accomplished violinist who enjoys participating in local concerts whenever the opportunity arises.

Holly Ann Meno (*Learning*, pg. 9)

Holly Ann Meno hails from the US Midwest. She considers herself somewhat of a traditional cowgirl who enjoys training and grooming horses on the weekends. During the day she works for an insurance agency and spends most of her evenings in classes as she seeks a Master’s Degree in psychology.

William St. Thomas (nee Dargin) (*Judgment*, pg. 12)

William St. Thomas (nee Dargin II), KC SMOTJ, is a Commander in the Knights Templar Organization and he is a former officer of the Diplomatic Corp having spent much time among the various cultures of the Middle East, North Africa and Europe. He believes that “The TRUTH is out there” and that great change, ultimately of the positive outcome variety is coming. A video of William’s post *Judgment* can be found here <https://www.youtube.com/watch?v=2db4yppb9xo>

A Matter Of Spirit



*To look into the Soul
is to find much that
has been unnoticed
but been there all
along ...*

Section Managing Editor – John “Salaam” Solis

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My Idiot's Guide to Wisdom

Doreen McEnery

No one is born wise.

If I asked you to picture someone who is wise, you might imagine an old college professor who has horn-rimmed glasses, your great aunt Tilly or the neighborhood guru. Although these people may have great knowledge, they may not necessarily have wisdom. Because, you see, wisdom is greater than knowledge.

Most of us admire people that we consider to be wise. We will seek their advice when we encounter the big decisions that life brings our way. However, I don't think that many of us act on the notion that wisdom is something that we can pursue, but to pursue it we must first know what it is.

Wisdom, in short, is the proper application of knowledge. Many people accumulate vast knowledge through schooling and experience, but are not wise. Many others are wise, although they have had little or no schooling. To take the knowledge that you have and apply it properly is to be wise.

Real wisdom looks like godliness. It is Divine. It is manifested in good behavior. It is demonstrated in gentleness. If you think that you are wise, you can find out by looking at your life. (That is an exercise in itself.)

- An understanding of God's ways
- An honorable lifestyle
- A desire to do good works
- Humility
- Purity
- Peace loving
- Gentleness at all times
- Willingness to yield to others
- Full of mercy
- Sincerity

Continued ...

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Some people boast in their great wisdom (which is actually only accumulated knowledge). They are "book soaked" rehashing lines and even whole paragraphs as absolute truths. They are competitive and argumentative, and they are arrogant, prideful, and full of themselves. They want people to notice how wise they are. And in a sense, they are right. They do have some wisdom. But it is not true wisdom from the Divine. It is Wisdom stems from three places:

Earthly Wisdom

Wisdom that is not from the Divine is earthly. That is, it is worldly. It takes into consideration the philosophies and practices of the world system. The dog-eat-dog, look out for number one, climb the corporate ladder by stepping on others kind of wisdom. This is the wisdom that we see people using in the world today.

If I have knowledge that you have ripped me off, I will use my earthly wisdom to decide to sue you. If I have knowledge that you are doing something wrong, I will use my earthly wisdom to blackmail you. If I have knowledge of your weaknesses, I will use my earthly wisdom to gain the advantage.

Never rely on the world's wisdom to make a wise decision.

Natural Wisdom

Another source of wisdom not from the Divine is the natural. This word in Greek is "psoo-khee-KOS," where we get our words "psychic" and "psychology." It is most often translated "soul" but it is not soul it is mind influenced by emotion.

The wisdom that our mind, our psyche, gives also seems to make sense: if I am struggling with an issue, my psyche uses that knowledge to tell me, "think about it, mull it over, and dwell on it." If I'm angry at someone, my psyche says, "You don't need them. It's okay to hate them. They are the source of your pain." When I have personality problems, my psyche uses that knowledge to tell me, "Find out where it all began. See if there's someone you can blame it on, so you don't have to take responsibility."

Again, natural wisdom is the application of your knowledge, but it's not Divine wisdom

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Demonic Wisdom

This wisdom obviously has a demonic source. It stinks. This is out and out deception on a spiritual level, which causes us to give in to the wisdom of the world and our psyches.

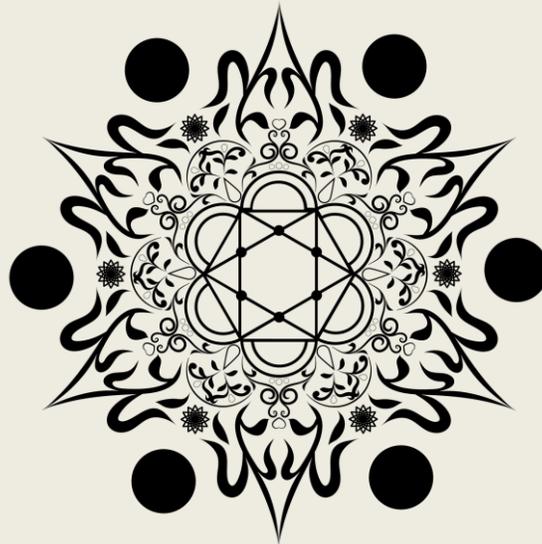
SO...

If we cannot use the world's wisdom, or our psyche's instinctive wisdom, where can we get true wisdom?

ASK.

Consult with the Divine.

You'll know when you have the wise answer, the response of wisdom, because it won't be argumentative and contentious. It won't be self-seeking. It'll be gentle and peacemaking. It'll be merciful and true.





Are you willing to conduct a life review and qualify your story?

When I Was Born ... Life Journaling

Jennifer Q. Adler

Did you ever try creating a journal that records your life with all its highs and lows – how you stumbled in the undergrowth and how you continually rediscovered your path time and time again? The Divine Spark in you chose to be born, to come back and learn more and grow. It is Soul Design!

You can start your journaling with some simple basics.

What was your beginning all about?

- What was your family like?
- Did you have a present mother and father? Were either missing? If so, who raised you?
- Did you have siblings and or step siblings?
- Did you have a family pet or two?
- Were you an orphan?
- How do you believe all of these interactions affected you and shaped you?

What were your parents or guardians like?

- What expectations did they have for you?
- What traits do you think they passed on to you?
- How much do you know about them and what their early lives were like?
- What is the first conversation you remember having with both of them or one of them?

What effect did your environment have on you?

- Were you born into a busy city or countryside environment?
- What type of place and areas did you visit a lot outside of where you were born? (If you moved away from the place of birth as an infant, record the

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first residence you remember BUT ask others about the place where you were born).

- How did you feel or resonate while growing up about these places?

Who was your first friend?

- When we are very young, our parents or guardians tend to pick our friends or playmates for us. What do you remember about the relationship with the friend who was a result of this choice?
- When we grow older, we choose our own friends. Who was your first choice? What attracted you to them?
- As life unfolds different people try to befriend us. How many of these attempts did you accept and how many did you avoid?
- How many people did you try to befriend and how many of those avoided you and conversely readily accepted you?
- What lessons stand out to you about these relationships?

How did schooling and work affect you?

- How did each of our school experiences affect you?
- What teachers affected you the most? Who did you admire? Who did you loathe?
- In what grade or level were you most happy?
- What was your first job?
- What were the circumstances surrounding it?
- What were you co-workers like? What was your boss like?
- Do you feel you accomplished what you wanted to accomplish during your school and work experiences?

How did any religious or spiritual training affect you?

- Was there any particular religious or spiritual training or none at all?
- Did you have to fit into mold that was expected of you by parents or guardian?

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- When you became old enough to make your own choices did you stay in the mold or move or branch out into something different?
- Where are you now on your spiritual path and is it satisfying to you?

How did marriage and children or lack thereof affect you? (Only if applicable at this stage)

- How did/or/do spouses affect you?
- How did/or/do children/grandchildren affect you?
- How did/or/do you affect yourself in these relationships?
- How did/or/do in-laws affect you?
- If there was/is no marriage or children, how does this affect you?

While this all seems tedious, once you compile your findings and read them over, you will discover new things about yourself that you may not have been aware of because you will have gone within. Contemplate these things and continue to record as you move on to live your earth life and add to your skills.





Do you listen to your Soul Speak?

Soul Voice in My Head

Dr. Erik Shotz

One of the tenets of spirituality and one of the most advised aids regarding decisions is to “listen to your inner voice.” Your inner voice is more than intuition as most people think, it is your personal well of discernment. It is unique to you perhaps because it is linked to your individual Soul Speak. Often we acknowledge that we understand this idea but then why do we often fail to listen to that little voice in our heads?

After listening to the voice in my head and based upon the mistakes from not listening to it here is what I discern ...

Roadblocks...

- **Conditioning:** In many ways we are conditioned not to listen to it. It's simply not rational in any way just an impression or hunch that has no concrete value. Further, what if it was heeded and the decision led to a disaster because even if that voice was correct we might have misunderstood it and acted in the wrong way? Simply too risky – best to ignore it.
- **Lack of trust in self:** All human beings like to be right – unless they are one of those special holy people living high on a mountain top who have overcome such silly human needs. The rest of us spend a good deal of time convincing ourselves of our rightness and this is because we have carefully traced every step forwards and back when rendering a decision.
- **Outside opinion:** If we have not grown out of our initial conditioning as we are all required to do and consequently have an innate lack of trust in ourselves for fear of looking stupid or ‘wrong’ then we are easily susceptible to the opinions of others. Exactly why we would listen to the opinions of others while our gut instinct is punching us that the input is wrong remains one of the mysteries of human nature.

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Removing hurdles...

- **Take a breath:** Your inner voice always speaks to you in times of importance. As you are overcoming the roadblocks listed or have at least acknowledged that yes, you have allowed those things to make you stumble, then just breathe. Most decisions don't necessarily have a time factor attached to them unless they are dire emergencies. Oddly enough, even those who have had trouble listening to their inner voice ARE capable of doing the right thing during an emergency which is the ultimate test (and an epiphany to most). The rest of the time, give yourself a break – allow yourself a chance to resonate with the various info you are downloading regarding a particular issue.
- **Body talk:** Listen to your body and what it is signaling to you. This is not just a mental issue of logic you are working through. It is the entire enchilada. Physical symptoms of all kinds can manifest when you are not listening to your body so, if discomfort occurs you're not really listening.
- **Honing:** Honing is actually an aspect of psychic development. It requires understanding your unconscious biases which does require some work but can be done. As corny as it sounds, practice makes perfect. Your Soul speak is always correct, you just need to hear it and heed it.

Practice exercise: When you have a question or need to make decision:

1. Find a quiet place and get comfortable just as you would if you were ready to do a meditation. The body must be free of drugs or any other stimulants.
2. Clear the clutter in your mind. You can imagine you have a broom and are clearing away the cobwebs and dust surrounding your question
3. This will sound strange, but ask yourself if you are alone and listen to the first answer that pops up. It should come in quickly, clearly and with resolution. It is perfectly fine if you talk out loud to yourself during this step – alone is alone – who will hear you?
4. Propose the question of dilemma. Now everyone will experience logic at this point which may produce 'choices' which are potential solutions but they are not without consequences. Here is where you ask your inner voice. It will generally kick in right away and if you are still reluctant, no worries ... you'll get a gut punch.

In Search of the Christ Consciousness

Love

Interpretation and semantics ... two of the leading underlying causes of misunderstanding. There are many terms du jour out there today and it seems it has now become a necessity to ask someone to clarify what a particular term means to them by concept before you can even begin to engage in a meaningful conversation with them.

The term 'Christ Consciousness' is as varied by meaning as it is by any individual who believes they are embracing it. This ranges from religious connotation to a more universal acceptance. What exactly is Christ Consciousness?

- A state of mind, and goal all of all Light to attain Oneness with God?
- One who has achieved galactic ascension and become an Ascended Master?
- The state of consciousness attained by those who reach the Mental Planes?
- Brahmajnana or supposed "God Realization," a state of samadhi attained when the kundalini or spiritual energy reaches the seventh or Crown chakra?
- Sahaja nirvikalpa samadhi, which is a more advanced state of enlightenment, visible in Ramana Maharshi and (I believe) Adyashanti?
- A descent of God into form?
- "Perfection?"
- The Intelligent Universal Energy that can be accessed at any time by all?
- The direct line to the Divine, the Holy Spirit. Whether it be God, Jesus Christ, Buddha, and many more Masters that have walked this Earth?
- A level of awareness where you no longer see error in any action that you do or in any other human being, but see only the beauty and perfection in all things?
- The invisible framework in which all consciousness resides, - *all* consciousness of every being who has *ever* lived or *will ever* live?

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- Exceptional control over one's mind and will, intellectual and moral enlightenment, and profound personal growth?
- The awareness within ones' being such that one would be willing to do what Christ is reported to have done?
- The affinity of infinity for the split-infinitive?

Is it really any of the above or is it simply LOVE?

You don't need to awaken it or attain it.

You don't need to transcend or ascend.

It exists in us all.





What's inside your house?

The Descent into Reality

Gary M. Vasey

I have been giving a good deal of thought recently to a variety of topics that came up during my 5-year SOL course. Reading through my own meditation notes, some things suddenly make more sense that they did before. It's prompted me to start out on a certain path with enthusiasm again.

One idea that struck me is that the *Tree of Life* gives you a great insight into reality. First, let's assume that Kether already exists - and let's discuss the tree in terms of developing an idea and turning it into reality. Kether is the source but as the tree unfolds down into Malkuth, things become more set, more constrained. Yes- the tree evokes an unknowable number of possibilities but how does it actually work?

If I have an idea and set out to turn that idea into reality, I go through a number of steps. First, I have the Idea itself - the Eureka moment. But in order to have an idea, I must have some form of drive to think and ponder and I must have some concept of turning an idea into more than an idea... so I am already through Chockmah and Binah by the time I have the idea - I must be since Chockmah provides the desire to create and Binah provides me with the concept of forms. Without these, I can't possibly have an idea since I just am - Kether.

So my idea. Let's imagine my idea is to design and build a house. I must first have the idea of a house - this is my Eureka moment and it must take place in Chesed. My idea gets refined and refined in all its details, each is tested and either accepted or discarded (Geburah) and then as I go down the remainder of the tree I am polishing, adding further details and solving problems as they arise. Finally, I have my blueprint (Yesod) and must now take that blueprint and turn it into reality via construction (Malkuth).

None of this is truly a mystery but as thought about this I understood that the further in the process I go, the more constrained reality becomes.

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When I started with the idea, my house could have been anything, made of anything, look like anything and so on but by the time I am complete, I actually have something and that something was constrained utterly by the decisions I made and the laws I formulated to calculate issues like load factors and so forth.

So our reality is constrained by 'laws'. Those laws were created by the creator of that reality and reality is constrained to what it actually is. Free will was a part of the process of moving down the Tree but in the end, the step between Yesod and Malkuth doesn't include free will anymore because I have so limited myself with constraint. As Asteroth told me "There is consequence in Action". That consequence is that I constrain and limit my creation. I create rules and laws and formulations to construct something real and tangible.

Which brings me to the concept of time. In Kether, a point of being, there is no time - it is timeless and eternal - it simply IS. I simply AM. But as soon as I start to move down the Tree, as soon as I create the idea of dimensions my point becomes a line. One point becomes an unlimited number of points along a vector or direction. In other words, my being now has movement and in having movement I must have a concept in which I can observe such movement - TIME. Time is therefore a human construct, it is a constraint on which reality is based. In actuality, time does not exist because I simply AM. I simply EXIST. But in order to start a process of creation, I need a rule, a marker, an angle with which to experience and that is time. Time is a basic constraint on reality.

The idea of creating something and needing to become more constrained in order to do so is nothing new but this thought process started me thinking (of which much more later). The cycle of life and death, creation and destruction is something that we should closely observe and meditate on. There is a lot of occult knowledge embedded in that process.

The next step then is how can we use this idea? Can I take the Tree's process and use it in my everyday life? The answer to that question is that we do. We do it naturally and without thought because it is what we are - Co-Creators. The next step is surely to recognize this fact and, in creating, align ourselves more with the Divine Will?



AUTHOR BIOGRAPHIES



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Doreen McEnnery (*My Idiot's Guide to Wisdom*, pg. 17)

Doreen is a massage therapist by day and a yoga teacher by night and often integrates the two. She believes we all contain the innate capability to heal our bodies through integrative approach as she addresses physical and energetic issues via her services. Her unique approach includes massage that balances the chakras and the meridian system and spiritual freedom through the movement provided by yoga.

Jennifer Q. Adler (*When I Was Born ... Life Journaling* pg. 20)

Jennifer is a licensed behavioral therapist who hails from the lower southwest USA. She divides her time between clinical practice, consulting, and scholarly writing. Jennifer specializes in Cognitive behavioral therapy (CBT), a talking therapy that focuses on changing negative thought patterns to effect changes in behavior.

Dr. Eric Sholtz (*Soul Voice in My Head*, pg. 23)

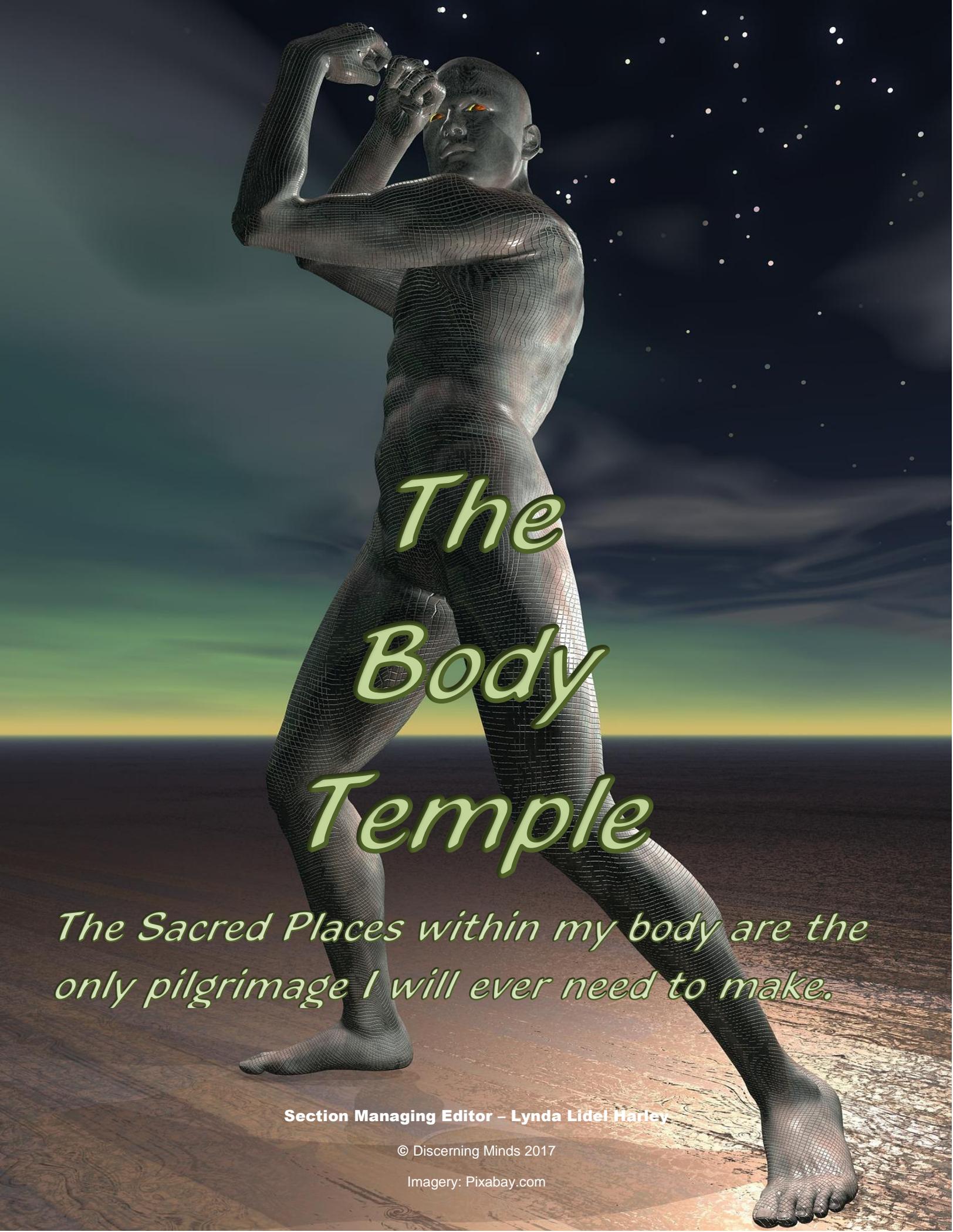
Dr. Erik Sholtz is a retired physician living in the Midwest USA. In his spare time he likes to paint with both water colors or oils and try his hand at charcoal sketching. Erik has been married for 45 years to the same 'lovely lady' and has four grown children and twelve grandchildren.

Love (*In Search of the Christ Consciousness*, pg. 25)

Love prefers to use a pseudonym and not to offer a biography as the "message is more important than ego recognition."

G. Michael Vasey (*The Descent into Reality*, pg. 27)

With over 30 books in print, Gary is an established author with notable contributions in the areas of the paranormal, metaphysics, poetry, and business. He is also a collector of strange stories at [My Haunted Life Too](#). He recently released an album of self-penned and self-performed songs called [The Early Years](#) that is available at all digital music stores. He was born in the city of Hull in England, and grew up in East Yorkshire, the eldest of three boys. He survived but growing up can be extremely tough for any kid, but imagine growing up around poltergeist activity and ghosts? G. Michael Vasey had exactly that kind of childhood, experiencing ghosts, poltergeists, and other strange and scary, supernatural phenomena. In fact, he seemed to attract it, developing an interest in the occult and supernatural at an early age and he has been fascinated ever since. Visit Gary on his website <https://garymvasey.com/> and/or his page on Amazon https://www.amazon.com/Gary-M.-Vasey/e/B01FZSN238/ref=sr_tc_2_0?qid=1496986378&sr=1-2-ent or tune in to his tweets at @gmvasey.



The Body Temple

*The Sacred Places within my body are the
only pilgrimage I will ever need to make.*

Section Managing Editor – Lynda Lidel Harley

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What Smells?

Leighanne Wadan

People have all sorts of psychic abilities and they seem to be more than willing to share them in blogs and posts. Along with my ability of Clairvoyance I also experience Clairolfaction. Clairolfaction, simply put, is psychic smell or the smelling of energies either positive or negative that manifest as noticeable manifestations or assaults on one's sense of smell. I thought it might be educational to share how I experience this ability.

As far back as I remember I could smell things that no one else could smell. Sometimes this was pleasant and other times not so pleasant. My earliest recollection was being able to smell changes in the weather particularly if it was going to snow. It had the scent of crisp clean linen. It never failed me and the ability got to the point where my father would send me outside to check and give him a report. As time went on, I could detect other kinds of weather changes particularly bad weather. As a child my family lived in the northeast and the worst weather patterns for us was either a blizzard or on occasion a hurricane. Hurricanes varied up north – most of the time we would get the “tail” which was the least forceful and damaging but every once in a while we would get a full blown deal. This smelled like particularly strong ocean salt water to me and the stronger the smell, the worse the weather conditions.

I could also determine how sick someone was and how fast they would heal. This is where the ability took somewhat of a supernatural and even religious turn. I have several siblings and usually a cold or flu was quickly passed along from one to the other however, for some reason I seemed to be the healthiest of the tribe and often escaped whatever cruel germ was affecting my brothers and sisters. People who are ill are surrounded by a sickly sweet smell combined with the pungent smell of vinegar. The sicker the person, the more intense the vinegar smell became. As the person healed, the odor would become less intense and when actual healing was kicking in (especially that which was requested through prayer or healing intention) I would detect the wonderful scent of roses. As I grew into adulthood, I learned that the smell of roses is considered good and often associated with certain etheric beings like Masters, certain saints, the Virgin Mary and the Christ. Good people who pray earnestly or extend heart felt healing intentions constitute the supernatural end of things for me. All I know from experience is that it is helpful and works.

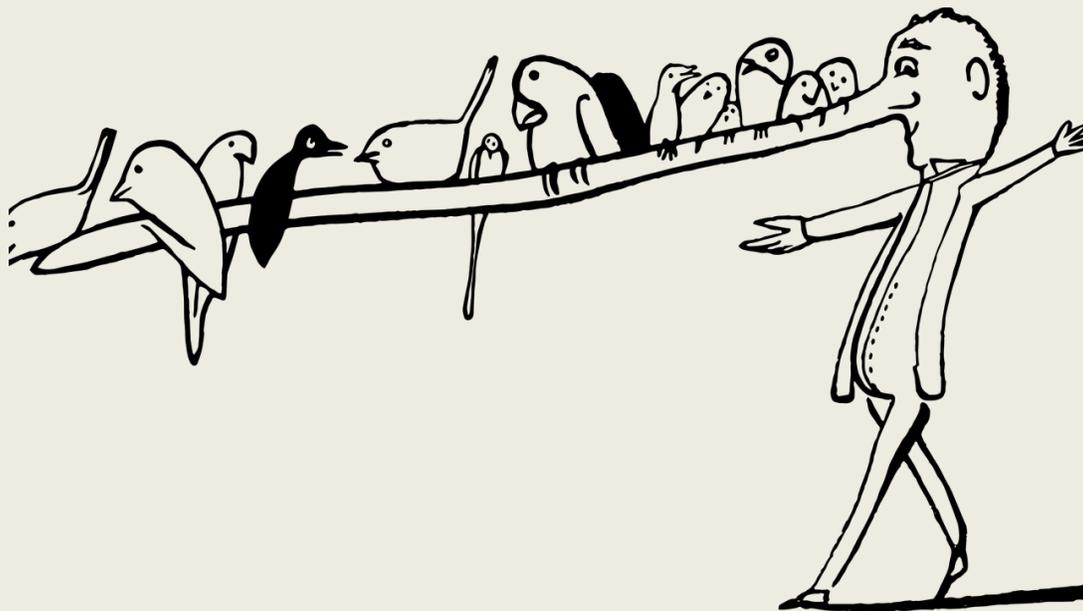
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Most people can smell when food is spoiled but I can smell the change beginning in food before it spoils up to a week in advance. The odor of course depends on the food substance but the basic smell is sulphuric. If the food product is meat beginning to spoil it will exude an iron smell along with the sulphur smell. This includes frozen meat products as well as thawed meat. Mixed foodstuffs such as potato or macaroni salads for example have an odd smell like rotten cheese. Mayonnaise often used in these products is actually not the problem as most think. Foods even cooked foods decompose rather quickly and this constitutes the smell. Clairolfaction regarding foods would get me into plenty of trouble with the family as I would often steer clear of refrigerated foods that were only a day old if I picked up on the decomposition starting.

Since Clairolfaction is energetic psychic smelling some people have asked me if I can smell evil. Yes, indeed. People will smell and so will places. It is a foul odor whose closest description is that of skunk. I have on occasion participated in house clearings where evil spirits have been expelled. If the smell remains the house has not been cleared despite any other evidence that negativity is gone.

I have come to respect and depend upon my super nose and hope you have found this article helpful.



Ho'oponopono – Working With the Shadow Self

Joshua Bedetto

I would like to talk about shadow work and the wonderful things that may be accomplished through doing it. The term shadow work has nothing to do with black magic (before any one gets too excited), but it instead refers to the work that people do with the shadow side of themselves. This area of healing takes a great deal of compassion and an altruistic mind to be sure as well as a desire to demolish the ego. The ego says that as a person, I am nothing like “*that person,*” in such a way that the “self” could be interoperated negatively. I will take a client of mine as an example who has given me permission to share this information. For this discussion we will call him “Bob.”

Bob has had some occurrences with people of a less than reputable nature who were chronic substance abusers. They have had a negative impact on his life regardless of the little physical interaction between him and them. They bothered him because they were “wrong” and “unhealed” as well as that they “purposely caused pain to others.” The people who know Bob well would say that this is not a form of projection, (the process in which people see their own problems in other people in order to spare the ego).

This is where shadow work comes into play. When a person studies Buddhism they learn of the altruistic mind (a mind in which a person learns the way in which to treat everyone as if they were their own mother). This applies to people who are not kind or seemingly undeserving of this love. With shadow work, not only must that person be loved but forgiven unconditionally. This work makes one realize the potential karma that must be worked out here. One or two lifetimes ago these positions may have been reversed. A person must come through these issues with grace. This does not mean move in with these people or loan them money, but to love them as a boy would his mother or father.

A helpful tool in doing this work is the Yuen Method a non-touch technique blending anatomy, physiology, applied Kinesthetics`, structural analysis, energetic technique, and quantum physics, to quickly locate and shift your imbalances/blocks on all levels and dimensions. The other of which I would like to talk about today is Ho'oponopono, which is a Hawaiian method of healing oneself and karma. This method was used by Doctor Hew Len at a psychiatric hospital in Hawaii.

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When he went there the wards were full of violent patients with severe mental disabilities that required restraint. He did the Ho'oponopono for four years each day before he went into work, in his office, before he went home and after he got home. He never saw or counseled a patient once. He simply did Ho'oponopono on himself the entire time. In four years he left because everyone in the hospital ward was cured.

I suppose now that I have given an example of what this technique can do it would be helpful to know how to do it. Here are simplified numbered steps in which this process may be done.

Let's make it right!

1. Think of anyone with whom you feel out of alignment. There can be various reasons for this rivalry, envy, even karmic distress.
2. Imagine there is a small stage or supportive platform below you with that person standing on it.
3. Imagine an infinite source of divine light, love and healing flowing from a source above your head (which is actually your Higher Self). Accept the flow and let it spread throughout your body and overflow out your heart aimed at the person on the stage/platform.
4. When complete, have a discussion with the person and forgive them, and ask them forgive you. If a live discussion is not possible, you can still put out an etheric request to that person.
5. Now, let everything just be. Imagine the person drifting or floating away peacefully. In your mind's eye, cut the aka cord that connects the two of you or assimilate the person inside you.
6. If the process is successful, you will be able to bring that person to mind without harboring any hate, grudge or fear.
7. The process can be repeated if necessary.

This process works on you and heals others. It admits to the self that we are seeing things and people the way in which we want to see them, and in knowing this when we see unhealed people we are seeing a part of ourselves that is in turn unhealed. This process heals you so that other people are allowed to heal also. This is supported by the saying "when one of us move forward, we all move forward."

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Now back to Bob!

Bob and I did Ho'oponopono together and now he no longer “sees” people with substance abuse habits as problems OR any of the other issues that he was having as problems. He worked on himself and his environment became better.

That is the power of this process and shadow work.



→ Would you accept healing from an extraterrestrial source?

Blue Neon

Therra Morris Burch

For many years at the onset of my spiritual path, I tended to make notes of the different types of alternative healing people were engaging. I heard about many versions of healing, some of which I discerned to be made-up by a few charlatans along the way, and others that were at the very least believable or actually useful.

One of the most unusual healing modalities I heard about came from my friend Georgeanne, a perfectly normal and reliable person who was also just initiating her spiritual path. Georgeanne is a natural channel and has been so as far back as she can remember although she never mentioned it much to family or friends for fear of being thought daft. Georgie, as we fondly call her, never seemed to be bothered much by whatever she received and took any etheric messaging meant to be for her personal use alone. On many occasions she believed the input to have “pulled her fat out of the fire.” This being said, she was not shook up at all when she began to channel “Alyah.”

For all intent and purpose, Alyah was an alien. Georgie described her as gentle and kind with a soothing vibe of communicado. Georgie told me about her meetings with Alyah on a weekly basis and there never seemed to be anything negative or off about them. In the late fall of 2002, I met Georgie for lunch and she told me that her last meeting with Alyah was very significant.

Evidently Alyah had taken a liking to Georgie and wanted to leave her with a parting gift since her time with Georgie was coming to an end. Alyah never gave Georgie a name for the gift so Georgie just referred to it as Blue Neon which was Georgie’s description of the type of light ray that was used.

Alyah instructed Georgie that the gift was one of healing that dated far back in time. It was quite simple to use as long as your intentions were pure and your thoughts clean. All one had to do was see a neon blue light surrounding the being who needed to be healed accompanied with a precisely worded or thought out intention for the healing to be accomplished. That was it. So fuss, no muss and no bother. I was very amused by all of this and at first thought Georgie was pulling my leg and making quite a jest but she was dead serious.

I asked her if she believed such a thing could work. She emphatically said yes and that she had “tried it twice.”

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I thought about it for a bit and told Georgie maybe it had nothing to do with Alyah's gift at all but that maybe she was a healer in her own right and was just coming to that understanding. Georgie argued that she had no such ability before then and was convinced that it worked. As a test, we decided that I would try it also to see if anything happened.

The next day I went to visit a friend whose cat had become sick that morning unable to eat and that it had a temperature. She was understandably upset about her cat and apologized that she needed to take the cat to the vet. Her vet appointment was two hours away so we sat and had a chat for a while over some coffee. She also knew Georgie and for conversations sake I told her about Georgie's experience and the Blue Neon. She looked at me intently and then asked if I knew how to do it. I said yes as it didn't seem complicated but also that I had not tried. She rubbed her forehead with her hand and then asked me to try on the cat.

The cat was laying down rather listless and dull-eyed on her cat pillow in the corner. I gazed at the cat and did the Blue Neon just as Georgie had told me. When I was finished neither one of us saw anything happen ... until about 10 minutes went by. Suddenly, the cat got up and meowed, walked over to me and rubbed against my leg. She looked better and the dull cloud had lifted from her pretty eyes. My friend checked the cat's temp and it was normal. The cat walked over to her food bowl and began to chow down with gusto.

My friend and I of course attributed this to coincidence and some sort of fast moving cat malady but she told me later that night that the vet had given kitty a clean bill of health and had no explanation for why something would come and go so quickly.

Not satisfied, I tried out the Blue Neon a couple of times more with the same good results ... the most convincing being a prized tropical fish that was at death's door who sprang back miraculously to life. I cannot offer any good explanation for any of this.

Over time my capacity for Blue Neon faded away but Georgie still has full capacity of the gift and uses it as much as she can to assist others. Perhaps the gift was just on loan for me!



Alternative Healing? - A Chat with the Universe

Shari Moss

Dear Universe,

What's all this talk about Alternative Healing? I thought you told us we have everything we need!

If that's true, then what, exactly, are we healing from and why must there be "alternative" ways to do that? Alternative? What do you mean by alternative? Alternative to what? Did we miss something?

You know me; I like to study things... like how the human psyche manifests itself into conscious and sub-conscious behavior, how life experience affects our mind-body-soul, how humans are constantly searching for what Maslow called self-actualization and what trips us up along the way and why.

This leads me to pondering human behavior vis-à-vis the animal kingdom. Are there really vast differences? What does it mean when they say humans are the more intelligent life form... how so and what impact does it have on everything?

Then toss in that I always like to throw a little science into my conundrum-type theory development because I need proof! And I realize... it's all about physics... it's all about chemistry... it's all about biology... it's all about physiology... it's all about psychology. It's all about systems seeking homeostasis.

As I understand it, the distinguishing factor between humans and the animal kingdom is the human brain and the presumption that we're the only ones with the ability to think. The human brain, though, has two hemispheres: the left brain looking at parts in a logical, sequential, analytical, rational, and objective manner; with the right brain looking at wholes in a random, intuitive, holistic, and subjective manner. So, in actuality, we have two thinking brains, right? Evidently we've become quite adept at applying our intelligence in a left-brain fashion; I mean... someone had to come up with all those "ologies" and everything related; someone had to figure out how all those "ologies" apply to the human mind-body-soul system and what it takes to keep that system in continual optimal homeostasis.

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It's the right brain stuff where we seem to get hung up... the area where we seem to forget how intelligent we really are and how much we really know... and all those 'ologies' slowly transform themselves into 'osis-es'... getting our whole mind-body-soul system out of balance... which then requires some kind of mind-body-soul healing. It's been proven, in fact, that physical dis-ease is typically representative of emotional dis-ease... your body actually tells you where the mind-soul dis-ease is.

Well ain't that a bunch of _____ (insert favorite swear word here!)

So, we've been endowed with this phenomenal ability to think and well, it seems we've outsmarted our own selves along the way... and all these forms of Alternative Healing are designed to remind us to pay attention to the 90% of our brain that some claim we don't use.

Let's call that 90% the sub-conscious. Whether you're tuned in to your sub-conscious or not, it is your sub-conscious that's actually in total control of everything... where cellular memory is stored – and usually of the negative variety – provoking the animal kingdom behaviors that we're supposed to be intelligent enough to evaluate first - survival of the fittest, attack based on perceived threat, fight or flight responses. So even when we're not conscious of why we do what we do our sub-conscious is and causes us to do things that are ineffectual in being who and attracting that which we really want.

So, let's get started on that 90% right now... let's get that left-brain to explain things to the right-brain. Let's all put on our "thinking caps" and figure this out once and for all... because I'm thinking the answer is right there embedded in the phrase 'alternative healing' and the other 90% of our brains. I'm also very big on words and the energy attached to them; in particular, words that imply negativity. I can't help but get hung up on the words "alternative" "healing".

Alternative: something 'other than'; which means there has to be at least two, which implies options and choices. Choices. Choices? Hold that "thought"...

Healing: curing, therapeutic, restoring to health; which means something's wrong, the system is no longer in balance and must be restored; with restored meaning: reinstated, re-established, returned; which means brought back to, oh, let's say homeostasis.

And isn't that what all forms of 'alternative healing' are designed to do?

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Affirmations, chanting, chakra balancing, psychotherapy, religious followings, reiki, readings... and other Eastern and Western rituals... are all aimed at alternative thinking and restoring balance to our mind-body-soul system.

I mean, we already know that our internal state of mind – spiritual or emotional – affects our chemical make-up which affects our physical health. We already know that there are all sorts of external factors that have an effect on the mind-body-soul system... we've been learning this stuff since grade school.

We've also already been presented with very powerful meta-philosophical theories, including:

- ॐ I think therefore I am
- ॐ Attitude changes everything
- ॐ Perception is reality
- ॐ Laws of Attraction & Manifesting

What's the common denominator in all healing methods and philosophies? You guessed 'er... thinking... more importantly, choosing what to think, when to think it, why to think it, and how to think it.

OK, wait a minute... is THAT what this is all about? Choices? Thinking about and learning from our choices such that balance is achieved and maintained? Thinking about what we choose to think about? Thinking about how and why we choose to react to situations the way we do? And isn't "thinking" our claim to fame... fame we've already proven we're really good at?

Let's take a leap here and make our first new choice together... let's choose to redefine Alternative Healing; let's redefine it to be... Choosing Homeostatic Thinking... 'cause again, that's what all those alternative healing methods are designed to do... present us with information to make better choices in the way we think about and do things to achieve and maintain mind-body-soul homeostasis.

Yeah, I like that much better... has a much better "energy" to it... gives us back our own innate power... our thinking power; be it left-brained or right-brained... decision-making, intuition, objectivity, subjectivity... and therein lies the beauty of it all... the beauty that.

Continued ...

Continued ...

As adults, at any point in time we have the innate ability to think about the choices we've made, why we've made those choices, how our experiences have affected our choices, how our choices have affected our experiences, how our choices affect our thinking... and it just keeps going 'round and 'round like that.

True, true, much of our perceptions are derived during our formative childhood years. That's why I made the 'as adults' point above. It's the realization that perceptions derived from childhood influences are at odds with our innate intelligence that heightens the need for Choosing Homeostatic Thinking.

And I believe that we all do it... we all, at some point, ask ourselves why we do what we do when we know what we know. And the Universe knows this. That's where synchronicity comes into play... the "everything happens for a reason" theory. That's when the Universe will give us a proverbial kick in the butt by presenting us with a result we're not too happy with... to make us choose something different to restore the balance to get results we are happy with. And some of us don't heed the call; we get frustrated because it seems too hard to change; because we don't trust ourselves to do things differently; because of all those influences; because we don't believe we know 'how'.

Aye, there's the rub... it's in the HOW... how to review all the above and re-teach ourselves how to make homeostatic-based choices. THAT's the answer we're really seeking.

Well, I say, let's get right down to the HOW... right now!!! We've got some choices to make!!!

Let's review this homeostasis thing as it pertains to thought vis-à-vis influences... see how the influences and experiences affect who YOU are and how all that affects everything around you.

As you look at the diagram consider that at any point in time you can "choose" to change any facet of any one of those aspects and, well, by design, everything else has to change too. Doesn't matter where you start, however, if you've never done this before, a good place to start is with YOU...

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YOU now choose how you define yourself

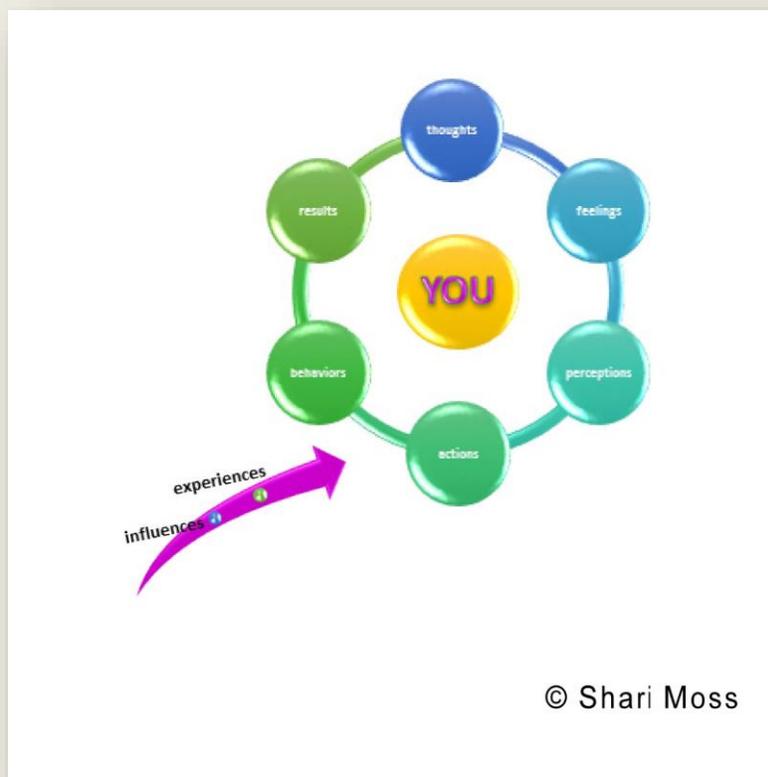
YOU now choose what/how things influence you

YOU now choose your thoughts

YOU now choose your feelings

YOU now choose your perceptions

YOU now choose your actions/ behaviors



How fun is THAT?!?!?! And it should be fun! Everything should be fun! I mean, really, what other “choice” is there?

So there ya have it... it IS true... we do have everything we need... just like Dorothy and the gang... packaged quite nicely as the power of choice in everything we are, think, and do...

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“Oz never did give nothing to the Tin Man that he didn’t, didn’t already have”.

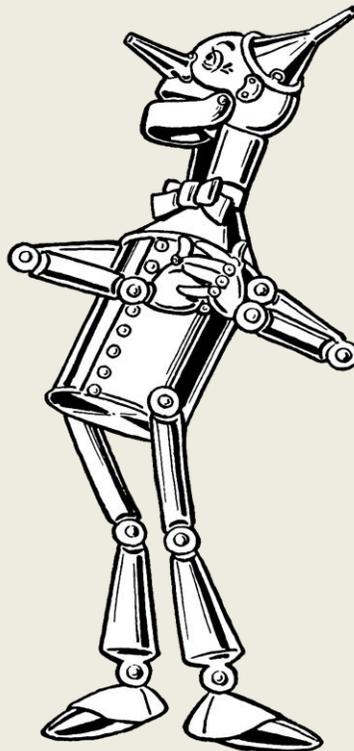
Just know that even when your choices yield results other than your desires, it’s just that darn Universe telling you make another selection – rethink your choices and their results: perhaps you weren’t being totally honest with yourself, perhaps your intentions weren’t honoring your true self... s’okay... it’s just the Universe and your true self looking out for and wanting the best for you!

Know who YOU are and know how you got where you are today; consider how the influences and experiences have shaped everything around and about you; how you attracted those experiences based on the influences and choices you’ve made, paying particular attention to the words you use when you talk to yourself and how you define and describe yourself.

The time it takes to come up with your own answers to maintain homeostasis through change is open-ended... change is constant... and homeostasis is an iterative process... enjoy it!!

Even though the time it takes to do this is open-ended, our time spent on this Earth creating the life ‘n’ love we so desire is, indeed, finite!!!

Choose well, choose wisely!



Shedding Skin Mind Method - Release Don't Break Old Conditioning

Lake Farmer

"*Shedding* off one more layer of skin - Keeping one step ahead of the persecutor within" - Bob Dylan

Confronting the shadowy aspects of our past can be at times a daunting task. It affects us mentally, physically and emotionally. We have a restlessness and anxiety that we need to change. Yet we resist it because we are comfortable with what we have created. It *works*. Or does it only seem to *work*? In the quest of redefining the Self we get caught in the maze of old conditioning complete with all those horrific old tapes from the past that keep replaying over and over. But as long as we are human, change is inevitable ... it will come about one way or another.

Part of the process of shedding your skin is to begin to identify and accept what is underneath. As you begin to shed your "present" skin, you will find yourself resisting change. You will be unwilling to move out of your old, comfortable skin. You will be fearful of trying on your new shape. However, there is really nothing you can do to change the process. We all change. We all grow. We all let go and move on. It simply takes time and it is a process. Look at what is emerging and find the good in it. – Cara Lumen

"Glutton for punishment" AND "Misery loves company" ...

What can I let go of that is no longer relevant to my life today? I'm feeling even more lost than when I started. Swamped. Confused.

This is commonly known as introspection. It is individual and all on us. It is mindfulness about the true meaning of really letting go ... and we don't like to let go. Why? We are afraid to let go because there is no guarantee that there is something better. We may lose this that or the other *thing* and worse we may lose *someone* else. We have in reality become comfortable with less rather than more. Letting go is an important part of shedding your skin. Do you really need so much "stuff" outside of basic needs? If that "someone else" is not supporting your growth is that relationship likely to work out towards bringing you happiness? NO and NO.

So you take the argument within - maybe you tear strips off your own ideas just as they emerge. Or you repeatedly flip from why something will work, to why it won't, to why it's good, to why it's bad, without doing anything much but cancelling out all the alternatives.

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“It’s time to ditch the argumentative thinking. It’s time to get parallel. To think about one aspect at a time. And to forget about the notion of ‘getting it right’ for a moment ... If you explore well, a decision makes *itself*.” – Edward de Bono

Among Asian and Native American cultures, the snake is a wisdom symbol. The idea of wisdom comes from the snake's ability to shed its skin and renew itself.

Who do I think I am?

If we accept this premise, then we understand that the shedding of skin, the transforming of the Self is a gaining of wisdom. The more wisdom we gain the easier each shedding becomes and we become independent of self-imposed fears. In the process of redefinition one must work with, “who do I think I am?” within the current life cycle. You are not the same person you were 10, 5 or even 1 year ago. Why is that? Your passions have changed. What drives you now?

What core qualities will you take with you into the next stage? What is the essence of what you love to do? The form will change. The time you spend on it may change. Let your passion drive you.

So now you say: “I understand this mentally but my emotions are holding me back.”

All things can be shed like layers of clothing. Emotions too.

The lighter the pack on your back, the easier will be your journey. If you hang on to everything, you will soon have no room to move.

Start with the physical plane. Make your inner plan work rather than the outer. What do you really need to be happy right now?

The primary reason for shedding your skin is to allow yourself to expand. It is a relief to let go of what no longer represents who you are becoming. Look around your home. Look at your current friends. Look at how you now spend your life. What are you willing to let go? What do you need to let go in order to grow?

AND ... give yourself time so you can start feeling comfortable in your new skin.

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When you are shedding your old identity, realize you will often lack your typical energy, feel out of sorts, and perhaps be angry and confused. Only after you begin to wear your new skin, your new identity, will you have the clarity of vision to better understand the test and the growth that has occurred. You will shift on all levels – your thoughts and mind process will begin to serve you well. You may even make some physical changes to your appearance and demeanor that enhance the new you.

After all, you are, in essence, a new person and your old beliefs and way of being have fallen to the waste side. The result, however, is that you are now a bigger person than your old self, cloaked in new consciousness and greater potential. You will be stronger, more enlightened, and more capable than ever before. Old challenges are old hat. You easily overcome the circumstances that previously seemed insurmountable. - Kelly Wells





AUTHOR BIOGRAPHIES



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Leighanne Wadan (*What Smells?*, pg. 31)

Leighanne is an artist and photographer who hails from California. She gets bitten with the travel bug at least once a year and often spends time in Europe particularly Italy. She believes herself to be a reincarnated 'beatnik' from the 1950s and still enjoys a Bohemian lifestyle.

Joshua Bedetto (*Ho'oponopono – Working with the Shadow Self*, pg. 33)

Joshua is a professional astrologer, Tarot reader and Reiki practitioner who specializes in the Yuen Method. He is a Georgia Highlands College graduate and currently works as a production technician for corporate and musical events. Josh was born in Panama City, Florida and currently resides in the state of Georgia, USA. He was raised in a colorful environment that enhanced his view of the world as a tolerant and magical place and was introduced into metaphysics at a very young age. He has been a Reiki Practitioner since the age of thirteen and has been practicing Tarot Reader since the age of eleven.

Therra Morris Burch (*Blue Neon*, pg. 36)

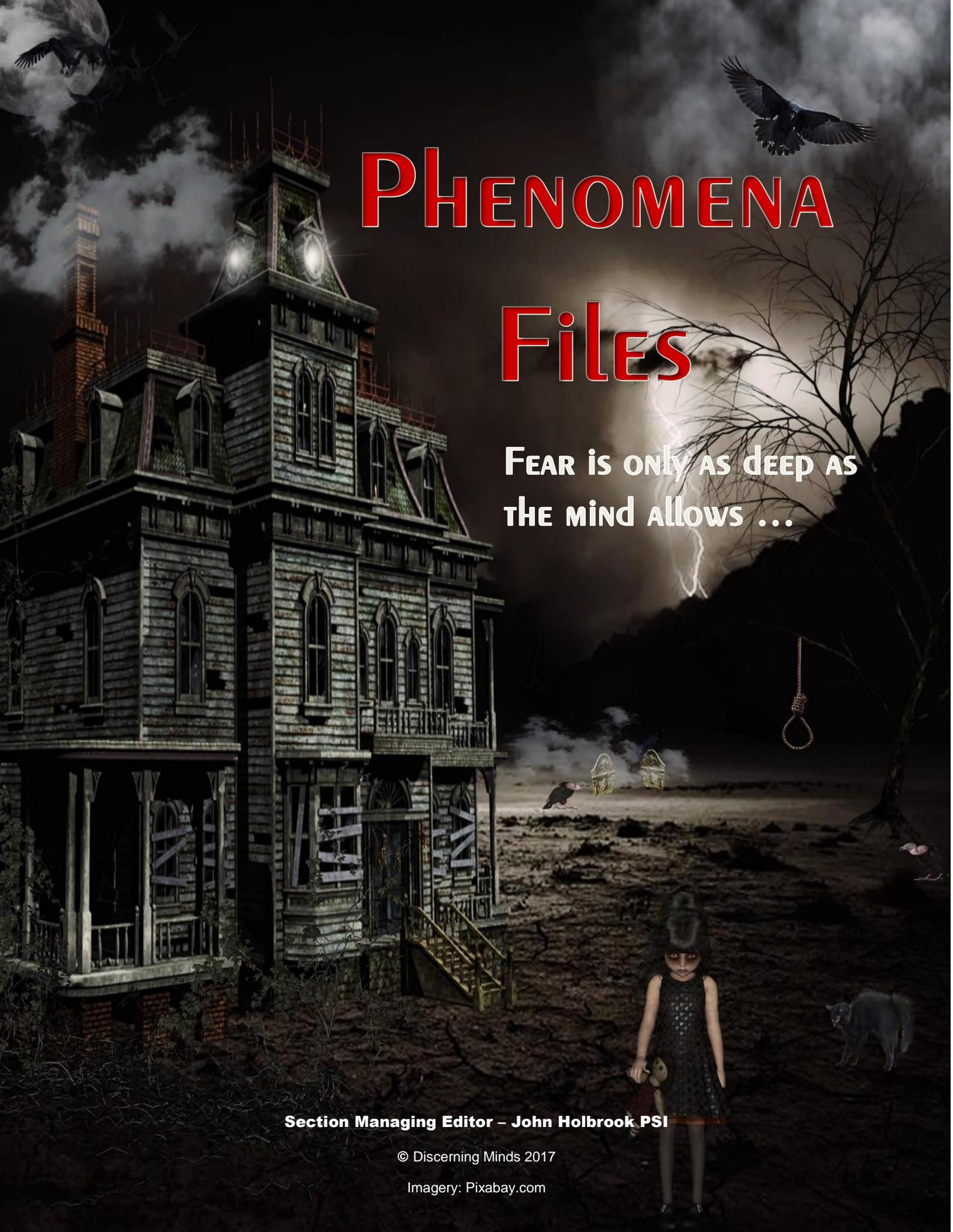
Therra is a naturalist and a metaphysician. She loves to spend as much time outside as much as possible communing with nature. She is also interested in the 'weirder side of life' and tends to make friends with those who are different like her friend Georgie as it tends to keep her healthy skepticism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

Shari Moss (*Alternative Healing? - A Chat with the Universe*, pg.38)

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

Lake Farmer Ph.D. (*Shedding Skin Mind Method - Release Don't Break Old Conditioning*, pg. 44)

Dr. Farmer has a Ph.D. in psychology having spent many years working in clinical situations. She is also a seasoned metaphysician who believes in paradigm shifts and the tremendous effect they can have on the human psyche. As a therapist, teacher and healer, she works as a catalyst for change and possibility. She spends her time lecturing in various states and is currently writing her memoirs.



PHENOMENA

Files

FEAR IS ONLY AS DEEP AS
THE MIND ALLOWS ...

Section Managing Editor – John Holbrook PSI

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Have you ever had a ghostly assistant?

House

Carrie White

Those of you who are fans of the horror genre are probably getting a kick out of my name. As coincidence would have it, I somehow ended up with the same handle as Stephen King's infamous character by the same name. As what also seems befitting with regard to my name, I also lived in a haunted house when I was a child.

New England is full of bona fide haunted houses and our house was no exception. I prefer anonymity as to the location because the house is still family owned but I will say that in later years when the family investigated the land we did find out that the property encompassed part of what once was a small Native American settlement. When my brothers and I were very young we would love to treasure seek around the property for arrowheads.

One of the ghosts or spirits of the house was referred to as "Thomas." Thomas was only a slight nuisance when he wanted attention which he achieved by knocking over a figurine or lamp. We mainly felt that Thomas was more of a protecting spirit. From local history, we knew that Thomas Little Horn (as he liked to be called) was a great grandson of one of the tribe families and that he died an old man in a nursing home.

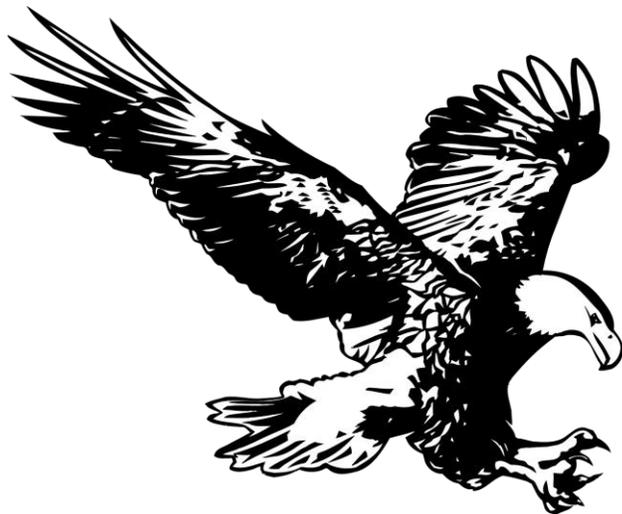
When I was a teen and in charge of my siblings when my parents went out, I would call on Thomas to keep what my little brother called the "creepers" away. The creepers would make their presence known from time to time. Certain parts of the house would get very cold suddenly and if you happened to be standing in or near one of these cold spots you were likely to be accosted by a pinch, push, or hair pull. Oddly, we would always find an eagle feather when Thomas was around.

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My parents would think that we kids were just making up stories and watching too many scary programs on television but that changed when my father actually had a lit cigar knocked out of his mouth when he walked through one of the cold spots.

After that incident, he called in the pastor of our church — not because he believed anything, you see — but to get the rest of us “settled.” The pastor said some prayers and performed his ritual and the creepers seemed to diminish after that day. Thomas remained and relatives living in the house today tell me he is still there. I currently live in Washington State but I am making a trip home for a family reunion in the fall. It will be nice to see everyone again especially my old friend and spirit protector Thomas.





Do you pay attention to ALL of the lessons you learn when acquiring a new skill?

Just Plain Creepy

By Eleannor Tighe

What determines the difference between a normal object and an object that is actually evil? The rule of thumb is that the determination depends on how the object is used since inanimate objects have no emotional properties and the humans behind them do. A common knife for example can be used to slice and butter a piece of bread but if it is used to attack someone with intent to harm it is quite a different matter.

So, it would seem “use” is the key to determine good or evil.

In the early spring of 2007, I had a friend who was taking metaphysical classes at one of the local shops. The course was taught by a lady who was thought to be a well credentialed teacher with many years of life experience. Every week I would get a report of some new modality my friend was learning. Having a decent understanding of most things metaphysical especially those that were the popular du jour, it all seemed basic and harmless by nature to me.

One week my friend came over all excited about her latest class and new toy which was an Aventurine pendulum. She was anxious to show me how she could answer simple yes and no questions and decided this was her new “gig.” After watching her for a few minutes, I noticed that some things seemed remiss in her actions. The first observation is that she hadn’t protected and grounded herself before engaging the pendulum. I asked her if she had been taught that. She said no, so I told her that was pretty basic when using an object of divination.

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The next thing I asked her was how she could be sure exactly what or who was giving her answers. She explained to me that she was taught that it is merely your “higher self” giving the answers. As she was starting to get obviously annoyed with me as though I was some sort of party pooper I stopped asking questions. But I knew better.

My friend continued to take classes although none seemed to tickle her fancy as much as the pendulum. I assumed she was pursuing divination using the pendulum as several weeks passed without a call or visit from her. I tried contacting her several times to no avail but then out of the blue she called me.

She was obviously upset and said she didn’t know what went wrong with the pendulum. After questioning her further I found out she was using the pendulum in connection with a letter and number board she had created. It was nothing more than a large piece of cardboard with the letters of the alphabet written on it along with the numbers 1 – 9. She had stopped asking yes and no questions and had begun letting the pendulum swing back and forth over the board actually spelling out answers to her.

She asked the pendulum who was ‘talking’ to her and was told “an angel.” She had never taken my advice about protection or anything else. She had begun taking advice from the pendulum regarding elixirs she was making for herself (one of the classes she was also taking). She started to notice that within a short period of time, the pendulum started giving her the wrong answers – even dangerous ones. She had nearly poisoned herself mixing a wrong ingredient into an elixir as designated by the pendulum. She had also started not feeling well and her dog would not go anywhere near her.

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The icing on the cake was when she checked she checked with the pendulum as to why it was giving her bad advice. The pendulum spelled out:

D-E-M-O-N

(I have omitted the actual demon name).

I told her to wrap the pendulum in a dark cloth and put it in a box and to destroy the letter board. I made an appointment for her to visit her parish priest with the pendulum and explain to him what had happened and to follow his instructions exactly as he relayed them to her.

Eventually things worked out well for her. She stayed away from pendulums but found it difficult because was compelled to use anything that swung on a cord or chain for quite a while.

Perhaps it was a coincidence but the same week she went to see the priest, the teacher simply quit her classes at the shop and disappeared. Or was it?

Post Script: Do your homework when it comes to spiritual teachers and objects of divination. There are Universal Laws and a common sense yardstick that should always be applied.



→ Do you believe the path to the darkside has a cost?

Allan Y. Tammuz

“Give me what I want and I’ll go away.” - Character Andre Linoge, *Storm of the Century* by Stephen King

In the field of metaphysics and general philosophy there has been much written about the power of intention. All of us make simple decisions every day powered by our personal intentions which are usually tied to our personal benefits for the day. What about those intentions that are not so mundane or innocent in nature? What about those negative intentions based in greed or want or desire and worse yet, the need to control? What happens when an intention and its projection ends up turning supernatural in nature and has unpleasant consequences?

The following is an experience I had many years ago and without sounding like a bad made for TV horror flick here is what happened.

Many years ago, during my college days, I once shared a dorm room with a guy named Ronnie (pseudonym) who for all intent and purpose seemed to be a nerdy Brainiac who spent all of his time studying. He was pleasant enough, even jovial towards me but I never noticed any friends stop by to visit or call and his social life was non-existent and despite my many invitations to join myself and my friends on excursions, he was simply not interested. Sociability for him was several weeknight trips to the college library with a quick stop at the local fast food hamburger joint for a meal (or so I thought).

The only thing he seemed to really care about was a small trunk that he used as a nightstand next to his bed. He claimed to have some personal items in that trunk and made it more than apparent that it was a “hands off” item.

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The trunk was secured with a padlock and it was hinted that there were further “booby traps” should anyone get nosy.

I never thought much about it being the type who believes everyone is entitled to their privacy and a quirk or two. I even ignored the stories my buddies told me about having seen Ronnie in some rather odd locations late at night while they were passing by such as coming out of a local graveyard at the outskirts of town.

I suppose evidence was mounting the entire time that slipped my attention although they seemed to be storing up in my brain file.

One night I went back to the dorm room earlier than expected and as I unlocked the door (Ronnie always locked the door even if he was “in-house”) I thought I heard him talking to someone. I paused for a while with my ear flush against the door thinking he might have a girl in the room. I wasn’t paused there long when the door swung open with Ronnie staring at me. He claimed he thought I was having trouble with the lock and thought he would just open the door as I tripped into him. That is when I noticed the smell ... almost medicinal or herbal my brain computed. I asked him if he had a guest and he said no and that he was just talking to himself because he was frustrated with his studies. So, I thought to myself, ‘no big deal everyone talks to himself once in a while.’ This continued to happen for weeks with me truly trying not to pry but I could have sworn that several times I thought I heard a foreign language. Eventually, Ronnie started disappearing overnight several days a week. I did notice that he was marking those nights on a calendar. It was starting to become a little unnerving but, for the most part, Ronnie acted no differently than usual.

Ronnie didn’t get along well with his parents and you could cut the tension between them with a knife when they came to visit.

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They were foreigners who spoke with thick accents and had an odd way of approaching their son. One afternoon I came back to the room after classes and opened the door to a strange silence between Ronnie and his mother who had apparently been fighting. I said hello, grabbed my jacket and left to go out to grab some food. As I left I clearly heard Ronnie's mother say:

“You will pay in the worst way for this – I beg you to stop now and recant. You won't be able to give what is wanted.” The air was then filled with a string of swear words from Ronnie's mouth that seemed to hang there like a rain cloud bursting with insults and atrocities. I quickly left and as I was going down the stairs, I heard the dorm room door slam loudly and then the sound of a woman sobbing. I never asked Ronnie about it but perhaps maybe I should have asked him ...

In the school weeks that followed there was a definite change in Ronnie. He had become more confident and had done exceptionally well on midterms. He acted very much like he had the world under control – at least his world anyway. He said he wasn't going home for vacation but was going to just hang around. Some strange things had happened on campus – odd unexpected things like a professor who had committed suicide by jumping off a roof and females claiming they were being chased around campus in the evening by a dark shape and an unusual amount of food poisoning cases traced to the cafeteria. For some reason I started paying attention because every person involved in every case was somehow connected to Ronnie. He hated the professor who was the only one who refused to give him an “A” grade on his midterm, all four of the girls who claimed to see the menacing shadow had snubbed him in some way, and the cafeteria cook who was blamed for the food poisoning and the students who became ill had all been known to tease and make fun of Ronnie in the past.

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Still, I thought it had to be coincidence or maybe some warped sense of karma. I went home after saying goodbye to Ronnie who for some reason decided to tell me I had been a good friend and roomie to him. He looked strange – empowered in an unhealthy way. I didn't want to give any thought to what he might do while he vacationed alone.

It was the last time I would see Ronnie.

Ronnie died over the vacation. It was reported to be as the result of a hit and run late at night at the outskirts of town near to the graveyard. I was given a new dorm room and a new roommate as our old room had been cordoned off for police inspection. The story was they were looking for evidence of vehicular homicide and a hate/revenge crime.

The day I got back, his parents were there picking up his personal belongings. I approached them in the hall and expressed my condolences. As I started to walk away his mother grabbed my arm and pulled me backward. She looked at me with a stone cold stare.

“What do you know?” she asked me.

I told her I knew nothing and had always tended to my own business but she did not seem satisfied. She followed me back to my room, sat down and asked me for a piece of paper and a pen. I was very uncomfortable and it was extremely awkward but I complied.

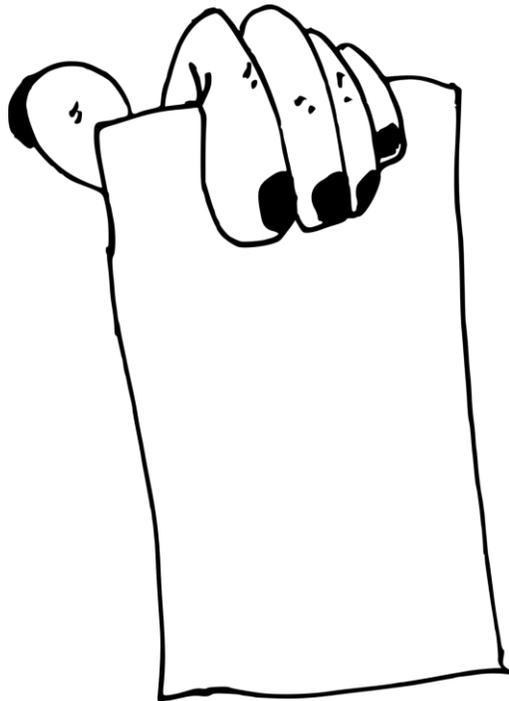
On the paper she drew this odd symbol. I had never seen anything like it before. After I vehemently renounced ever having seen it before she told me Ronnie had been practicing dark arts “from the old country” and that the symbol was the result of his handiwork.

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It had been imbued with evil and power and when used would grant the creator with the capability of great gain. Tears filled her eyes as she continued to tell me that a payment was necessary and if the creator did not comply they would pay with their soul. I just stood there with my mouth agape unable to talk. She folded the paper and put it and the pen into her pocket. She got up and started for the door. She turned in the doorway and looked at me and said: “Goodbye. You are God’s witness. You will one day warn others to walk away from such things.”

Consider this my warning dear readers. It does happen.





What factors prove a haunting?

The Night Marilyn Walked – Thoughts of a PI

Phil Constantino

When I first started out in paranormal investigations I did a lot of reading. I was a voraciously hungry fan of Brad Steiger and read everything he had in print as well as listened to radio shows where he was a guest. Here is a recant of one of my favorite ghost stories about Marilyn Monroe courtesy of Steiger. My own interjections are designated by >.

Some history for those who are unfamiliar:

“During the summer of 1946, Bob Slatzer met Norma Jean Baker in the lobby of Twentieth Century-Fox Studios. He was a correspondent for an eastern newspaper, and she was a young model trying to get work by making the rounds. They struck up a conversation and made a date for later that evening. Thus began a long relationship that led to their brief marriage in 1952. Even after Norma Jean had been transformed into the Hollywood love goddess known as Marilyn Monroe, they remained close friends until her death in 1962. Since her passing, many strange things have manifested in Bob’s life that have convinced him that her spirit is still with him. In 1973 he participated in an experiment that actually caused Marilyn Monroe’s spirit form to materialize.” – Brad Steiger from *Real Ghosts, Restless Spirits and Haunted Places*

>If you do some research, you will find that Marilyn Monroe is a popular celebrity ghost. She has been spotted in a variety of places besides her own home including by her star on the Hollywood Walk of Fame, the Roosevelt Hotel (suite 1200), a cabin at Cal Neva Resort in Lake Tahoe and even her own Cadillac. Back to rehash.

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The offer:

As a correspondent, Slatzer had also become acquainted with Anton La Vey, the author of the Satanic Bible and founder of the Church of Satan ... he also knew that La Vey had a fascination with Monroe. La Vey contacted Slatzer one night to tell him that an “astrological dark moon” would occur on Saturday, August 4, the same way it had eleven years earlier when Monroe had died. La Vey wanted to manifest her spirit and needed the assistance of someone who knew her very well in order to achieve it. Slatzer agreed to the plan and the two went to Monroe’s former home on Helena Drive after La Vey had received permission from the current owner of the property. The owner did not let them in the house itself but she did allow them to sit in the cul-de-sac that led to the property. They positioned their car against the house gates looking out with Slatzer in front driver seat and La Vey in the driver’s seat. The area was still and vacant of any people. At 11:45 PM they began.

>What struck me about at first about this case was the fact that it was not a ghost hunt or an investigation but participation in a conjuration ritual to raise the spirit of the dead. La Vey was adept at ritual and Slatzer a willing participant for reasons that were unclear. Might have been his curious correspondent nature or perhaps just some longing to see Marilyn again. Speaking psychologically, here were two men who wanted to see something, yes, for different reasons but still willing. To note at this juncture, is that all good seasoned paranormal investigators will do some psychological profiling as well as a background historical search before engaging a case. Continuing ...

La Vey had brought several necessities with him – a tape recorder with songs from Monroe’s pictures and penlight to read some words he had written.

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The recorder was turned on low volume and La Vey was reported to be either speaking in tongues or chanting. Slatzer's observations were recorder in an interview for *Hollywood and the Supernatural*:

“About 12:15 AM, the night was still. Not one blade of grass was moving. The leaves on the eucalyptus tree by the corner of the house were still. All of a sudden, a terrific wind came up. The tree looked as if it were a hurricane for three to four minutes---nothing else on either side of the road was moving. Then from out of nowhere---I didn't even turn my head or blink, and I have 20-20 vision---this woman appeared. It was as if someone suddenly set her there. She had on white slacks with a little black and white splash-pattern top, little white loafers, and I could see a shock of blonde hair. She started walking towards the car. I had goose bumps all over!”

Once Slatzer was able to control the initial shock, rationality set in. Had the whole thing been set up by La Vey as a publicity stunt? Possible but the thought ran contrary to La Vey's character as he was intensely serious about his work. Plus La Vey was having his own set of reactions and was sweating profusely and insisting that they should both remain silent.

>An investigator would have had a field day with this situation and indeed the first supposition would have been if the whole thing was a publicity stunt as La Vey was quite a flamboyant character. No investigator worth their salt would have been involved directly with the ritual. Observation is the primary key of an investigation.

The figure of the woman began walking slowly towards the car and stopped about 30 feet away from it.

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According to Slatzer, “Anton had dimmed the music a little and finished his chanting when she was about halfway to us. All of a sudden she veered off to our left. There used to be a big tree there, and she just stood there, almost as if made of cardboard, with a kind of wooden look, but the figure was highly recognizable as Marilyn Monroe!”

The ghostly figure seemed not to want to walk past the car but rather turned and began to walk slowly down the boulevard. When the figure was about three-fourths of the way down the street, Slatzer decided to follow it. As he approached her, the image turned, walked to the middle of the road and completely vanished. Both Slatzer and the ghostly figure had walked through a small drainage ditch about two and a half feet wide. Slatzer noticed his wet footprints had left imprints on the road but the ghostly figure had left none.

That was the night that Bob Slatzer became a “believer.”

Are you?

>Assuming they had both seen something how can an investigator define the situation? Based on this evidence alone and ruling out drugs, alcohol, stunts and demonic entities courtesy of La Vey or even a human being, one might say this could have almost been a residual haunting. Why do I say “almost?”

Pro point: For arguments sake, the spirit did not interact or acknowledge who is there – a type of avoidance or oblivious state which is common during such a haunt.

Con point: It is not known the spirit as described by Slatzer was seen by others in the same spaces along the road coming and going at around the same timeframe. This would have been a helpful clue.

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Pro point: So called spirits seen during a residual haunt are usually accoutered according to the period in which they were alive. The entity seen was dressed familiarly as Marilyn.

Con point: If it was a residual haunt, La Vey's ritual attempts might have made no difference because a residual haunt can and will play like an old movie.

Pro point: During residual haunts tremendous energy can be exerted usually having a profound effect on onlookers. There was a blast of hurricane-like wind however the pen light and the recorder, both battery driven would have and should have been affected.

Further and a point often missed is if the area of the haunt was situated above underground water sources including places where water has been drained. There was a drainage ditch that Slatzer believed he had walked through.



→ Ever wonder why people dislike it when someone points at them?

Making a Point

Lydia Morrisey

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

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

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

A case in point (jest intended) was compiled by anthropologists John Goodwin and Ronald Rose. The case involved a man by the name of Kinjika convicted of the rape of two girls according to tribal law.

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The tribal Wiseman known as the kurdaitcha decided to craft a special tool to direct the boning. He fashioned the tool by hammering a point into a wire which he drew through flames as he recited curses. The wire was then pointed at the man. This was repeated every evening for one week. The victim became sick and grew progressively worse until he had to take to bed. At the end of the week when the curse was finished the man died. Hospital tests showed there was nothing physically wrong with him.

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

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

How does it work? One might consider negative placebo effect, thanatomania or death suggestion, which are psychological or magical reactions on the part of the victim since in reality pointing a finger is neither a positive or negative act (the victim has to believe in the curse for it to take effect) – it is the intent that counts. The boning of Prime Minister John Howard in 2004 by an Aboriginal woman over politics who said he would be cursed up until the next federal election.

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John Howard won his fourth successive term that year but in 2006 he suffered one of his biggest defeats when he was forced to withdraw proposed laws that would have extended the offshore processing of asylum seekers. His bid for a fifth term as prime minister was unsuccessful and became only the second sitting Australian prime minister to lose his seat in Parliament.

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





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Carola “Carrie” White (*House*, pg. 49)

Carrie’s experiences in her childhood haunted home led her down two life paths. She is an ordained minister in a Methodist church where she does special counseling for those who have had marital trauma. She is also a paranormal investigator who specializes in house cleansings and paranormal trauma.

Eleannor Tighe (*Just Plain Creepy*, pg. 51)

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

Allan Y. Tammuz (*The Symbol*, pg.54)

Allan Y. Tammuz hails from the West Coast, USA and still considers himself “God’s Witness.” He feels his experience with “Ronnie” had an impact on his life and profoundly changed his view of mundane life and pushed him to have more awareness of others. He is a full time businessman and part time paranormal investigator.

Phil Constantino (*The Night Marilyn Walked – Thoughts of a PI*, pg. 59)

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

Lydia Morrisey (*Making a Point*, pg. 73)

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

ARCANUS OBSCURUM

ONLY UTTER THAT WHICH IS GOOD ...



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➔ Have you ever tried to see beyond?

Scrying

Marlo Meizner

Scrying is defined as a form of divination that is achieved by gazing into a reflective surface such as a crystal ball or mirror until visions appear. It was developed by the ancient Egyptians and the Arabs. The word comes from the English term *descry* which translates “to succeed in discerning” or “to make out dimly.” Any tool used by scryers is called a *speculum*. The oldest and the most common form of a *speculum* is “still” water in a lake or pond or a dark colored bowl. In the ancient Egyptian culture, ink, blood, or any other dark liquid was used. Before glass was used for mirrors polished metal served the purpose. Metal mirrors were consulted as oracles by the Chinese and the Greeks used mirrors made of polished bronze.

There have been many artistic depictions of the great seer Nostradamus scrying into a bowl of water set upon a brass tripod. His preparatory ritual was to dip a wand into water, anointing himself with a few drops, and then gazing into the water. Dr. John Dee, the royal seer of Queen Elizabeth I used a crystal egg and a black obsidian mirror to aid his forecasting technique. Other common scrying tools include polished metals and stones, glass fishing floats, precious gems and eggs. A nineteenth century medical psychologist by the name of Dr. Morton Prince used light bulbs for scrying during his experiments with patients. Wiccans use round mirrors with the convex side painted black or small black cauldrons filled with water. Today, the most popular scrying tool of choice is a pale green beryl sphere. Second is a highly polished black obsidian mirror. These not only have great reflective surfaces but also fine occult qualities such as tuning in for guidance and grounding spiritual forces while bringing them under the direction of the conscious will. The black obsidian mirror is probably the safest *speculum* to use as it is highly protective shielding negativity.

The crystal ball is the most well-known *speculum*. In the old days, those who wished to scry didn't use the crystal ball to a great extent.

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There were two reasons for this. A crystal ball was a highly expensive item that most could not afford. More importantly it was dangerous to own a crystal ball because if found in one's premises it could lead to arrest and conviction for engaging in the Black Arts. It was simply safer and more convenient for the old seers to improvise by using a bowl of water

Crystal balls made of quartz are very high vibration speculums because the quality of quartz makes it an excellent substance for channeling and generating. Balls made of fine quality optical glass are often used as a substitute. You'll know when you find a high quality ball of either substance if the images reflected from the environment surrounding the ball appear to be upside down.

Every scryer has his/her own technique for inducing visions using a crystal ball as a speculum. Some enter an altered state of consciousness so the visions will flow. Others focus on pinpoints of light on the surface. Scryers will often claim that they see images within the speculum or on its surface while others say that they the speculum helps they to see the images in their mind's eye. The images seen will be relevant to the question asked but they do not necessarily play out like a movie of the future. Often the images will be archetypal puzzles that must be decoded by the scryer.

- There are some traditional interpretations for scrying with a crystal ball or a mirror that have come down through the centuries. Here they are: Images moving toward the scryer indicate events that will occur soon concerning the querent.
- Images moving away from the scryer indicate a past issue or relationship that is still influencing the querent.
- Images that appear on the left represent physical occurrences.
- Images that appear at the center or to the right are symbolic in nature.
- Images that appear near the top of the speculum require immediate attention.
- Images that appear near the bottom or at the corners are not urgent.
- The size of the image is relative to its importance.

I tend to get good results with my own crystal ball.

➔ Which concept of Karma do you believe?

The Hermetic Doctrine of Karma

Georges Gerapolis

There are no accidents in the universe. Everything in the universe is governed by laws. There are physical laws, emotional laws, mental laws, and spiritual laws. By understanding these laws we can learn to operate in grace instead of karma. - thirdmonk.net

Hermetic Initiates vehemently assert that Karma is not the primary law of consequences and destiny as is the case with most systems. They also assert it is also not an active principle always at work readjusting Nature's mistakes because nature simply does not make a mistake. This includes all of Nature's creations. Here are my ponderings of Hermetic thought regarding Karma I found while perusing various old texts. Text variants are italicized.

- *Consider that Karma is not an active principle but rather it is a crystalized force.* It offers the ability to use 'learned' knowledge and experiences from the past in the current lifetime. Over time and as each lesson is learned the crystallization becomes more stable.
- *Karma constitutes the entirety of a person's total 'past' existence.* It serves as a record of what has been done and what is required.
- *Past Karma constitutes the Soul's past history in the Astral light. The Soul travelled along currents which became crystalized forms based upon and expressed by the motive and actions that prompted them.* Some people believe this statement is tied to the Akashic.
- *Karma is the product or offspring of everything that possesses pictorial records of its past evolutions.* This is of all that might be remembered and of that which is unremembered. *While it may be noted that a psychometric sensitive or medium can read the so-called 'unwritten' their scope is limited to the smaller Karmas.* In many cases, an individual's past is completely sealed to others and can only be discerned by the individual himself which is not always possible. Some lessons are hard-learned.

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- *There is Karma of moons, planets, suns and systems. This exists as does the many and varied races of men, species of animals, and classes of plants. These too also evolve special Karmas which constitute their astral world. Whatever lives has Karma. This concept classes with many belief systems.*
- *Just as thoughts and emotions generate Karma so do the discords and harmonies of the great Cosmic Evolution. This is more modernly known as the Collective Karma that all contribute to (often generational) to be understood properly.*
- *Karma is always subjective as it is confined to the realms of the astral light. It can exist only as long as the Soul which generates it is attached to the same planet. When the Soul leaves the same planet the Karma disintegrates. Some believe we can incarnate in different worlds. Karma is restricted to the world or planet where it is first created.*
- *A Soul cannot carry its Karma around the Universe with it, since Astral light differs. Ditto the prior statement.*
- *When the Soul enters the spiritual states of the Soul world known as Devachan, the power of its earthy Karma can never re-attract it to earth and its influence over the Soul is lost. The lower can never control the higher. Evolution has occurred.*

The question remains: If Karma is the subjective outcome of innumerable laws and forces – is it utterly powerless to effect either good or evil? The Soul knows and is perfectly cognizant of what an individual must do ... one step at a time.



➔ What would you ask a person of true wisdom?

Discussions with the Mystic Sage

Jurgens Pieterse

The Sage meets the crowd

The crowd stood around the old man who was teaching them about his wisdom. Some people picked up stones, ready to stone him, others wanted to know more with sincerity. Few really could understand the wisdom he was imparting. Among the chaos the old man was calm, allowing each, a time and directing his mind to the most pertinent of questions:

“Tell us what it means to be a modern human being” asked the **manager**

“Being a modern human being, it is easy to fell out of harmony with the planet, to our own detriment. You must think about how you, live in harmony with the earth and whether you are taking accountability for being eco aware. Indeed going beyond that part of our own wellbeing is to enjoy beauty in whatever manner she bestows upon our path. Standing still, to admire a flower or to marvel at the clouds, is always uplifting the soul. After all such admiration is the seed that lead us to fully enjoy art and music...as a human refinement of beauty.”

“Why are you here to argue with us? “; asks a **teenager** boy full of arrogance.

“The benefits of objective discussion is that it frees the mind to explore and enrich itself. Taking up a position and attaching emotionally to the defense of a particular argument always stifles personal growth. Even if you are convinced of an argument, why not suspend your own logic for a while to simply entertain another line of thinking as a means of exploration? A few people have the wisdom and maturity to think objectively. “

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“You are a funny old man!” shouted a little young **girl** from the back

“I enjoy a light-heartedness with some humor in between. We must also seek out times where we simply enjoy a moment of life. I would love to hear what makes you smile. I would love to hear what makes you laugh. Humor and laughter is such important elements of relating with another person.”

“Tell us about gender equality, I want to hear it from a male perspective” says the **house wife**, with a child on her hip, in a more serious tone

“My opinion is seldom a good version of a male's opinion since I am not a typical - war, beer and naked girls- type of man. I do agree that males and females as a generalization has different skills and qualities of strength that can be applied in a complementary manner. The key lies in understanding that the difference does not make the one more superior to the other. Both are in essence human and have something unique to offer. When it comes to a specific relationship then the general falls away. In general, we may say that woman are better nurturers. However, that does not discount a relationship where the man is more into nurturing than the woman. In a relationship, the key is to know each person's strengths and weaknesses and how to best make use of each one's qualities to make the relationship more for both rather than what can be gained individually. Communication and mutual respect should be core to a relationship based on specifics rather than the general. In a relationship of any kind, the relationship must free the other person to express their uniqueness with confidence and know they have the support of the other person. Allow the opposites to complement each other, combine strengths and know where weaknesses are shared. Whenever our freedom impart constrain on another it works to the detriment of the relationship. A relationship is about seeing and acknowledging the outstanding qualities in the other person and not be biased be sexuality. “

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“Have I heard that you call yourself a mystic” questioned the **priest** with the Bible under his arm.

“The mysticism I subscribe to does not define God as a concept for anybody but calls on each to explore his or her own understanding and connection with the divine. I depart from faith as the key criteria and rely on subjective experience as a basis for knowledge. I am saying it is subjective since experience can be interpreted in multiple ways and unfortunately, it cannot be easily replicated in a scientific manner. We each must be accountable to verify our experience of the Divine in our lives. The books through which I discover my understanding of God is nature, humanity and the inner self. Given the diversity, we see in the material world God is not a God that pattern people to one pattern but rather assist each to their full expression of their uniqueness. Consequently, the way through which divinity is revealed is as varied as each person's fingerprint. Each will have a different path and experience. Underneath that my conception is that of a benevolent creative and intelligent God that fixed the laws of nature to facilitate evolution and growth of both the spiritual and material.... “

“So you believe in that reincarnation nonsense” interrupts the **priest**

“To me the logic of reincarnation fits this presumption of an evolving universe well. In the Western context these are strange concepts but I have chosen to adopt it as an underlying assumption. “

“Is it not just all about philosophy and physics?” asks the **scientist**.

“As a mystic I appreciate the means with which you define your view in terms of philosophy and physics. Both are foundational to my brand and show that you have already a firm grasp of mysticism as a means of processing and filtering experience. The challenge is to expand consciousness to experience something more than just the ordinary world.

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Mysticism makes richly use of meditation, concentration, contemplation and visualization as tools to deepen the richness of our awareness. These processes allows one to over time become more aware of the patterns of eternity within which we immerse ourselves. It is almost like Tai Chi that conditions you to build up a unique awareness and sensitivity of your body posture and balance. I feel my body totally different now than when I was younger as a result of constant practice."

...and the crowd was still and left the old man alone. Only few stayed behind to question him more. They were sincere and he was patient to continue to answer his questions.

The neophyte's questions the Sage

Neophyte: How do you make people understand that a mystic is not just some irrational person trying to dilute himself with fairy tales to avoid the hard cold facts? That there is practical logic involved in the mystic's decisions as they endeavor to live the mystical life.

Master: *It is complex to decide if something is rational or not. We can only assess whether there are a logical incongruence and/or the degree of underlying assumptions that supports an argument.*

Neophyte: *Absolutely! I think what I am steering at is the integrity of a life philosophy - how all the ideas work together in order for both the belief system to function as well as the person using them. I can't prove mysticism, but I can demonstrate those participating have integrity, are honest with themselves and have their feet planted firmly on the ground.*

Master: *Ah but there you already have a caveat! Any belief system is by default not rational.*

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Mysticism does not require any particular belief but rather knowledge and awareness. You can challenge the interpretation of that knowledge and its factual foundation as well as the validity of the shift in awareness. The mystic first validate for himself not through faith but actual experience. There is no truth unless some experience collaborate the conclusions. One can then evaluate whether those experiences and conclusions are grounding the individual into a 'normal' perception of reality. However, how do you know which perception of reality is superior or more real? You cannot use an average mean because the mystic is an idealist working to the best expression of his concept of divinity. Nevertheless, that concept must be founded in actual experience and not belief. The mystic like the scientist cannot rely on a single experience but will strive towards validating the experience through repeating the experience and testing the logic behind the conclusion.

Neophyte: Well...it's that kind of thinking which would be awesome to demonstrate... that is fantastic.

Master: You cannot proof the shift in awareness or consciousness, but you can judge the result by the outcomes. Is a person happier, more rounded and more productive? Does the person have healthy relationships with others and what impact does he has on relationships. If the result were an improvement in those things, would it not be logical to conclude that the system serves a practical purpose? Is an obsessed athlete that sacrifice everything to gain a win better than a mystic that seek with all his soul to live a full life? Is the average person who chases after illusive goals like money and fame more sane than the mystic that applies every possible technique to have a meaningful purpose? There is no easy measures to objectively evaluate paths...one can only evaluate for himself if something is worthwhile his pursuit or not and what is motivation is for a particular quest. No one should have the right to tell another man what his life path should be. One can only judge the consequence that a particular path produce. Of the few, some left satisfied with the sage's answers others left because they did not find any wisdom for themselves. However, one decided to follow the sage and learn even more....

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The Disciple's discussion with the Sage

Disciple: Why did Universal consciousness need to, or decide to create duality? What is the point?

Magnus: It is not a point but a line...to experience! Without duality, there is no difference, and therefore no experience. From two comes a line, three a surface and four space....

Disciple: Does that mean we go through all this turmoil so that Universal Consciousness can experience and forever to move back towards perfection?

Magnus: I do not think it is moving back to perfection No, I see it as a step forward to transcend to an even higher level of being. Even Divine Consciousness is evolving.

Disciple: So why am I here?

Magnus: You are the bi-directional gateway between the material and the spiritual.

Disciple: Since Universal Consciousness wanted to experience, God extended as an entire creation and we just happen to be a little piece of it? I am looking for a deeper meaning but struggle to keep that focus. Am I then a small piece of God? It is amazing that Universal Consciousness never gives up with all these pieces that are so stuck and do not want to budge.

Magnus: Maybe Universal Consciousness see the progress we do not see; even if it is slow. The process of transformation sometimes require patience. We receive answers through attunement with the Universal consciousness so that we are experiencing a different state of being.

Disciple: Thank goodness it does!

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However, having said that, the spark of Universal Consciousness in everything is always pulling it up the spiral keyboard towards perfection. So that in the end all and the ALL will have changed in that direction.

Magnus: We can take an example from the old Egyptians ...we look at their work and we see intricate designs and lavished golden images but the Egyptians saw beyond it and saw the soul in eternity.

Disciple: True, the older civilization did seem "closer" to God. It is as if technology has removed us from the need to search for meaning within us and in the greater scheme of things.

Magnus: Perfection is not a static state in itself but a changing state of being. To change, freedom is needed and that is why free will is imparted to humans... and that is another reason for duality.

Disciple: Yes, the words we use are so limited...does that mean that if we did not had free will, then Universal consciousness will have less experience?

Magnus: You are very wise. There is much depth in your expression of yourself. I am fortunate to have you in my presence. Just open up and listen to the master within.

Disciple: I am just scratching my head to find answers and I normally get them from you! Don't you find that when you speak to someone who knows then somehow things fall in place for you? When I am struggling with a concept, I just need to talk to you.

Magnus: I do not have many opportunities to talk about the Divine in depth and always value our discussions. I learn much from them myself through your questions and pondering.

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That is how the duality between master and student evolve towards perfection...they are separate and yet ONE in purpose.

The disciple left the master for he understood that the Master is within and that he no longer need the teaching of the Sage but only to continue to listen to the Master within. With time, the disciple accumulated his own wisdom and his own disciples but he also pointed them away from himself so that they can learn to listen to the master within.

The Master returns to the Sage

After many years the master began to wonder if the old Sage is still alive for now he know how much he was in his debt for the knowledge he gained. He decided to return to the place where he has left the sage. There he found the sage on his deathbed, but there was still a twinkle in the sage's eyes as the he grasps the master's hand with delight.

Sage: "My dear friend you had been on a long voyage and you have returned. Surely, you must have one last lesson for me to learn before I leave this world. Please tell me what you have learned for I know your learning would be the sweet nurturing my soul need to be set free."

Master: I have indeed seen many wonders and learned from learned men but I learned most from the master within.

Sage: "Then tell me what you have learned from the Master within for we are all from the same Source"

Master: "I learned that man is a triune entity that is the doer, thinker and knower... and the knower is the Master within. I learned that desire and feeling drives action so I cultivated courage and temperance. I pondered the thinker and realized the thinker strives towards reason and rightness and I fostered within myself wisdom and justice. But these virtues so precious to me now could only be gained through the knower, the master within.

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Sage: “Having gained these insights in life, have you discovered the purpose of life?”

Master: Men do through the body and function by thinking. The senses serves as the transmitters of impressions between the objects of nature and man. The lesser mysteries relates the doer while the greater mysteries related to the real Self, that greater Self, which is not in the body, not in the world of birth and death, but which is consciously immortal in the all-pervading Realm of Permanence. The greater Self that is present with you through all lifetimes. Feeling and desire are two aspects of the doer the first passive and the latter active and should always be considered together.

Feeling-desire is the intelligent power by which nature and the senses are moved. Feeling feels the impression that are transmitted to the body by the senses as sensation. Desire is the conscious power that moves the body in the accomplishment of the doer's purpose. Every desire arises from a feeling and every feeling gives rise to a desire. Through thinking man sets destiny. Right thinking shows the way and leads on the way to the Light of the Intelligence, the Conscious Light within. Thoughts are real things, created by man through his thinking. The thoughts of man are the potentials, blueprints, designs or modes from which he builds out the tangible material things. Mind is the functioning of intelligent matter and cannot function independently from the doer. Man is made up of body, soul and spirit. The soul continues to build a body for the doer for as long as the doer may require.

The spirit consists of the breath form where the active part of it is life and the passive part is the pattern or mould, according to which the physical structure of man is built. The body is the exteriorization of the thoughts of many life times. Consciousness is the ultimate final Reality and without it nothing and no-one can be conscious yet consciousness itself has no function. Consciousness is a presence everywhere. There are degrees of being conscious but there are no degrees of Consciousness. The path of progression for man is to bring harmony and balanced union between the doer and the thinker and knower. The law of thought states:

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"Everything existing on the physical plane is an exteriorization of a thought, which must be balanced through the one who issued the thought, and in accordance with that one's responsibility, at the conjunction of time, condition and place."

Thinking shapes human destiny. The thinker is the mental part and the knower the noetic part of man. The universe consists of nature-matter, intelligent-matter and Consciousness, and is a system of development by progression, not evolution. The purpose of the Universe is to make all units of matter conscious in progressively higher degrees, so that nature matter shall become intelligent matter; and, so that intelligent-matter shall increase in being conscious until ultimately it becomes.

Sage: "You have seen the goal to which every mystic strives. But tell me what have you learned about life?"

Master: Ether emanates from Divine intelligence beyond time and space. From Ether emanates the polarity of Nouse (Negative) and Universal Soul (positive). Nouse although negative is still positive relative to the further emanations of which it is the source. Nouse emanates as Will. Nouse is the source of the polarity of Spirit (negative) and Life Force (positive). Within the human domain spirit emanates from earth and Vital Life Force from the sun. From the earth emanates the polarity principles Earth (positive) and water (negative) and from the Sun Life Force results in the polarity principles Air (positive) and Fire (negative). Life emerges where the spirit principles Earth and Water intermix with the Vital Life Force principles Air and Fire intermingles or meets e.g. "Life manifest as the result of the combined action of the four principles". Air is negative and fire is positive and in the same Earth is negative and Water is positive. After all Air is receptive and vitalizing while Fire is active regeneration and earth is passive structure and nurturing while Water can be seen as active flow and purifying. Air is not a breath in the body to create the soul but rather to create the psychic body in order to unite the soul and the body. Then soul is long lasting, consisting of an Earth negative polarity and a Fire positive polarity.

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Fire is then the positive principle that maintains the soul..., which is light that is preceding life. First, there was light and then life followed. As the positive force, it explains why soul is maintained. This is why we stimulate the psychic body through vowel sounds and breathing if we see the psychic body as being the connection between Water and Air. The soul must reconnect to the Earth to remain stable. At death the link with Earth is broken and the soul is maintained only by the positive force of fire. However that is not sustainable and the link with Earth must be re-established for the soul to continue to evolve until it becomes a complete entity of light and do not need the connection of Earth to maintain itself. When the soul is complete light it will move on to the realm of permanence.

Objective consciousness, which link the body through the senses with its environment, is linked to the psychic body, which will explain why the psychic impression are often translated into physical sense perceptions. The subjective consciousness forms a connection between the psychic body and the soul. This is a rather surprising conclusion! However, it explains that the soul governs the unconscious activities of the body in its totality. The Spirit of physical body of man relates to the Doer part of man, the psychic body to the thinker part of man and the knower part of man relates to the soul or the Master within. Which remains its direct connection with the Vital Life Force. Brain is therefore part of the physical body but mind part of the psychic body.

The knower or Master within is beyond both of these. The human body is part of the human physical world and is the doer on the earth plane. The thinker or psychic body is part of the Earth world, develops in and out of the realm of permanence, and is part of the form world for the doer. The soul belongs to the earth sphere and evolves towards the realm of intelligence. However before the realm of intelligence can be entered the psychic body must have evolved to a sustainable entity in order for it to replace the physical body as the doer.

Sage: Your insights is indeed my delight, and it will liberate my soul. I can depart now in peace but you, as the grim reaper, must still ready to face Abraxas, the god beyond duality.

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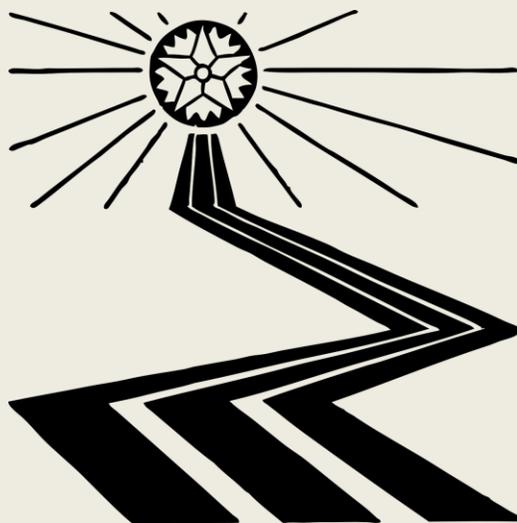
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Abraxas is more indefinite than god and the devil. Abraxas is effect. Nothing stand opposed to it but the ineffective; hence its effective nature freely unfold itself. Abraxas stand above the sun and above the devil. It is the improbable probability and the unreal reality. Hard to know is the deity of Abraxas. Its power is the greatest, because man perceives it not. From the sun he draweth the *summum bonum* and from the devil the *infimum malum*. Abraxas transcend the sun in power, who is himself the radiant source of all the force of life. Abraxas is the sun, and at the same time, the eternally sucking darkness of the void. The power of Abraxas is twofold; but you see it not, because for your eyes, the warring opposites of this power are extinguished. Abraxas speak both the hallowed and accursed words which is life and death at the same time.....

With those words, the sage gave his last breath. As the master stood up the wind blew across the sage's body onto the sage's grim pondering face.

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➔ Do you believe in Saints? Do you think your concept of them is correct?

Proper Christian Magic

Syd Alruhi

I grew up in a very religious household. What I came to call myths and legends about saints were a common dinner time subject although the elders seemed to take it all quite seriously. My mother had statues of all her favorites strategically placed here and there complete with adornment and votive candles – stages all set to make the prayer requests when necessary.

Being a youngster, by youthful appeal, the more outlandish and gruesome the stories connected to these “saints” the better ... the kind that scare you so badly you have trouble sleeping for a few nights. Of course as I grew older all that changed as I evolved into my true spirituality and began to have my own learning experiences. Yet, I do recall a few favorites and number one on the list is the story of Saint Cyprian of Antioch.

This guy really had it going on. The best of all worlds really. He is the legendary patron saint of sorcerers and necromancers, THE pagan magician of Antioch. He was born a Pagan child dedicated to the service of Apollo. He received various “godly” initiations throughout the years, learned the ways of possession and demonology, met the dæmons of the *Great Solomon* and finally at age thirty met the devil himself who gave him a demon infantry. He dealt with all sorts of nasties, killed people physically and magically, rendered blood sacrifices and was an all-round dark magic machine.

Here is the legend connected to him:

There was a Christian virgin by the name of Justina who was being sought after for marriage by Alcadius, a Pagan. When she refused his marriage proposal, Alcadius went to see Cyprian offering him sixty pounds of gold if he would cast a spell to change her mind. Cyprian summoned up a variety of demons from his infantry to afflict Justina so she would change her mind but she banished them off by making the Sign of the Cross and praying

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After several attempts his magic was extinguished. Convinced he needed to learn this more 'powerful magic', Cyprian freed himself from the grip of Satan by making the cross himself and then hastened off to see the bishop of Antioch to become baptized. He already possessed great intellectual prowess and his superior spiritual talents became evident so quickly that he became a deacon, priest and finally a bishop in a very short time. Justina became the head of a convent.

As the tide turns with most things in history, the end of Cyprian and Justina is a gruesome tale. They were arrested during the persecution of Diocletian in 280 C.E. and thrown into boiling water from which they emerged unharmed. As this produced great fear and proof of the devil, they were sentenced to beheading which took place on the bank of river Gallus. Afterwards, they were both recognized as martyrs.

Now oddly, there is no proof that the man actually existed. Stories about him went into circulation in the fourth century and he was mentioned by a Byzantine compiler of the lives of saints known as Simon Metaphrastes but there is no record of a bishop Cyprian. The Vatican removed his name from the List of Saints in 1968. There is also a book, *The Great Book of Saint Cyprian* which according to Wikipedia.org:

“ ... contains instructions to priests on how to cure disease; evil spells and exorcisms; a list of 174 treasures of Galicia; the Prayer of the Guardian Angel; 50 mysteries of witchcraft from the time of the Moors (including medicine); treasure of magic (for example, way to capture a little devil making a pact with Satan; black magic to destroy a marriage; a skull lit up with candles of grease to do evil to a person); an explanation of hidden powers of hatred and love; the hidden powers of magnetism; prayers of popular religiosity (Magnificat, Cross of Saint Benedict, Dream of Our Lady, Dearly beloved Jesus Christ, a prayer to aid the sick in the hour of death) and the prayer of the Black Goat; and so on.”

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The problem is, the book appeared centuries after his death and cannot rightfully be attributed to him (the first edition having come out in 1849, with the title, *it was the Book of Saint Cyprian, taken from a manuscript. Made by the Saint himself, who teaches how to undo all the spells made by the Moors in this Kingdom of Portugal, and also how to find the places where riches can be found.* The book is said to have a life of its own and is said to absolutely terrify anyone who reads it. Legend has it that if a reader finishes it to completion they will attract the devil in person.

Despite ALL of this, Saint Cyprian is still honored today in some circles particularly among Gnostics and Hoodoo practitioners.

Certain Christian occult circles during the middle ages claimed that that Cyprian continued to practice magic after his conversion having given up Pagan magic for --- you know ---- proper Christian magic.

So what do I think? Hell of a story. Magic in any form is a manipulation of that which is natural. Does it exist? If you are a realm walker or have a belief in universal balance it does. Does that make it negative or positive? Depends on your point of view based in your personal spiritual experiences and what you feel is 'proper.'



➔ Did the Druids practice 'real' magic?

Druidic Magic

Druid Niamh Ardgall de Danaan

According to ancient folklore, there were those who believed that a special order of High Druids were entrusted with some of the secrets of the Universe and that they held a magical responsibility to keep the balance between the powers of the Darkness and the Light.

There is very little factual information about the Druids mainly because they engaged an Oral Tradition where nothing was written down but rather passed down by the spoken word. For the Druids, recording via the written word corrupted and dishonored the information while weakening the mind. Any writings that have survived are those set down by the conquering factions of history such as is contained in Roman accounts. It is commonly known and accepted that among the Druidic orders were Master Astrologers who had vast knowledge not only of the Earth but also of the motion of the Universe.

According to the eminent scholar Fergus Kelly, a Druid was, "priest, prophet, astrologer, and teacher of the sons of nobles." Julius Caesar acknowledged, "They also have much knowledge of the stars and their motion, of the size of the world and of the earth, of natural philosophy, and of the powers and spheres of action of the immortal gods, which they discuss and hand down to their young students."

Did the Druids practice magick? By all accounts, yes. How might the Druids have practiced Magick? The waxing and waning of the Moon was certainly most important. Throughout cultural history, the Moon has always played an integral role in determining the course of events. According to Celtic lore, the Moon of October, called the Blood Moon, was particularly potent. It is strongly tied in with the element of Earth and the ideals of finishing things with practicality, paying attention to detail, and taking protective measures to guard what has been accomplished. Strong supernatural motivations are also connected to this Moon and those with the ability for clairvoyant prophecy can be strongly affected.

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The Druids and the ancient Celts held a special affinity for 'triads' and the number '3' since they believed only numbers that had a 'middle' (in this case number 2; 1-2-3) had balance. The ancient magical number associated with the Moon is '369' which consists of the number '3' and its derivatives '6' and '9'. On a Divine level (but not numerological) for those of us on Earth, the Moon's influence via the number 369 equates with commitment to the Earth as part of one's Divine purpose.

The ancient Celt word for Magick is Dra/iocht which translates literally to "what Druids do." Druidic magick was the magick of nature. Contrary to popular opinion, there is no evidence that the Druids engaged in human sacrifice as part of the magical ritual. It is believed, however, that they did engage in animal sacrifice as part of the magical practice. The Druids did not believe in trying to control the great forces connected to nature but rather to work in harmony with them. There was a spiritual connection to nature and all of the gods and goddesses they believed were connected to nature. They sought assistance of these deities by presenting an offering with hopes that the intention would bring about favorable circumstances.

According to the ancient Celt loremasters, the Druids were capable of many magical powers such as divination and prophesy, weather control, healing, levitation, and shape-shifting (usually into the forms of animals or people). It is believed that a certain class of high Druids could walk in the "Otherworlds" where they gained information from entities on other planes of existence. Divination skills and magical insight were required for many essential social and practical political purposes. Druids advised tribal leaders about policy making, helped with solutions for disputes and legal settlements, and announced the beginning of important agricultural and hunting seasons which were basic to life. It is further speculated that they were able to magically oppose criminal activity. Magically induced dreams could be performed to reveal a culprit's identity or magical spells could be cast that guaranteed the return of goods or livestock. During wartime, a Druid's magical skills were needed to predict the enemy's movements in order to disrupt its political plans.

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Warriors went to battle magically empowered and aided by environmental forces. The highly respected Druids could put an end to an unjust war by simply walking onto a battlefield and ordering everyone to go home.

According to Celt history, the Druids held certain magical concepts that applied to their beliefs:

- IMMARAM - This term refers to "astral travel." It was believed that one could journey to the realm of the gods or the "Otherworld."
- AISLING - Dreams or visions induced by altered states of consciousness.
- IMBAS - Known as "fire in the head" and referring to divinely inspired poetry also acquired through altered states of consciousness.
- FI/RINNE - The binding force or "way of nature." This term concerns itself with matters of Truth and Justice.
- ECHTRA - Warrior magick reserved for those who traveled on holy grounds while traversing the wilderness.

KYMRY INVOCATION

My tool is my voice and the words pass down the wisdom.
Equal in honor do I pass it thus -
The stones speak in the face of the Sun-
And In the Eye of Light, the Truth is shown as the Light is shed upon it.
From the Great Circle of All Enclosing -
Oh Great Spirit who is infinite, Father of all creation,
I proclaim Praise to the Most High!
The time of Earth is eternal passing through fire, quake, wind, and cold.
Paternal Sun sends his star seeds to Maternal Earth,
and man becomes one with all in the sacred Space.
The time of Man is short but renewed as he balances his nature.
Through the two Great Circles of existence he passes -
Each to the other, good and evil to weigh.
Then, may he drink from the fountain of knowledge -
In reward for his labors as is his destiny -
With blessings and joy, may he come forth revealing the wisdom again.



AUTHOR BIOGRAPHIES



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Marlo Meizner (*Scrying, pg. 69*)

Known in her hometown as “Mystic Marlo”, Ms. Meizner is a veteran scryer who favors her antique crystal ball handed down to her by her grandmother. Marlo also enjoys watercolor painting and likes to paint the themes she sees in her crystal ball. Marlo is a widow who has five grown children, eleven grandchildren and one great grandchild. Her daughter Macey is also a scryer and will follow in her mom’s footsteps.

Georges Gerapolis (*The Hermetic Doctrine of Karma, pg.71*)

Georges considers himself a proud Greek who is into ancient metaphysical history and anything else oddly historical. Georges is also an amateur astrologer who likes to cast event charts of historical events and compare themes. He has been married to the ‘love of his life’ for 45 years and has three children – triplet boys who are all successful in their individual walks of life. He feels that is his good Karma.

Jurgens Pieterse (*Discussions with the Mystic Sage, pg. 73*)

Jurgens Pieterse, of South Africa was initiated on his spiritual path at the age of ten through a thoane (caracal) shamanic ritual. He received his Bachelor degree in Industrial Engineering in 1989 (Master’s degree in Industrial Engineering in 1996) and was actively involved in the Dutch Reformed church until that time. In 1993, an obscure book, *Miraculous Management* by Saul Kuchinsky sparked his lifelong interest in the esoteric arts and sciences. He started to study the fourth way teachings of JG Bennett, PD Ouspensky and GI Gurdjieff. He travelled to the United States to meet Saul Kuchinsky and attend a workshop by Anthony Blake author of "The intelligent enneagram". The meeting inspired him to deepen his study of the enneagram. His continued interest in systems theory led him to study divination systems: Astrology, Tarot, I-Ching, Geomancy and Runes. In 2005 Jurgens became a member of the Rosicrucian Order (AMORC). Currently Jurgens is working as a Management Information Systems Manager at the Parliament of South Africa where he also leads daily practice sessions in Tai Chi and Yoga.

Syd Alrruhi (*Proper Christian Magic, pg. 85*)

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

Niamh Ardgal de Danaan (*Druidic Magic, pg. 88*)

Druid Ardgal prefers to remain anonymous.

Sacred Sciences

Seek not the truth...

It will find you.

Section Managing Editor – Anna Drake Sydney

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Do you think the world owes you anything?

The Universe Is Not Your Bitch

Mahaji

Ever want something so bad you could taste it? You put great thought into it and believe deep down inside that you know it is right for you – it is your kismet, destiny ... it will bring you the epitome of greatness in your own little world. So, being a good world student you put faith in the Law of Attraction and just know you can attract the right opportunity and backed by the promised powers of self-manifestation it will all be yours. You do whatever you do – pray like crazy – put out nothing but positive intentions *every* day. The Universe is bound to hear you and smile beneficently upon you. The truth is, the Universe heard you the very first time you put it all out there, no need to get dramatic ... just be specific and clear at the onset.

In a short time, the opportunity comes along. That Universe sure did listen didn't it? Hey, this REALLY works! You put on your best smile and impress better than you ever have before – you are a shoe in – no doubt. Then it happens. You don't get what you want. Your bubble has been burst. Even worse you have to accept something less by way of opportunity just to stay afloat. Now you have an attitude and a very begrudging one at that. You stumble along envying those who have achieved your dream. The whole thing really stinks. Maybe it's karma – maybe not. So you tell yourself the hell with all this metaphysical bunk and get on with life. You weren't heard – it simply does not work.

Then something very strange happens. Your lesser opportunity opens the door to a new opportunity. You perk up a bit and decide to give it a shot. Once again you put on a good face and try again. This time the opportunity works out. Not only does it work out, it is a better opportunity than the first one. Life is good and you are happy.

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So what happened here? You had initially given up and BAM! You actually ended up better than you thought you would or planned. Can you say the Universe didn't hear you at all? Did it simply put you on an unexpected path so the *right* opportunity would manifest?

Maybe next time you'll trust in the Universe a bit more. AND you will finally learn to detach from outcomes and expectations and go with the flow – the cosmic flow. It is part of you and we are all part of the greater whole, infinitely connected. You just need to read between the Divine lines. The answers always come but not often in the way you expect. They come when the Universe knows you are ready.

The Universe is not your b*tch. But it is your caregiver (in every sense of the word).



→ Do you believe the cosmos has been imprinted upon you?

A Glimpse Of Cosmobiological Thought ...

Thomas Selinas-Cross

Cosmobiology is a discipline concerned with the correlation between the Cosmos and all organic life and the effects of cosmic rhythms and stellar motion on mankind. Man's character disposition, innate knowledge and all possible turns of fate are a mirror reflection of the Cosmos ... the macrocosm in the microcosm ...

We are all cells of a greater whole ... why wouldn't the Cosmos and ALL of its information be imprinted in us? Do we actually learn or simply remember?

Man's quest to understand himself with the complexity of the cosmos in reality predates the earliest Babylonian/Sumerian illumination. From the time the first human contemplated his environment his mind has been soul-driven on the quest for understanding him-Self. Like most gallant searches, we simply have not found the physical evidence for it to speak about it with any clarity. The cell memory and the Soul memory knows that civilizations have come and gone without leaving any traces. Values of good or evil, angel or demon, religious underpinnings of any kind, in truth, have nothing whatsoever with that original quest. That quest is the quest of the Soul and the proverbial "why am I here?"

There is a new awakening which is expanding and transforming the minds and hearts of a great multitude of humanity. It can be considered an evolutionary current of the collective experience that will bring forth a radical turn in orientation. Students and teachers of astrology will be confronted with certain dynamics of human psychology and human inter-relationships that no longer satisfy what we truly need to know.

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Our 2D vision will no longer suffice as we are pulled into a holographic program of understanding and re-understanding. But in essence this is not new but very, very old. The astrology of the Chaldeans and even the ancient Hebrews was steeped in metaphysics and the interpretation of Cosmic Laws. We would be fools to think that these interpretations belonged to them, for their interpretations were based upon the foundation of something much more ancient. Something that transcends what we identify as "time" itself.

Today there is a great divide between Astronomy and Astrology. Why should that be? Could this statement be true?

"Astronomy is actually Astrology that has had its Soul removed."

Esoteric knowledge of astrology is largely attributed to far removed sources or other-worldly beings such as Dwjhal Khul, for example, who allegedly gave certain information of cosmobiological significance via channeling to Alice Bailey. We can accept that or poo-poo it. We can look at it this way, either Alice had one hell of an imagination OR she had in fact tapped into something, not necessarily someone, very ancient. Perhaps something that was always there. Imprinted in her being and ready for release.

When something comes very easily to a person, let's say a foreign language, OR they just understand it without ever having studied it, it means they have had contact with that language prior to incarnating and are currently releasing that ability. Where did that ability come from? If we go into the modern study of the Seven Rays and calculate a person's Rays, we would see that a person who carries a strong 7th Ray influence (arcane knowledge of all time and non-time) would most likely make a good astrologer, alchemist or high magician. Why? Because the imprint is there. Who imprinted this? The Soul. Who created the Soul?

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What we call Source, the Divine, God, the Ultra Natural or an “accident” depending on your flavor du jour and current orientation. We are all cells of a greater whole ... why wouldn't the Cosmos and ALL of its information be imprinted in us?

Yet we continue to speculate through our current level of understanding shaped by exposure and beliefs - Perhaps it is aliens, inter-dimensionals, ascended masters and anything else we can identify by a structured specific title? OR is it ... Just plain evolution of the human mind? No to each.

It is merely the predisposition, the blueprinting of the Cosmos that resides in each man in his cell and Soul memory and is always there and always will be there.

He will recognize it and the complexity of the Cosmos bit by bit when he is ready just as he did at the beginning of it all.



→ When was the last time you defended your psychic space rights?

Defending Your Personal Space

Marion Bonselor

As careful as most spiritual people tend to be, we can still fall prey to unscrupulous psychics who have selfish desires for intruding upon the personal space of others.

A good psychic has the ability to tune in on someone anytime, anywhere, for any reason, just as a psychologist can probably spot and identify psychopathic behavior or someone who is really depressed. However, an ethical psychic, or one who serves the light, would not do such a thing without your express permission. An unethical psychic, or one who serves the dark, would not seek permission, instead violating your privacy to serve their own ego needs or whims.

Psychic harassment such as trying to read the Energy Signature of another individual, their aura, or their emotional MO without permission can carry a heavy price for the perpetrator in the Karma department. There is no accidental “read” ... no oops! It is a deliberate act. Someone’s energy does not come up and smack you in the face – it requires a calculated effort (btw- it is also a definitive tool used by psychic vampires). Any so called psychic person who tells you otherwise ... “it just happens” ... or ... “I cannot be fooled” ... is most likely a fraud or at the very least an egotist. The signature can also be easily misread – a woman who carries heavy masculine energy can be mistaken for a man and vice versa. Then there is the emotional factor. The Perception-Deception. We are all emotional beings and we have an emotional filter through which psychic input runs. Here is where many, many mistakes are made because one’s emotions and memory cells can produce an inaccurate read. A “familiar” energy may not be a familiar energy at all – it merely feels familiar because it has run through an emotional program like a mix and match game ... let’s match up what seems to be correct.

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People who suffer from psychological rejection based on early conditioning are at the top of the list for the mix and match game. They have a strong need to be right, noticed and even better applauded for their so-called accuracy. In some cases, even though a person may not be able to deliberately hide their signature, they can at times be so detached the signature cannot be read accurately if at all.

Maybe that's a good thing.

An individual should always protect themselves from someone they know or feel is trying to invade them. You can shield your energy from others using psychic self-defense techniques... imagine a wall or shield between you and the psychic and mentally push out your thoughts telling that psychic to keep their unwanted probing to themselves. You can also create your own combinations of energy that you project as you manifest through your emotions, your thoughts, your physical feelings, all of your senses, inner and outer.

There are many working elements to you, and all of these are expressed through energy so go ahead and recalibrate yourself.



→ Did you know that Forensic Astrology can help solve mysteries?

The Strange Case of Frederick Valentich

Loni Haas RMAFA, NCGR, DD, BT

Can Astrology validate the paranormal? Forensic Astrology is a fascinating branch of astrology that deals in specialized detective work. The topics range from criminal investigation including ongoing and unsolved cases, to paranormal probes including hauntings and things such as alien abductions, to queries regarding specific cases involving Quantum physics such as time travel. Of course as with any type of enquiry, the most important single factor is to know where to start looking. Astrologers who specialize in forensics might use a variety of means, birth charts, event charts, and even location charts or horary charts to discern the truth of a matter.

Let's start with a summary of the story before engaging the astro-forensics. Quotes extracted from the Melbourne Flight Service records and the story rehash were documented by Mr. Charles Bowen as appears Vol. 11 of "The Unexplained - Mysteries of Mind, Space, and Time"

On October 21, 1978, somewhere over the Bass Strait in Australia, a Cessna 182 light aircraft, piloted by twenty year old Frederick Valentich disappeared never to be seen again. Valentich held an unrestricted flying license and was considered a competent pilot by his colleagues. On this day, his assignment was to fly to King Island midway between Cape Otway, Victoria and Tasmania where he would collect crayfish for the officers' mess of the Air Training Corps.

Valentich took off about 6:19 pm and flew over Cape Otway about 7:00 pm. At around 7:06 pm he contacted ground control at the Melbourne Flight Service asking if there was any known air traffic in his vicinity below 5000 feet since he had spotted a large aircraft at that depth.

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The Flight Service asked him if he could identify the type of aircraft to which he replied, "I cannot confirm. It has four bright lights that appear to be landing lights ... it has just passed over me at about 1000 feet." Flight Service confirmed that there were no aircraft in the vicinity. At 7:08 Valentich complained that the aircraft was approaching him from due east and seemed to be, "playing some sort of game." The Flight Service asked Valentich once more if he could identify the aircraft. He replied that the craft was passing him and that, "it has a long shape ... it seems to be stationary ... I'm orbiting and the thing is orbiting on top of me. It has a green light and a sort of metallic light on the outside." At 7:12 pm Valentich told the Flight Service that his engine was rough idling and that the aircraft was on top of him again. He then told Flight Service that his intentions were to proceed to King Island. The only thing Flight Service heard after that was described a long metallic noise after which all communication ceased.

When Valentich failed to arrive at his destination point a visual and radio search began. The Cessna had been equipped with a life jacket and radio survival beacon but nothing could be traced. An RAAF Orion from South Australia continued to track for two days but nothing was found except an oil slick north of King Island. In interviews several days later, Valentich's father stated that his son believed in UFOs and claimed that his son had been, "borrowed by interplanetary visitors."

What really happened to Frederick Valentich? Did he crash into the sea after he collided with a UFO? Was he abducted? Did he perpetrate a hoax? Some felt that this was no hoax based on the fact that Valentich lived for his professional reputation as a pilot and would never ever have done anything that would affect his chances for promotion.

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Other experienced pilots came to the fore stating that it should be noted that there was six minutes of recorded conversation between Valentich and the Flight Service mentioning strange lights at several intervals.



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The overview of the chart shows energies focused on the 'self' and 'others' via a Bowl pattern with all of the planets spread from the 2nd house to the 8th house. Four of the planets are concentrated in the 7th house (others) with the planetoid Chiron in the 1st house (self). Weight or drama concerning the 1st and 7th houses is a signature often found in cases of alien contact and abduction. There is a Fixed Grand Cross configuration consisting of Chiron Rx, Jupiter, Mercury and the Midheaven indicating a course of action that is virtually unstoppable. A T-Square consisting of a Mercury/Chiron Rx opposition squared by Jupiter (conjunct the cusp of the 4th house of endings and beginnings) with energies gravitating from the 1st to 7th out through the 3rd house focuses on bodily crisis, activated consciousness and "checking out." Another consideration is the Uranus/Chiron opposition. This aspect occurred numerous times between 1951 through 1988 and is often found in the charts of incidents involving airplanes and airplane accidents.

An important factor in discerning a case of this type is to examine any paranormal or 'otherworldly' circumstances surrounding the Moon. The Moon serves as an additional source of identity in a chart. It represents how one feels about one seeks and finds in life. The conditions akin to the Moon alter beliefs, ideals and passions. In this chart the Moon rests at 28°Gemini 39' in the 2nd house. According to astrologer Ada Muir in her reference guide "The Degrees of the Zodiac Analyzed", the Moon at this degree and sign refers to, "one who cooperates with the invisible forces knowing that all these things are possible." Very important is the fact that the Moon is Void of Course - ready to change signs and making no aspects. When the Moon is Void of Course, it is believed that conditions are ripe for paranormal events that defy logic among them time rifts, openings to parallel planes, and unexplained disappearances. There are three Fixed Stars conjunct the Moon, Betelgeuse, Menkalinan, and Polaris, indicating turbulence, restraint, danger, and violence.

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The Moon makes one major aspect which is a trine to the Sun in Libra in the 6th house designating a strong human life force poised to expend energy should survival become an issue.

How might the alien interlopers be described and what was their agenda? A quick look at the seventh house of 'others' tells the tale. The sign on the 7th house cusp is Scorpio which suggests that the aliens were agents on a specific mission. Since there were fifty sighting testimonials by other individuals before and after the Valentich disappearance, consideration must also be given to the proposition that the alien craft engaged the Cessna because the Cessna was viewed as a trespasser and a threat to 'something else' ... something unseen.

There are four planets in this house all occupying the sign of Scorpio: Mercury, Venus Rx, Mars, and Uranus. The latter three form a stellium - a formidable configuration of blended energies designating superiority in aviation. The stellium also indicates that the aliens were androgynous neither male nor female but housing both qualities. Mercury is conjunct Uranus which confers genius attuned to the "Universal Brain" and the ability to communicate telepathically. They exhibited scientific brilliance and were particularly interested in microcosmic forces. They were experimenters who found it necessary to prove everything and understand everything. Mars conjunct Uranus indicates that they used various forms of mechanical apparatus. They had a keen interest in the human nervous system, the human reproductive system, and in the nature of human creativity. As Mercury and Uranus oppose Chiron in the 1st house, the aliens viewed humans as oddly misshapen or ugly and as housing chaotic energy. The planet Neptune rules disappearances. In this chart Neptune resides in the 8th house in Sagittarius. Neptune's influence from this house produces extreme sensitivity to and influence from undercurrents in the atmosphere.

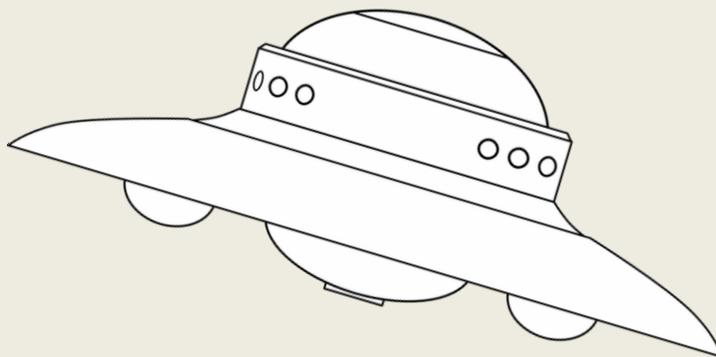
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Neptune is squared by Saturn in Virgo in the 5th house of the Will indicating that Valentich was 'taken over' by something powerful and unsympathetic.

It also signals that he was thrust into another dimension giving rise to great anxiety. Since Neptune is exactly conjunct the Vertex point (experiences over which one has no control) by two minutes in the 8th house, he was a victim of bad timing ... in the wrong place at the wrong time. Saturn trines Chiron indicating a gross manipulation by something determined to have its own way. Neptune also sextiles Pluto in Libra in the 6th house indicating that the familiarity with the physical tangible world was dispensed as Valentich was thrust into the infinite reaches of outer space. If he is still alive, he probably exists in an alpha state of consciousness.

To date, Frederick Valentich and his Cessna aircraft have been missing for over thirty years. The speculation surrounding his disappearance remains and this documented case continues to be one of the most baffling cases in UFO history.





Do you recognize your many ego states as you experience them?

Siddhartha's Quantum River

Steve Prellwitz

It is possible to see time itself *as* consciousness; to see the physical & mental *as* the spatial & temporal. One must realize *there is no real difference between the two*; the mental-temporal reality is merely the four dimensional superposition of all the physical-spatial realities. Think of your body at any given moment. Your ego is the quantum physical Observer of this world. The rest of your consciousness is an interference pattern connecting all of your other past (memory) and future (imagination) ego-states to *this* one you are experiencing. All of these ego-states are equally real all the time, simultaneously existing inside a four dimensional superposition or "qwiff" which *is* your spirit.

Dr. Fred Alan Wolf explains it like this in his book *Star Wave*:

Quantum mechanical laws are applicable to our minds as well as our bodies, because our minds are parallel natural worlds to this one. Now, why is there any division between the mental world and the physical world? The answer is "phase harmony". The mental worlds are actually occurring now. What you think here is happening there. The forms of physical reality we experience are not unique. They are formed from harmonies of other parallel realities. This physical existence is just one of many mental existences. It would be better to think of consciousness as capable of being represented on many parallel reality planes. This existence is composed of certain planes in resonance, and these in turn divide into physical and mental existence for each separate plane.

Thus do we see that time does not really exist; it is only the field of consciousness interacting with itself, self-referentially, to collapse the wave function of all possible realities into a single Observed state of being.

Continued ...

Continued ...

In *Siddhartha*, Hermann Hesse uses the analogy of the river to explain this view of reality. He sees the world as a river flowing from the past into the future, in which the individual physical drops of water flow as waves to form the reality of life's dual nature...

"...the river is everywhere at the same time, at the source and at the mouth, at the waterfall, at the ferry, at the current, in the ocean and in the mountains, everywhere, and the present only exists for it, not the shadow of the past, nor the shadow of the future."

He carries this further to explain how we in fact perceive the illusion of time subjectively, as the aging process...

"...I reviewed my life and it was also a river, and Siddhartha the boy, Siddhartha the old man, were only separated by shadows, not through reality. Siddhartha's previous lives were also not in the past, and his death and return to Brahma are not in the future. Nothing was, nothing will be, everything has reality and presence."

Wolf echoes this expression when he describes how parallel worlds are experienced by conscious Observers:

A typical example of how parallel worlds enter human evolution is exhibited by the growth of a child. Both the child and the adult who grew from that child "live" on parallel mental levels. These levels exist side by side but are experienced as past and present by the adult and as present and future by the child. Actually both are alive in parallel universes that do not overlap or extend into each other. In each physical world the other persona is mental.

Another excellent example of this theory is given in the film *2010: The year we make contact*. At the end of the previous film in the series, *2001: A space odyssey*, Dave the astronaut evolves "up" one dimension via the monolith, transforming him from a *three* into a *four* dimensional entity.

Continued ...

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Thus, when Dave returns to our plane of reality in 2010, he is constantly changing his physical form; one minute he is a young man, the next he is middle aged, then he is again his newly evolved Starchild self, etc. All of these alternate views are the result of our perceptual rotations around one superpositioned, fluctuating wave state.

David Bohm, a pioneer of quantum theory, suggested that the universe is made up of two orders of existence: the *enfolding*, or potential; and the *unfolding*, or actual. The enfolding order is Nameless, an infinite superposition of all possible manifestations. The unfolding order is the physically present, observable world. Looking at the universe as a single organism, the unfolding order is its body while the enfolding order is its soul. This soul is "God". All the Consciousness in the Universe superpositioned as one Observer unfolds the physical out of the potential. We conscious beings are to God as neurons are to a conscious being- the living matter through which self-awareness and the illusion of time arises. Therefore God, the Nameless, is the *qwiff* or soul of the physical universe, and our collective consciousness is its mind. Again using the analogy of the river, Hesse describes it: *Siddhartha listened. He had often heard all this before, all these numerous voices of the river, but today they sounded different. He could no longer distinguish the different voices- the merry voice from the weeping voice, the childish voice from the manly voice. They all belonged to each other: the lament of those who yearn, the laughter of the wise, the cry of indignation and the groan of the dying. They were all interwoven and interlocked, entwined in a thousand ways. And all the voices, goals, yearnings, sorrows, pleasures, all the good and evil, all of them together was the world. All of them together was the stream of events, the music of life. When Siddhartha listened attentively to this river, to this song of a thousand voices; when he did not listen to the sorrow or laughter, when he did not bind his soul to any one particular voice, but heard them all, the whole, the unity; then the great song of a thousand voices consisted of one word: Om- perfection.*



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Mahaji (*The Universe is Not Your Bitch*, pg.93)

Mahaji, “the Universal Mother” prefers to remain anonymous. She believes her article says it all.

Thomas Selinas-Cross (*A Glimpse of Cosmobioloigal Thought*, pg. 95)

Thomas is an astrologer and an astronomer. He is an animal advocate and spends his spare time volunteering at the local animal shelter in his hometown in the state of Washington. He also travels to different states to put on planetarium shows. An avid outdoorsman, Thomas enjoys camping and hiking and fishing.

Marion Bonselor (*Defending Your Personal Space*, pg. 98)

Marion is a retired nurse and the proud grandmother of twin boys. She considers herself to have psychic abilities as does her daughter and believes strongly that those abilities should never be abused. Several bad experiences with over-bearing intrusive psychics in various public venues led her to write her article.

Loni Haas RMAFA, NCGR, DD, BT (*The Strange Case of Frederick Valentich*, pg. 100)

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

Steve Prellwitz (*Siddharta’s Quantum River*, pg. 106)

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



Creative Musings

Imagination makes me infinite

Section Managing Editor – Marique Quinn

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→ Does the abundance of symbolism and embedded imagery in artwork make you look at life from many different viewpoints simultaneously?



Decoded by Trip Morris

Decoded is a piece of art that I used both my photo-manipulation skills and digital painting skills. I used these two mediums together to create something that I felt was innovative to who I am and what I've done in the past. It is very rare that I do mix these mediums together. The meaning behind Decoded is simply the realization that someone at one moment was looking for and after years of time, it becomes revealed. The very same eyes that were once closed, the very eyes that saw nothing, now are capable of seeing all things. These beautiful patterns of color I chose are symbolizing how many people are so often conditioned to see things in black and white, when they are really rainbows of distorted perspectives. All of these beautiful fractallus patterns integrate and show just how connected we really are. We owe it to ourselves and to everything else even if we do not yet realize it, to seek out and understand the different perspectives that are not necessarily native to our own. I was always this anomalous entity in the eyes of others, they would build their lives around glass blocks of order, while I chose to embrace the symphonic chaos of the world around us. In a sense there has always been order in my chaos as well as chaos in their order, it just depends on which side we choose to see.



Why Existence

Mikey Pierog

If life is a metaphor then exchanging flames shall be.
Just like the meaning of life, it depends on you or me.
Not everything is an answer, and a solution comes from all.
The questions you seek, is nothing short of small.
Why am I here? People are born and die in spades.
Is there a meaning to the place, or does it exist until it fades?
Am I just another slug moving till I cease?
Or is there a background agenda heralding in the peace?
Where do all trees come from? Who built the first seed?
Is there a savior out there or someone to take the lead?
Asking all these questions will never be finished or done.
Yet following these thoughts is sort of, kind of, fun.

Continued ...

Continued ...

You are a consciousness wrapped and chained in the body,
it holds together well, but its specs are kind of shoddy.

Every now and then you get moments to break free,
exploring the astral realms, the original home to thee.

Whether we are infatuating or a little bit lame,
the brain is sophisticated but created all the same.

It's the pathways we build, or let retreat away.

Whether we are growing or just blowing off the day,

Change makes us in this present world we dwell.

But know we are endless, this is just a plane we fell.

Our destiny is to rise up and bring what we collected.

Insuring the bonds we build and the things we've affected.

For Every zone has truth, it's in ourselves to see the code,

Going left or right it's us who rule our road.

Everything is moving from the little to the large,

Rising up to situations, thy self must take charge.

Within the mind, spirit, or body, we were meant to roam,
it's why when you are in your house, it's lacking a sense of home.

Ancient tales are passed down like a broken telephone.

Collecting all the fragments, connections can be known.

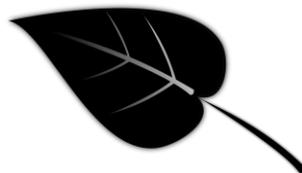
Although gaps are missing, we can fill the void.

Mad libs, just like existence, is meant to be enjoyed.

So on your quest, as the being you choose to be.

Try to love one another and offer a heart for free.

This is, Why Existence...





Does all the separation and divisions and anger between humans make you wish you could fix the world?



Just Tired

Kelly Andrews

Tired of division,
Tired of lies,
I look at this world through weary eyes,
I know we are all connected,
I've felt and seen,
But we choose to be ugly,
Indifferent and mean,
We are all individuals,
But we feel the same pain,
Hurting one another,
We have nothing to gain,

Continued ...

Continued ...

But coming together,
That is unique,
I'll trade you my weirdness,
For a bit of your geek,
Stronger together than we are apart,
It all starts when you open your heart

I write,
Because I can,
They may not be bona fide Edgar Allen Poe,
Shelley, or Keats,
But I'm a redheaded Pisces and full of passion,
hence my heart beats,
And I can't withhold what I feel,
It's cathartic and I have to be real,
I don't care what people think about me,
In 100 years we will all be dead you see,
So I will write about love,
Because that is what it's about,
Not who shouts the loudest,
Or who has the most clout,
But it is love,
Without a doubt,
And all of life's pressures will have come to now.....
Many will not realize this until they are dead,
or taking their last breaths upon their beds.....
But I know,
don't ask me how,
But just live in the now
I'm guilty of this,
I must admit,
when people are down and feeling like shit,

Continued ...

Continued ...

I say:

"cheer up things could be worse, it's not like you are in the back of a hearse!"

But we never know how others are feeling
what triggers emotions,
what sends them off reeling,
you have a right to what you are feeling inside,

Don't mask it,

Subdue it,

Or let it hide,

It's your right,

You own it so just let it be,

And you can be you,

And I will be me,

Because what is on the surface is not all people see,
It is what is inside that makes you and me

Mirror, mirror on the wall,

You cannot walk before you crawl,

You cannot preach,

What you have not learned,

Can't give respect you've not yet earned,

And can't seek the love you so yearn.....

Mirror, mirror on the wall,

I was you before I took the fall,

Arrogant and full of shit,

Before I saw my soul and looked at it,

What I saw it did not like,

Mostly ego and full of shite,

Reflections are not true portrayals,

Words without actions are betrayals,

Walk your talk,

And stop with the motion,

Continued ...

When you are true to your path,
You show devotion
I write,
Because I can,
They may not be bona fide Edgar Allen Poe,
Shelley, or Keats,
But I'm a redheaded Pisces and full of passion,
hence my heart beats,
And I can't withhold what I feel,
It's cathartic and I have to be real,
I don't care what people think about me,
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Without a doubt,
And all of life's pressures will have come to now.....
Many will not realize this until they are dead,
or taking their last breaths upon their beds.....
But I know,
don't ask me how,
But just live in the now



→ Does the nostalgia of seeing places that were a part of past make you sad that times and people have changed and they do not seem to appreciate the simple things in life anymore?



That Old Covered Bridge

Betty Lebrun Mailhot

Here stands this old covered bridge

And many years have passed

Since it was built in yester year

And every stone was cast;

I wonder what it could tell

Of those that have crossed before

Would it be lovers holding hands?

With dreams of happiness and more;

Continued ...

Continued ...

Would it be that little truck?
That slowly chugged on by
And noticed every timber creek
But stood firm and strong where they lie;

Maybe it was those two young boys
Who came to the creek to fish?
With anxiousness in their eyes
For fish they did not want to miss;

One day a little old lady
Walked sadly across
With tears streaming down her face
Remembering the love she had lost;

Old little bridge I think of you
Whereas a I child I would play
And count the many cars
That went across each day;

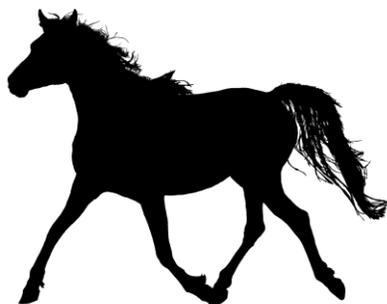
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A beautiful horse named Mic
One day surely I did see
Gallop with his tail flying
And as happy as could be;

Close behind Mic runs Spirit
Just as fast as she could go
And saying in her doggy voice
“Hey Mic, would you please go slow?”

Yes, those days have since passed
When as a bridge you were new
But today you stand just as strong
If only now visited by a few.





Nineveve

Gayle Eller

She thought of you again today as she gazed across the moors
And listened for the lingering sounds of minstrels and troubadours.
The spells long since cast; the fates are sealed,
Yet, wounds are left unhealed.
The lady's eyes unwittingly encompass no more tears to shed
For as a vacant vessel this world she now must jadedly tread.

Nineveve herself the ointment laid upon the heart so frail
And uttered the regretful words, "Tis all to no avail."

This grievous hurt so unsuspectingly thrust upon the corporeal soul
Has the supremacy to mercilessly smolder as does the most recent coal.
The burning that deadens ardent passion from its rival- aching reason,

Continued ...

Continued...

The harpers sing of things to come with the rotation of the leaf
And pray with fervor for a cure for their lady's perpetual grief.

Nineveve herself the ointment laid upon the heart so frail
And uttered the remorseful words, "Tis all to no avail."

The circular motion of the red blood threads upon the spiraling wheel
Spins ceaselessly echoing like the clamoring silence of the dusky twilight peal,
Joy lingers in affectionate memories that causes her heart to scream
Forever flowing as the substance from which is made the nightmarish dream.
Unkind imaginings fade and cease to breathe in an endless winded way
Only to manifest once more with the return of each resoundingly vibrant day.

Nineveve herself the ointment laid upon the heart so frail
And uttered the remorseful words, "Tis all to no avail."

The turning of the season outside the casement lays
As the hues of emerald turn once more to crisper, colder days.
In her heart of hearts she perceives the voice of the one she holds so dear
For even in ashes which whirl and reel his wandering spirit is near,
Memories linger and remember times whose moments are not yet seen,
Whispering protection over recollections of ages that have not yet been.

Nineveve herself the ointment laid upon the heart so frail
And uttered the hopeful words, "Tis all to no avail."





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Trip Morris (*Decoded*, pg. 111)

Trip Morris is a New York based artist who exists because, "I feel art for the soul is not represented as much in the art world anymore." He goes on to say, "There is true power within authentic soulful art, more power than many give credit to. My art first started when I was younger. I only became better at creating in defiance, for once I wanted to make something unique. The art teachers I encountered were often pretentious, and I wanted to surpass them. I create several layers within my pieces, causing one to have to shift their perception to see the full story. Most of my works are elaborate puzzles with double, triple, and sometimes four different statements merged together in a harmony of epiphanies. I am just an artist who wants to share his soul with the world. This is my life, the life I chose. It is all I've ever really had and I would not trade my love for art for anything. You can find my work by searching on Instagram or Facebook @tripxmorris if you are interested in seeing more!"

Mikey Pierog (*Why Existence*, pg. 112)

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

Kelly Andrews (*Just Tired*, pg. 114)

Kelly says, "I'm 41 years old and have a 16 year old daughter, wonderful partner who is my rock, I work with animals and I love being outside in nature or listening to music. Why do I write? Because I need an outlet to release my inner emotions, I find it cathartic, I also write with the hope of inspiring others, making them think and bringing others together, my ultimate aim is love, because at the end of the day love is what it is all about in my humble opinion."

Betty Lebrun Mailhot (*That Old Covered Bridge*, pg. 118)

"I wrote my first published poem while working in a shoe factory. Others came along, some for friends, some from memories I had as a young person. Others were written when I decided to take a poetry writing class in college. "This Old Covered Bridge" was actually written for a friend who owned a horse named Mic and a dog named Spirit. I added the memories in from my childhood. I'm a graduate of Mid-State College, Auburn, Maine 1983 and The University of Southern Maine, 2016. I remarried two years ago to Marc Mailhot."

Gayle Eller (*Nineveve*, Pg. 121)

Gayle is a former high school English teacher living in the southeast US. She wishes for the rest of her profile to remain anonymous.

Odd Vant GuardE

WE'RE all a
little WEIRD ...



Section Managing Editor - Oscar 'Trashman' Corelli

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Do your personal ponderings help you find solutions?

Walking the Plank

Jim Short Ph.D.

“Walk the Plank” is a metaphoric idiom. I’ll let you decipher that one however; we can agree to accept the general consensus referring to a meaning of “forced to resign” ... one way or another.

According to literature, to walk the plank is to walk off a wooden plank extending from a ship in order to drown or be eaten by sharks. One might be blindfolded, or have the hands bound to prevent people from swimming to safety. This was not actually a common practice during the glory days of pirates but it did happen. Given the occasions on which it was known to have been employed, it appears more likely to have been an elaborate and unusual form of sadistic entertainment rather than a regular method of murdering unwanted captives.

The idea of having to walk to one’s own death regardless of the action that precedes it can have many connotations. For example, in *Peter Pan* the children must choose between the punishment of walking the plank and death or becoming pirates and surviving. The emphasis here is that it may be better to die than to be villainous and evil for life... indeed a philosophical quandary.

Captain Flagelo Vermelho was the scourge of Portugal. He was called the most evil man alive ... a sadistic, thieving murderer and debaucher. He single handedly murdered a whole crew as they slept because they displeased him. On his last voyage he was seen musing at the sunset. The crew thinking he was quite drunk watched with amusement as he ordered the plank to be extended and proceeded to walk out to the middle of it.

His balance was incredible and he stood there for a long time moving in synch with the ship and the wobbling plank, whiskey bottle in hand. After an hour, the few crew members on deck lost interest and proceeded to continue their evening duties before bedding down for the night.

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No one dared to speak to or question the Captain. The night came and went and the dawn soon broke. As the morning sun rose, no sign of the Captain could be found. No cry had been heard at any time during the night. The plank had somehow been pulled back onto the boat yet no one would admit to doing it. The crew split the Captain's possession and vast treasure amongst themselves and elected a new Captain in order to continue their lucrative pirating enterprise. It would remain a mystery never to be solved ... or would it? Human beings are in fact problem and puzzle solvers.

Perhaps the answer to this complexity is in reality quite simple and only made incomprehensible by the musings of the limited capacity of our minds. Is this complexity merely relative i.e. compared to what?

What ending do you deduce for the Captain? Is the answer found in creativity rather than logic?

I leave it to you "ponder – logians" ...

Don't disappoint me. The answer you devise will say a good deal about you.



Fly the Friendly Skies

By Cadet Cyndy

I am Cadet Cyndy the Spiritual Stewardess and Funky Flight Attendant. That's a two sided coin because by profession I am actually a real time flight attendant but I am also a frequent flier into the astral worlds.

Years ago when I began to astral travel, I would go to my boyfriend's house, and try to see what was going on there. I would also have dreams that I was at different people's homes, and I was looking down on them watching what was going on in their houses. I got really good at all of this OBE. No one knew I was there and I did come to find out that spying on others and intruding upon their personal space had consequences that were very unpleasant including the attraction of negative entities. So, the basic travel rule is worth repeating - Astral Travel/projection should be engaged as a tool for self-development and nothing more.

There are a lot of misconceptions about Astral Projection floating around online and offline. Many of them scare people into thinking Astral Projection is dangerous. I'm speaking from experience when I tell you there is absolutely nothing to fear. Here are some "fly" (as in good) notes about astral travel:

- Some people think astral projection is rare but it is quite natural. Fear is the biggest factor in non-acceptance.
- Even though you can will yourself to project there are various techniques out there that can help. The only issue is choosing the technique that is best for you.
- There is no age factor in astral projection. Children and adults can do it and as a matter of fact, kids are usually better at it. Some people will say it is not safe but this is not true. It is not for everyone such as those who have certain psychological problems.
- How long it takes to achieve projection depends on the individual. The main thing is to be patient about it.

Continued ...

Continued ...

- One of the biggest and scariest myths is that a person might not be able to get back in their body. Well, every night when you go to sleep – guess what? You are out of your body. Staying out tends to be harder than getting back in.
- Projecting does not affect your religious or spiritual beliefs and you cannot be possessed when you project. I notice this factor comes up a lot at lectures on the topic as well as in the media. It's not a Hollywood movie for heaven's sake!
- How far can a person travel? There is no set limit but it can be noted that you cannot access certain areas planes until you have reached the spiritual evolution to reach them. Basically you need to get your vibes up to a higher level.
- There seems to be a lot of dispute about the existence of a silver chord that connects the astral body to the physical. I believe it exists and acts as a tethering cord. It cannot be severed until the physical body dies.
- There is also plenty of debate that negative entities in the Astral Plane are dangerous. In my experience there are negative entities but they are not dangerous – again no Hollywood movies. It's best to remember that your own thoughts have power so if you don't like it – change it. Negative thought forms come from your own fears. So when you want to project try it when you are in a good mood for starters so you can attract positive entities on the Astral Plane.
- Not only can you see things but you can also touch things although your hand is likely to go right through the object.
- You don't need any help from drugs to astral travel although some like to tinker with them. In my opinion it is never a good idea to put your body at risk.
- It is possible to meet with other human beings when travelling. If you want to meet a certain person picture them clearly and don't just think of their name. Many people have the same name so be specific.

Well, frequent fliers I hope you enjoyed this trip. Perhaps we can meet some time out in another world!

→ Is it so terrible just to be you?

Dragon and Dragone – A Dragon Is a Dragon Or Is It?

Stephan Sergoveski

I have noticed a somewhat strange phenomena on the internet for quite some time in metaphysical chatrooms now and that is the creation of the *dragone*. I find this a very curious thing as it is reported to be a class of creature much higher than the dragon by physical stature and spiritual content. I have personally practiced and taught Dragon Breath Healing for many years. I have written blogs about it. It is a serious modality whose intention is to release inner courage in order to bolster healing. It has nothing to do with actually manifesting or embodying the physique of an actual dragon in corporeal form or otherwise, although, some who employ the healing have told me they have seen their “inner dragon”, a reveal of self-confidence, in the astral realm (generally as a white dragon form). Yet, now we are subject to this ultra-manifestation of dragon called dragone and individuals who feel they are in fact capable of manifesting themselves as dragons and better yet dragones ... the ultimate supreme killer beast.

On a psychological basis it is an imaginary attempt to advocate self-importance, generally seen as bragging – a quick feel good aggrandizement that in my opinion has nothing to do with serious healing or therapy or even astral activity. Unfortunately the concept of the dragone is being both accepted and even promoted on alleged spiritual/metaphysical sites. To each his own and all in fun and games I suppose, but I fail to see this as helping anyone heal other important issues. Endorsing delusion over serious healing only enables weakness instead of getting to the core of the problem. I have actually been threatened in chat sessions elsewhere many times with those who have told me they will manifest their dragone form in front of my very eyes at that very moment. Needless to say all were failure accompanied by the quick departure from chat by said alleged dragone.

To my knowledge, after my own research, the word *dragone* can be found as one of the translations of the word dragon in Italian. Whether or not those who have fabricated the dragone legend used the Italian translation is undetermined but at least the word does exist somewhere in reality.

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The term dragon can be found in the titles and content of animated features and video games which is certain to influenced the creation of dragon leagues and clans on the internet. The imagination is a wonderful thing. Myth is easily perpetuated as is Urban Legend.

According to Ker Than:

Dragons are awe-inspiring patchwork creatures found in the myths and legends of cultures all around the world. In Europe, they are nightmarish fire-spewing reptiles, large and lizard-like, with the forked tongue of a snake and wings like a bat. In the legends, they are reviled and feared because they liked to imprison maidens, destroy villages and hoard over mountains of gold. In the ancient cultures of Mexico and South America, a divine feathered serpent known by various names was believed to renew the world after each cycle of destruction. In China, dragons are amphibious creatures that dwell in oceans, lakes, rivers and even raindrops. They are revered as life-giving symbols of fortune and fertility, capable of unleashing rain in times of drought. Despite their differences, many of the mythical dragons found throughout the world all began as vague serpentine ideas modeled after real creatures, beginning with a snake or some other fearsome reptile. Over time, they acquired more definite and exotic shapes as they absorbed the hopes and superstitions of the local people and borrowed the traits of local animals.

Who wouldn't want to be a dragon and better yet, a dragon? Who are you hurting? You are only having some controlled fun – perhaps a temporary joke on others? Maybe you need to consider why you are engaging all of it and ask yourself if you are too caught up in leaning on the crutch of myth instead of healing. Those of you who might be wondering where my tolerance and objectivity went – it is right here.



Universal Codex

Rev. Fred Lee

I have found several codes integrated into the English language. They are very simple, and easy to understand. I have found that there is an acronym value to every word in the English language such as ...

Anyone believe in, **G.O.D.** = *“Good Old Dad?”*

I do, usually when I, **S.I.N.** = *“Serve Ignorant Nature.”*

Makes me wonder why I'm, **I.G.N.O.R.A.N.T.** = *“Instant Gratification Narrates Our Reactions, A Natural Tendency.”*

At least I don't commit, **I.N.C.E.S.T.** = *“Ignorant Nature Compels Erroneous Sexual Tendencies.”*

I always, **P.R.A.Y.** = *“Politely Request and Yearn.”*

Sometimes I do, **M.E.D.I.T.A.T.I.O.N.** = *“Maintain Equanimity, Direct Intent toward a Truth in Our Nature.”*

I truly desire to know the, **T.R.U.T.H.** = *“The Real Untold Temporal History.”*

I haven't always been, **G.O.O.D.** = *“God's Original Orderly Design.”*

I used to, **L.I.E.** = *“Live in Error,”* and we all know that an, **E.R.R.O.R.** is, *“Every Right Reactions Opposite Reaction”*, and sometimes I used to, **S.T.E.A.L.** = *“Symbolizes the Early Attributes Learned.”*

Then one day I felt, **G.U.I.L.T.** = *Guides Us in Learning Truth.”*

I've learned my lessons, now I understand what it means to be, **I.N.T.E.L.L.I.G.E.N.T** = *“Instinctive Nature to Employ Learned Lessons in Gaining Evolved New Tendencies.”*

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Now I see the **L.I.G.H.T.** = *“Life in God’s Heavenly Tabernacle.”*

And I understand, **L.I.F.E.** = *“Light in Focused Emanation”,* and **L.O.V.E.** = *“Life’s Original Vibration Emanation.”*

I no longer have any, **D.E.M.O.N.S.** = *“Developed Emotional Manifestations of Negativity.”*

I also understand the Grand, **D.E.S.I.G.N.** = *“Developed Evolved System in Garden Nature.”*

I am happy to be in the, **G.A.R.D.E.N.** = *“God and Reactive Design Evolving Naturally.”*

And to be a partner in this **S.Y.S.T.E.M.** = *“Something You Start to Employ Method.”*

I just need to understand the, **M.E.T.H.O.D.** = *“Makes Everything to Have Orderly Direction.”*

My **C.U.P.** = *“Contains Unused Portion,”* it runneth over, and I must go.

I must go talk with our, **G.O.D.** = *Giver of Direction.”*

Our, **G.O.D.** = *“Giver of Design,”* is trying to help me understand the, **C.O.D.E.** = *“Creation of Deceptive Entries.”*

It begins with the, **A.L.P.H.A.B.E.T.** = *“A Learning Principle Helping Anyone Better Employ Thought.”*

I better go I, want to learn what I can before my, **D.E.A.T.H.** = *“Design Ends and Terminates History.”*

→ Have you learned to be authentic in all challenging situations?

Whacko

Jonathan H. Corelli

I recently enjoyed what turned into a rather meaningful conversation with a nice man from India I met at a social gathering for local writers. He is a well-traveled business man and writer who had had many cross cultural adventures as he traveled from place to place. I enjoy different cultures and peoples and feel I learn much from exchanges with them.

As we sat enjoying our refreshments, another large group of people came in. They were very lively and noisy and it would have been impossible to ignore them. My new acquaintance was eying them and smiling until another gentle man caught his eye. He sat and sipped his drink and after a minute or two of watching the new comer he muttered:

“Pagaal.”

“What does that mean?” I asked.

“In the slang of your country I believe – Whacko.”

I was a bit taken back and asked my new acquaintance to explain while I stifled a chuckle because quite frankly he was so serious I dared not show that it struck me extremely funny.

“He is a very odd man, “my acquaintance began to explain, “I have had many conversations with him.”

“Why do you say odd?” I asked.

My acquaintance smiled and said, “He believes in very strange things that don’t even have anything to do with his cultural beliefs. If they did it would be much easier to explain.”

Now said acquaintance really had my attention because if anyone on this beautiful green planet has been subject to the weird and peculiar it is I.

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“He believes in some very strange superstitions. For example, he has very little to do with cars because of his superstition. Green cars in particular.”

It just so happens that the topic of superstitions is right up my alley and so much so that I have done considerably focused research on them from historic and even psychological angles.

“It may not be so strange after all,” I chimed in, “Even though cars have a relatively brief history in the history of motorized transport, mythologies, jinxes and misfortune seem to always have been connected to them. Perhaps this man has simply had bad experiences with green cars.”

My new companion nodded respectfully and said: “This would be understandable but he has never owned a green car or travelled in one his entire life. He believes if he ever travels in a green car he will meet with his demise.”

At this point I had to admit to myself that this was indeed a bit whacko but being me, the weirder the story is the more inclined I am to pay more attention to it.

“This sounds like a phobia to me,” I added, “... perhaps he should seek counseling.”

“He has had counseling.”

I thought for a moment, sifting through the file cabinet in my head for something pertinent to add when a long forgotten tidbit popped up.

“From some past research on superstitions, I added, “Green cars have been widely held, since finishes became available, to be unlucky. If he has been this way since childhood, perhaps it may be some past life trauma that is affecting him.”

“I considered this as well,” said the acquaintance smiling as he continued, “He also has a fear of plaid pants, chewing gum and chopsticks, yet, he is just being his whack self.”

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In a tenth of a second flash my understanding kicked in and I chimed, “Ah yes, must be a past life trauma where he was a sleazy plaid pants wearing lawyer who chewed gum, ate Chinese food in his green Cadillac and is now paying for ripping people off.”

My new acquaintance roared with laughter.

“Now you have dropped all pretense and are being yourself. Let’s continue with a real conversation,” he retorted.

Moral: Always be real even if you happen to be a plaid pants wearing, gum chewing, Chinese food loving, green car hating whacko.





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Jim Short Ph.D. (*Walking the Plank, Pg. 140*)

Jim is a retired college Philosophy Professor whose students loved to call “Jim-nasium Short(s)” because his original approach to the subject and challenging assignments could be likened to a rough physical workout in the local gym. Jim’s article was in part an actual assignment he had given to his Philosophy 101 class several years ago. Jim was married last year to the ‘love of his life’ Nadine who he met through a mutual friend. He intends to live happily ever after and avoid planks.

Cadet Cyndy (*Fly the Friendly Skies, Pg. 127*)

Cadet Cyndy is the pseudonym of Cyndy Armistad who is ‘a fly girl’ IRL and of the spiritual realm. She enjoys dream analysis and the link between dream travel and out of body experiences. In her spare time she likes to paint and collage, her artwork often reflecting some of her astral travels. Cyndy plans on being married to her “dream man” next spring.

Stephan Sergoveski (*Dragon or Dragone – A Dragon is a Dragon or Is It? pg. 129*)

Stephan was born in Poland and moved to the US at the age of ten. He became interested in Holistics and spiritual healing modalities while he was in college and pursued various Eastern philosophies and healing methods over the following years. He also engaged martial arts and holds a black belt in Karate and still holds a goal to reach a higher echelon in that art. As a healing practitioner, Stephan specializes in Dragon Breath which helps to build confidence in the self. He is married and has two sons.

Rev. Fred Lee (*Universal Codex, pg. 141*)

Fred considers himself, to be a teacher of "T.R.U.T.H. = The Real Untold Temporal History." He further states, "I know that The Holy Spirit is the same as Quantum Energy. It is a workable medium, which can be employed by an appropriate individual, for the purpose of bringing about positive change and ongoing prosperity." Fred is an ordained minister with the Universal Light Church of Cincinnati, Ohio. He invites you to watch his youtube videos <https://www.youtube.com/watch?v=tK7dVBYV-iY&t=78s> and https://www.youtube.com/watch?v=kbD-8_CbBT0 .

Jonathan H. Corelli (*Whacko, Pg. 144*)

Jonathan lives in New York and in Montana during the summer months. He is a freelance writer and part time comedian who loves to travel as much as possible (have pen, will travel!). He likes to say, "Writing is not perfection unless it has a humor injection" so even the most serious of topics are infused with a dose of the literary giggles. According to Jonathan it all makes “perfect sense in every sense of the term sense.”