



DISCERNING MINDS



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

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What's Your Perspective?



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What's Your Perspective?

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

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MIND TEAM

→ TAKING AIM ←

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

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

Content sections are:

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

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

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

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

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

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

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

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



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The Human Condition

What's the key to being a good human?

Don't be a dick.

The End



Section Managing Editor –Dr. Daria Novicki

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Quote: The Monster Guide to Lifo Life @ Goodreads.com

Acting with egos and ignorance gives rise to irresponsible actions that break Cosmic Principles, which result in living under more laws and having greater suffering. But the more individuals in a society live in accordance with cosmic principles, the fewer laws that society needs, and the more elevated and free it becomes.

The egos manifest with feelings and emotions and this gives us a false perception of reality. We therefore don't see reality clearly as it is, but see external forms and events colored by the subjective feelings within us.

When we do perceive reality however, we do so with consciousness and the mind is able to clearly interpret it. The less the feelings of the egos are present, the clearer our perception of the present moment is, which means the clearer we are able to see any situation, issue, or person at the time we have to deal with them, and we are also more able to perceive the beauty of the moment.



Alive Again

By Desi Lucente, Psychic Medium

Most metaphysical people believe in the concept of reincarnation. Some have even had what they feel are significant experiences or, at the very least, clues that they have lived in other places and times. So what might you do if you have an inkling that is driving you to investigate? What might you do outside of past life regression therapy to find out or get some clarity? Those who believe in past lives suggest that there might be clues to what our past lives were in the various complex aspects that make up our current physical, emotional, intellectual, and psychological personalities. Here are some of them.

DÉJÀ VU

Déjà vu is probably the most likely indicator of a past life and is quite common. It is experienced by an eerie feeling that you have that a current event is happening exactly as it has before. Sometimes it manifests as an uncanny familiarity with a location or even an object. I once had a flashback experience with an antique figurine sitting on a friend's end table. Not only did I recognize the figurine but I felt I was standing in an old locale and the object was sitting on another table but in the exact same place. I believe it was a house that stood on the property where my friend's current apartment building now stood. Psychologist Arthur Funkhouser has broken down this phenomenon into sub-categories: *déjà vécu* - an event already experienced or lived through; *déjà senti* - already felt, perhaps triggered by a voice or music; and *déjà visité* - a place so familiar we feel we've been there before. If this has happened to you, try accepting and considering that you have lived another life and if you are so inclined look into it further.

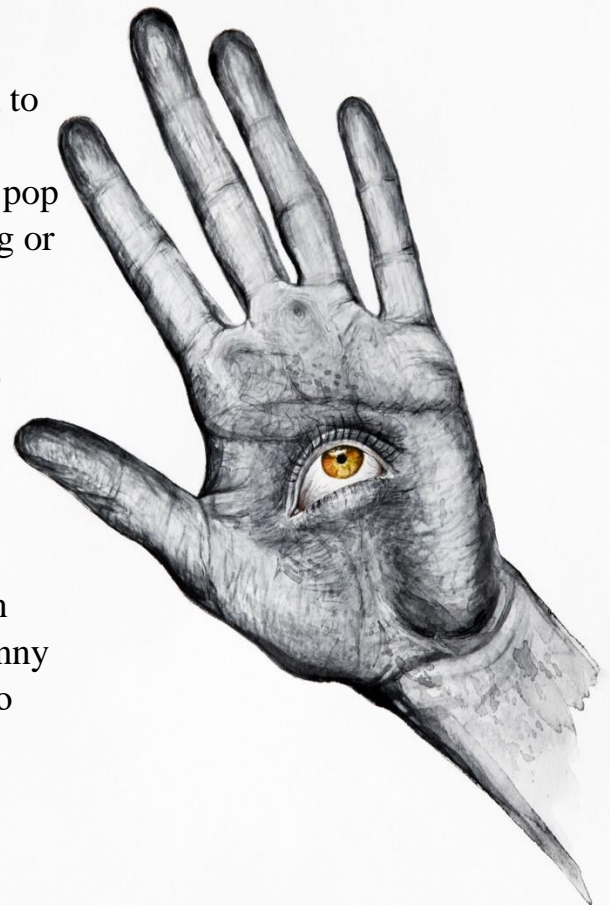
PHANTOM MEMORIES

Phantom Memories are very strange in nature and can happen to anyone of any age. They are remembrances of events that actually never happened in the current lifetime and occur like pop up visions. If you experience this phenomena try keeping a log or diary of each tidbit as it may unfold into a past life event. Psychologists often tend to dismiss Phantom Memories as wishful thinking or imagination however the only person who really knows is you.

AFFINITIES FOR FOREIGN CULTURES OR EASE OF FOREIGN LANGUAGE

This doesn't seem so odd does it? Someone who loves foreign cultures and/or who has learned a foreign language with uncanny ease? Think about it – wouldn't any subject you were trying to learn be easier if you have done it before?

Continued...



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An acquaintance of mine was flipping TV channels and landed on a Spanish only spoken program. She had never taken the language but sat there not only understanding every word but translating it as well. The incident was so unnerving she did go for a past life regression and found out that she did indeed have a life in Spain as the daughter of a duke. This category also covers penchants for historical reenactments. Do you know people who chomp at the bit every year to dress up for a renaissance fair or Civil War reenactment? Saying that they have the heart or of an actor is a lame excuse for those desires.

RECURRING DREAMS, NIGHTMARES AND PHOBIAS

The reoccurrence of the same themes in dreams or nightmares is linked to traumas suffered in past lives. The trick is to separate the trauma from something that may have happened in the person's current life such as childhood tragedy from a dreamscape that is actually signifying something from another life. What gets interesting here is the fact that horrors from a past life that have remained residual and carried forward often result in current life phobias and even some psychosis which require professional help to source out and heal. The symbolism of recurrent dreams and nightmares and phobia are huge keys to unraveling a past life.

UNCONTROLABLE HABITS

Uncontrolled habits and obsessions can take over people's lives and marginalize them in society. Obsessive-compulsives and hoarders fit into this category. All of us have a bad habit or two. Maybe you bite your fingernails or love to gossip or cannot help but procrastinate. But think a little further about your life. Are you addicted to social media, certain TV programs or even worse, to drugs as simple as a daily dose of Acetaminophen? Consider if any of this may have roots in the past.

ACHES, PAINS AND BIRTHMARKS

There have been tons of articles written about physical pain and birthmarks being related to a past life or two. People who experience inexplicably pains are often unfairly labeled hypochondriacs but I know a few individuals who under regression got to the "old source" of their pain and were able to rid themselves of it. Birthmarks are often believed to be physical markers of old body injuries and wounds. Birthmarks on faces often reoccur in the same locations as a person in a past lifetime as revealed by old photographs when a researched connection and other possibilities such as those listed above have been recognized. Deformities are also past life markers.

Certainly there can be medical, psychological, or societal explanations for each of the phenomena mentioned and past life research and discovery is not a "given" but it doesn't hurt to consider the possibilities and perhaps get some healing from discoveries unearthed in the process.

-4-



Dreamscape

By Mikey Pierog

Now I lay me down to sleep with two eyes shut,
Waiting for the visions to creep through my mind.

I never asked for this, but now see it as a gift.
Whether longing for a hero or a pal to run with.
Maybe mystery solver or crying like a toddler.

These sights bring change, within my brain.

Some I shrug off and some scar in.

But the special aspect about them is the emotions I feel.

Hells so real, to the heavens I kneel.

From the creatures and people I meet,

Show the depths of these dreams do go deep.

Lost in my body to an ongoing story.

Some of these visions are truly glory.

Yet not every dreams a joy, Evils deceiving decoy.

Make you freeze up or shock you awake.

The secret to it, is the steps that you take.

For you are the consciousness the host of your twilight.

Everything's within you, y'all ain't finite.

The strength within is the strength there be.

Able to conquer anything if you can foresee.



How Would The Pope, Dali Lama And Solomon Tell A Rude Person To F**k Off?

By Grant Ulysses Llewelyn

No one likes rude people. At least, that's what we tell ourselves. The reality is, we allow them to be rude. On some level, we are impressed by their rudeness.

Are you rude? Am I rude?

"Rudeness is one of the purest forms of power play; an effective way of controlling a situation, asserting your own superiority, and showing other people how very special you are." - Danny Wallace

So, according to that summation "power" is at the core of rudeness. Being nasty and rude makes the deliverer think they are in charge of the situation where in fact they feel they have no control. Now any metaphysician worth their salt knows this type of behavior is actually fear-based. Take the pandemic for example - some surveys are starting to show that people literally got ruder towards one another shortly after it started. Well, hey, at least they didn't resort to pushing people and stomping on them like they did during the Cabbage Patch Doll craze in the 80's.

Many psychologists are referring to these current times as The Age of Insolence which is very apropos since rude and crude is everywhere and infiltrates every facet of life.



One cannot even get online to view a controversial topic without being blasted by stomach turning comments that get the blood pressure boiling. It is almost as though everyone has come down with a form of God Syndrome thinking only their own opinions and beliefs are just and correct and can fix all the problems of the world.

Every person who has an ounce of wisdom knows you cannot "fix" other people - they need to get out of their own misery all by themselves. But how would the Pope, the Dali Lama and Solomon handle all of this.

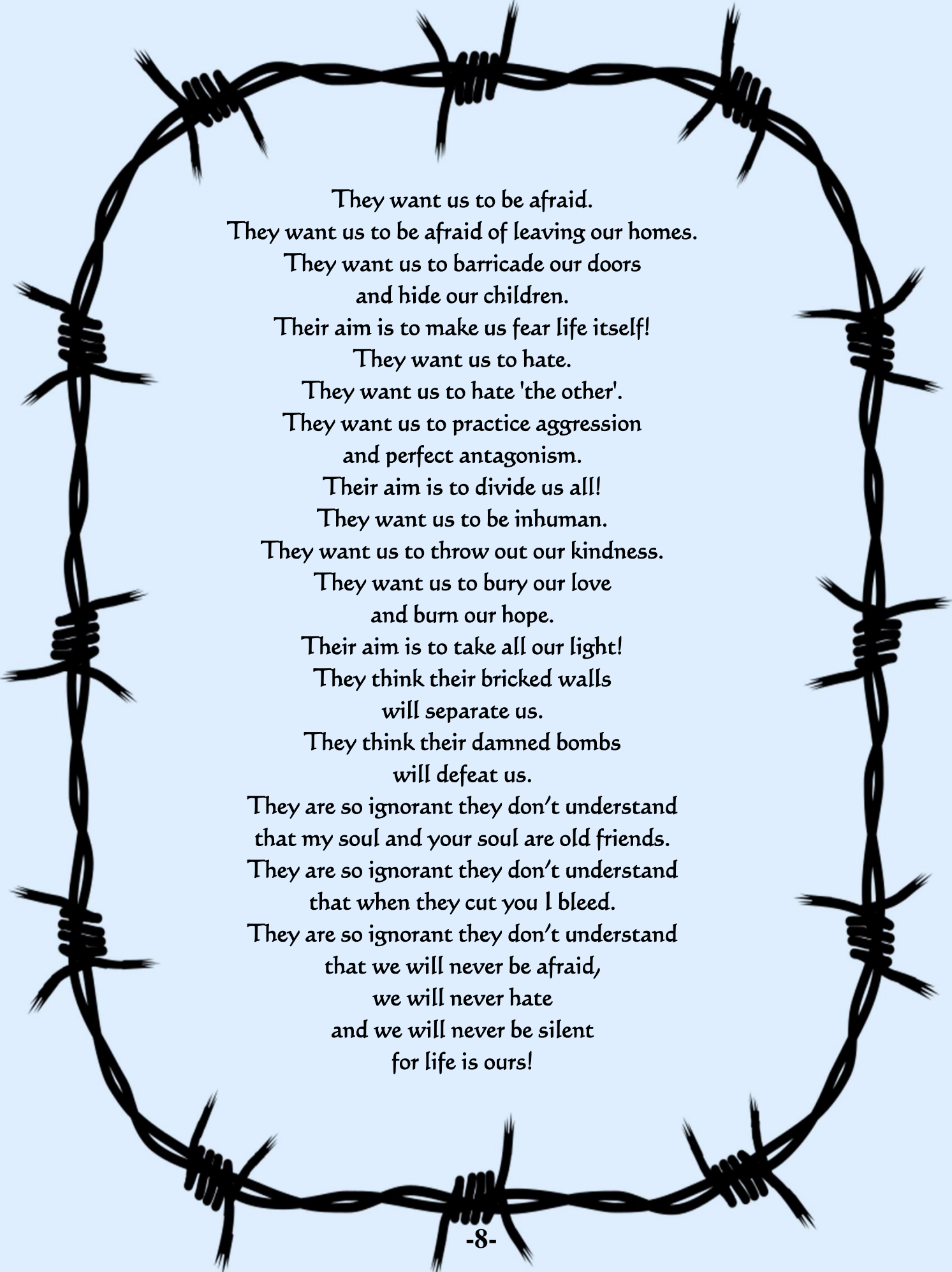
- Don't take it personal. A reality check will demonstrate it's actually not about you so don't take on that burden. Detach yourself from the situation and examine why you are finding a particular comment offensive because your own preconditioned mindset is part of the problem.
- Take a breath - relax. Stop that knee jerk action before it starts. If you knee jerk you take the bait. Just Breathe...

Continued...

- Take the High Road. Try using some insight which might reveal the offender actually has fears and problems that are manifesting in rude behaviors.
- If you must engage the person try agreeing to disagree. Respond in a way that defends your belief and deliver it in a respectful tone. Do not re-engage. Move on.

Try some compassion. Remember: "An old adage offers us this wisdom: 'Be kind, for everyone you meet is fighting a hard battle.' If you can practice this sage advice the next time you are challenged by belligerent behavior, the situation can shift. When you operate from a place of compassion, you may notice that incidents of rude behavior in your everyday dealings lessen. If rude behavior is contagious, then human kindness is the cure." - Susan Steinbrecher





They want us to be afraid.
They want us to be afraid of leaving our homes.
They want us to barricade our doors
and hide our children.
Their aim is to make us fear life itself!
They want us to hate.
They want us to hate 'the other'.
They want us to practice aggression
and perfect antagonism.
Their aim is to divide us all!
They want us to be inhuman.
They want us to throw out our kindness.
They want us to bury our love
and burn our hope.
Their aim is to take all our light!
They think their bricked walls
will separate us.
They think their damned bombs
will defeat us.
They are so ignorant they don't understand
that my soul and your soul are old friends.
They are so ignorant they don't understand
that when they cut you I bleed.
They are so ignorant they don't understand
that we will never be afraid,
we will never hate
and we will never be silent
for life is ours!



AUTHOR BIOGRAPHIES



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THE HUMAN CONDITION

Belsebuub Quote (*Searching Within, pg. 2*)

Belsebuub authored numerous works on out-of-body experiences, dreams, self-knowledge, and inner change. He taught spirituality from 1990 to 2010. For nearly thirty years Belsebuub explored spirituality and the path to enlightenment, which he describes as a process that lies at the heart of creation that anyone can undertake. Belsebuub has always stated that spirituality is something shared freely from the universe and therefore should be passed on in the same way. For this reason he has never profited from his work and he does not receive any royalties from his books.

Desi Lucente (*Alive Again, pg.3*)

Desi has studied every path of metaphysics – light and dark for the past 30 years. She is a practicing clairvoyant and aura reader where little escapes her penetrating intensity. She has had many paranormal and supernatural experiences and plans to write a book about them in the near future. Desi splits her time between living in Florida and Delaware. A vision told her to leave Florida well in advance of Hurricanes Harvey and Irma.

Mikey Pierog (*Dreamscape, pg. 5*)

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

Grant Ulysses Llewelyn (*How Would the Pope, Dali Lama and Solomon Tell a Rude Person to F**k Off? pg.6*)

Grant is a veterinarian by vocation and psychic medium specializing in finding lost items by avocation. He lives in the southeastern US with his wife Lynda and their 2 dogs Simon and Shuster.

Kamand Kojouri Quote (*They want us to be Afraid, pg.8*)

Kamand Kojouri was born in **Tehran**, raised in Dubai and Toronto, and resides in Wales. She currently teaches creative writing seminars as a doctoral candidate at Swansea University. Her first poetry collection, *The Eternal Dance: Love Poetry and Prose*, was published in March 2018.

A Matter Of Spirit

*"The only way to fight the darkness AROUND us –
Is to light a fire WITHIN us."*



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You will never be able to end any battle if the people involved are unable to see their own hypocrisy, or how their insecurity contributed to their problems.

Wounded people often choose to play the victim, so they can restore their dignity in unhealthy ways. Sadly, they do this through feeling justified, by making bad choices or actions (that honestly no deity would want them to do).

This inability to accept their part in their unhappiness keeps them from growing. They need your prayers more than your anger.

Just walk away. Let it go and pray that one day they will understand your pain, as much as you do theirs. Remember: The sexiest woman alive is one that can walk away from a place that God doesn't want them to be. Do so with your head held high and forgive yourself and others.

When you can do this, you will know what God's definition of class is-- YOU!

Sach Khand - Beyond Duality

By Matt Sharpe

Much can be said of the area beyond matter, energy, time and space, that state of consciousness that exists beyond duality, but almost none of what can be said on the subject is a direct truth, but is rather more of a parable, or example meant to demonstrate an aspect of the Beingness of this world. It is key that one develop charity, or detached love for all of life, as well as be successful in developing a degree of detachment in life, in general. If a painful thing happens, it's no better liked, but it can be learned from and is therefore a means to attaining a benefit, so one remains detached, especially from material things or goals. It isn't that one is cold and doesn't care, but rather that they're allowing freedom for that situation instead. By a detached and loving attitude on life, one can catch the invisible winged seeds that float upon the wind. For just as the wind takes thousands of seeds to their resting places in nature, so the Stream of God, the Shabd, brings with It a spiritual germ of vitality, that rests imperceptibly upon the love of man. Some seeds are lost and perish, but most fall on good Souls and grow.

Here it must be noted, that as the Soul develops, IT has to balance the books on its karma, as well as go through experiences to help it gain strength, but must also develop love, and truly nurture and develop it so that it can shine into and through all things

The aspects of Spirit, the Shabd or Logos that can be described verbally are its Wisdom, Power, and Freedom, and the same terms can be used to describe the Soul as an individual entity amongst the makeup of the Holy Flow as it issues forth from Its Fountainhead. The Soul existing in the state makes full use of the Hereness, Nowness, and the very Beingness in this realm or area, two terms used to express an area of space, things which this world has none of. This is most often the problem faced by one who wishes to communicate to others any aspect of what it means to be aware on this level of consciousness.

It is here that one experiences their true self, the Soul, and is able to have the experience of "I am That" also known as the Oneness or sight of the One, the first manifestation of the Godhead, having no form, and yet being spoken of as having a sort of form, one hair on Its head being brighter than ten billion-physical suns. This is Sat Nam, the true father God of all creation below it, and still not the fullness of the Godhead, the Absolute ITSELF.

To enter this state of consciousness the Soul must drop all of its lower forms, its lower bodies, and the corresponding states of consciousness and their limitations along with them. In this state one experiences a full and complete bliss, coupled with a knowingness of anything the instant the attention touches upon it, and the individual is flooded and filled with such a complete love for all of life and all that is that it simply can't be contained, it must be shared, and this also keeps the balance of inflow and outflow of the Spirit. To attain this state one must surrender the ego completely to the Divine Will of the Shabd, with full trust that IT will provide everything needed in every instant.

This plane is a flood with the brightest of golden light, but such a fine color of gold, that in comparison to any hue in the lower planes, this color would be the brightest of whites, but within it appears as a golden hue of color, that becomes more pure and more refined the further up and in one goes towards the Absolute, until it is nothing but the purest of white.

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Throughout these inner planes it is immediately apparent that duality doesn't exist, there is not a Soul to be met that isn't filled with the quality of genuine divine love, from whom IT issues forth with a constancy. There is no darkness, from an absence of light to a dark sort of attitude to be found, only growth in ever greater degrees of love and service to all that is.

As one goes through their spiritual "training", going through each lesson and balancing the karma and learning what remains to be learned, the Soul evolves in its ability to give love and service to all life, and as the karmic scales are balanced, the lessons given to surpass a karmic debt also serves the purpose of helping that Soul grow closer to the point where it will have the chance to get across the final void and into the pure spiritual planes, the true heaven or paradise that Soul originated from. The Soul, or Atma Plane is the first of those made of pure spirit, with no need for balancing, as the original balancing of karma opened the way, in part, for this Soul Aware state to take place

After Self Realization at the Soul Plane, Soul goes on evolving in love from the Atma Lok, through the Alakh Lok and to Agam Lok, the endless world, where that Soul has a spiritual initiation, and realizes Itself to be nothing more than an atom in the makeup of the Shabd, a unit of awareness of God's Song, God in action throughout the planes. A Soul generally stays on this plane forever, this being the highest state reached, but at times a Soul will elect to develop higher and will return to being incarnated into a form for a physical life, that being the quickest way to advance in a spiritual sense. If a Soul needs to go even further, its detachment won't allow it to be held and it will continue.

Upon reaching the Anami Lok, or nameless plane, the state of God Realization begins to express Itself through this Soul, the dominant means of God acting to be found throughout the worlds, and also the reason for the importance of a teacher, an ascended master can't truly take on new students, so there must always be one living, that is able to interpret the message of the Secret Way to the outer world in a way that its collective consciousness can understand and relate to, or resonate with outwardly, but who can also be the inner guide for those students, to give them spiritual learning via direct experience with the spiritual principles.

Initiations continue past this point, as do states of consciousness, but this description will stop here, at the point of God Realization, but I will add that it continues to develop into a greater fullness in the course of a few more planes, and eventually into a sort of "catch all" of spiritual terminology that describes an even greater state of consciousness and whatever lies beyond that, something the mind simply can't conceive of, called. It is at this level that exist the true "angels", called the Mahavakyi, Volapuk, or Silent Ones. Beings in direct service to the Godhead who answer to none but IT, directly. The Shabd, or Spirit, has of Itself three attributes, these are Wisdom, Freedom, and Charity, which can also referred to as Divine Love and this being the case shows that each individual Soul has these same attributes present within It, are a part of Its nature just as It is a "piece" or an "atom" of God.

When a Soul attains the Atma Plane, It is a Saint, or Sant. Upon attaining the initiation of the Shabd, the initiation of the Agam Lok, one becomes a Param Sant and begins developing qualities of spiritual Mastership, which are studied and developed to and beyond the Anami initiation, or the first degree of God Realization, and begins to help others inwardly as such a Soul would have already been doing. When a Soul hits initiations to the 12th, 13th, or 14th planes, they are at a level of Mastership, after coming "face to face" with the Absolute in ITS entirety, that Soul is sent back to the Physical or Pinda Plane to serve God by helping those who are interested to find their own inner path and communication with the Absolute through ITS Voice and direct experience.

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In this sense such a person would have an ability to directly contact the Will of God so as to serve IT, but this also means that any such Soul, upon returning to awareness in the body would have to reestablish balance in the outer world and life. Upon having done that that Soul has achieved true spiritual "Enlightenment" rather than the lesser, mental, cosmic consciousness, which also has its experience of "Oneness".



Little Peace

By Mikey Pierog

*Spreading my heart into each was my call.
So to love me, you must love them all.
If there was a reason to live, it must be why we are alive.
Symbiosis, the goal we should prize.
Yet we all make mistakes, but forgiveness is abundant.
I can play many tunes, tell the truth is redundant.*

*May you wake up, your higher self's been sleeping.
You've been on auto pilot, while the devils been creeping.
Misinformed, misguided, no discernment inside.
It easy to see why most are lost, we've been missing our guide.
The heart. Within. Source of our soul.
Is the fabric woven that makes the picture whole?*

*Offering of myself, to help others grow.
Gifted me with the sight to see how they sew.
Knowing that each is different in walk and thought.
But working together the future(s) we can plot.
Hope did blossom for those willing to see.
And that's why I gave a little piece of me.*

"We are inside of the universe, and the universe is inside of us"




Maombi yako yasipojibiwa usikate tamaa, Mungu alishakusikia na tayari alishaandaa malaika wa kukuletea jibu. Jibu wakati mwingine huchelewa kufika kwa sababu ya nguvu za giza. Usiwe na haraka, muda wako ukifika utajibiwa.

When your prayers are not answered do not despair, God has heard you and has already prepared an angel to bring you an answer. The answer is sometimes delayed because of the forces of darkness. Don't be in a hurry, when your time comes you will be answered.

Politics and Spirituality

A Higher View of why People Keep Selecting Idiots

By Syd Alrruhi



Politics is nothing more than a lower astral plane form of human conduct. Scholars may argue that is a viable part of natural evolutionary progression and a necessary means of self-governing growth of basic animalistic behaviors. . Others will argue that it contributes to the surfacing and acceptance of the absolute worst modes of criminal behavior with a goal of control and imprisonment and destruction of freedom of spirit which is part of Universal Natural Law and the total shunning of a Higher Power or Vibration that pervades the Universe.

INW, humans are sheep needing to be herded and slaughtered if necessary in the name of conformity. It is an old argument but why is it that humans refuse to pay attention or simply think it is a bunch of bunk spouted by kooks who are nothing but residue of the Hippie Era.

A lot of nonsensical evil is born up on the lower astral plane in an area where negative collective thoughts and feelings of dissatisfaction with life accumulate and grow to a point where it actually becomes a ‘thing’ that is projected onto current life on the earth plane. Once it takes hold it morphs into something rather pretty and appealing and like a giant vacuum starts sucking people in. The more human chaos it creates, the larger and more prominent it grows complete with glimmering popularity that hypnotizes communities, states and countries until it becomes the worldwide standard of functioning. No one seems to notice that for the most part it does no actual good at all.

Political leaders are looked up to and revered while the proverbial rug is being pulled out from under peoples’ feet. It has always been this way almost from the beginning when the first Neanderthal swung his club with brute force and became the leader of the tribe. Why are these people revered and why do people select them? The old argument is that leaders are chosen because the views and fixes they are spouting out of their dripping lying mouths are in agreement with a person’s personal political beliefs of how life should be. This is how “political parties” were born and exploited. Not quite.

“In field of neuropolitics, the science of studying how a person’s brain affects their political thoughts and actions, or why a particular person supports one candidate over the other comes down to the fact that the supporters’ underlying psychological thought processes determine, to a large extent, whether they see a candidate’s leadership style as appealing or not.” – Michael Groathaus

Did you get that? **BASICALLY:** the more stunning and sparkling the appeal the more the votes. Glimmering superficiality. Fake, phony, deceptive – all little darlings of the lower astral. Guess where this goes? Right into fear-based versus logical thinking and right now in this world, fear-based has taken over complete with psychic defense mechanism of identification. What appeals to you? Someone who promotes the anger you are feeling? Someone who appeals to ‘unfairness’? Someone who appeals to gender inequality? Someone who appeals to your religious ideology? Someone who espouses your beloved grandpa or grandma? All show. All glitter. Style.



Continued...

Humans seem to love living in a reality show where fantasies play out as real life – all of it low vibe. Brings to mind Parkinson's Law of triviality, where people will spend far more time and effort focusing on something trivial that they *do* understand than something complicated that they don't, which unfortunately happens a majority of the time.

This is where we are on the world stage. Stuck in this pattern like puppets on a string mastered by the lower astral and their political representatives.

What can you do?

Get real. Get out of the lower plane gutter.

Grow up.

Literally.



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A MATTER OF SPIRIT

Shannon L. Adler Quote (*pg. 11, Quote from Goodreads.com*)

Shannon Alder is an inspirational author and therapist. Her tidbits of wisdom have been published in over 100 books, blogs and on various news websites (Psychology Today, Huffington Post UK Republic News, Fox News etc.). She has been a therapist for 24 years at a rehabilitation hospital. The proceeds of her books go toward medical missions in third world countries that she participates in. Shannon is an outdoor enthusiast. Her hobbies include amateur archeology, hiking, camping and all things to do with helping others.

Matt Sharpe (*Sach Khand – Beyond Duality, pg. 12*)

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

Mikey Pierog (*Little Peace, pg. 15*)

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

Enoch Maregesi Quote (*When Your Prayers are not Answered, Swahili/English, pg.16, Quote from Goodreads.com*)

Enock Maregesi was born in Tanzania. He is the author of KOLONIA SANTITA, a novel. In 2015 he won the Mabati-Cornell Kiswahili Prize for African Literature for KOLONIA SANTITA. The prize has the express goal in recognizing excellent writing in African languages and encourages translation from, between and into African languages! He lives in Tanzania.

Syd Alruhi (*Politics and Spirituality – A Higher view of why People Keep Selecting Idiots, pg. 17*)

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

BODY TEMPLE

"Treat your body like a temple, not a woodshed. The mind and the body work together. Your body needs to be a good support system for the mind and the spirit. If you take good care of it, your body can take you wherever you want to go, with the power and the strength and energy and vitality you will need to get there."



Section Managing Editor – Lynda Lidel Harley

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Image by byheaven from 123rf.com, Cover Design: Kim Tsiang

Quote: Jim Rohn from thesimplyluxuriouslife.com

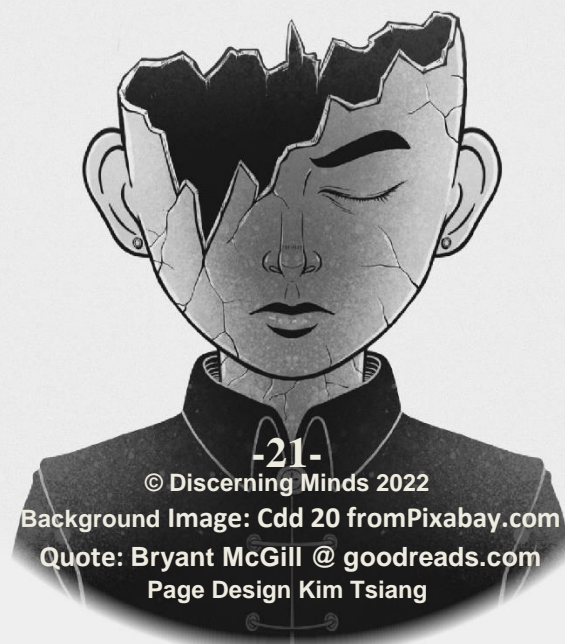
Toxic relationships are dangerous to your health; they will literally kill you. Stress shortens your lifespan. Even a broken heart can kill you. There is an undeniable mind-body connection.

Your arguments and hateful talk can land you in the emergency room or in the morgue. You were not meant to live in a fever of anxiety; screaming yourself hoarse in a frenzy of dreadful, panicked fight-or-flight that leaves you exhausted and numb with grief.

You were not meant to live like animals tearing one another to shreds. Don't turn your hair gray. Don't carve a roadmap of pain into the sweet wrinkles on your face. Don't lay in the quiet with your heart pounding like a trapped, frightened creature.

For your own precious and beautiful life, and for those around you — seek help or get out before it is too late.

This is your wake-up call!



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Quote: Bryant McGill @ goodreads.com

Page Design Kim Tsiang



Hippocratic Oath




Contrary to popular belief, the Hippocratic Oath is not required by most modern medical schools, although some have adopted modern versions that suit many in the profession in the 21st century. It also does not explicitly contain the phrase, "First, do no harm," which is commonly attributed to it.

The Original Hippocratic Oath:


I swear by Apollo the physician, and Asclepius, and Hygieia and Panacea and all the gods and goddesses as my witnesses, that, according to my ability and judgement, I will keep this Oath and this contract:



To hold him who taught me this art equally dear to me as my parents, to be a partner in life with him, and to fulfill his needs when required; to look upon his offspring as equals to my own siblings, and to teach them this art, if they shall wish to learn it, without fee or contract; and that by the set rules, lectures, and every other mode of instruction, I will impart a knowledge of the art to my own sons, and those of my teachers, and to students bound by this contract and having sworn this Oath to the law of medicine, but to no others.

I will use those dietary regimens which will benefit my patients according to my greatest ability and judgement, and I will do no harm or injustice to them.



Continued...





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I will not give a lethal drug to anyone if I am asked, nor will I advise such a plan; and similarly I will not give a woman a pessary to cause an abortion.

In purity and according to divine law I carry out my life and my art.



I will not use the knife, even upon those suffering from stones, but I will leave this to those who are trained in this craft.

Into whatever homes I go, I will enter them for the benefit of the sick, avoiding any voluntary act of impropriety or corruption, including the seduction of women or men, whether they are free men or slaves.

Whatever I see or hear in the lives of my patients, whether in connection with my professional practice or not, which ought not to be spoken of outside, I will keep secret, as considering all such things to be private.

So long as I maintain this Oath faithfully and without corruption, may it be granted to me to partake of life fully and the practice of my art, gaining the respect of all men for all time. However, should I transgress this Oath and violate it, may the opposite be my fate.

Translated by Michael North, National Library of Medicine, 2002.



Courtesy of the U.S. National Library of Medicine



Ye Olde Folk Medicine

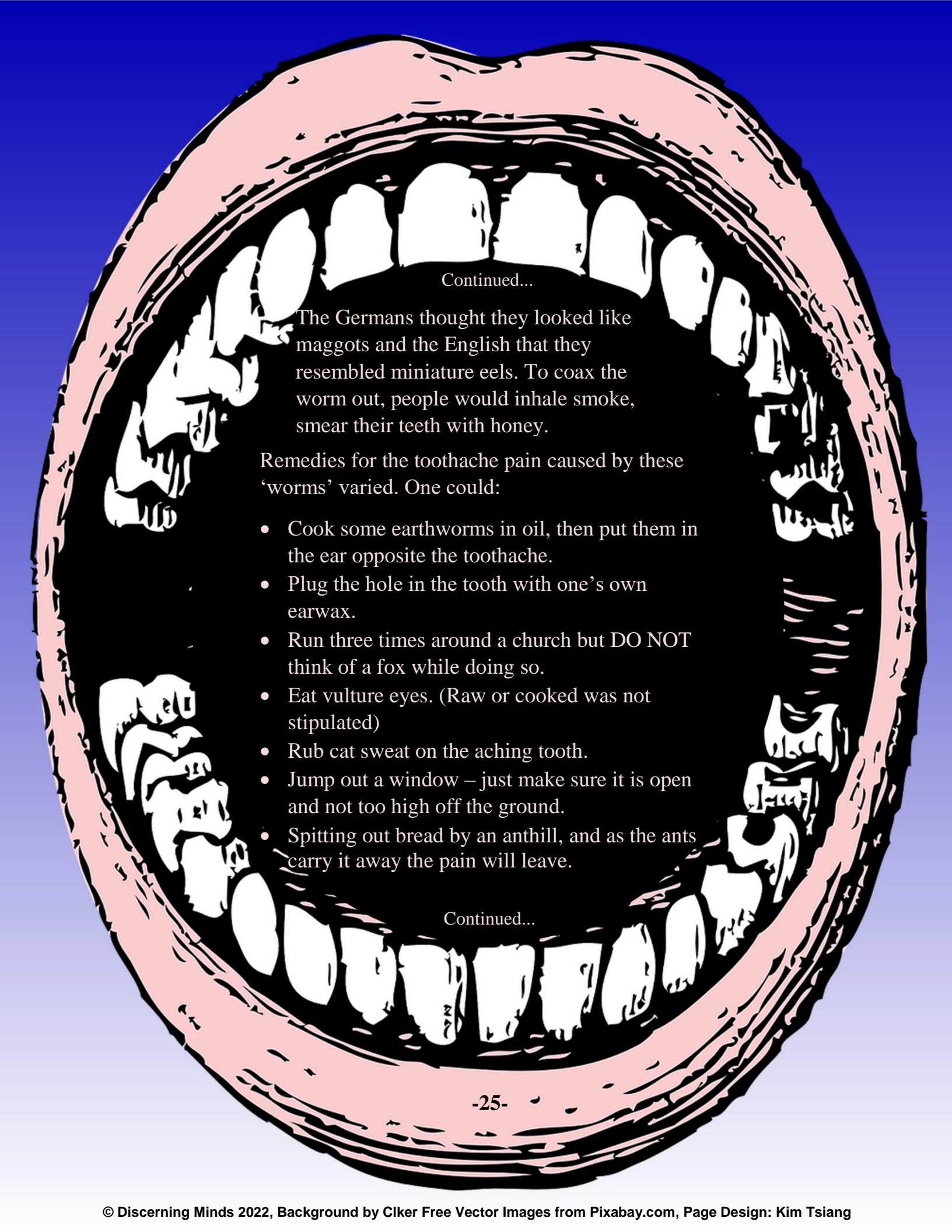
The Wisdom of Tooth

By Alva 'Wise Woman' Lennox

American folklore is full of medicinal 'advice' tantamount to humorous superstition. Known beliefs (the kind you can sink your teeth into) dating back to the Sumerians 7000 years ago seem to be at the root although problems with teeth certainly reach back to the first humans.

People throughout history always found reasons for things they did not understand. Of course, toothaches were often blamed on curses and/or witchcraft but mostly reasons were mostly made by cross reference similarities. For example, one belief that persisted well into the 18th century was that cavities were caused by worms. Well, why not?

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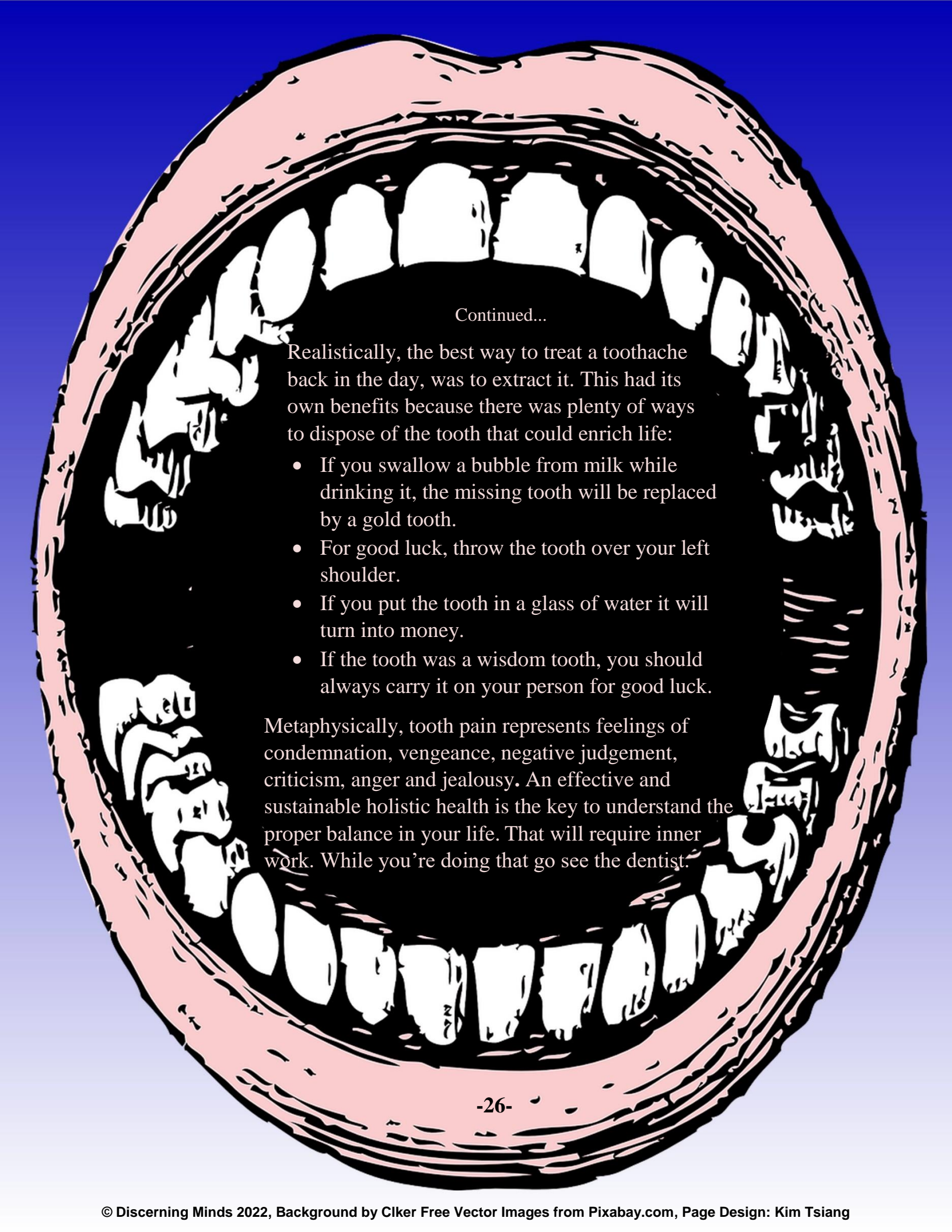
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The Germans thought they looked like maggots and the English that they resembled miniature eels. To coax the worm out, people would inhale smoke, smear their teeth with honey.

Remedies for the toothache pain caused by these 'worms' varied. One could:

- Cook some earthworms in oil, then put them in the ear opposite the toothache.
- Plug the hole in the tooth with one's own earwax.
- Run three times around a church but **DO NOT** think of a fox while doing so.
- Eat vulture eyes. (Raw or cooked was not stipulated)
- Rub cat sweat on the aching tooth.
- Jump out a window – just make sure it is open and not too high off the ground.
- Spitting out bread by an anthill, and as the ants carry it away the pain will leave.

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Realistically, the best way to treat a toothache back in the day, was to extract it. This had its own benefits because there was plenty of ways to dispose of the tooth that could enrich life:

- If you swallow a bubble from milk while drinking it, the missing tooth will be replaced by a gold tooth.
- For good luck, throw the tooth over your left shoulder.
- If you put the tooth in a glass of water it will turn into money.
- If the tooth was a wisdom tooth, you should always carry it on your person for good luck.

Metaphysically, tooth pain represents feelings of condemnation, vengeance, negative judgement, criticism, anger and jealousy. An effective and sustainable holistic health is the key to understand the proper balance in your life. That will require inner work. While you're doing that go see the dentist.



The Physical, Emotional and Mental Bodies and the Chakras

By Li Huan Shaugnessey



We accumulate many self-limiting ideas based upon what others think is 'right' during our lifetimes. Eventually as life unfolds we learn to think for ourselves via our commitment to life.

As we develop more wholesome beliefs, think more clearly and become less concerned with what others think, we strengthen our own energy systems. Here are some reference reminders to help with our processes.

CHAKRA	PHYSICAL	EMOTIONAL	MENTAL
Root	Adrenals: Flight-fight function of the kidneys is activated.	Anger, aggression, violence, jealousy	Exclusivity, territory, separation and belonging
Sacral	Ovaries/Testes: Reproductive organs that control sexual development	Pleasure, deservedness, joy, feeling bad, envious, neglecting the body	Knowing you deserve the life you want, well-being, disdain for suffering
Solar Plexus	Pancreas: Sugar control and digestion	Self-worth, confidence, power, selfhood	Personal power that comes from assured selfhood
Heart	Thymus: Building strong immunity from pain and disease	Being capable of love and compassion for the self and others	Happiness, joy and delight and embracing life
Throat	Thyroid: Controls metabolism, physical and emotional development	Releasing feelings through expression-crying laughing, screaming	Expressing your truth and not gossiping, lying or exaggerating
Brow	Pituitary: Metabolism, growth, all other hormones	Giving yourself permission to experience your feelings	Self-confirmation, acceptance, inclusiveness, knowing limitations, forgiveness, gratitude
Crown	Pineal: produces melatonin, regulates body clock	Desiring bliss and wanting to cultivate it	Developing Universal principles and holistic design. Respect for a Higher Power who without we can do nothing

Transforming Anger

By Jenna Wade Shaugnessey

We all deal with anger in various forms and the imbalance it can bring to daily life. Anger generally begins as an irritation or annoyance that escalates as stimulated friction or aggravation. It builds until it releases itself in a pattern that not only disrupts life but our bodies. Of course it is best to release anger but many suppress it and when it is internalized too long, the huge physical pressure produces stress that affects the body organs and system and literally creates illness.

The solar plexus is the key to releasing anger and the following crystal layouts can help alleviate issues before they burst into a problem.

RELEASING TENSION

You will need:

A dark red or black cloth large enough to lay on, five dark obsidian stones.

Directions:

- Spread out the cloth
- Place a stone on the midline where your head will be when you lie down.
- Place one stone on each side of your feet.
- Place one stone on either side of your neck. You can visualize and imaginary diagonal line between your ear and top of your shoulder for placement.
- Lie down with your stones for 6-10 minutes breathing evenly until stress releases. This can be done daily.

DEFENSE – SOLAR PLEXUS

You will need:

Three citrine stones, three garnet stones, a grounding stone (dark) and then one stone of your choice.

Directions:

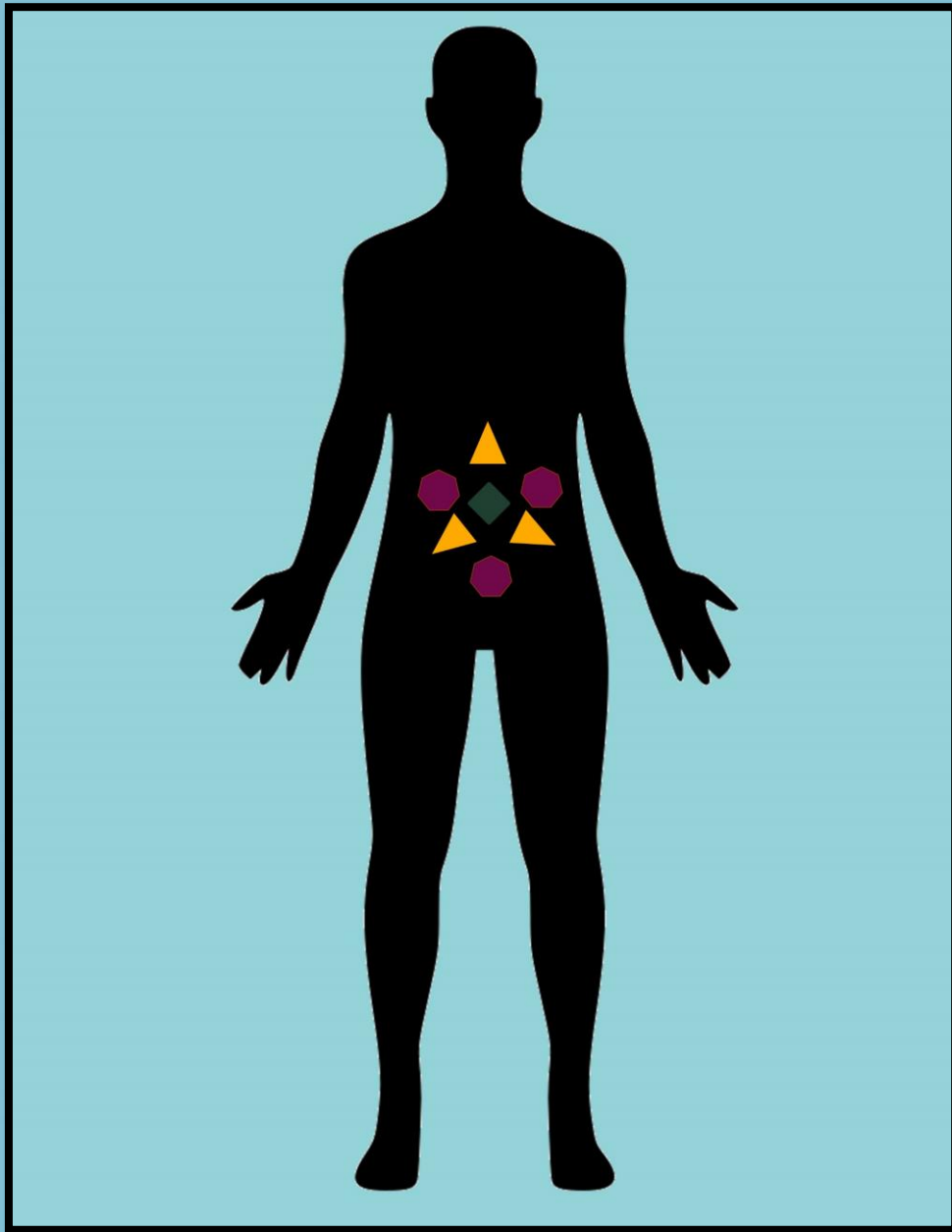
- Lie down and place three citrines (points directed outward) in an upward pointing triangle between the ribcage and the navel.
- In the center of the triangle place the stone of your choice.

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- Place the three garnets in a downward facing triangle around the other stones.
- Rest for 4-5 minutes and breathe evenly.
- When done remove the stones, sit up and place the grounding stone between your feet for two minutes.





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BODY TEMPLE

Bryant McGill Quote (*Toxic Relationships, pg. 21*)

Bryant Harrison McGill (born November 7, 1969) is an American poet, prose author, aphorist, speaker, and activist in the fields of self-development, personal freedom and human rights. He is one of the world's top social media influencers reaching a billion people a year. His prolific writings have been published in thousands of books and publications, including a New York Times bestselling series, and his Wall Street Journal and USA Today bestseller, read by over 60 million people. He was the subject of a front-page cover story in the Wall Street Journal, has appeared in Forbes as a featured cultural thought leader, NASDAQ's leadership series, Entrepreneur Magazine, and was listed in Inc. Magazine as an "Icon of Entrepreneurship" and one of, "the greatest leaders, writers and thinkers of all time."

The Original Hippocratic Oath (*pg.22*)

Courtesy of the U.S. National Library of Medicine. Translated by Mr. Michael North.

Alva Lennox (*Ye Olde Folke Medicine – The Wisdom of Tooth, pg. 24*)

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

Li Huan Shaugnessey (*The Physical, Emotional and Mental Bodies and the Chakras, pg.27*)

Li is a retired registered nurse with over 30 years' experience in that field having performed everything from surgical OR duty to assistance in clinical trials. She has worked an equal amount of time in the field metaphysics as a natural energy healer. She is married and lives happily with her spouse Tim in AZ.

Jenna Wade Shaugnessey (*Transforming Anger, pg.28*)

Jenna is a private energy healing novice who was born into a very psychic family. She inherited the ability to channel from her mother who was a highly gifted psychic. She lives on a ranch/estate in the southwest, USA. Jenna has a head for "numbers" and has several degrees and dual degrees in accounting, business and administration and business law. She enjoys writing and cooking. Jenna is an administrator and conservator on <https://www.lightforcenetwork.com/>.

PHENOMENA FILES

During the day,
I don't believe
in ghosts.

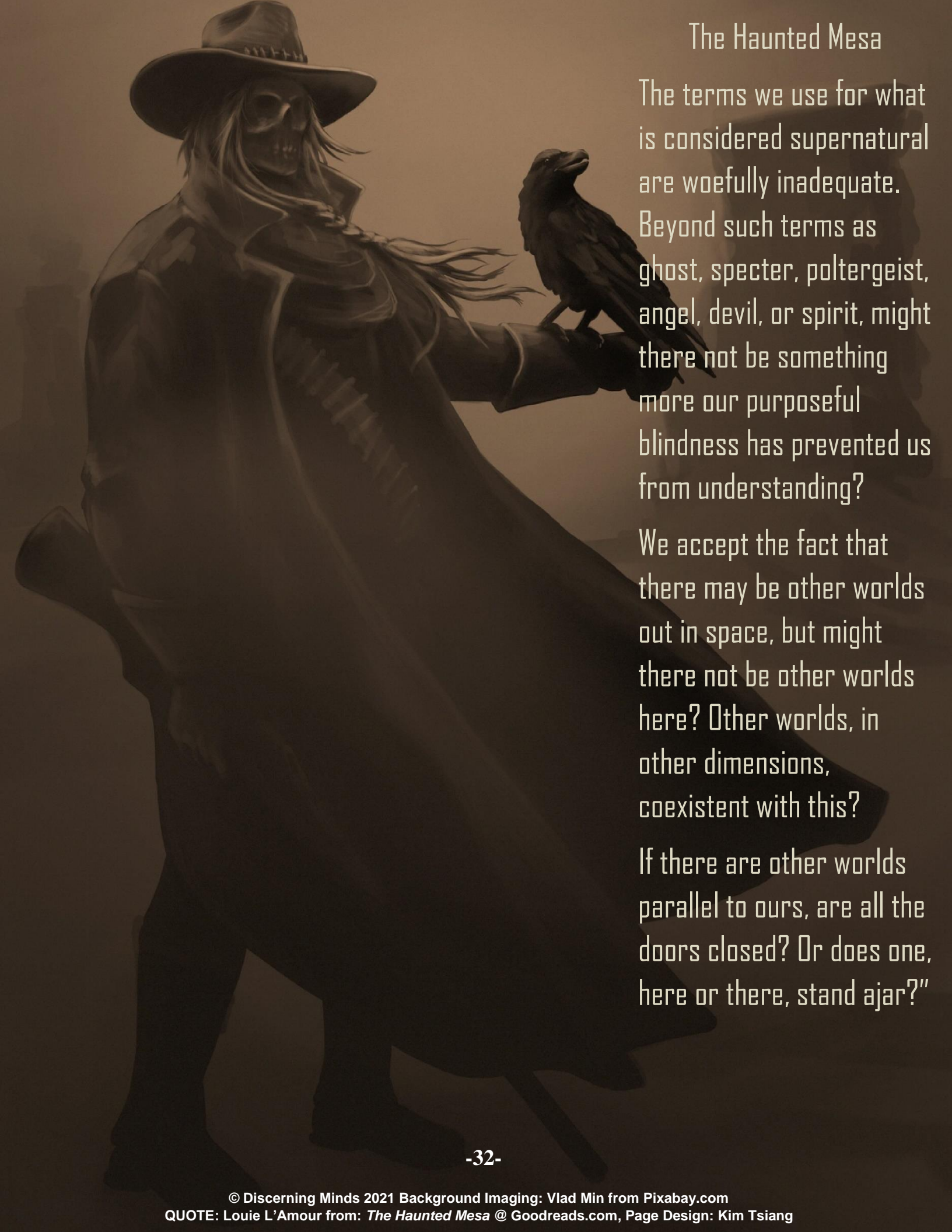
At night I'm a
little more
open-minded.

Section Managing Editor – John Holbrook PSI

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Background Imagery: andreyuu from 123rf.com, Cover Design: Kim Tsiang

QUOTE: Unknown @ Scatteredquotes.com



The Haunted Mesa

The terms we use for what is considered supernatural are woefully inadequate. Beyond such terms as ghost, specter, poltergeist, angel, devil, or spirit, might there not be something more our purposeful blindness has prevented us from understanding?

We accept the fact that there may be other worlds out in space, but might there not be other worlds here? Other worlds, in other dimensions, coexistent with this?

If there are other worlds parallel to ours, are all the doors closed? Or does one, here or there, stand ajar?"

Don't Open Doors You Can't Close

By Norman 'Paranorman' Justice

It is never advisable to dabble with the supernatural despite the glamor provided by movies and TV or simply because one is bored or curious. If you think trying to make contact with another realm and its spirits via a spirit board like the Ouija, pendulum or other divination tools might be fun or entertaining you are sadly mistaken. You are also sadly mistaken if your reason is the "prove nothing will happen" because eventually it will. On the flip side, there are those who after watching various ghost hunting shows think they can capture proof by recording or making videos of any manifestations that occur. Why take the risk? It is not a game. Once activity starts you will not know how to stop it and will end up having to seek professional help. In a lesser vein (pun intended) you may also inadvertently attract a fellow person who is a human psychic vampire due to your desire to dabble because those that dwell and love the Dark side of things will be attracted to your light and want to put it out. Psychic vampires are often people you know and think are OK but who leave you ling depleted, tired, fatigued or even ill after being around them. This weakened state also leaves you open for attack.

So what happens if you have engaged any of the above?

Signs of Negative Spiritual Contact by Diana Navarro MS:

QUOTE:

- *Being touched constantly and a touch that is unwelcomed and unwanted*
- *Frightening appearances*
- *Feeling someone or something is watching you*
- *Sudden loss of energy and feeling fatigue, dizziness, disorientation, hard to breath, chocking feeling*
- *Disturbing spiritual, religious, sacred objects by moving, throwing, knocking down, e.g. crosses, Buddha statues, religious texts, etc.*
- *Frightening children, animals and any vulnerable person*

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- *Symbols and writing appearing unexplained that represent negative, hateful content*
- *Sudden emotional change into deep anger, depression, hopelessness*
- *Nightmares that are sudden, frequent, and very real*
- *Negative synchronicities, where everything is going wrong in an oddly connected, continuous, obvious out-of-control way*
- *Constant negative thoughts that are out of character*
- *Feeling ill suddenly and no medical cause*
- *Knocks and symbols in 3's. The number 3 is traditionally considered sacred in many traditions. With negative spirits the number is used to mock its sacredness*
- *Sudden confusion*
- *Sudden appearance of insects with no explanation, flies, bees, mosquitoes, maggots, worms, ants as in my San Francisco experience*
- *Foul and horrid unexplained odor. Examples include something that smells like rotten meat, decomposition, sulfur or other negative smell without a source*
- *Any messages encouraging you to hurt yourself, someone else, animals and property*
- *A strong gut/intuitive feeling something is very wrong in a place or with someone/something that is around you. Always listen to your gut and don't worry about being polite*

Quoted excerpt from: [You're Not Crazy. Its Paranormal](#)

The Portal to Somewhere Else

By Norman "Paranorman" Justice

"Every exit is an entry to somewhere else." - Tom Stoppard

In parapsychology and spiritualism, a **psychomanteum** is a small, enclosed area set up with a comfortable chair, dim lighting, and a mirror angled so as not to reflect anything but darkness intended to communicate with spirits of the dead. It requires capability to mirror gaze and readying the self for a hypnogogic state.

Preparation:

The day prior, eat simply – fruits and vegetables while eliminating caffeine and dairy products.

Prepare what you feel is the quietest place in your home where you will not be distracted. Turn of any phones, clocks, or anything else that produces background noise and sounds.

Place a large mirror in front of a comfortable chair. Use a chair that supports your back and head well and adjust the mirror so your eyes can gaze into it comfortably.

Place photographs and personal items of your departed loved one within easy reach.

The day of the session:

Sessions are best conducted at the twilight of the day. Wear comfortable, loose clothing and remove any jewelry and a wristwatch if you are wearing one.

Adjust your mood by listening to soft music or viewing pleasant artworks for at least 15 minutes.

Wrap yourself in spiritual protection in whichever way is your custom.

When you have accomplished this -

Light a candle and place it behind you. Dim light from behind usually works the best, although you will have to experiment until you get the lighting just right.

Sit in the chair and get comfortable. Take a deep breath through your nose and exhale out of your mouth. Get ready to ease into an altered state of awareness.

Open the session with loving intent.

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Mirror gazing is an old art and not hard to do. Once relaxed, gaze into the clear depth of the mirror without trying to see anything. As you begin to enter the hypnogogic state you may feel tingling in the tips of your fingers. It has been reported from experiments by Dr. Raymond Moody that at first the mirror my look cloudy or even go dark. Just go with the flow.

As visions begin to occur do not force issues or start asking questions – simply observe what is going on. Let it all unfold passively. If you try to direct the situation the visions will disappear. Visions usually last between 1 minute and 10 minutes depending upon how proficient and patient you are. Sometimes people do not visualize anything but hear the voice of the departed or feel their touch. Further attempts adds to each experience and also buoys the ability to connect.

When you are finished close the session. When you are ready, record your experience in a journal.

According to Moody's findings: (Via Karen Wehrstein <https://psi-encyclopedia.spr.ac.uk/articles/psychomanteum-mirror-gazing>)

- about a quarter of subjects encountered a deceased person other than the one they planned to contact
- in about ten percent of cases, the apparition seemed to come out of the mirror, sometimes seeming to touch the subject
- a few subjects felt they entered the mirror into the other world
- about half the subjects held conversations with the apparition, mentally or audibly
- in a quarter of cases, the apparition was encountered not during the psychomanteum session but afterwards, usually within 24 hours
- almost all asserted that they experienced the reunions as real events, not fantasies or dreams, certain they were in the presence of deceased loved ones
- as with NDEs, the subjects were powerfully affected by their experiences, which challenged their view of reality and life's meaning

Moody notes that historically mirror-gazing has been discouraged, for reasons such as

- fear of the unconscious
- suspicion on the part of religious authorities about people having personal spiritual experiences
- charlatanism
- the perception that altered states are unscientific
- discordance with the officially-sanctioned view of reality



Continued...

Are there monsters in the mirror?

At the end of a 10 min session of mirror gazing, the participant was asked to write what he or she saw in the mirror. The descriptions differed greatly across individuals and included: (a) huge deformations of one's own face (reported by 66% of the fifty participants); (b) a parent's face with traits changed (18%), of whom 8% were still alive and 10% were deceased; (c) an unknown person (28%); (d) an archetypal face, such as that of an old woman, a child, or a portrait of an ancestor (28%); (e) an animal face such as that of a cat, pig, or lion (18%); (f) fantastical and monstrous beings (48%). -Vaughan Bell, [Mind Hacks](#)

According to Roy Weedmark of <http://exploringparanormal1.blogspot.com> : Practicing the ancient art of mirror gazing can be an informative and life changing experience. Mirror Gazing Scrying is the ancient technique of gazing into a mirror to try to bridge our world with the spirit realm. Mystics like Nostradamus used variations of this to see into the future, solve problems, and find lost things. Much like meditation, mirror gazing takes extreme practice and patience. There are different ways of practicing with different results. Due to the resemblance to meditation, the question surfaces is conjuring or communicating during mirror gazing a real occurrence or a product of the subconscious mind? Perhaps further evidence that consciousness is not stored locally in the body?



**YOUR NEXT TO ENTER
HELL!!!**



Paranormal Q & A

Featuring:

Phil 'Constantine' Constantino PI, Olivia Constantino Anastos PI, John Holbrook PSI

Phil Constantino, Paranormal Investigator

QUERY: Can someone *really* conjure up spirits of the dead?

ANSWER: In my experience and opinion, yes. People are always venturing into dangerous paranormal territory that they should leave alone. For example: "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. As correspondent, Slatzer had become acquainted with Anton La Vey, the author of the Satanic Bible ... 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 LaVey 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 they began. 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...

Continued....

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**YOUR NEXT TO ENTER
HELL!!!**



Continued...

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!" – As retold by Brad Steiger in *Real Ghosts, Restless Spirits, and Haunted Places* Needless to say the dead are best left to rest.

Oliva Constantino Anastos, Paranormal Investigator

QUERY: I know of many prayers people use in dire situations when confronted with paranormal dangers but, is there anything that can be used in the aftermath when one's energy is drained?

ANSWER: Yes, Indeed. This one is my favorite:

Beloved Light Being (or you can use the name of a holy figure, saint or angelic guide)

Charge me with your light and love-

Rejuvenate each of my vital body functions with strength and energy-

Empower me with your might-

Keep me now and always sensitive to your guidance and direction.

John Holbrook, Holbrook PSI

QUERY: I have always wondered about miracles. Do they really happen or are we just subject to our own particular fate or destiny? It doesn't seem terribly practical to believe in them or does it?

**YOUR NEXT TO ENTER
HELL!!!**



Continued...

ANSWER: Luck. Scientist will use this word instead of a miracle because some (or most) have no faith in the spirituality of life. So we were lucky that our planet was just the right distance from the center of our solar system to sustained life as we know it... we were lucky that all the right minerals and chemicals were present for life to start and to evolve and so on and so on. When the odds are against an event happening, is it just blind dumb luck or a miracle. I guess it is in the point of view of the observer and how much *faith* they have.

Parapedia

PARANORMAL ENCYCLOPEDIA

The Left Door

In her book Phenomenon, psychic author Sylvia Browne presented the premise of The Left Door.

The Left Door according to Browne is part of the Dark Side where those who have turned away from God are in residence. A departed person destined for the Dark Side in this premise does not experience going through a tunnel and finding a bright light but rather goes right through this Left Door in the Dark Side.

The only thing behind the Left Door states Browne is a dark Godless area that is a whole lot of nothing or "nothingness". Further, a departed spirit has a very short residence behind this door and often passes straight through and into the womb of some hapless female in order to be born again and wreak more evil damage in the world.

This spirit when reincarnated is supposedly beyond any rehabilitation that the world might offer but rather continues in this negative cycle.

All is not totally lost in this scenario for at some point in time, the angels catch them in transit and bring them back to God where they can reunite with the 'sanctity' of their soul.



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PHENOMENA FILES

Quote: Louie L'Amour (*Haunted Mesa*, pg. 32)

Louis Dearborn L'Amour (March 22, 1908 – June 10, 1988) was an American novelist and short-story writer. His books consisted primarily of Western novels (though he called his work "frontier stories"); however, he also wrote historical fiction (*The Walking Drum*) science fiction (*Haunted Mesa*) non-fiction (*Frontier*), as well as poetry and short-story collections. Many of his stories were made into films. L'Amour's books remain popular and most have gone through multiple printings. At the time of his death almost all of his 105 existing works (89 novels, 14 short-story collections, and two full-length works of nonfiction) were still in print, and he was "one of the world's most popular writers". Quote found at Goodreads.com – Public Domain.

Norman 'Paranorman' Justice (*Don't Open Doors You Can't Close*, pg.33 AND *The Portal to Somewhere Else*, pg. 35)

Norman is a veteran paranormal investigator with over 30 years' experience in the field. In the real world, he is a happily retired business man living in New England with his wife Lynne. He still participates in local investigations and mentors paranormal fledglings on a one to one basis. Norman is a long time member of and contributor to the Light Force Network website.

Paranormal Q & A - pg.38

The Paranormal Q & A is published courtesy of Holbrook PSI. It features topics covered by seasoned Paranormal Investigators based upon their experience in the field. Featured are Phil 'Constantine' Constantino, Olivia Constantino Anastos and John Holbrook.

PARAPEDIA (*The Left Door*, pg.41)

The Left Door has been published with the explicit permission of the *PARAPEDIA Paranormal and Occult Encyclopedia*. The PARAPEDIA is a compilation of historic and contemporary occult articles by various paranormal investigators and researchers. This article has been presented at the request of Holbrook PSI.

ARCANUS OBSCURUM



Section Managing Editors:

Eliana Rosini Mascolo and Marco X. Mascolo

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QUOTE: @ Goodreads.com

Be like the ancient
elements in thinking.

Like Earth, build upon a
foundation of facts.

Like Air, be willing to
change your ideas if the
winds of evidence
require it.

Like Fire, be unquenched
in a desire for learning
more.

Like Water, both our
ideas and the tides can
be unstoppable.



The Laws of Nature

By Aradia

Most people of just about any spiritual persuasion find pleasure in spending time outdoors, whether in the mountains, at the beach, or in a colorful flower garden. And lots of people regardless of their religion or philosophy of life, will acknowledge that nature has a spiritual quality. To some people, getting outdoors seems like getting closer to God. If you study many of the ancient stories associated with the founders of the world's greatest religions, you'll see that, almost without exception all important action took place outdoors. Bearing this in mind, contemplate the Laws of Nature...

Thou shalt always say, think, or do whatever you truly desire, so long as it harms no one (including yourself).

Thou shalt live according to the laws of Nature, not against them. Coordinate sleep, food, physical exertion, and work with the ways of nature.

Thou shalt not destroy Nature, not take from Her without restoring that which was taken.

Thou shalt keep the balance of Nature at all times.

Thou shalt worship in the way you please, and let others do likewise, even though you may not understand their ways.

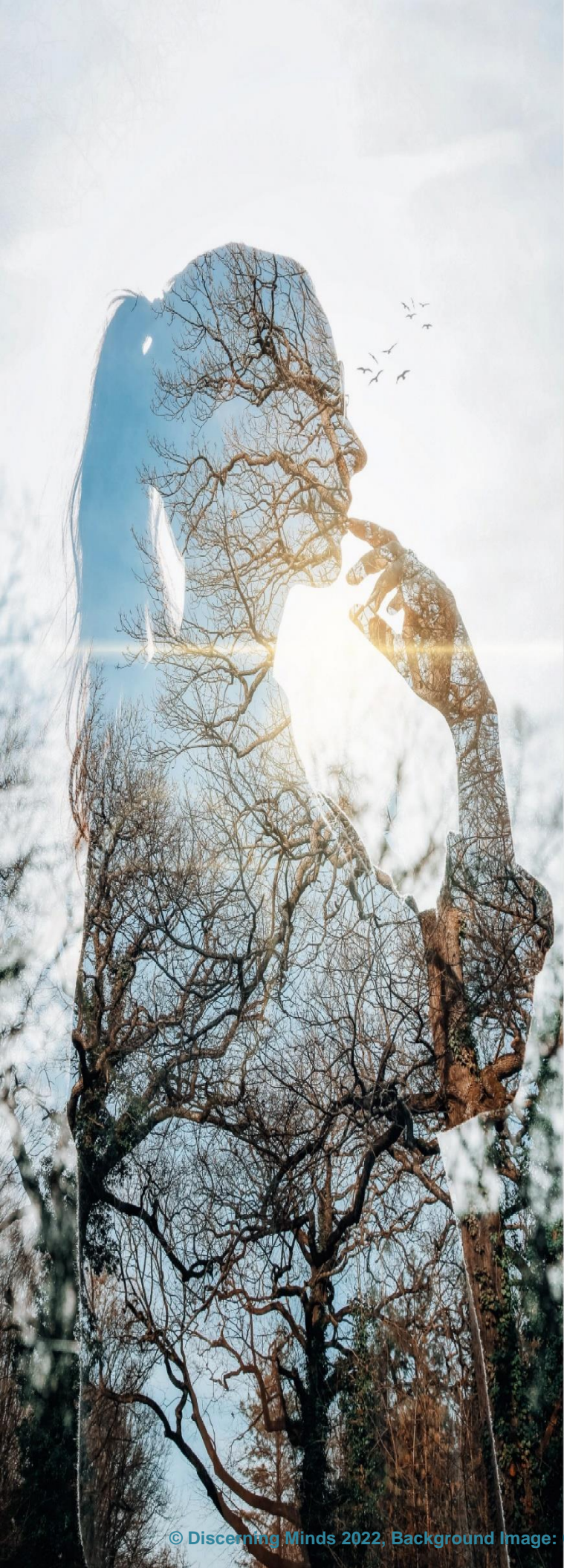
Thou shalt not take the life of another living thing, except for food or in protection.

Thou shalt not cage another living thing.

Thou shalt be free to love whomever thou please, so long as thy primary obligation to the home, family, and community are not neglected.

Continued...





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Thou shalt express thyself through arts and crafts, music, dancing, singing, and poetry: for in doing so, thou shalt be in rhythm with Nature.

Thou shalt accept as natural communications from the world beyond and the inner planes.

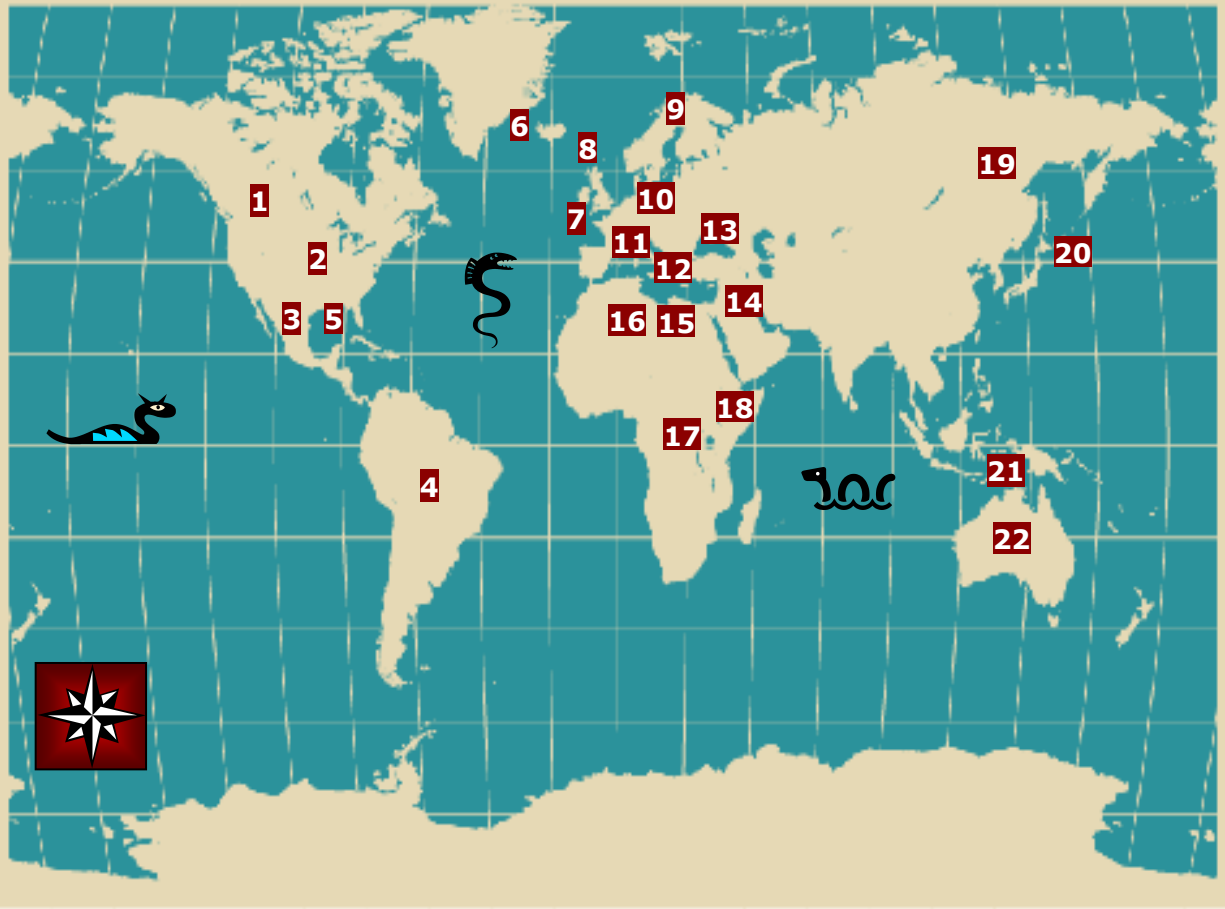
Thou shalt develop psychic abilities as a natural function of personality.

Thou shalt always strike a balance between mind and body; through exercising them both. Develop the inner self through the interplay of both thy halves: ever mindful that the spirit is above and beyond both the mind and the body.

Thou shalt not forget that the spirit within and the spirit without are the only true god.



ANCIENT DRAGON MAP



MAP KEY

- | | |
|--|---|
| 1. CANADA - SERPENT DRAGONS | 12. ITALY - SERPENT DRAGON |
| 2. U.S.A. - SERPENT DRAGONS | 13. GREECE - HYDRA; SEA SERPENT |
| 3. MEXICO - QUETZALCOATL | 14. MIDDLE EAST - AMPHIPTERES |
| 4. CHILE - BASILISK; COCKATRICE | 15. EGYPT - AMPHIPTERES |
| 5. JAMAICA - BASILISK; COCKATRICE | 16. NORTH AFRICA - SERPENT DRAGON |
| 6. ICELAND - BASILISK; COCKATRICE | 17. CENTRAL AFRICA - BASILISK; COCKATRICE |
| 7. IRELAND - LONG NECKS | 18. ETHIOPIA - KNUCKER |
| 8. GREAT BRITAIN - WYVERN; KNUCKER
LINDWORM | 19. CHINA - LUNG |
| 9. SCANDANAVIA - LINDWORM | 20. JAPAN - LUNG |
| 10. AUSTRIA, GEMANY,
SWITZERLAND - LINDWORM | 21. NEW GUINEA - SERPENT DRAGON |
| 11. FRANCE - SERPENT DRAGON; GUIVRE | 22. AUSTRALIA - BUNYIP |

Over the centuries many people have believed in Dragons - some still do. The Map depicts areas where dragons were/are believed to reside. Fanciful? Maybe.

Revenge Spells – Consider the Risk

By Ann ‘Hecate’ Abeyez

All of us are confronted on occasion by people who bring negativity into our spaces and try to intentionally do us harm and interfere in our lives in detrimental ways. They might even try to hurt us physically or emotionally. It is human nature to want to stop them and perhaps give them a dose of their own medicine, so it is easy to turn to a revenge spell to achieve that goal. I personally don't believe in revenge spells as through personal experience they often cause consequences that don't help the situation and can make it worse. Witches understand this as the Law of Three, others understand this as Karma – in other words, you will pull in what you put out into the Universe. Believe me it hears you. Bearing this in mind what I do when confronted with such situations is to reassess what has happened and how ‘bad’ it truly is and what might be the individual's real motivation. Often it is jealousy and sometimes believe it or not, the result of untrue gossip or lies. These are petty instances and often it helps to simply bless that person with peaceful intention and request that they go now go forward and be a positive force in the world. Other times it is a more venomous situation and requires different action known as “bounceback.”

Preparing a Bounceback Bottle is by no means a harmful or dark spell. You're not sending any negative energy at anyone or asking the Universe to accept vengeful behavior on your behalf. Your intention is simply setting up a "ward" with the goal of protection, safety and above all balance.

For the Bounceback bottle you will need:

1 bottle or jar

Sharp objects that can include: broken glass, razor blades, rusty nails, screws, pins, needles, etc.

Vinegar

Continued...



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Directions:

1: Fill the jar halfway with the sharp objects you've gathered.

2: Fill the rest of the jar with vinegar.

3: Seal the jar or bottle with a lid and tape it tightly.

4: Dig a hole in the ground around your home at least 12 inches deep...preferably in an isolated spot where it will not be disturbed.

5: Bury the bottle in the hole.

Outcome:

The bottle works your intention like magic (pun intended) as long as it remains buried and unbroken.

Note: Keep your intentions **VERY** clear when doing this spell. You are **NOT** intending to harm anyone just to maintain balance and send out harmonious, peaceful vibrations while protecting yourself, to coin a phrase, "from slings and arrows of outrageous fortune," and of course from the negative person(s) that sent it.



Earth Medicine

By Joseph Morningstar

“Walk in balance on Mother Earth.” – Sun Bear

The Native Indigenous peoples of North America have their own way of looking at things. Their spiritual information comes to them through visions and the guidance of the Great Spirit and the observation of their relations with the human, animal, plant and mineral kingdoms. The particular information here does not apply to any particular tribe but is for everyone to aid in working with the Green Spirit of Mother Earth. Observe the chart to find your birthdate and other references.

DATES	MOON	ANIMAL	PLANT	COLOR
Dec. 22-Jan. 19	Earth Renewal	Snow Goose	Birch Trees	White
Jan. 20 - Feb. 18	Rest & Cleansing	Otter	Quaking Aspen	Silver
Feb. 19 – Mar. 20	Big Winds	Cougar	Plantain	Blue-Green
Mar. 21 – April 19	Budding Trees	Red Hawk	Dandelion	Yellow
April 20 – May 20	Frogs Return	Beaver	Blue Camas	Blue
May 21 – June 20	Corn Planting	Deer	Yarrow	White & Green
June 21 - July 22	Strong Sun	Flicker	Wild Rose	Pink
July 23 – Aug. 22	Ripe Berries	Sturgeon	Raspberry	Red
Aug. 23 – Sept. 22	Harvest	Brown Bear	Violet	Purple
Sept 23 – Oct. 23	Ducks Fly	Raven	Mullein	Brown
Oct. 24 – Nov. 21	Freeze Up	Snake	Thistle	Orange
Nov. 22 – Dec. 21	Long Snows	Elk	Black Spruce	Black

Earth Paths

Dec. 22 – Jan. 19: You have a stately air about you and memory of long forgotten traditions. Use QUARTZ as a power stone daily so you can transmit knowledge.

Jan. 20 – Feb. 18: You feel things deeply but do not show it. You are deeply intellectual and tend to sway others. Uses SILVER as a power mineral to enhance your goals.

Feb. 19 – Mar. 20: You are a natural healer and/or lean towards religious ceremony. Use Turquoise as a power stone to enhance processes and vision

Continued...

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★ Mar. 21 – April 19: You are a catalyst capable of making ideas into reality. You can be difficult but do well because of your spitfire personality. Use OPAL as a power stone to enhance your connection to your emotions and draw others.

April 20 – May 20: You are a good friend, loyal and stable. You do not easily change your mind and are often called stubborn yet your capacity to work hard is admired by others. Use CHRYSOCOLLA as a power stone to do Earth work and heal the planet.

May 21 – June 20: You are quick minded and quick witted. You like a clean environment and may fancy spending some time in the mountains or other serene places. Use MOSS AGATE to keep your senses and intellect sharp.

June 21 – July 22: You are home oriented and feel strongest in your own space. Once you make up your mind, it cannot be changed. Use CARNELIAN as a power stone to help you deal with emergencies which you are good at handling when others fail.

July 23 – August 22: You are powerful by nature with the ability to say things that go straight to the heart. You make a powerful friend and an equally powerful enemy. Use GARNET as a power stone to keep you safe, balance energies and protect you.

Aug. 23 – Sept. 22: You are fair and analytical and make a valuable friend and co-worker. Your good sense makes you sought out by others. Use AMETHYST as a power stone to enhance your good judgment, sense of judgment and courage.

Sept. 23 – October 23: You have a natural point of balance which rubs off on those around you. You are a natural healer and may have some mediumship abilities. As you influence those around you, avoid the temptation to be manipulative. Use Bloodstone Jasper as a power stone protect your psychic abilities against negative intruders.

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★ Continued...

Continued...

Oct. 24 – Nov. 21: You are a transmuter capable of changing things of which you are involved. You grasp the other realms with great insight and are capable of conducting higher energies that surround you. Use COPPER as a power mineral to keep the flow going.

Nov. 22 – Dec. 21: You have an innate sense of justice and will try to clean anything you feel is unjust from any situation. You are very intuitive and can see into the hearts of others. Use OBSIDIAN as a power stone to transmit thought and to be a good mirror image for others.

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ARCANUS OBSCURUM

C.A.A. Savastano QUOTE (*Be Like the Elements, pg. 44*)

C.A.A. Savastano is an author whose research focuses on intelligence, politics, and human behavior that has studied thousands of related official documents and consulted for experts in varying fields. He has presented research at national conferences and offered analysis for universities while making regular appearances in the media. Multiple groups have accepted his evidentiary findings that include academic non-profit foundations and research organizations.

Aradia (*The Laws of Nature, pg.45*)

Aradia is a practicing Pagan and freelance writer and researcher. She lives in upper state NY with her husband Marco and their two cats Pie Wacket and Pan.

Galactic Press, (*Ancient Dragon Map, pg. 47*)

The Ancient Dragon Map is courtesy of The Galactic Press and Druid Niamh Ardgall.

Ann 'Hecate' Abeyez (*Revenge Spells – Consider the Risk, pg.48*)

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

Joseph Morningstar (*Earth Medicine, pg. 50*)

Joseph resides in the south-west USA. He prefers to use the Native American name given to him when he was a child in reference to his spiritual writing. He is proud of his heritage and when he is not busy with his attorney practice, loves to talk about and teach the 'old ways' to those willing to listen especially young people. He has a loving wife and three children.

SACRED SCIENCES

For the New Age community, 'ancient' knowledge is always considered unimpeachable and unimprovable, just as a diverse range of beliefs from Eastern mysticism to UFOs, energy dowsing to cryptozoology, are - though mutually contradictory - unquestionably accepted in the name of open-mindedness.




Section Managing Editor – Anne Drake Sydney

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QUOTE: Mark Crutchfield @ Goodreads.com



“Sciences can only be validly constituted as ‘sacred sciences’ by those who, before all else, are in full possession of principia! Knowledge and are thereby qualified to carry out, in conformity with the strictest traditional orthodoxy, all the adaptations required by circumstances of time and place. However, when these sciences have been so established, their teaching may follow an inverse order: they then serve as it were as ‘illustrations’ of pure doctrine, which they render more easily accessible to certain minds, and the fact that they are concerned with the world of multiplicity gives them an almost indefinite variety of points of view, adapted to the no less great variety of the individual aptitudes of those whose minds are still limited to that same world of multiplicity. The ways leading to knowledge may be extremely different at the lowest degree, but they draw closer and closer together as higher levels are reached. This is not to say that any of these preparatory degrees are absolutely necessary, since they are mere contingent methods having nothing in common with the end to be attained; it is even possible for some persons, in whom the tendency to contemplation is predominant, to attain directly to true intellectual intuition without the aid of such means; but this is a more or less exceptional case, and in general it is accepted as being necessary to proceed upward gradually. The whole question may also be illustrated by means of the traditional image of the ‘cosmic wheel’: the circumference in reality exists only in virtue of the center, but the beings that stand upon the circumference must necessarily start from there or, more precisely, from the point thereon at which they actually find themselves, and follow the radius that leads to the center. Moreover, because of the correspondence that exists between all the orders of reality, the truths of a lower order can be taken as symbols of those of higher orders, and can therefore serve as ‘supports’ by which one may arrive at an understanding of these; and this fact makes it possible for any science to become a sacred science, giving it a higher or ‘anagogical’ meaning deeper than that which it possesses in itself.”

The Cosmic Laws – No Excuses

By Mahaji

Think of a space in your heart and that this space is filled with light. Think of the ocean as calm, or think of the stability of the earth and its immovability. The constant practice of Nonattachment and drawing the thought within when it seems to “go out” will enable one to gain control of the mind; therefore concentration results in a powerful force. - Zolar

When we speak of the law, we regard it as an abstract principle of power that we can neither represent with words nor by symbols. It is an absolute principle or the cause of being, yet it transcends all of this or that which the infinite mind conceives. There are contained in the cosmos the Three Principles: *Substance, Motion and Consciousness*. From these three Principles, we have manifestations of mind, energy and matter.

1. *The Law of Orderly Trend*: Under this law, we have order in the cosmos from the Sun to the atoms, and the law of cause and effect. There is no “chance” or “accident” in the Nature of things.
2. *The Law of Analogy*: Under this law, we have correspondence and agreement regarding various forms of manifestations and when we know one, we know “as above, so below.”
3. *The Law of Opposites*: A thing is and it is not. A thing is subject to change; therefore it is and it is not at the same time. Also, we carry things to opposite extremes, they are alike, as in extreme light, we cannot see, or in the darkness we do not see.
4. *The Law of Sequence*: Under this law, we learn that everything proceeds from something and is succeeded by something.
5. *The Law of Balance*: We find that everything has its opposites: Love, Hate, Pleasure, and Pain. As we can see, it requires the opposite to give us balance.

Continued...

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6. The Law of Cyclicity: Everything seems to move in circles, but by wisdom and strength of mind we are able to work the circles into spirals for the purpose of progress and attainment.

In application:

Man is not body nor mind but uses mind and body as an instrument to manifest in the physical world. When anyone tells you they will, “think it over” or, “I haven’t time” you know they are using an alibi. If you have clearly stated your proposition, and those to whom you are talking to are sane, they have already decided. Therefore all else they say is so much evasion or bunk. This is only one of the reasons why we must develop and use “Discrimination.” The practice of Psychology simply means to use our knowledge for the more “subtle law” and govern ourselves accordingly. The “Finer” is the cause and the “Grosser” is the effect.

All thoughts act and react upon intelligence, and the effect of the reaction is according to the nature of the active thought. How are these fine impressions to be controlled? – By raising an opposing wave. Suppose you have a big wave of anger – how are you to control or prevent it from affecting you? Think of Love. This thought is the opposite of hate, and by raising opposite waves of thought, we can conquer those which we want to reject from our minds.

By controlling our thoughts, speech is more discriminating. Speech is “Thought” in “Manifestation.” Those who control the “Finer” control the “Grosser.” When the body and mind are under control and we are calm, the better and more work we can do. We lose a great amount of energy through emotion or attachment or clinging to things. This energy should be directed to constructive works.

Life, we sometimes say is what we make it. This is an incorrect statement. We do not make “Life” but express it in various forms. What we do make or create is the state of consciousness we experienced in “Life.”

Excerpts from *the Encyclopedia of Forbidden Knowledge*, pgs. 138-140

To my priestess sisters: the keepers of mysteries, the medicine women, the story keepers and story tellers, the holy magicians, the wild warriors, the original ones, the ones who carry the ancients within the marrow of your bones, the ones forged in the fires, the ones who have bathed in their own blood, the heroines who wear their scars as stars, the ones who give birth to their visions and dreams, the ones who weep and howl upon the holy altars, the avatars, the mothers, maidens and crones, the mystics, the oracles, the artists, the musicians, the virgins, the sensual and sexual, the women of our world-

I honor you. I stand, for you and with you. I celebrate both your autonomy and our sisterhood of one. We are many. We are fierce. We are tender. We are the change agents and we are radically holding and clearing space for the bursting forth of the holy seeds of the collective conscience and consciousness. We are manifestors and flames of purification and transformation.



We are living our lives in authenticity, vulnerability, transparency and unapologetically. We are committed to integrity, impeccability, accountability, responsibility and passionate love.

We are here on purpose, with purpose and give no energy to conformity, acceptance or approval. We are the daughters of the earth and the courageous of the cosmos.

Priestess, keep living your life passionately, raising the cosmic vibrations and lowering your standards for no one. You are brazenly blessed and a force of nature. Nurture yourself and one another.

You are a crystalline bridge between realms and uniting heaven and earth. You are a priestess and you are divinely

anointed, appointed and unstoppable.

Right Madness – Pseudo Scholarship

By Dr. Max Therron

“I’m sorry, if you were right I’d agree with you.”

-Robin Williams-

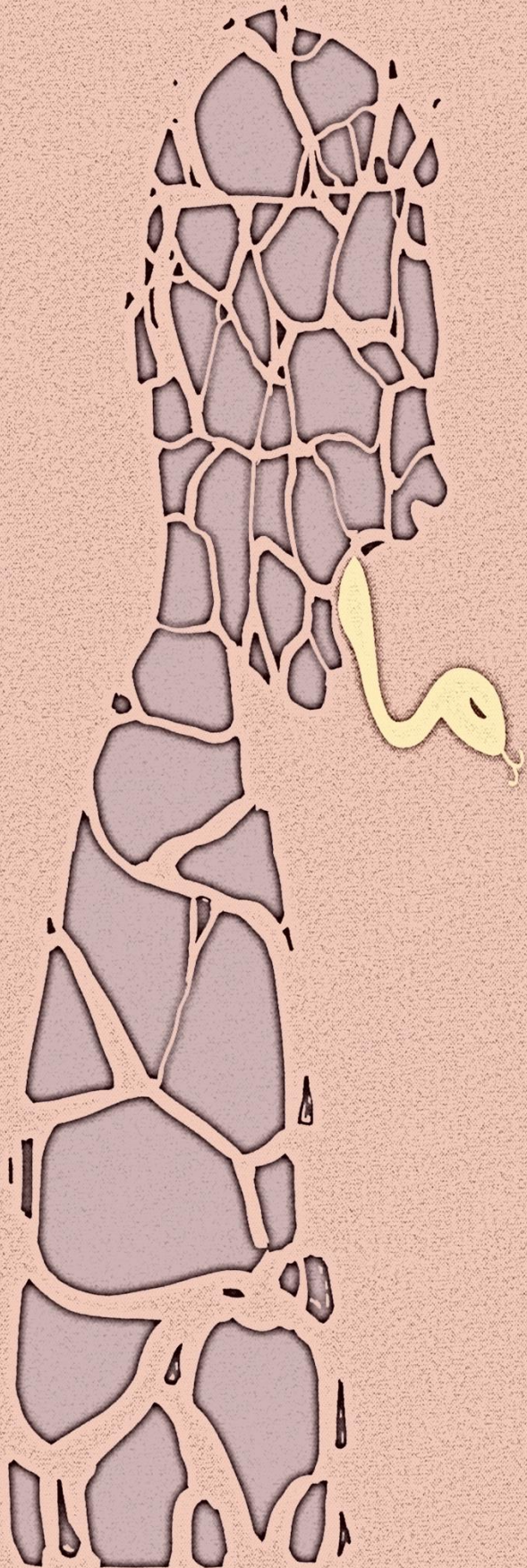
We all know them. Those maddening people who absolutely must be right about everything. Those tenacious crab-like creatures who hook on to an argument and like a disgruntled bulldog who won’t let go until they prove their point *to the point* you are brain dead from listening to their pseudo scholarship.

The need to *be right* is one of our cultural memes. It is embedded in all of us. Human beings are capable about arguing about anything and we actually like it. It is invigorating, empowering and ego boosting. We continue to do it even though our brains and consciences know it is the reason behind hatred, violence and even war. When we are caught up in the thrall of an argument that has superseded the rules of *debate* we pay the price and often sever good relationships that had the potential of not only serving ourselves but others.

From the very beginning – the second we incarnate into this world, we are surrounded by the construct of right and wrong. Even our first encounters with education show us that correct answers garner us rewards and success. Correctness saves us from shame and embarrassment. The pity is this has nothing to do with actual learning and everything to do with conditioning. We have lost our way from ancient Greece when a student was rewarded for asking the right question rather than spewing out a correct rote answer.

Our fixation with *beliefs* also get thrown into this recipe. Thoughts and beliefs defend our territories and buoy our boundaries. If we think about it, this is linked to our primal cultures and the need to conquer AND the human ego need to be honored and respected above all – he who has all the toys wins – literally. What we have failed to grasp during our evolution is that the pervasive attachment to always be right erodes our natural instinct to learn.

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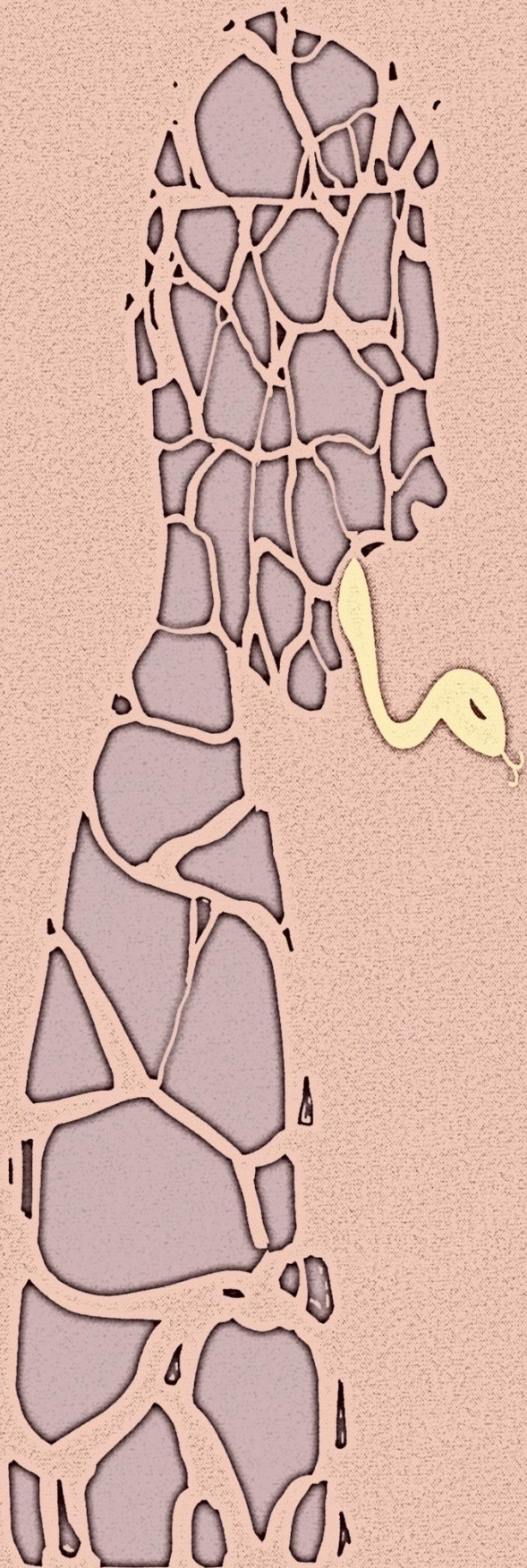
How can we learn anything new or add it to our mental catalog for consideration when there is such heavy preoccupation with being superior? It produces nothing except weakened communications.

“Life offers a cruel choice: you can be right or happy. Not both.” – Albert J. Bernstein

There is a freedom in not being right all the time. It is an escape from linear one dimensional thinking. If we look at this need honestly and with a clear lense, deep down inside we recognize that it is based in fear and aside from the overwhelming need to be credible, it is also based in the overwhelming desire to be in control. Winning an argument takes away the fear and puts one back in control. The sad thing is the identity is all wrapped up in all of this and accepts itself as an inflexible thinker which has become a self-validated way 'to be'. So it must be remembered: "The truth you believe and cling to makes you unavailable to hear anything new." - Pema Chodron

"The more you know, the less you need to show." – Unknown ... is a good place to start. Being willing to engage in a fair dialog without the need to dominate, being unyielding, putting others down, lying, exaggerating, screaming and harassing is the test. Starting out an argument with a clever detraction such as, "consider this" or "I'm no expert but," does not assuage responsibility. In the end there is nothing won and much lost if that test is failed.

“Often after arguing about differing opinions, I hear people say, "Let’s agree to disagree." I look forward to a time, so open-minded I'll hear people say, "I'm right and you can be, too” – Paula Heller Garland



The time will come when diligent research over long periods will bring to light things which now lie hidden. A single lifetime, even though entirely devoted to the sky, would not be enough for the investigation of so vast a subject...

And so this knowledge will be unfolded only through long successive ages. There will come a time when our descendants will be amazed that we did not know things that are so plain to them... Many discoveries are reserved for ages still to come, when memory of us will have been effaced.





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SACRED SCIENCES

René Guénon QUOTE (*Sciences, pg.54*)

René Guénon, was a French intellectual who remains an influential figure in the domain of metaphysics having written on topics ranging from “sacred science”, and traditional studies to symbolism and initiation. The quote is sourced at Goodreads.com.

Mahaji (*The Cosmic Laws, pg. 55*)

Mahaji, the Universal Mother, wishes to remain anonymous as she believes what is said is more important than the person who said it.

Mishi McCoy QUOTE (*To My Priestess Sisters, pg. 57*)

Mishi McCoy is an Intuitive, Wholistic and Metaphysical Counselor, Author, Minister and Speaker Who Facilitates Personal Growth, Health, and Spiritual Wellness. Her passion is the Body, Mind & Spirit connection. As revealed in her book, Mishi illustrates how to take what we need, allow it to expand into something breathtakingly beautiful & practical, and then leave the rest and to use what we have taken to build and create the lives we truly desire. This is the foundation of her deep belief that wholeness is available to all who are willing to embrace it and her desire is to help facilitate that wholeness for those seeking it. The quote is sourced at Goodreads.com.

Dr. Max Therron (*Right Madness – Pseudo Scholarship, pg. 58*)

Dr. Max is a retired psychologist who applies his knowledge to metaphysical concepts. He had eight grown children, ten grandchildren, and lives with his wife Rachel in the great American northwest.

Seneca QUOTE (*The Time Will Come, pg. 60*)

Seneca is a great historical figure. Lucius Annaeus Seneca (often known simply as Seneca or Seneca the Younger); ca. 4 BC – 65 AD) was a Roman Stoic philosopher, statesman, dramatist, and in one work humorist, of the Silver Age of Latin literature. He was tutor and later advisor to Emperor Nero. While he was later forced to commit suicide for alleged complicity in the Pisonian conspiracy to assassinate Nero, the last of the Julio-Claudian emperors. The quote is sourced at Goodreads.com.

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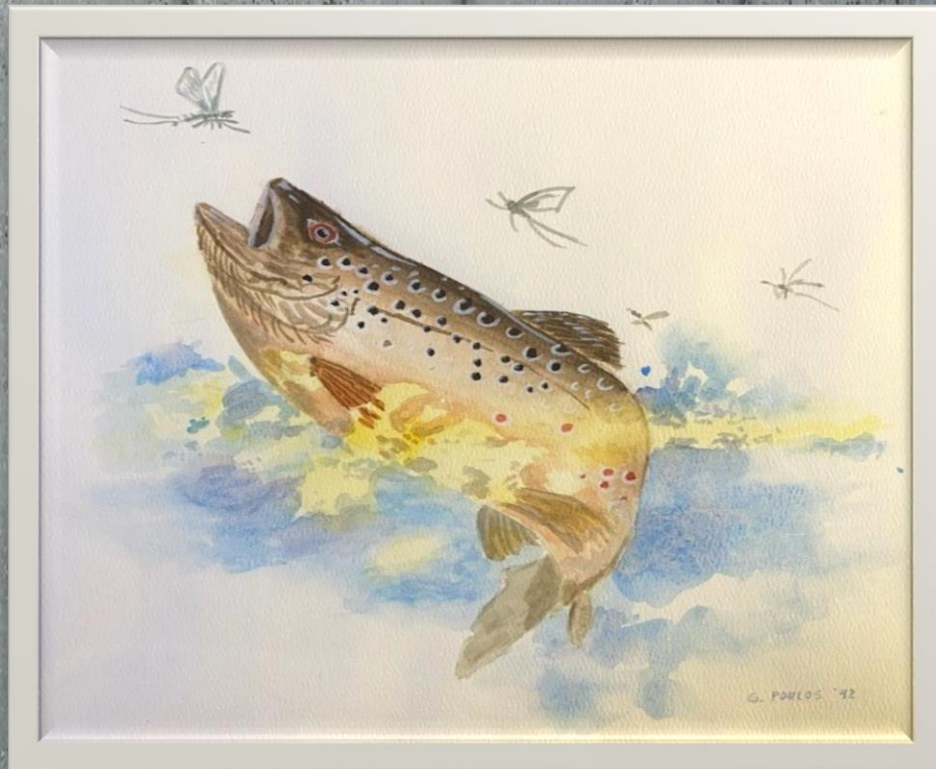


"Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen."



Section Managing Editor –Marique Quinn
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Greg Poulos Art Gallery



Hungry Fish



Greg Poulos Art Gallery



Abby the Cat



Greg Poulos Art Gallery



Deer in the Woods



David Pierce Art Gallery



Minja



David Pierce Art Gallery



Mother Earth



David Pierce Art Gallery



Windbreaker



Beth Faraglia Art Gallery



Bayou



Beth Faraglia Art Gallery



Daybreak



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Beth Faraglia Art Gallery



Colorado # 3



Genevieve Poulos Art Gallery



Bar Harbor



Genevieve Poulos Art Gallery



Mushroom Rabbit



Genevieve Poulos Art Gallery



Sailing Ship



Heart Calling

Did you hear my heart calling?

I cried for you last night;

You see I went into spiral;

I was falling;

Did you hear my heart calling?

I felt the fears;

I could taste the tears;

How do I cleanse the pain?

From all those years?

Did you hear my heart calling?

I cried for you last night;

You see I went into spiral;

I was falling;

Did you hear my heart calling?

Set Free

In this world an invisible prison;
Out of nowhere you came and set me free.

Like the waters of the sea
You set me free.

No longer bound in conformity;
Out of nowhere you came and set me free.

Like the waters of the sea
You set me free.

I found my shed feathers and put them in place.

I took flight you were my light.

Out of nowhere you came and set me free.

Like the water of the sea
You set me free.

Dreams no longer hindered;

Fixed entranced by your radiance;

I exhaled and the walls tumbled;

Out of nowhere you came and

Set Free ...

~Lisa Barnthouse Poetry Gallery~

Remember Heaven is calling

Heaven heard you calling

They knew you were falling

The angels did take flight

With them came Heavens might

You are not alone

You are surrounded by your true home

Do not fear the angels dry the lonely tear

In this world where there's much pain

It seems only sadness to gain

Do not lose faith but lose the hate

We are nearing Heaven's gate.

They are hear they answered the call

To save you from this fall

They are here to save life

To finally end this strife

Do not lose sight

Remember who we are

Beloved of creator prized in Heaven

Remember and soon home you

Will take flight...

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CREATIVE MUSINGS

Greg Poulos (*Art Gallery, pgs. 63-65*)

I am mostly a self-taught watercolor painter. My mother was a gifted artist and taught art in the Westbrook Maine school system from 1970 to 1979, my sister Theanna inherited the artistic DNA and occasionally did pen/pencil sketches. I also enjoyed making marine half-hulls out of wood. Responding to a burst of creativity, I cranked out about 10 watercolor paintings, jumping into it with both feet and let my ability or lack thereof dictate my direction and limits. Subsequent to the two year creative period, I laid down my brushes and haven't painted anything since. Having developed a tremor in my brush hand, I may never again, unless it is abstract. I have never sold any of my paintings. They all hang in various rooms in the house, like substitute children.

David Pierce (*Art Gallery, pgs.66-68*)

My name is David Pierce but have gone by the nickname Bo all my life. I was a heavy industrial diesel mechanic as a career until I hurt my neck and couldn't do that job anymore because of nerve damage. I always enjoyed art as a hobby but never did much with it because life got in the way. About 7 years ago I finally got disability and started putting everything I had into studying art. It became my passion. I am not good at the business side but I am getting pretty good at the creative side. I hope you enjoy my work. My artwork can be found at <https://www.facebook.com/Art-By-Bo-240594223068233/>. I do commissions and you can contact me at Bobosan43@gmail.com if you wish to have me do a commission.

Beth Faraglia (*Art Gallery, pgs. 69-71*)

I am a 62 year old grandmother from the Philadelphia area. I have been painting for over 40 years and in that time have developed a recognizable style and aesthetic. My emphasis is nature combined with the human form. I achieve that by combining realism with abstract impressions of nature and its relationship to man.

Genevieve Poulos (*Art Gallery, pgs. 72-74*)

(1928~2012) 1970 Graduate of USM Gorham, art education major, teaching degree. She taught art at Westbrook Junior H.S. 1973 to 1979. The creative gift was strong in her. She was expertly proficient at almost all aspects of visual art throughout her life. Woodcarving, oil painting, charcoal sketching, watercolor, pastels, sculpture, and macramé. The first is an oil painting of Bar Harbor in the mid 1960's. From a vantage point of the town pier, she nostalgically depicts the waterfront area across the harbor where she spent some of her youngest years. (From her son's private collection.) The second, Mushroom Rabbit, is a form of sculpting she invented on her own. No known prior examples of this unique style of artistic expression exist. She developed a process of treating the birch tree mushrooms that she collected in the woods to create a durable natural surface on which to carve subjects and scenes in bas relief. Several of her pieces have been sold and grace collector's homes. (Over 40 pieces remain in her son's private collection.) The third (Sailing Ship) is a hand-tooled image of a sailing ship in copper medium. Just an image she pulled from her head, and treated the copper surface to an antique finish, preserved from oxidization.



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Continued

Lisa Barnthouse (*Poetry Gallery, pgs. 72-74*)

My name is Lisa Barnthouse aka Eoran. I have been writing and also winning prizes for my poetry since childhood. I'm also into photography. Words to me are like weaving threads into beautiful patterns that become poetry. Thank you for reading much love to all.

**“A question that sometimes drives me hazy:
Am I or are the others crazy?”**

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Section Managing Editor – Oscar “Trashman” Corelli

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Quote: Albert Einstein @ Goodreads.com

**To make me do the thing I will, I won't.
Facing front, it is back I turn
to scorn the right intent.
The worse I am, the better do. Against
my own impulse I plot; and overthrown
rise up to govern all I have undone.**

**To live my life, I've lost it. Or reversed,
the greatest loss was living most;
the best I did was least.**

**By counter causes, grown then capable,
I've come to some short pass. And passing still
go on to learn what's gone, and what I will.**





2022

By Thomas Selinas-Crosse

2022 (MMXXII) is a common year starting on Saturday of the Gregorian calendar, the 2022nd year of the COMMON Era (CE) and *Anno Domini* (AD) designations, the 22nd year of the 3rd millennium and the 21st Century, and the 3rd year of the 2020s decade. The United Nations has declared 2022 as the International Year of Artisanal Fisheries and Aquaculture and the International Year of Glass.

2022 is a year of the Tiger, starting from February 1st 2022, and ending on January 31st, 2023. It is the Water Tiger year. The Tiger is known as the king of all beasts in China. The zodiac sign Tiger is a symbol of **strength, exorcising evils, and braveness**. Many Chinese kids wear hats or shoes with a tiger image of for good luck. Collectively, Water Tiger Year 2022 symbolizes spontaneity, determinism and novelty despite any adversity. It also is synonymous with unforeseen circumstances and surprising developments. It can be a good times for those who wish to forget their stormy past and heal their wounds. The main lucky colors for this Tiger Year are blue, green, red and yellow. Blue should be preferred for job interviews, negotiations and communications, Green should be used for new starts in general, new jobs and new residences. Red should be preferred for romantic meetings and anticipation of births, boy or girl. Yellow should be preferred for acquisition of real estate and transmission of wealth. Also use white and gold to ward off bad luck.

In Tiger Year 2022 politics will not be short of scandals perpetrated by politicians in an effort to hide their own shortcomings and blunders. You might say, "Well, they always do that." While this is true, the difference is it will be more obviously prominent and not so easily dismissed by the public who will readily call for and demand justice and just as readily get it. Crooked Elite politicians should watch their step during this year as they will be exposed in the naked light of what they are. Acceptance of deprivation in terms of personal freedom and lifestyles in the wake of the pandemic will continue. There should be increased vigilance by citizens of all countries when it comes to health matters. In Black Astrology, Tiger is associated with tensions, struggles and rebellions, and this must also be considered in the mix. It could be that this influence amps up wars for control of resources (oil, gas, drinking water and rare minerals). However the Yang Water element of this Tiger also reinforces capacities of listening and adapting peacefully before crisis degenerates and facilitates conduct of diplomatic affairs and peaceful dialog between countries.

Continued...



Continued...

Let us recall that the Treaty of Rome, ratified in 1957, is at the origin of European construction. According to Nostradamus, Brexit is only the beginning, and the whole European Union is destined to collapse in 2022.

4. Paris under siege

One of Nostradamus' prophecies for the coming year directly concerns Paris, which would be under siege. It is found in the 30th quatrain of Centuria V:

All around the great City / Will be soldiers lodged by fields and cities.

For what reasons might the capital be besieged? We don't know... It could well be that the City of Light will remain completely paralyzed, with no access to the outside world, for a long period.

5. The death of Kim-Jong-Un

In the 14th quatrain of Centuria IV, Nostradamus predicts the demise of the North Korean leader, according to the astrologers who analyze his prophecies:

The sudden death of the first personage / Will have changed and put another in the reign.

Kim-Jong-Un would thus be the victim of an unexpected accident. However, his succession is already assured, as a member of his family will be in charge of the country.

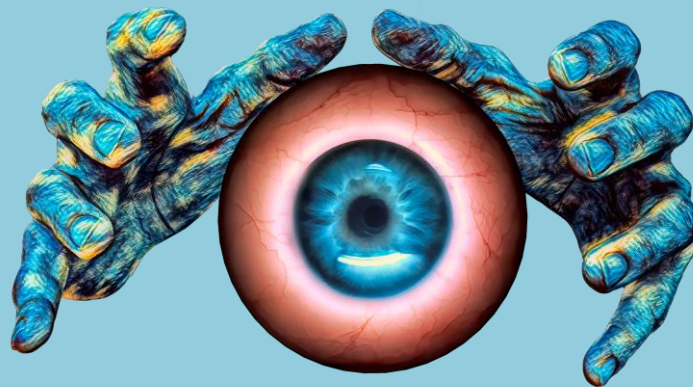
6. A major earthquake in Japan

The third quatrain of Nostradamus' Centuria III forecasts a very large earthquake in the land of the rising sun, during 2022:

Towards midy extreme siccity / in the depths of Asia they will say earthquake.

The earthquake would therefore occur in the middle of the day. A time which could minimize human losses, but still causing terrible material damage.*

https://www.gentside.co.uk/earth/6-grim-predictions-nostradamus-made-for-2022_art8313.html



The Eyes have it

By Martine Millette Bastion

“The soul, fortunately, has an interpreter - often an unconscious but still a faithful interpreter - in the eye.”
Charlotte Bronte

Eyes = they need to distort what they see around them in order to keep themselves safe. They feel vulnerable at the thought of others seeing into their soul and so apply defensive screens.

‘Turning a blind eye’ ‘Blinkered to the truth’ ‘Looking into the window of my soul’ -

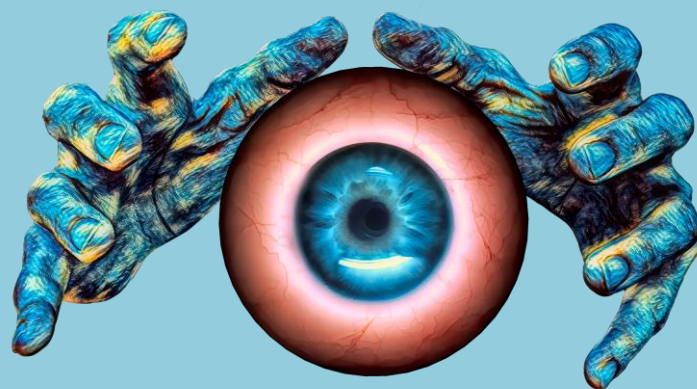
<https://www.isygrigg.com/metaphysical-causes/>

Apparently, a person is endowed with five sense faculties: sight, hearing, palate, smell and touch. Of all these the faculty of sight is the most important. Eyes are therefore rightly spoken of as 'windows of the soul.' Eyes do reveal the inner state of the mind - whatever it be, of peace and tranquility, or of anger and unrest. It is through the power of the eyes that a mesmerist or a hypnotist controls his subject. Some reptiles, too, transfix and paralyze their prey, making it immobile by casting their strong gaze on it. So is the case with an osprey or the fishing eagle. The wizard and the enchanter work their black art through the eyes. The mother transmits her love to a baby through her eyes. Even the domestic animals find comfort from the loving gaze of their master. Poets sing of the laughing eyes, sparkling eyes, liquid eyes, languishing eyes, drilling eyes, speaking eyes, and so on. The silent language of the eyes is wonderful indeed. Words fail to convey the expressiveness of the eyes. With no words, the eyes are still eloquent. Their silent speech and their appeal are universally acknowledged and go to the very heart. 1

Symbolic Meaning of Eyes

It's been said the eye is the window to the soul, which may explain why the symbolic meaning of eyes tends to be of a spiritual nature.

In Christianity the Eye of God is depicted hovering over a tent which is symbolic of the Tabernacle - the temple of the faithful. The eye here represents the Omni-present spirit of God peering into the soul of the faithful - ever watchful over those who serve. In Egypt we see the Eye of Horus (a.k.a. the eye of Ra, and also referred to as a wedjat or udjat). In this context the eye is a symbol of protection and life. During his battle with Set, Horus' eye was ripped out and torn to pieces. Thoth, however, was able to save the eye and restored it by invoking the magic of the falcon.



It's interesting that in Egypt and Western occult traditions the left eye is considered a lunar trait and a symbol of northern direction. The right eye is a solar symbol and represents southern direction. The "third eye" is referred to as the spiritual eye, the intuitive eye, or the eye of the soul. It is associated with the brow chakra (or Anja chakra) which facilitates intuition and extra sensory perception. The third eye is depicted on the forehead of Shiva, and is symbolic of the inner eye that sees all things within a cosmic perspective.

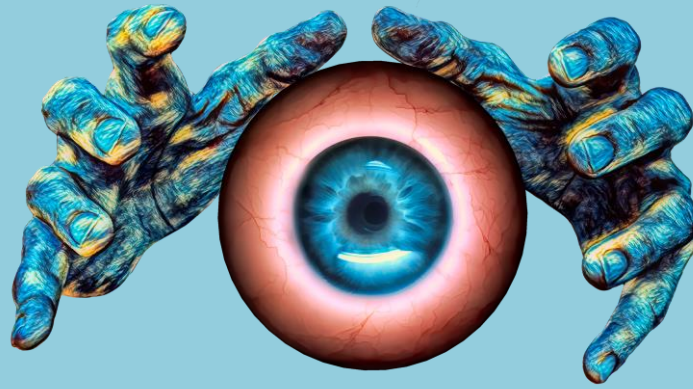
In Dreaming the meaning of eyes indicates an opening into a new dimension. This is symbolic of your vision clearing and focusing in on a new direction. It may also indicate your ability to see past what is common and spiritually arrive to the point where your inner vision perceives all things in their divine glory - even the simplest of things become imbued with an exquisite quality inherent in all nature. The symbolic meaning of eyes also carry a message of prophesy - literally seeing "a vision of the future." This translates well with ancient alchemists and astrologers speaking of eyes of the sky foretelling certain events as they chart the stars in certain patterns to ascertain various outcomes. ²

Symbolic Meaning of Eyes

Focus
Clarity
Vision
Prophesy
Omniscience
Presence
Intelligence
Perception
Observation
Opening
Awareness

Many ancient esoteric as well as earth-based philosophies consider the eye as a channel or a passageway into a new dimension. Here the eye is not a physical symbol but rather an ethereal one in which consciousness may enter into a gateway of infinite expanse.

Continued...



This journey is traversed through the pitch-black channel of being-ness (represented by the black of the pupil). Once the threshold is crossed, one is said to obtain higher knowledge - a glimpse of heightened epiphany - comparable to enlightenment. ³

These perspectives combined with the actual shape of an eye reminds me of the numerical symbolism of zero.

Ultimately the symbolic meaning of the eye is what you make of it. Contemplate its meaning in relation to your own perspective and life situation. If eyes keep reoccurring to you (visions, dreams, and random images throughout the day) it is certainly a message - it's your responsibility now to interpret that message as it relates to your personal experience.

¹ <https://www.speakingtree.in/blog/love-your-eyes>

² <https://inkpedia.org/post/182856097872/its-been-said-the-eye-is-the-window-to-the-soul>

³ <https://www.viblight.com/blog/Dreams.aspx>

Sounds Sci-fi

By Mikey Pierog



Got hooked on into the sci-fi wave.
Insane futures, even their fantasy timeline ways.
No phones, no technology. Casting spells with their hands.
Past charging bricks, spaceships, no Wi-Fi or Netflix's.
Energy flows through their channel of self.
Defeat a dragon? Muster up enough of thyself.
Reward is their life, and the quests that are done.
Fight for your life to save middle earth? I call that shit fun.
Those Sci-Fi's all got consciousness.
What's a different level? We're all attuned to this.
Sci-Fi's got them knowledges.
Time travel, Mjolnir, books of magic missile.
Character stories that sci-fi unfolds you with.
Enemy's, allies, hostiles, neutrals. Bonds that are forged.
Like in a star, Thanos himself even needed a hand with.
Maybe we're all in a sci-fi reality.
Casting words with air, and they call it sound waves.
Projections all around, made with no doors to close those tunes.
Some reaped those toxic sounds, turned that venom to our muse.
Tuned into hooks we can't see. Changing how we feel.
Altered reality?
Manipulation of brain waves.
Sci-fi sounds, mental magic, directs our ways.
Another simulation, system of design.
Tired of color? It's just radiation in your eye.
See the spice, smell the texture, feel past your reach.
Looks too hot, smells getting thick, touching into next week.
Might be complacent or feeling kinda trippy.
All of it in your head. Or is it all out there?
Knock - Knock... Sounds go where?

We're told its reality



Are We in the Age of Aquarius?

By Loni J. Haas R.MAFA, NCGR

Known Fact 1: Astrologers Argue ... about everything.

Known Fact 2: People, in general, believe what they want to believe and often try to "fit" facts to those beliefs.

Re: Fact 2, Unfortunately, even though it is against the very foundational rules of the science Astrology which is supposed to be objective in nature, I have seen many astrologers these past few years try to bend analysis to what they believe to be true or "right" especially in areas like political analysis for example. In some cases analysis I have read fell nothing short of hilarious and in other cases, down right disgusting. Sadly, this has pushed Astrology into that all too familiar pit of useless opinion. An Astrology Chart shows an astrologer 'what is' - it is not a debate. If the astrologer gets annoyed with what is being revealed in a chart, they should simply not engage analysis and try some deep contemplation and meditation as to why they are being affected in that way ... aka that B Word: BIASED. Of course they have a right to live in La-La Land but to conduct oneself in such a fashion is a disservice to humanity. Like it or not, Astrology is a Collective Obligation and astrologers are subject to Karma just like everyone else.

Currently, there are many pro and con arguments as to whether we are in the Age of Aquarius. Personally, I do not believe we are but rather in the last throes of the Age of Pisces struggling with our human behaviors in a world that for many has a status of upheaval sending distress signals everywhere. Some would argue that Aquarius is all about upheaval but if I may state, Pisces is no angel and a bit slippery when it comes to spoiled child syndrome and temper tantrums. It doesn't let go that easily. Perhaps Aquarius is getting ready to dump some cold water on those fishies. I certainly am amused by the whole debacle. Freedom, originality and justice are the promises of Aquarius - I don't see it yet, rather, I see the opposite at the moment. *"Aquarius will be the new age, the new life. First there will be disastrous events, gigantic upheavals, turmoil and change of all kinds...."* says Omraam Mikhael Aivanhov (1900-1986)."

Continued...

Continued...

"Just as old Egypt, Babylon and Sumeria were eclipsed by Greece and Rome, so too the 'old world' of Western Europe and North America will be overtaken by new geopolitical alliances and fresh centres of global influence. And this will be accompanied by a dramatic change in consciousness, as the worn-out Western values and Eurocentric rationalist thought prevailing for the last few centuries surrender to the new Aquarian thinking." - Mehmet Sabheddin ... AKA New World Order.

"Today, America and Britain embody atrophied and degraded Piscean energies." Now you're talking Mehmet.

Yeah well, Pisces tails have a wicked whip to them as they exit for the vast sea of the stars.

You need to consider when the Age of Pisces started to be able to know when the Age of Aquarius begins however there is no consensus on that either.

According to veteran astrologer Nicholas Campion in *The Book of World Horoscopes*, approximated dates for entering the Age of Aquarius range from 1447 A.D. to 3597 A.D. *See Campion's credentials here https://www.astro.com/edu/ed_soph2_e.htm*

When the moon is in the Seventh House
and Jupiter aligns with Mars
then peace will guide the planets
and love will steer the stars
this is the dawning of the Age of Aquarius - (*Aquarius*, Fifth Dimension 1967 from the smash-hit musical "Hair")

Oh come on now...

According to the International Astronomical Union (IAU), which set the constellation boundaries in the 1930s, the Sun moved into the constellation Pisces around 1,800 years ago. By the IAU's reckoning, the Age of Aquarius will begin in the year 2597. However, astrologers are not so adamant about the boundaries of the constellations.

Now if you are a UFO enthusiast, according to Billy Meier and the Plejaren, the New Cosmic Age of Aquarius started on 3 February 1844. Don't you just love humor?

Some astrologers insist the 2020-2021 Aquarian era has come about because of the 'great conjunct of December 2020'. Note the use of the term 'Aquarian Era' - nice way to get around it with Piscean slickness.



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ODD VANT GARDE

Jane Mayhall (*QUOTE: (The Human Animal, pg. 81)*)

Jane Mayhall Katz (May 10, 1918 – March 17, 2009) was an American poet whose writing first received attention later in life, and was influenced by her transition from her youth in Kentucky to the hustle and bustle of life in New York City and her grief over the death of her husband. Her poems and other works had been published over the years in many publications, including *The New York Times* and *The New Yorker*.

Thomas Selinas-Crosse (*2022, pg. 82*)

Thomas is an astrologer and an astronomer. He is an animal advocate and spends his spare time volunteering at the local animal shelter in his hometown in the state of Washington. He also travels to different states to put on planetarium shows. An avid outdoorsman, Thomas enjoys camping and hiking and fishing. You can visit Thomas on the www.lightforcenetwork.com where he serves as a proficient.

Martine Millette Bastion (*The Eyes have it, pg.83*)

Marty is a psychic who is also married to a psychic and Yoruba shaman high priest. Together they practice healing and teach classes in psychic technique to those who are also gifted. Marty is also an artist specializing in oil painting. She also writes poetry and plans to write a book of poetry and prose in the near future.

Mikey Pierog (*Sounds Sci Fi, pg. 87*)

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

Loni Haas, R.MAFA, NCGR (*Are We in the Age of Aquarius? pg. 88*)

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 including crystal healing and chakra balancing.