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DISCERNING MINDS

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Premiere Metaphysical Quarterly For The Abstract Enthusiast

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

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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→ 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.

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



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The Human Condition

There are only two ways to live your life.

One is as though nothing is a miracle.

The other is as though everything is a miracle.



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Frost

*Inspired by dreams divine
Beyond the tracks of time
Song and rhyme to feed your starving ears
In faith I heed the call
Yet so uninvolved
Questions unresolved, too deep and high*

Ta

*From frost to fire
I'll leave, your desire at the door
No more
Lives to wait
In time, I'll lose all designs
And nothing left undone
Never again
To "speak in tongues"*

Fire

*And if you've lost sight of sacred ground
The key may still be found
In your heart
If you've the strength to look there*

Song Lyrics by Matt Sharpe

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*From frost to fire
I'll leave your desire at the door
No more
Lives to wait
In time, I'll lose all designs
And nothing left undone
Never again
To "speak in tongues"*

The Good Old Male vs. Female Contemplations

By Timur Taron Baysal

As for the good old female vs. male contemplations that somehow arise when ever women are featured for such sake, we are both fitted with the same powerful machinery as bodies and minds, while our fundamental focus enables us to perform respective duties for all the right reasons. To discover, to contemplate and to share revelations we are fitted equally. The nature of distraction that is imposed and employed by our civilization's simplifiers is different though, because it focuses on the former, the natural differences between what each gender cares for by trait. We just shouldn't let those powers convince us to seek power through association, especially not with polarizing qualities such as women to women and men to men. To rise above the foolishness that layers the ways behind us we should consider forgiving ourselves for having fallen for the manipulations of those who took charge. Move forward with the right understanding for how to support all aspects of nature that manifest in us.

Don't deny a man the masculine and the woman the feminine!

Let a father be a father and a mother be a mother.

This civilization is in the process of destroying that with such relentlessness. This is not about any confinements or constraints, this is about the hideousness of permissions, as if anybody had the right to permit or "not to" permit that we can follow what we truly, honestly love.

Denial is being propagated, inculcated and used as the key to dehumanization, maturation interference of the world of humans and turn all genders into youth-obsessed narcissistic children, regardless their age.





Detachment is not a cold, hostile withdrawal; a resigned, despairing acceptance of anything life and people throw our way; a robotical walk through life oblivious to, and totally unaffected by people and problems; a Pollyanna-like ignorant bliss; a shirking of our true responsibilities to ourselves and others; a severing of our relationships. Nor is it a removal of our love and concern... Detachment is based on the premises that each person is responsible for himself, that we can't solve problems that aren't ours to solve, and that worrying doesn't help. We adopt a policy of keeping our hands off other people's responsibilities and tend to our own instead. If people have created some disasters for themselves, we allow them to face their own proverbial music. We allow people to be who they are. We give them the freedom to be responsible and to grow. And we give ourselves that same freedom. We live our own lives to the best of our ability. We strive to ascertain what it is we can change and what we cannot change. Then we stop trying to change things we can't. We do what we can to solve a problem, and then we stop fretting and stewing. If we cannot solve a problem and we have done what we could, we learn to live with, or in spite of, that problem. And we try to live happily — focusing heroically on what is good in our lives today, and feeling grateful for that. We learn the magical lesson that making the most of what we have turns it into more. Detachment involves "present moment living" — living in the here and now. We allow life to happen instead of forcing and trying to control it.

We relinquish regrets over the past and fears about the future.

We make the most of each day

Witnessing the Collapse

Once I understood and accepted that the disintegration of our civilization is already underway, I spent a number of years trying to get people to change their beliefs and their behavior. I felt that if they made the changes I was proposing they could make a "good" outcome more likely. I was disappointed when my exhortations and hectoring fell on mostly deaf ears - whenever I wasn't just preaching to the choir, that is. It was [Cassandra's](#) dilemma too.

The more I tried to promote change, however, the more I suffered. But the suffering didn't spring simply from the pain of disappointment. It went much deeper than that, and eventually precipitated my Dark Night of the Soul. The Buddha was right when he taught that all suffering springs from attachment. In my case the attachment was to a particular outcome - my vision of a sustainable, just, ecologically conscious society that made room for all living things on the planet, not just our relatives and friends. When that outcome was thwarted through public indifference and even hostility, I suffered mightily.

Fortunately, I went through a transformation about three years ago. The shift was complete enough that it enabled me to detach from outcomes while still remaining committed to the awareness of what's going on. At the same time I adopted the position that this reality is co-created by all its participants, and that at some level the nature of reality and our individual roles in it have been consciously chosen by us all. At that point, I realized that I had been working at cross purposes to the reality that was unfolding. The ongoing transformation, even if it becomes a collapse of civilization, is not meant to be stopped. Rather, it is the vessel within which our conscious awareness is being nurtured, developed and annealed. This leads to the rather uncomfortable conclusion that the collapse is not to be lamented or prevented, but rather to be celebrated and engaged. It will come as no surprise to those on similar journeys that when I surrendered to this understanding, my suffering ceased.

From that perspective, I decided that the most useful thing I can do - something that is aligned with the point of the exercise rather than in opposition to it - is simply to contribute my little bits of awareness to the field. I try to do it without expectation or attachment, without trying to elicit a particular response or outcome. Just put the awareness out there. Those who aren't ready for it yet will ignore or reject it, those who don't yet see it but are ready may awaken a bit more, those who are already aware may find some fresh nuance to play with.

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Whatever role my observations and discussions play in the unfoldment is the part they are meant to play. This is what I call "vocal witnessing".

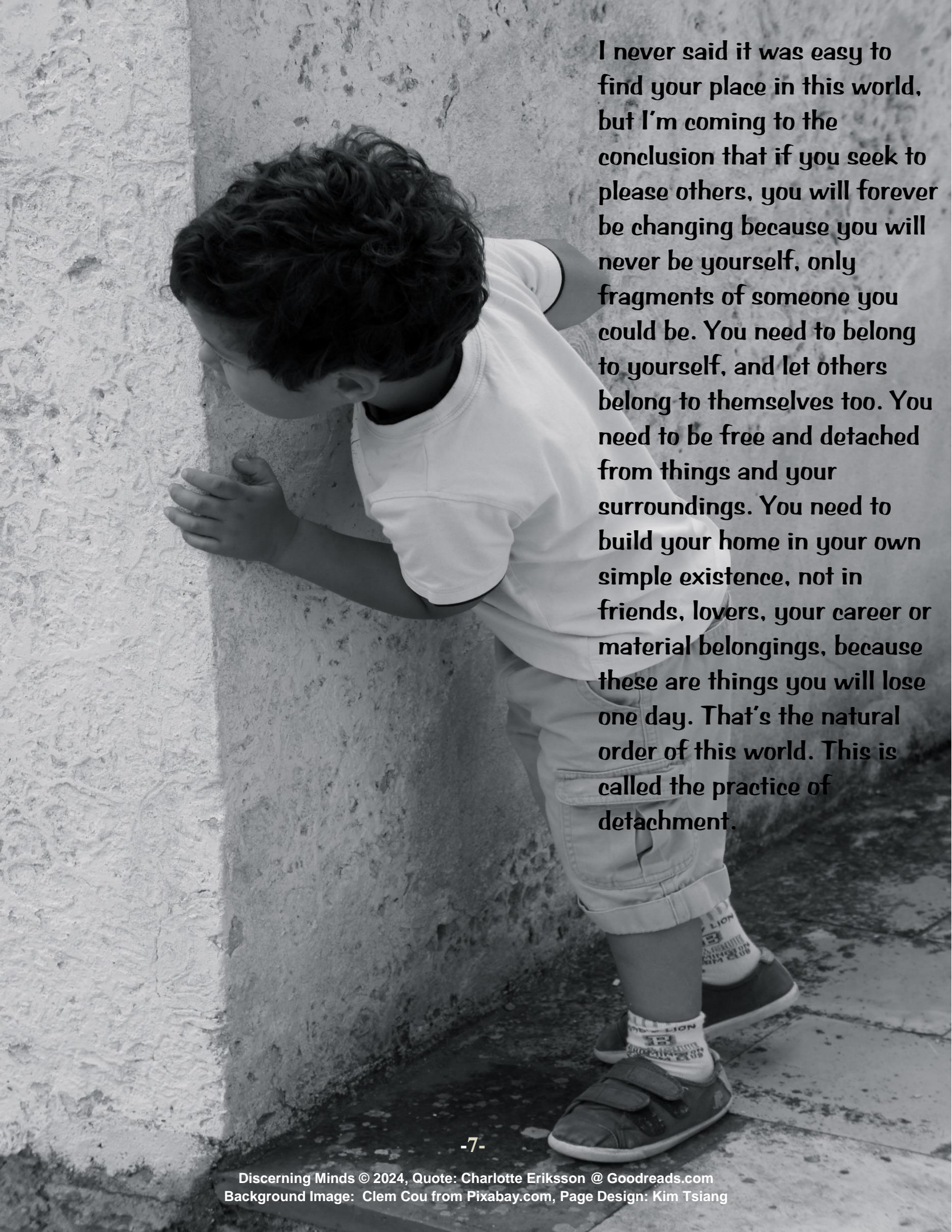
I still care very deeply about what's happening, but I now remain relatively unattached to how it might unfold in the future. As a result I avoid talking about solutions as much as possible, largely because I don't think there are any - at least at the level most people think of "solutions" (like new policies or new technologies) The point of all this apparently catastrophic unfoldment is not for us to "solve the problem", but for us to wake up.

I agree completely with the writer Charles Eisenstein ("The Ascent of Humanity") and other observers - we do not have a soluble problem, we have an insoluble predicament. Because of that, our most useful response will be at right angles to the problem space. That means that the door out of this mess isn't going to be opened by a new version of our old ways (new legislation, clean energy and more recycling) although that will play a role. The real doorway out will be found by shifting into a completely new way of being - the revolution of consciousness that so many of us know in our bones is just around the corner.

These days I'm putting all my chips on abetting that r/evolution of human consciousness, by acting as a vocal witness to the unfolding collapse.

Within the community of the environmentally and ecologically aware, this is an uncommon position, although perhaps less so among those who have chosen a spiritual response to their apprehension of collapse. Within the mainstream of activist thought it is still viewed as fatalism and defeatism. How does thinking about this perspective make you feel? Do you think it is a useful point of view or not? Is it helpful or dangerous? Is it an approach you have taken, or could see yourself taking? Or does it feel like sophistry - simply a tricky justification for fiddling while Rome burns?





I never said it was easy to find your place in this world, but I'm coming to the conclusion that if you seek to please others, you will forever be changing because you will never be yourself, only fragments of someone you could be. You need to belong to yourself, and let others belong to themselves too. You need to be free and detached from things and your surroundings. You need to build your home in your own simple existence, not in friends, lovers, your career or material belongings, because these are things you will lose one day. That's the natural order of this world. This is called the practice of detachment.



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THE HUMAN CONDITION

Matt Sharpe (*Frost to Fire, Song Lyrics, pg. 2*)

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.

Timur Taron Basal (*The Good Ole Male VS Female Contemplations, pg. 3*)

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

Melody Beattie QUOTE (*Detachment, pg. 4*)

Over the years, Melody Beattie has become well-known in the world of self-help literature. After turning away from a life of addiction and suffering, Melody shared her own story in order to help others change theirs. Her overnight sensation, *Codependent No More*, has been influencing millions for over twenty years. Her passion for writing has resulted in fifteen books, including: *Co-Dependents Anonymous* and *The Grief Club*. She has also been featured as a journalist in magazines such as *Time* and *People*. The quote is sourced from Goodreads.com.

Paul Chefurka (*Witnessing the Collapse, pg. 5*)

I've been a photojournalist and a computer scientist (working in Datacom R&D during the bubble and the Tech Wreck), and am now a Canadian federal public servant. I became marginally aware of The Mess in the early '70s, but put that on hold to become part of it for the next 30 years. Despite my reductionist background, I've found much personal value in Buddhist teachings (especially Zen) and even their modern re-interpretation by the likes of Eckhart Tolle and Ram Dass. Author of *The Five Stages of Awareness* (which is often quoted throughout the work of [www.LivingResilience](http://www.LivingResilience.com) and *Deep Academy*), Bodhi Paul Chefurka offers another layer of his experience, dancing on the edge of collapse. This installment was published with permission <http://www.paulchefurka.ca/WitnessCollapse.html> .

Charlotte Eriksson QUOTE (*I Never Said It Was Easy, pg. 7*)

Charlotte Eriksson (*The Glass Child*) is an author, songwriter, dreamer and wanderer from Sweden, but is currently living somewhere in Europe. She has published five books of prose and poetry, telling stories of growing up, searching for a home, life on the road and learning how to bloom in solitary places. Her books have been widely shared and embraced by like-minded communities such as *To Write Love on Her Arms*, *The Artidote*, *Wordporn* and *The Good Quote*, racking up hundreds of thousands of likes, shares and comments on each post. Writings and poems from the books have been published on sites such as *Thought Catalog*, *Rebelle Society*, *Bella Grace Magazine* and *Open Minds Quarterly*. Quote is sourced from Goodreads.com

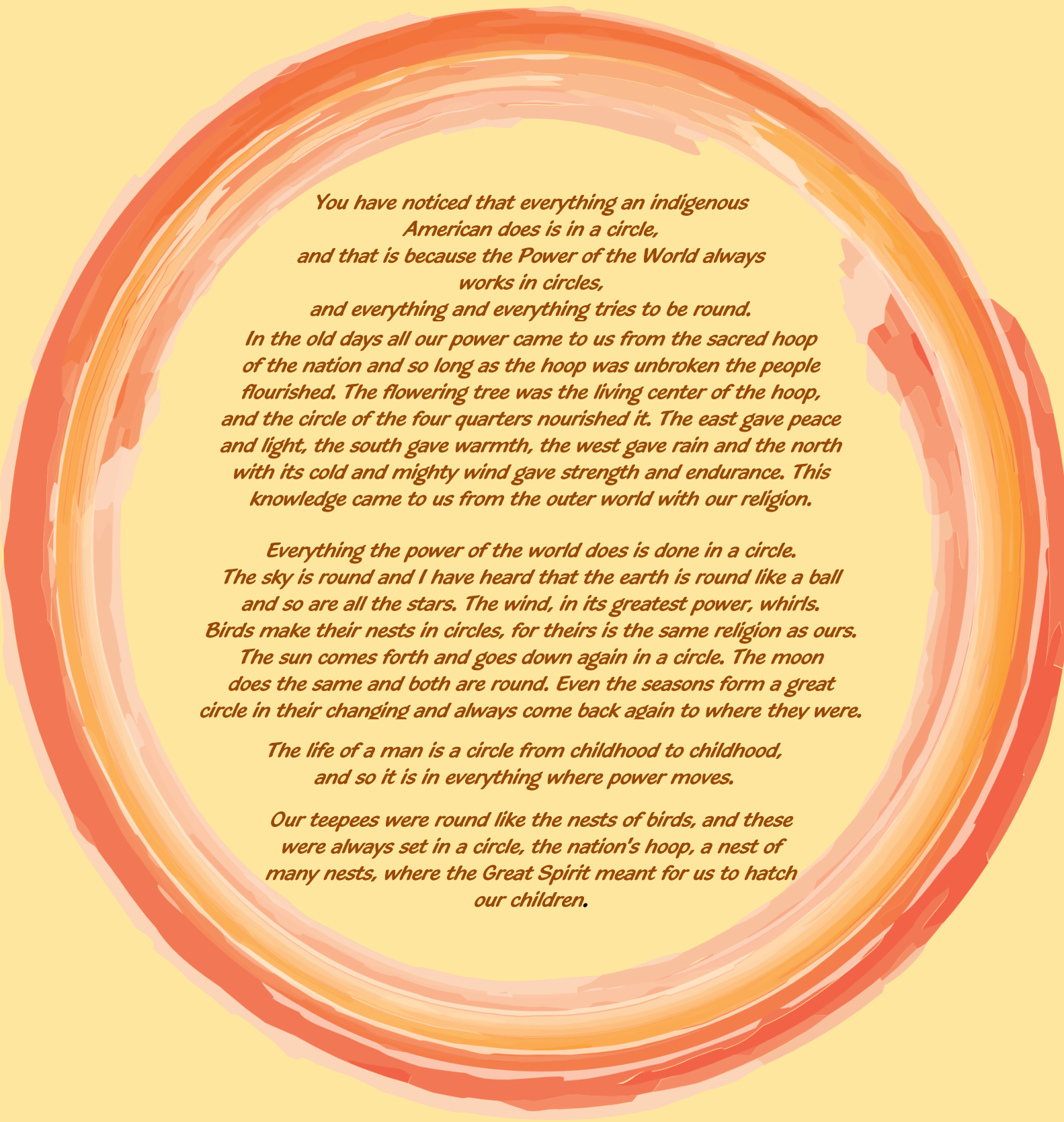
A Matter of Spirit

A person in a white, flowing robe stands with their back to the camera, arms outstretched. From their back, a vast, intricate web of glowing, golden-yellow fibers or light trails radiates outwards, creating a large, ethereal wing-like shape. The background is a dark, smoky grey, which makes the glowing fibers stand out prominently. The overall mood is spiritual and serene.

*More smiling, less worrying.
More compassion, less judgment.
More blessed, less stressed.
More love, less hate.*

Section Managing Editor – John “Salaam” Solis

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*You have noticed that everything an indigenous
American does is in a circle,
and that is because the Power of the World always
works in circles,
and everything and everything tries to be round.*

*In the old days all our power came to us from the sacred hoop
of the nation and so long as the hoop was unbroken the people
flourished. The flowering tree was the living center of the hoop,
and the circle of the four quarters nourished it. The east gave peace
and light, the south gave warmth, the west gave rain and the north
with its cold and mighty wind gave strength and endurance. This
knowledge came to us from the outer world with our religion.*

*Everything the power of the world does is done in a circle.
The sky is round and I have heard that the earth is round like a ball
and so are all the stars. The wind, in its greatest power, whirls.
Birds make their nests in circles, for theirs is the same religion as ours.
The sun comes forth and goes down again in a circle. The moon
does the same and both are round. Even the seasons form a great
circle in their changing and always come back again to where they were.*

*The life of a man is a circle from childhood to childhood,
and so it is in everything where power moves.*

*Our teepees were round like the nests of birds, and these
were always set in a circle, the nation's hoop, a nest of
many nests, where the Great Spirit meant for us to hatch
our children.*

The Nature of the Soul: What It Is and What It Isn't

By Matt Sharpe

The Soul is a thing of much discussion and much assumption and misunderstanding. Many people, including the clergies of various religious and spiritual paths, haven't a clue as to the true nature of the Soul. Most often when they speak of the subject, they use their religion's holy texts, which may or may not be accurate to begin with, but even if they are, must be interpreted by an individual who has yet to have the experience of viewing life through the eye and from the state of consciousness of the Soul.

Many times, one will hear others speak of the Soul as "an atom of God", or another such comparison. Having the experience of the state of being that is Soul, in nearly every case, will completely change whatever the previous definition one held was, as well as the way one might have defined the words used to give the idea. An "atom" or "molecule" is an apt way to put it, however, it is also inaccurate, which should come as no surprise being that words, concepts and ideas are things solely of the Mental Plane, or mental understanding and arena. Therefore a word simply cannot encompass the reality of the Soul. The mind itself is not wide enough to encompass it, and even has a very hard time coming into any degree of an understanding of it, the Soul. Speaking of it and passing any understanding along verbally or in written form is very difficult to do.

I wish to name things that Soul is, as well as the things that it is not, to hopefully clarify the definitions, as well as to debunk the various misunderstandings and misinterpretations. Soul is quite beyond form. It has no shape, unless it chooses to adopt one, but that shape cannot, and does not, exemplify it in its own reality of being. I will begin by explaining the basic way the plane structure gives many the misunderstandings that they have. The Soul exists on its own plane, which is the first that is beyond all duality, and is therefore the first than can truly be called "heaven."

As it descends to the physical world for an incarnation, it picks up a mental body at the Mental Plane, a causal one at the Causal plane, and then an astral form at the Astral Plane, which actually corresponds with emotions. Next is the Physical Plane, and this is of course where one gets into the physical body that everyone is used to. The body that most of us refer to as a "ghost" is the Astral Body, which leaves its Physical counterpart at the time of physical death. This is not the Soul. The majority of times when one is having an out of body experience, this occurs by moving the consciousness into this body, and away from the physical. This is also what happens when we dream.

Although some with the gift of sight can see an Astral Form leave the body at the time of death, it is not the Soul that they are witnessing, but merely this lower, emotional body. The Soul has no emotions, has no mind, and no attachment, as they are things of the emotions and the mind. Soul is well beyond these in every way.

As it says in the Bible in the book of John 1:1, "In the beginning was the Word, and the Word was with God, and the Word was God." The Holy Spirit, as it is called in the Bible is the literal Voice of God, and from IT was created the Soul. What this means is that, not only is the Soul both eternal and divine, but it is also Sound, very literally. The Light of God is a secondary Manifestation, but is merely the means of viewing the Sound of God. Being that the Spirit is Sound and is of God, so the Soul is the same, being of the Spirit (or Voice) of God, and in this way we find a truer understanding of what is meant by words explaining that "Soul is an atom of God."

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Soul is Godlike, but Soul is not a God in and of itself as many make the mistake of assuming. What so many term as "enlightenment" is simply the realization of what Soul is, and its nature concerning both God, and All else in existence. This is usually called "Self-Realization." This occurs at a state of consciousness where there are no forms, no matter, energy, space or time. Soul and Heaven are beyond these things, which are merely lower aspects of reality which humans must learn to work with, and then through and beyond. Another cliché saying among "New-Age" groups today is that "We are all One," or "I am you." Neither of these are accurate definitions to the various phrases. The difficulty happens often for the same reason, we are trying to use words and language, which are purely mental placards that we use to identify things, to express a thing or experience that is quite beyond the lower states of matter, energy, space and time. There can tend to be much misunderstanding, as well as much assumption not based on any direct experience. "All are OF One," would be a much more accurate way of saying it. All Souls, while being the ultimate definition of an individual, are still all the same thing, the same ingredient, coming from the same Source or Cause, and are therefore equal in potential.

The degree, or state of realization of each individual unit or Soul, as experienced from the physical awareness upward, through the various lower planes, and eventually the higher ones also is different for each. Each Soul must willingly seek to work themselves into ever higher and more refined states of experience and consciousness, and it is this that is usually spoken of as "expanding awareness." This is literally the only way that one can "raise vibrations," or "ascend." There is simply no such thing as a "soul contract," as Soul, being beyond mind, emotion, energy and form, simply cannot be bound by any contract. The idea is somewhat ridiculous. Neither can a person, while online nor typing, lead another on any sort of a "soul journey." There are a great many fraudulent people who claim such things, but the way they explain it shows very clearly how little experience they have with Soul at all, much less any other Soul.

Now, having said the above concerning contracts, there remains a distinction to be made. First, any and all contracts made, are made by one of the lower bodies and/or states of awareness, but none of these are the Soul. The most obvious example would be a karmic "contract." This situation is not one imposed by God, or any angel or anything else, it is, rather, a thing chosen by one's self, and being that, and also a lower form of manifestation, is very dualistic. This means there will be both situations that are good or bad to the perceptions, meaning only the degree to which we like or dislike going through the experience. If one looks deeper, one finds that this has absolutely no bearing on whether or not that occurrence is good or bad concerning development of the state of consciousness. For example, one can use their free will to choose a thing they want for no good reason, and having made that choice are now bound by the "contract" of balancing the wrong they had chosen to do. It is an absolute requirement, and will be done, at some point along the way. But when one comes into the experience of balancing, or what is often termed "paying" the karma, they may not like it at all, just as another may not have enjoyed what was caused by the first individual's choice earlier on.

But making this "payment," while uncomfortable for the individual, and thus perceived as "bad," is actually a good experience as far as spiritual development is concerned, in this case "good" meaning "causing forward advancement." A situation where one gives a thing selflessly, such as aid or succor, freely and without asking payment, results in a measure of "good" karma, that in most cases proves to be a step up the spiritual ladder to a matching degree, or in simpler terms, a spiritual benefit that was not required in the first place for the gift that was originally given.

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In any and every case, where any such "lower" action causes any act of retribution to become necessary, the laws set in place by the Divine alone, can and will execute it's re-balancing, through the agents of their choosing, before it can be considered balanced and then be removed from the books, as it were, and this is not by any means a "soul contract" as it does not, in any way, concern or bind the Soul Itself.

When a person has finally achieved this first major spiritual stage of development, or state of consciousness, they are not beyond creating and having to re-balance any further karmas. Nor do life's challenges and troubles magically end. If anything they only then, become greater, first as that Soul learns to balance itself within the lower aspects of life that it must live out. This balance is necessary to one's state of being, and if not gained, they will not be able to develop any further beyond that point. Having said that, it must also be mentioned, that achieving this Saint or Sant hood (by which I mean to or beyond Self-Realization), will actually free one from the cycles of karma and reincarnation, however, one must remain in that state by not creating further karmas that might build up and change the state of being. This is a constant challenge for any who enter the higher states of consciousness. They do not simply end the karmic circle, gain enlightenment, and then walk off in an eternal state of bliss. The entire struggle of earning this state of being, is always done "from the ground up," because this teaches the individual the true meaning of this state, as well as putting it into a perspective that won't so easily allow the ego's impulses to regain control. It is truly a struggle, and for many good reasons.

Many find that one who has supposedly attained this state, won't necessarily act in ways they believe such a one would. This is based on their own misunderstanding of the state of consciousness itself, as well as being seen through that lower state of consciousness that others are working through at any given time. This can often cause a further struggle between these different individuals, living from different states, but the one who is in reality Self-Realized, is willing to surrender the situation to the Divine Will, and allow God to work things out in the way IT sees as the best for all involved. This ensures that one is not working from their ego. One who is seeing and interacting with life from this point of view, will also practice a great deal of detachment that most often, the average human is utterly unaccustomed to. It is this very quality that is nothing more than an aspect of unconditional love and is thus free of placing conditions on another concerning whatever interaction that one has with others.

The Soul, being formless and also Godlike can easily expand Itself and Its awareness, to any degree, and in terms of the Physical Plane, this means that It can literally be aware literally anywhere, from the Sun in our solar system, to any planet in the furthest galaxy from planet earth. This also explains its ability to be aware anywhere on any of the lower planes as well, from the emotional worlds to any of the Mental Planes. The consciousness of the Soul can be consistently aware on all of the planes it occupies simultaneously and independently. The bodies used on each of the lower planes lives and acts in full awareness even if the physical self is unaware of this happening. After realizing its true place in the God worlds, Soul then continually develops its state of consciousness further until it becomes God-Realized, which is the first state of true spiritual Mastership. At one point, all Souls will develop to this state of consciousness at which they become a conscious Co-worker with God, to serve ITS will by helping the as yet underdeveloped Souls to move forward in learning and experience.

The Soul, Itself, bears the Light of ten-thousand suns. Due to the vast difference between the vibratory levels of the GODHEAD, ITSELF, and those of the lower planes, the Etheric, Mental, Causal, Astral and Physical, the Sugmad can never enter any of these lower states, as doing so would immediately destroy all that exists in them.

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It is for this reason that Soul must learn how to consciously surrender itself to God's will, and allow IT to work through Soul, using it as a channel to reach the lower planes, and enter them to spread ITS will. At all stages during its development, Soul has the ability to surrender its will to that of the Divine, and allow itself to be used as a channel. A very important purpose indeed. This action is primarily the only way to execute a karma less action.

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Rules of the Good Spirit

Be Impeccable with Your Word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Always Do the Best You Can

One's personal best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best. You will avoid self-judgment, self-abuse and regret.



SPIRITUAL GREED

By Matt Sharpe

In the world today, one quality that seems to have no end is that of spiritual greed. It is not a new activity as it has existed for nearly as long as human civilization has existed, but it seems now to have reached previously unknown heights of activity. Spiritual greed is a thing that happens when a person begins what they term as a spiritual endeavor, but their motivation for doing so is purely for personal and monetary gain. It matters not if this is done knowingly or unknowingly as it is always the individual's responsibility to discern whether a pursuit or goal is accurate, truthful and effective, or if it is a form of self-deception that misleads to acquire a gain from the victim. Whether or not that course of action will stand in the way of Soul's development or aid it in moving forward.

One of the more recent variations of this is what is termed "DNA activation." The sellers of this purported action have not only a lack of a complete understanding of DNA, but also an obvious lack of spiritual experience. The theory is that by having the DNA activated by numerous methods, this activation will enable the individual to "ascend" to a higher state of being. This goes along with the belief that there is a new earth that is about to be manifested only in a different dimension that only activated persons would be able to go to. Most often this is stated to be able to happen because the DNA activation will allow them to move permanently into a light body. Often a large sum of money is charged for these sessions. In Eckankar the Mahanta, the Living ECK Master, will never promise any such useless or fraudulent action since the teachings make very clear how consciousness works and manifests on each plane. The reality is that every individual is always already in their own light body (the Astral Body). And the only way to ascend is to raise the state of consciousness which enables one to be aware in the Astral Body and to bring back the memory of the experiences in that area. Therefore I say that those who offer these activations have no spiritual experience and are obviously unaware of this factor.

DNA is only to be found in the physical body, and it in no way dictates the ability of one to consciously leave the body. The entire concept is a delusion based on fantasy, such as that created by Guy Ballard and his "I AM" and "Ascended Master" teachings. With the idea of ascension, factors such as DNA upgrading were added in later, along with inaccurate historical translations, specifically those of Zecharia Sitchin of the Sumerian cuneiform tablets. These so-called translations have never found another proponent that was actually trained in the field of translating ancient scripts, thus the use of italics around the word historical. After the Ballard's died (and ascended) what had begun as their channeled teachings were carried on by others who expanded the ideas to include the physical universes and many races of alien beings. From this entered the idea that DNA upgrading and activation could enable humans with so called super powers and the ability to manifest a light body on the Physical Plane. DNA has no way to give an ability to enter a light body, just as there is no light body on the physical plane. Some speak of upgrading the physical body to one of crystal, but if you research you will find not one individual anywhere that is able to show anyone this crystal body and thus prove the concept. It all sounds feasible to the imagination, but the idea has no basis in reality, and this in itself demonstrates very clearly that there is no actual experience with the ideas of this nature that are being sold to the public. A little common sense can go a long way. There is nothing wrong with critical analysis just as there is nothing wrong with having an opened heart. A balance between both is the most advantageous and honest way to go about things.

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For any fraudulent persons who knowingly deceive others to collect profits for their personal gain, their actions demonstrate very clearly how spiritually bankrupt that individual truly is. It makes little difference what deceptions they may be guilty of while plying their trade. It also matters little if one claims things, they are not capable of, or have no actual experience with. The price for such actions will absolutely come due despite the many attempts made to deny any such situations having ever taken place. And the lessons abound on every side of the issue. Many times, the so called victims of such are equally involved with the perpetrator and the crime when speaking of the karmic sense of things happening. And while past karmas are involved, the situation is also going to be full of tests for each of the individuals that can only progress according to the choices made by each in each specific situation. Things are often not quite what they might seem to be at first glance. And no one is truly innocent.

One more form of spiritual greed that manifests itself quite often on earth and throughout all time periods, is religious fundamentalism. It wears a mask that tries to convince all observers that it is righteous. It uses a righteous anger to persecute its perceived enemies, and often persuades its followers to have an unshakable and unquestioning observance of its standards in a particular land and amongst a culture. It can be very hard to defy what is purported to be a spiritual authority that judges one for the crimes this group perceives to have been committed. Such groups of people gather often, throughout all differing cultures, religious paths and time periods. When one finally observes its true face, it will invariably be named spiritual or religious intolerance. Often those in a religious group who start it, do so after an apparent crisis amongst that group, sometimes this may begin in a righteous manner, but it always devolves into judgment that has little or no tolerance for the ways of other religious or spiritual groups. In Eckankar we maintain that our teachings support all other spiritual paths. Despite any differences in opinion or teaching we seek only to uplift other spiritual groups and their teachings rather than oppose them.

Often those who support the intolerant view are those within a religious group that tends towards a fundamentalist view of their chosen religion. Obviously, this can cause those within it to adopt a prejudiced view of others outside of their group. It is a good idea to use a greater amount of patience with such people, should one meet any, regardless of the faith they practice. Much of the trouble that can arise from this sort of attitude could easily be detected by any group of people that is in possession of a willingness to be honest with themselves and ask if they are an example of love in the way they view other differing groups of people. How the word love is defined is of great importance since love is such an expansive concept. The definition ought to include honesty, patience, a calm detachment, gratitude, forgiveness, and tolerance. If a fundamentalist group were living by the example of the teachings they promote, how could these qualities not be a part of them? Note the word tolerance. In Eckankar there is also a fundamentalism that has been known to exist, but all members are encouraged to practice tolerance instead as well as forgiveness, as these are the ways of love.

Many spiritual paths over time adopt rules that become known as dogma, which are a principle or set of principles laid down by an authority as incontrovertibly true. Such can exist, but it is of tantamount importance for the individual to gain their own direct experiences with those founding principles so that they can develop the awareness to be able to interpret them accurately. When a path sets out its dogmas in a way that makes them a set of rules that can never be questioned, it becomes impossible to gain any actual experience with them, and spiritually speaking, that religion dies from closing off the place where the divine can enter them.

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This is usually because the powers that be have constricted the ways of interpretation so that only a very limited range can be accepted or applied. Whether this is a good or more negative factor is a matter of opinion, but it can truly vary from path to path. It is important that the individual develop their own ability to go within consciously and to be able to experience, learn, and interpret what they have experienced. This makes possible an understanding of many levels interpretation that may not have been apparent to an individual at first sight.

From this expanse of various circumstances and experiences one may glean a great many meanings and interpretations that can widen and deepen any great truth into realms that hadn't been considered previously. From these experiences a teaching can develop and reach much further than anyone could have guessed at. It is this purpose that a living Master or Guru is meant to serve in his time. This does not necessarily mean that they are teaching different truths than any that came before them, but rather that they are re-interpreting the applications of the same truths in a way that people of that time period can easily understand and work with. In this way teachings can be brought from the inner to the outer life and worked with and progressed through in a meaningful way. This evolution and development is necessary for a teaching to be a living teaching. It must live. To do so it must also have the ability to evolve in a number of ways and must always be presented by a living Master to the Physical Plane who can also offer them inwardly in a balanced fashion. This has always been the chief means of spiritual education from humankind's beginning. The first known living teachers were always shamans, usually in a localized tribal setting. But these shamans were visited by the Adepts who were necessarily alive in the body and were thus able to teach and demonstrate the application of the teachings in the daily lives of the people. There were also those no longer alive in the body that may have even been recognized in various other spiritual paths around the globe. A Spiritual Master is not owned by any religious tradition, regardless of what any of these might claim in their dogmas.

There is no shortage of persons who purport Eckankar to be one they see as being chiefly founded on fraud. The usual reason is a claimed spiritual greed in the form of monetary gain. However there has never been shown any actual evidence of this other than a person's purported claims, founded on memory alone, which has been proven in court to be highly changeable and totally unreliable. When asked for written and signed proofs of these claims none have ever yet been able to provide any, which leaves each individual free to make the choice that they see fit to make. Inner experience is proof enough, if the teachings of Eckankar work for one, what more proof is needed? Based on these I maintain the verity and authenticity of both the Masters of the Vairagi Order and the teachings of Eckankar as standing outside of the confines of any form of spiritual greed. Whether or not a person agrees with this is a thing they will have to arrive at their own decision on, and each is entitled to their own opinion.

Another form of spiritual greed is expressed in many cases by the people that fall into that previous group, former chelas of Eckankar who have left for whichever reason. At some point after they decide they are finished with these teachings they may join groups with other former students to discuss what they consider to be evils perpetrated by the Eckankar Organization. While no student of Eckankar is necessarily perfect and cannot always be expected to act in the best manner, it is still most beneficial to view things from an objective viewpoint. . Some ECKists may think, speak or act in ways that are simply not good, but this is to be expected of anyone, regardless of the belief system or spiritual path they happen to be on. It is a common thing as Soul goes through varied experiences designed by its need to learn certain lessons and this is an ongoing process.

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On the other side of the aisle, the former students seem too often head into the exact same place as far as sets of ideas about their former path and the imagined motivations behind what they consider to be wrongs committed.

In the way these individuals often act, they demonstrate clear tendencies towards a sort of fundamentalism that is very closed and limited. One sure sign is a person that refuses to admit the possibility of any other factor, condition, or motivation than the one they have decided is the fact of the matter. Any individual certainly has the freedom to have their own opinion, even if others do not agree or like it. But when one decides they have discovered the truth of a thing it might be a better course of action to go ahead and test it out, search for direct evidence or to even debunk that course of thought, or honestly try to which demonstrates an ability to keep the mind and heart opened to learning more about a thing. A thing may seem to be the obvious case in a particular matter, but if the individual who committed it has left the physical life, they can no longer be so easily asked detailed questions about why they did a certain thing, and that most often leads to rampant speculation which can tend to form walls within one's consciousness, walls that the individual can be very unwilling to look beyond. And of course, that requires the closing of the various pathways of perception. When challenged the persons purporting a specific thing might jump to calling names rather than providing solid evidence of the situation, they claim to have evidence of.

When another suggests a different possibility of explanation for that situation or factor, often you might find some without the necessary education trying to diagnose another's mental condition, which of course is simply a defensive mechanism created in the attempt to support that person's egoic tendencies. Some simply refuse to be wrong, which demonstrates that limited way of thinking and closing off of the ability to learn, generally having to do with some condition of the pride. One who is less under the control of the egoic-self has no trouble allowing others to have opinions that oppose their own. Those within the firm grasp of the egoic-self do not tend to offer this freedom to others that do not hold the same opinions as they do, as they lack the ability to hold a different view and remain comfortable by themselves in it. In this way it demonstrates itself as a weakness and a form of spiritual greed that is every bit as bad as any religious or spiritual group has ever been in the fundamentalist sense, in history choosing self-preservation over even the slightest degree of spiritual liberty.

It becomes an essential piece of experience and learning for anyone, especially an ECK chela, to not only forgive and allow that non agreeing party to hold their own views, but at the same time it is equally as important that one remain steadfast in their own views and their ability to continue gaining direct experience and learning. This process never stops, regardless of the lifestyle or spiritual choices an individual makes. Just as each are responsible for the thoughts, words, judgments and actions they take against another, so also must one constantly examine their own motivations to be certain to not allow the lower or egoic-self to assert control over the conscious choices made. Where necessary an individual might also need to be strong enough to hold their own center in the face of being challenged. One should never be afraid to stand for the principles they have accepted, despite the challenges that others might at times present them with. The spiritual journey is never an easy one, and it is without doubt filled with a great many challenges, ones that may send the weak at heart running in fear. Fear has no place in the life of those who seek to achieve the highest levels of spiritual attainment and consciousness, for by overcoming said fears an ever-greater degree of strength and fortitude are born, as well as the ever growing levels of patience, experience and freedom.

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While one allows another their own space and freedom, another potential pitfall of attitude can impose itself upon him. Another form of spiritual greed, the judgment of others for the path they choose to take and regarding oneself as being higher, better, or more spiritually evolved than another because of the path of their choice, be it Eckankar, Hinduism, Buddhism, Sikhism, Judaism, Christianity, Islam or any other, is nothing more than a manifestation of pride. This quality seeks to boost the self above others by a means that does not in reality exist. Religious pride is a form of spiritual greed in that it attempts to take all of the benefit for one's self by deciding that that he is taking a more righteous way and is thus far ahead of any others that take another way. This is always an illusion and for that reason one must remain aware and keep a watch for it. When found it must be gotten rid of, it cannot remain as it will throw the individual off balance. The attention must always be kept on oneself to identify bad habits such as this and remove them.

Spiritual greed is simply greed, one of the five passions of the mind, despite the separating of this specific form of greed. Let there be no mistaking the reality of greed and its ability to hold Soul in these lower realms. The effects are the same regardless of the type of greed, but spiritual greed had need of being mentioned and having attention brought to it being that it is a far-reaching temptation that many fall prey to. This quality must be discerned wherever possible, and there is a great need of individuals being able to recognize it whether it be a trait of another or if it be a quality that one discovers within their own self. Many times, a thing such as this can exist habitually within one's personality by virtue of its never having been recognized as what it truly is. The realization of finding it is one that is never pleasant but is necessary. For this reason, the qualities of self-honesty and humility are very important as they act in a way that brings these unrecognized qualities to the attention of the conscious self that one may choose to make the conscious effort to change it. Never be satisfied to simply recognize the existence of such a thing, instead seek to add a plus one factor to it by conquering it and removing it from the self.

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One thing: you have to walk, and create the way by your walking; you will not find a ready-made path.

It is not so cheap, to reach to the ultimate realization of truth.

You will have to create the path by walking yourself; the path is not ready-made, lying there and waiting for you.

It is just like the sky: the birds fly, but they don't leave any footprints.

You cannot follow them; there are no footprints left behind.





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A MATTER OF SPIRIT

Black Elk, Holy Man of the Oglala Sioux QUOTE (*Ancient Proverb, pg. 10*)

Oglala Lakota holy man Black Elk (1863-1950) made a lasting impact on the global understanding of 19th Century Plains Indian cultures and religions. Involved in some of the most notable events in the American West, Black Elk continues to be celebrated for his vision and his words.

Matt Sharpe (*The Nature of the Soul – What it is and what it isn't, pg. 11 and Spiritual Greed, pg. 16*)

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.

Don Miguel Ruiz QUOTE (*Rules of the Good Spirit, pg. 15*)

Don Miguel Ruiz was born into a family of healers, and raised in rural Mexico by a curandera (healer) mother and a nagual (shaman) grandfather. The family anticipated that Miguel would embrace their centuries-old legacy of healing and teaching, and carry forward the esoteric Toltec knowledge. Instead, distracted by modern life, Miguel chose to attend medical school and become a surgeon. A near-death experience changed his life. Stunned by this experience, he began an intensive practice of self-inquiry. He devoted himself to the mastery of the ancient ancestral wisdom, studying earnestly with his mother, and completing an apprenticeship with a powerful shaman in the Mexican dessert. The tools shared by Don Miguel are based on common sense and shared with such simplicity, that the universal message underlying his teaching is recognized by many. Don Miguel's message is simple, practical and when implemented, even incrementally, changes lives.

Osho QUOTE (*The Walk, pg.21*)

Rajneesh (born Chandra Mohan Jain, 11 December 1931 – 19 January 1990) and latter rebranded as Osho was leader of the Rajneesh movement. During his lifetime he was viewed as a controversial new religious movement leader and mystic. After his deportation, 21 countries denied him entry. He ultimately returned to India and a revived Pune ashram, where he died in 1990. Rajneesh's teachings have had a notable impact on Western New Age thought, and their popularity has increased markedly since his death.

BODY TEMPLE

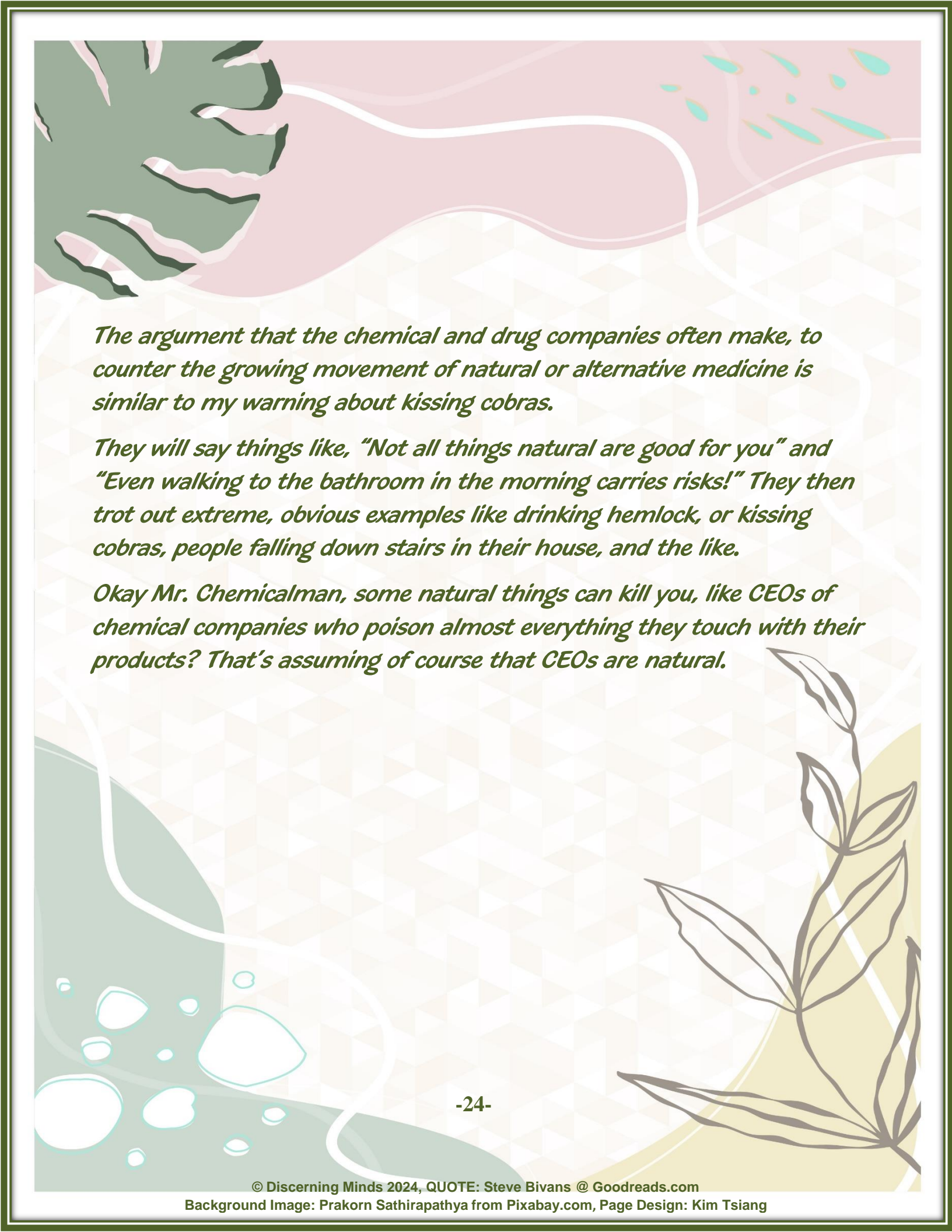
Honor your body, which is your representative in this universe. Its magnificence is no accident. It is the framework through which your works must come; through which the spirit and the spirit within the spirit speaks. The flesh and the spirit are two phases of your actuality in space and time.



Section Managing Editor – Lynda Lidel Harley

© Discerning Minds 2024, QUOTE: Jane Roberts, Education of Oversoul Seven

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The argument that the chemical and drug companies often make, to counter the growing movement of natural or alternative medicine is similar to my warning about kissing cobras.

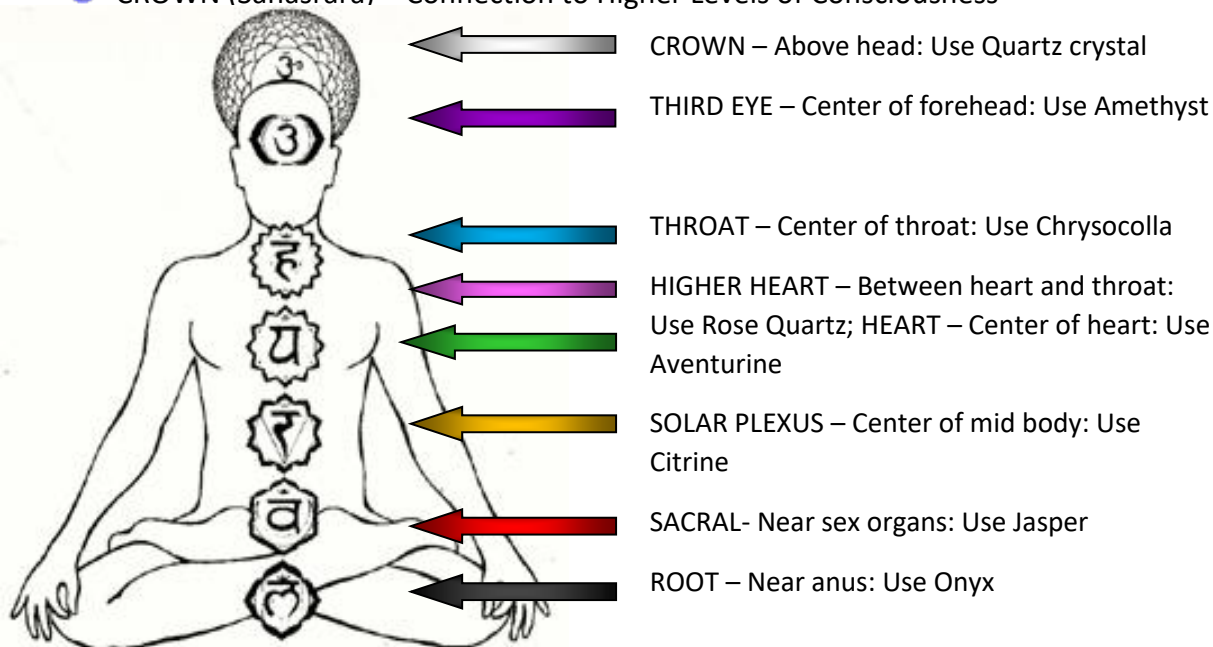
They will say things like, "Not all things natural are good for you" and "Even walking to the bathroom in the morning carries risks!" They then trot out extreme, obvious examples like drinking hemlock, or kissing cobras, people falling down stairs in their house, and the like.

Okay Mr. Chemicalman, some natural things can kill you, like CEOs of chemical companies who poison almost everything they touch with their products? That's assuming of course that CEOs are natural.

Simple Crystal Healing Kit

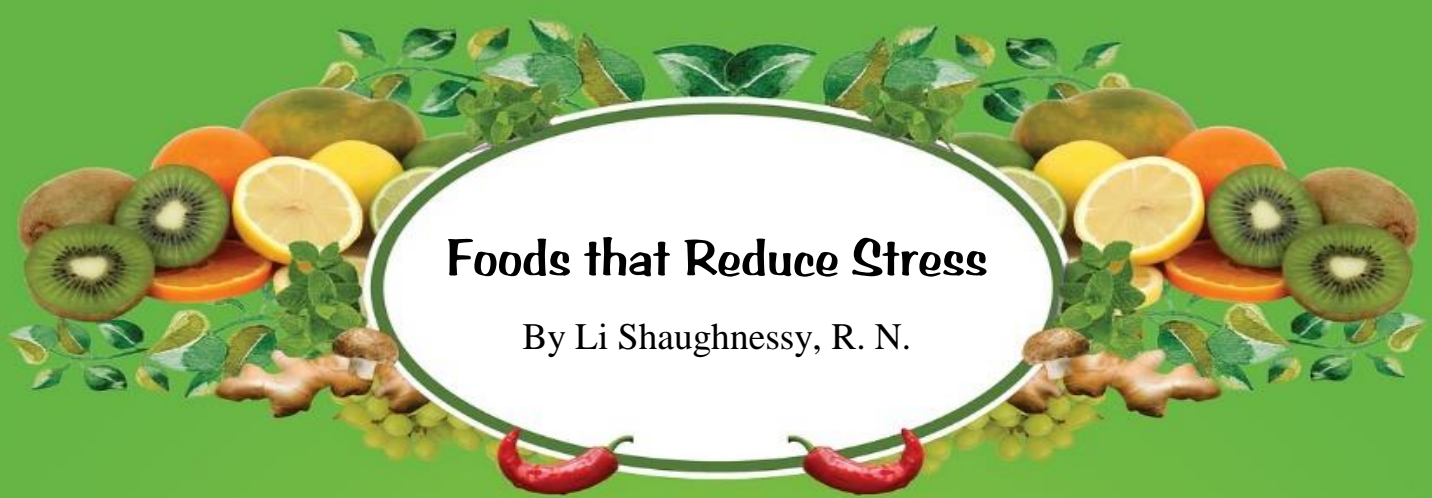
Healing with crystals is a very ancient modality. Archeology has shown that the knowledge and use of crystals, minerals, and gemstones dates back to the Stone Age. Along with the ancient healers, contemporary scientists and physicists have researched the properties of crystals and stones. We know that the magnetism produced by an electric current is inherent in the atomic structure of certain stones. Human beings are also magnetic and electrical so a natural tie can be made. Your take-home kit consists of stones and crystals that you can use to keep your physical body and chakras balanced. You can use your stones according to this guide or place the stones in any arrangement according to your own intuition. The Seven Major Chakras and their human associations are:

- ① ROOT (Muladhara) – Basic Survival and Security
- ② SACRAL (Svadasthana) – Procreation and Sex Drive
- ③ SOLAR PLEXUS (Manipurak) – Power, “Knowing”, and Gut Feeling
- ④ HEART (Anahata) – Love and Acceptance
- ⑤ THROAT (Vishudhi) – Communication and Speaking One’s Truth
- ⑥ BROW (Ajuna) – 3rd Eye and Psychic Perceptions
- ⑦ CROWN (Sahasrara) – Connection to Higher Levels of Consciousness



Use Labradorite for meditation and connecting with the DIVINE and for protection. It can also be used on the Higher Heart chakra.





Foods that Reduce Stress

By Li Shaughnessy, R. N.

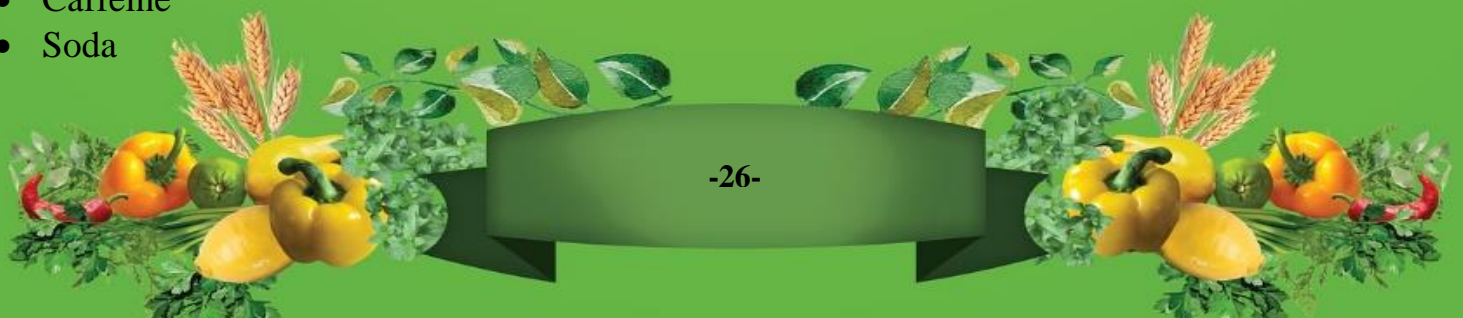
Certain foods can enhance your body's ability to handle stress, packed with essential nutrients needed to boost your mental state.

- Oatmeal (Steel cut oats). Helps to relieve stress by releasing the chemical serotonin, which increases relaxation and calmness.
- Asparagus. Stabilizes mood reduces anxiety.
- Salmon and tuna. Omega-3 fatty acids in these foods have been found to protect against heart disease, stroke, depression, and may assist in lowering blood pressure. Likewise with flaxseed, walnuts, and spinach
- Berries. Rich in vitamin C these foods assist the body to return blood pressure and cortisol to normal levels after they have peaked.
- Oysters. Rich in B vitamins and magnesium they help fight high blood pressure and heart disease.
- Dark chocolate. This food helps to reduce cortisol in the body.
- Chamomile tea. Helps relax muscles and relieve stomach issues and migraine headaches.
- Avocados. Rich in Omega 3 which helps reduce anxiety.

Eat your veggies! Other healthy foods for stress are Swiss chard, Sweet potatoes, Artichokes, Parsley, Garlic, Broccoli, Chick Peas, Carrots. Fermented foods such as Plain Yogurt and Kimchi work well as does and plant based options such as Algae, Chia, Sea Vegetables and Flax seeds. Don't forget additives such as Turmeric and Black Pepper. There are many jokes about Turkey putting folks to sleep but Turkey Breast is a good choice because of its serotonin content. Fruit Juice, Green Tea and of course Water are good drinking choices. Remember high-sugar or high-fat foods might worsen symptoms.

Avoid excess with:

- Artificial sweeteners which are directly linked to anxiety.⁶
- Alcohol
- Caffeine
- Soda



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

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

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

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

Your brain is the command and control center of your body. If you want a better body, the first place to ALWAYS start is by having a better brain!



Health is being in harmony with the world view. Health is an intuitive perception of the universe and all its inhabitants as being of one fabric. Health is maintaining communication with the animals and plants and minerals and stars. It is knowing death and life and seeing no difference. It is blending and melding, seeking solitude and seeking companionship to understand one's many levels. Unlike the more "modern" notions, in shamanic society health is not the absence of feeling; no more so is it the absence of pain. Health is seeking out all of the experiences of Creation and turning them over and over, feeling their texture and multiple meanings. Health is expanding beyond one's singular state of consciousness to experience the ripples and waves of the universe.



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BODY TEMPLE

Steve Bivans QUOTE (*OK Mr. Chemicalman, pg. 24*)

Steve Bivans is the Author of *Anno Draconis: The Viking Saga of Litt Ormr; A Ghost of an Idea; Be a Hobbit, Save the Earth, and the End of Fear Itself; and Vikings, War, and the fall of the Carolingians*. He has a master's degree in medieval history, is an expert on Viking Warfare and Culture, Tolkien's Middle Earth He is originally from the South Eastern U.S. (Florida and North Carolina), but now lives, happily, in Saint Paul, Minnesota with his girlfriend, Patience, her son Duke, Bubble the dog, and the Two Viking-Pirate Kitties: Punkin n Squish.

Star Logic Astroynamics (*Simple Crystal Healing Kit, pg. 25*)

This beginner's kit comes courtesy of Star Logic Astroynamics all rights reserved.

Li Shaughnessy R.N. CHT, CBT (*Foods that Reduce Stress, pg.26*)

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

Daniel G. Amen QUOTE (*Change your Brain – Change your Body, pg. 27*)

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

Jeanne Achterberg QUOTE (*Health in Harmony, pg. 28*)

Jeanne Achterberg was an American psychologist known for investigating the therapeutic application of guided imagery and creative visualization. Achterberg received her Ph.D. in General Experimental Psychology from Texas Christian University, was a faculty member for 11 years at Southwestern Medical School, and Professor of Psychology at Saybrook Institute, San Francisco. She was a member of the Advisory Board, Unconventional Cancer Treatments Study Group, [Office of Technology Assessment](#), [United States Congress](#), president of the Association for Transpersonal Psychology, and senior editor for the [Journal of Alternative and Complementary Medicine](#).

PHENOMENA FILES

WHAT LIES BENEATH THIS ENVELOPE OF FLESH AND BLOOD, HMM? IS IT SOMETHING SPECIAL? PERHAPS, WHEN I PEEL IT OPEN, I WILL BE ABLE TO SEE. PERHAPS YOUR SCREAMS WILL TELL ME EVERYTHING I NEED TO KNOW.



SECTION MANAGING EDITOR - JOHN HOLBROOK PSI

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IN RESPONSE TO THREAT AND INJURY, ANIMALS, INCLUDING HUMANS, EXECUTE BIOLOGICALLY BASED, NON-CONSCIOUS ACTION PATTERNS THAT PREPARE THEM TO MEET THE THREAT AND DEFEND THEMSELVES. THE VERY STRUCTURE OF TRAUMA, INCLUDING ACTIVATION, DISSOCIATION AND FREEZING ARE BASED ON THE EVOLUTION OF SURVIVAL BEHAVIORS. WHEN THREATENED OR INJURED, ALL ANIMALS DRAW FROM A "LIBRARY" OF POSSIBLE RESPONSES. WE ORIENT, DODGE, DUCK, STIFFEN, BRACE, RETRACT, FIGHT, FLEE, FREEZE, COLLAPSE, ETC. ALL OF THESE COORDINATED RESPONSES ARE SOMATICALLY BASED- THEY ARE THINGS THAT THE BODY DOES TO PROTECT AND DEFEND ITSELF. IT IS WHEN THESE ORIENTING AND DEFENDING RESPONSES ARE OVERWHELMED THAT WE SEE TRAUMA.

THE BODIES OF TRAUMATIZED PEOPLE PORTRAY "SNAPSHOTS" OF THEIR UNSUCCESSFUL ATTEMPTS TO DEFEND THEMSELVES IN THE FACE OF THREAT AND INJURY. TRAUMA IS A HIGHLY ACTIVATED INCOMPLETE BIOLOGICAL RESPONSE TO THREAT, FROZEN IN TIME. FOR EXAMPLE, WHEN WE PREPARE TO FIGHT OR TO FLEE, MUSCLES THROUGHOUT OUR ENTIRE BODY ARE TENSED IN SPECIFIC PATTERNS OF HIGH ENERGY READINESS. WHEN WE ARE UNABLE TO COMPLETE THE APPROPRIATE ACTIONS, WE FAIL TO DISCHARGE THE TREMENDOUS ENERGY GENERATED BY OUR SURVIVAL PREPARATIONS. THIS ENERGY BECOMES FIXED IN SPECIFIC PATTERNS OF NEUROMUSCULAR READINESS. THE PERSON THEN STAYS IN A STATE OF ACUTE AND THEN CHRONIC AROUSAL AND DYSFUNCTION IN THE CENTRAL NERVOUS SYSTEM. TRAUMATIZED PEOPLE ARE NOT SUFFERING FROM A DISEASE IN THE NORMAL SENSE OF THE WORD- THEY HAVE BECOME STUCK IN AN AROUSED STATE. IT IS DIFFICULT IF NOT IMPOSSIBLE TO FUNCTION NORMALLY UNDER THESE CIRCUMSTANCES.

MASQUERADE

By Norman "Paranorman" Justice



Over the years I have come across some very odd circumstances and stories during my paranormal investigations and reading research but none odder than beings who show up occasionally in broad daylight and interact with humans and they are, well, just plain odd.

One case that stands out was that of Rick Aiello of New York. He had stopped in a local tobacco store next door to where his wife was shopping for groceries. He was very familiar with the store and the woman behind the counter as he had frequented the place for many years. Upon entering, Mr. Aiello noticed a small group of about five people who appeared to be in their mid-twenties or younger which by state law at the time required an ID check. As Mr. Aiello waited his turn to check out he observed the bunch all had their backs to him except one male who was standing there looking at him. He was described as tall, thin, wearing a black suit and tie and a bright white shirt. His skin was the palest Mr. Aiello had ever seen. This male was fiddling with a gold cigarette case which appeared to a 1940s style case, stuffing it with candy cigarettes.

In the meantime, the counter lady was becoming suspicious because each ID she was checking was from a different state and New York law at the time held a heavy penalty for selling cigarettes to minors with fake IDs. She inquired, "Who are you people and what are you up to?" This caused Mr. Aiello to pay more attention to the group and he then noticed that they were all dressed odd with 1940s clothing. The one female of the group had on a corduroy jumper and a pair of go-go boots from the 1960s. He also noticed that they acted peculiar. None of them had answered the counter lady's questions. They paid for a couple of cigars and left picking up their suitcases that had been left by the door. The suitcases were also odd 1930s or 1940s style.



When they left, Mr. Aiello felt a strange tingling in his body. He approached the counter lady to pay for his cigarettes. She was white as a sheet and when he asked her what was wrong she replied that she had no idea what the group of people are talking about and couldn't remember half of what they said. She was confused and scattered. Then the worst part of the whole situation happened. The odd group had crossed the street to the parking lot and simply disappeared. It was two o'clock in the afternoon.

Were they entities from another time and dimension?

In a personal case of mine, an acquaintance who I knew for several years and felt was of sound mind, called me about an odd person who had come to his door. This situation started with him seeing movement out of the corner of his eyes and graduated to small dark shadows darting across the floor from the corner of his living room. This lasted for about a week until he saged his whole house especially the corners of rooms. A few days after doing this, on a sunny afternoon, the doorbell rang and standing outside was a tall thin young man, pale as a ghost, dressed in dark old fashioned clothing and stared at him without blinking saying his car broke down and could he look at a phone directory. Now who these days has a phone directory anymore? The acquaintance explained he didn't have one but gave him the number of his own mechanic. The man thanked him and said, "I will be back tomorrow at 2:00" and walked away muttering gibberish. By the time my acquaintance shut the door and went to the window (less than 20 second) the man had disappeared.

With my acquaintance called and we made arrangements for me to be at his residence a little before 2:00. There was no way I was going to miss this!

I arrived at 1:30 and ran a few indoor tests and walked the yard and went inside before 2:00 but the time came and went and I never saw the man and he never returned.

Just who are these strange beings and what do they really want?

The Danger of Elementals in Paranormal Investigation

By Olivia Constantino Anastos

The topic of elementals often comes up in paranormal investigation. The question is just how dangerous are they?

Elemental spirits are Earth entities that are often believed to be primitive, evil, and often dangerous. They attach themselves to locations. Their character is often connected to one of the four elements; earth, wind, fire, and wind. There are different levels of danger associated with elementals usually related to various cultures. For example some think the Fire and Water elementals are the most dangerous because of their capacity for destruction. It is generally felt that elementals are not dangerous to humans UNLESS they are provoked, called upon or challenged. The general consensus is to stay away from them because they are more powerful than ghosts and at times, more potent than demons. Some investigators have reported that elementals are shape shifters capable of looking like animals, trees and plants or even geography. They can even take on outrageous mixed forms like something out of a nightmare. Despite all this they are also believed to have a mortal soul unlike humans who have immortal souls. *

Elemental hauntings often manifest in the following ways:

- poltergeist-like activity: items being blatantly moved, slammed, destroyed, loud knocking on walls at night
- personal items going missing or moved to odd places
- aggressive physical touch – being grabbed, pushed, hair pulled, bitten, blankets being pulled off of you in the middle of the night
- balls of glowing light or lightning-fast wisps of light
- food items spoiling long before their expiration dates
- hearing far-off music OR faint drumming in the distance **

A famous haunting including an elemental was that of Leap Castle in Coolderry County Offaly, Ireland. According to occultist Mildred Darby (1915) it was described as an undefinable grey shadow “thing” with humanlike features – black holes for eyes, slobbery lips with a saliva dripping slack jaw, no nose and thick coarse dark hair covering its forearms.

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Some reports say Mildred was responsible for conjuring up the elemental because of her dabbling in the occult. Other theories are:

- the Druids put it there to protect the site which was sacred to them



- Gerald Fitzgerald Earl of Kildare, a renowned magick practitioner who had attempted to take over the castle on several occasions conjured it
- he spirit of an ancient O'Carroll who died in the castle from Leprosy which validates the decrepit look of the elemental as described ***

It is difficult to get rid of an elemental attached to a location. You can consider getting help from a Shaman who understands such things connected to land. Cleansing with sage won't work. If an elemental threatens to invade your personal living space, you can use sea or kosher salt the outside perimeter of the abode to hold it at bay until you consult a shaman. The inside of your abode should be blessed at the same time by a priest or minister.

Resources:

- * <https://www.friendlyspecter.com>
- ** <https://otherworldlyoracle.com/elemental-hauntings/>
- *** <https://leapcastle.net>



PARANORMAL Q & A

Courtesy of Holbrook PSI



Hello to all. I was sent these two questions some time ago. Here are the queries...

Dear Rev. John Holbrook - I like to read books about real paranormal investigations. One thing I have never been able to find out is how to properly get rid of a Ouija Board. The only thing I could find was that if you have already used a board, you should not burn it because it only destroys the oracle and not any portal that has been opened. My questions:

1. How do you close a portal?
2. How do you properly dispose of a Ouija Board?

Thank-you for your time. Jamison R., OR

Thank you Jamison for your question. To start off again, this is just my opinion on the question and this is my best understanding of the question asked. Let us first look at what a portal is. Webster has "*Portal definition* is - door, entrance; especially: a grand or imposing one". So we are talking about a door or entrance to the spirit realm that was opened by the use of the Ouija Board. The tool that was used is the Ouija Board and this is just the tool and cannot open the portal by itself. There are many different tool that are used to open portals besides a Ouija Board. There has to be at least one person involved in the opening of the portal. The more people involved in opening of the portal the more energy is used to open the portal. There could have been a portal already nearby unknown to the people until the tool was used. The portal may stay attached to the tool, the place that is was opened or even to one of the persons that used the tool to open the portal. So if a portal has been opened and needs to be closed you first need to know if it is attached to the tool, place or person. I will start with how to close a portal attached to the tool and not a person or place. The way to close a portal will depend on your own personal spiritual beliefs. Your beliefs have more power to you than using something that may go against your beliefs. Some Reiki users believe that they can close portals using intent and the energy and chakras associated with Reiki. Some of the other Asian spiritual beliefs have chants and talisman that they use to cleans an area where a portal may be. I believe that the user of the belief has to have good intent and confidence in that their belief can close the portal. There are several things that could be useful no matter your spiritual belief like intent, burning sage and using the higher power of your belief. For me personally I do ask for the Angels for help in closing a portal while burning sage. Within your beliefs you can find strength and help in closing a portal. Now if it is attached to a person you may have to use their spiritual beliefs to help them to close a portal that is attached to them. You will not be able to close it if they do not want you to close it. If it attached to a place you will have to be the owner of the place, you have to have the right to close the portal. Some have opened portals in locations that no one has the right to close the portal. This can cause issues that takes multiple tries and ways to close the portal and may not ever close the portal completely.

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The second part of your question was “How do you properly dispose of a Ouija Board?” As will all spiritual tools once you have closed any portal or any attachment it may have there is several ways that you can dispose of it. You can seal it off. This will require that you cleanse it first. Here again it will depend on your spiritual beliefs. Burning sage or using holy water if it fits with your spiritual beliefs will cleanse the tool. If the tool has been cleansed and any portals or attachment closed you can burn the tool if it is burnable. Burn it during the day and do it with good intent and that the fire cleanse our world of this tool. You can bury the tool after it has been cleansed and sealed. If you are not burning it you will want to seal it so that it cannot be used. This again will again be specific to your belief, for me I may paint a cross on it or cover it in paint and then paint a cross on it. Or put it in a box that you have done this to, in the box you put the tool and some salt then bury it during the day and maybe plant some flowers there also. Some people have after they have cleansed the tool will have it on display. Not to be used but sealed behind glass usually with other tools that have been cleansed. They will usually have items of their spiritual belief sealing the tool from causing any problems. If you have cleansed the tool and don't use it again you can dispose of it just about any way you want as long as you stay true to your spiritual beliefs. I hope that I have answers your question and thank you for your question.



Hello Mr. Holbrook - I would like to know about animal spirits. Can a deceased pet still hang around a home? If so, can they ever be mean or evil? Thanks! (Editor: No state given).

First I would like to say that my answer will be my own opinion based on my own personal beliefs and experiences. With that being said lets first look at the different types of hauntings. I am not going to discuss animal spirits in general because of all the different types that are out there in folklore. Let's just keep our discussion on a family pet.

The first thing that comes to mind is the residual energy type of haunting. If you have had a pet you have probably noticed that they are creatures of habit. They will do the same things every day and have a routine. Some residual energy hauntings are just like a playback of an event that has occurred. There is no real interaction with the spirit, they are just seen or heard doing something that they did in life. This could be like that pet running down the hall or any other activity that they used to do on day to day basis. So looking at this type of haunting it could be that the pets residual energy is making the human still think that the pet is still around.

The next type of haunting is the intelligent haunting. This type of haunting will possibly interact or try to be noticed by others. This is not a playback, this is more like a visit from your pet

This haunting can be a smell, sound, feeling or even a specter of the pet. With the love that the human has for their pet (and the pet's own love) being a cause that may keep them connected even after death. The feeling that you are being visited by your pet can be very soothing to a person. So this type of haunting could be viewed as being a positive haunting but the next can be more of a problem type of haunting.

Poltergeist type haunting can be distracting and a disturbing type of haunting. Having items broken, doors opened and closed or physical harm can be quite disturbing and may not be a deceased pet visiting their human. This maybe the part of the question asking "if so, can they ever be mean or evil". When looking into poltergeist hauntings there is always a chance that you are not dealing with a ghost type entity. Many of the poltergeist entities will appear as something from your memory to hide their true identity. Your loving pet would not come back on a visit to torment you. Well maybe knocking a glass off a table, maybe your cat but I doubt that they would do that as a ghost.

The quick answer for me to the question is yes I do believe that a deceased pet can come back a visit. But just like with most ghost they may not always be around or they could always be felt as a loving presence. No haunting is the same just like no pet or human are the same, so the relationships between pet and human can be different also. I don't think that a pet would stay or come back to be mean or evil to their human, I think that love has something to do with the connection between a pet and human. I hope that the bond we have for our loved ones (including our pets) will continue on so that we will continue to have the comfort that they provided in life. Thank you for your question and thank everyone that has read my answer.



We have a predator that came from the depths of the cosmos and took over the rule of our lives. Human beings are its prisoners. The Predator is our lord and master. It has rendered us docile, helpless. If we want to protest, it suppresses our protest. If we want to act independently, it demands that we don't do so... I have been beating around the bush all this time, insinuating to you that something is holding us prisoner. Indeed we are held prisoner! "This was an energetic fact for the sorcerers of ancient Mexico ... They took us over because we are food for them, and they squeeze us mercilessly because we are their sustenance. Just as we rear chickens in chicken coops, the predators rear us in human coops, humaneros. Therefore, their food is always available to them." "No, no, no, no," [Carlos replies] "This is absurd don Juan. What you're saying is something monstrous. It simply can't be true, for sorcerers or for average men, or for anyone." "Why not?" Don Juan asked calmly. "Why not? Because it infuriates you? ... You haven't heard all the claims yet. I want to appeal to your analytical mind. Think for a moment, and tell me how you would explain the contradictions between the intelligence of man the engineer and the stupidity of his systems of beliefs, or the stupidity of his contradictory behavior. Sorcerers believe that the predators have given us our systems of belief, our ideas of good and evil, our social mores. They are the ones who set up our hopes and expectations and dreams of success or failure. They have given us covetousness, greed, and cowardice. It is the predators who make us complacent, routinary, and egomaniacal."

"But how can they do this, Don Juan? [Carlos] asked, somehow angered further by what [Don Juan] was saying. "Do they whisper all that in our ears while we are asleep?" "No, they don't do it that way. That's idiotic!" Don Juan said, smiling. "They are infinitely more efficient and organized than that. In order to keep us obedient and meek and weak, the predators engaged themselves in a stupendous maneuver stupendous, of course, from the point of view of a fighting strategist. A horrendous maneuver from the point of view of those who suffer it. ➡



They gave us their mind! Do you hear me? The predators give us their mind, which becomes our mind. The predators' mind is baroque, contradictory, morose, filled with the fear of being discovered any minute now." "I know that even though you have never suffered hunger... you have food anxiety, which is none other than the anxiety of the predator who fears that any moment now its maneuver is going to be uncovered and food is going to be denied. Through the mind, which, after all, is their mind, the predators inject into the lives of human beings whatever is convenient for them. Continued...

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And they ensure, in this manner, a degree of security to act as a buffer against their fear." "The sorcerers of ancient Mexico were quite ill at ease with the idea of when [the predator] made its appearance on Earth. They reasoned that man must have been a complete being at one point, with stupendous insights, feats of awareness that are mythological legends nowadays. And then, everything seems to disappear, and we have now a sedated man. What I'm saying is that what we have against us is not a simple predator. It is very smart, and organized. It follows a methodical system to render us useless. Man, the magical being that he is destined to be, is no longer magical. He's an average piece of meat." "There are no more dreams for man but the dreams of an animal who is being raised to become a piece of meat: trite, conventional, and imbecilic."





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PHENOMENA FILES

Peter A. Levine Quote (*Threat, pg.31*)

Peter A. Levine, Ph.D. is the originator and developer of Somatic Experiencing® and the Director of The Somatic Experiencing Trauma Institute. He holds doctorate degrees in Medical Biophysics and in Psychology. During his thirty five-year study of stress and trauma, Dr. Levine has contributed to a variety of scientific and popular publications. Peter A. Levine received his Ph.D. in medical biophysics from the University of California at Berkeley, and also holds a doctorate in psychology from International University. He has worked in the field of stress and trauma for over 40 years and is the developer of “Somatic Experiencing.” Peter served on the World, Psychologists for Social Responsibility, presidents’ initiative on responding to large scale disasters and ethno-political warfare.

Norman ‘Paranorman’ Justice (*Masquerade, pg. 32*)

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.

Olivia Constantino Anastos (*The Danger of Elementals in Paranormal Investigation, pg. 34*)

Olivia Feels she has finally come into her own as a paranormal investigator. She is a research assistant to her older brother Philip and joins him in his onsite investigations but also has her own ventures. Olivia has an MS degree in literature and hopes to one day write a book based on her experiences. She works part time in a law firm and as a hostess and says people would be surprised how many personal supernatural tales clients reveal.. This particular selection is a departure from her more serious work and she considers it simply flexing some literary muscles.

Holbrook PSI (*Paranormal Q & A, pg. 36*)

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

Carlos Castaneda, QUOTE (*Predator, pg 39*)

Carlos Castaneda was a Latin-American author. Starting with *The Teachings of Don Juan* in 1968, Castaneda wrote a series of books that describe his training in shamanism, particularly with a group whose lineage descended from the Toltecs. His 12 books have sold more than 28 million copies in 17 languages. Critics have suggested that they are works of fiction; supporters claim the books are either true or at least valuable works of philosophy.

Arcanus Obscurum

All you need to know about the light is in being in the dark.

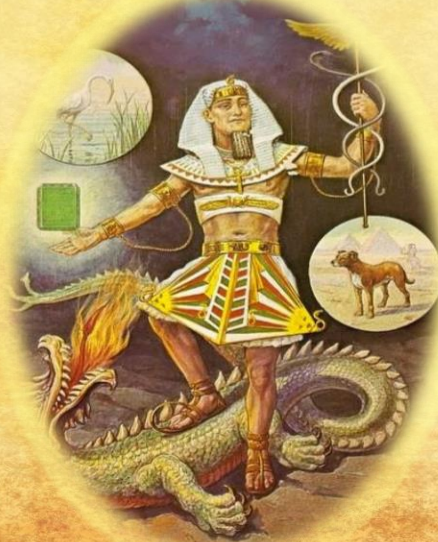


Section Managing Editors: Eliana Rosini Mascolo and Marco X. Mascolo

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Credo of the Adepts

True, without falsehood, certain, most certain. What is above is like what is below, and what is below, like that which is above. To make the miracle of the one thing. And as all things were made from contemplation of one, so all things were born from one adaptation. Its father is the Sun, its mother is the Moon. The wind carried it in its womb, the earth breast fed it. It is the father of all works of wonder in the world. Its power is complete if turned towards earth, it will separate earth from fire, the subtle from the gross. With great capacity (Wisdom) it ascends from earth to heaven. Again it descends to earth, and takes back the power of the above and the below. Thus you will receive the glory of the distinctiveness of the world. All obscurity will flee from you. This is the whole most strong strength of all strength, for it overcomes all subtle things, and penetrates all solid things. Thus, the world was created. From this comes marvelous adaptations of which this is the procedure. Therefore I am called Hermes Trismegistus (Thrice-Crowned) because I have three parts of the Wisdom of the whole world. And complete is what I had to say about the work of the Sun.



The Ink-Stained Symphony of My Soul

By Jurgens Pieterse

In the realm of forgotten thoughts, I chanced upon a journal, its pages blank and yearning to be filled with life's rich tapestry. A spark of inspiration ignited within me, beckoning me to take up the quill and chronicle the symphony of my soul.

Each word I inscribe is a brushstroke on the canvas of my existence, painting a vibrant portrait of my inner world. The ink flows like a river of consciousness, carrying me through the labyrinth of my thoughts, dreams, and aspirations.

Words, like tiny dancers, pirouette upon the parchment, weaving tales of joy and sorrow, triumph and tribulation. They form sentences, like graceful arabesques, telling stories of love and loss, hope and despair.

From these stories, meaning emerges, transcending the confines of the written word. It whispers through the reader's mind, evoking emotions that resonate with their own experiences, creating a symphony of shared understanding.

Beneath the surface of words lies a hidden depth, a reservoir of the writer's intent, their experiences, their dreams, and their fears. It is a realm of unspoken truths, a tapestry woven with threads of vulnerability and authenticity.

The journal, a humble vessel of ink and paper, becomes a sanctuary of the soul, a refuge where thoughts find solace and emotions find expression. It is a testament to the power of words, their ability to connect, to heal, and to inspire.

Ideas, like seeds carried by the wind, find fertile ground within the collective consciousness of humanity. They sprout and flourish, shaping the very fabric of our shared existence.

The act of writing is an act of self-discovery, a journey into the depths of our being. It is a process of crystallizing thoughts, giving form to the ephemeral whispers of our minds.

I am profoundly grateful for the countless books that grace my shelves, each a testament to the transformative power of the written word. Their authors, like beacons of wisdom, have illuminated my path, guiding me through the labyrinth of life.

My own journal, a vessel of my thoughts and aspirations, awaits its rightful place among these literary treasures. May its pages be read with reverence, its words cherished for their honesty and insight.

In the teachings of Paracelsus, a sage of profound wisdom, I find a guiding light. His four pillars – philosophy, astrology, alchemy, and virtue – illuminate the path towards self-realization.

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Philosophy, the pursuit of knowledge and understanding, guides me towards the natural order of things, seeking right thinking through the laws of nature. Astrology reminds me of the vast tapestry of cosmic forces that shape our destinies.

Alchemy, the art of transformation, teaches me to harmonize with nature, transmuting my will, consciousness, and conscience. Virtue, the culmination of these pillars, inspires me to act with integrity and purpose, leaving an indelible mark on the world.

Life, a ceaseless river of change, flows through my veins, urging me to embrace the transformative power of journaling. Through this sacred practice, I aspire to cultivate a more sound and coherent philosophy, aligning myself with the greater sources of the universe.

May my words, like gentle ripples on the pond of existence, inspire others to embark on their own journeys of self-discovery, seeking harmony, balance, elegance, and beauty – the very essence of virtue.

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Glamour



By Damos Kniat

By the pricking of my thumbs, something wicked this way comes. – Ray Bradbury

Glamour began quite literally with magic. Growing from the Scottish *gramarye* around 1720, *glamer* was a sort of spell that would affect the eyesight of those afflicted, so that objects appear different than they actually are. Sir Walter Scott anglicized the word and brought it into popular use in his poems (“You may bethink you of the spell / Of that sly urchin page / This to his lord did impart / And made him seem, by glamour art / A knight from Hermitage”); not long after his death in 1832 the word began to be used to describe the metaphoric spell we cast upon one another by being particularly beautiful or fascinating. It wasn’t necessarily a compliment (“There was little doubt that he meant to bring his magnetism and his glamour, and all his other diabolical properties, to market here,” from an 1878 novel) but by the 1920s—not coincidentally, the time women started developing the styles that we now recognize as glamorous—the meaning had shed much of its air of suspicion.¹

The Scottish weren't the only ones to associate *grammar* with magic spells.

In classical antiquity the Greek and Latin ancestors of the English word *grammar* were used in reference not only to the study of language but also to the study of literature. In the medieval period, Latin *grammatica* and its outcomes in other languages were extended to include learning in general. Since almost all learning was couched in a language not spoken or understood by the unschooled populace of Europe, it was commonly believed that mystifying subjects such as magic and astrology were included in *grammatica*. And scholars were consequently sometimes regarded with awe and more than a little suspicion. (One of those scholars was the legendary Faust, the necromancer and/or astrologer who sold his soul to the devil in exchange for knowledge and power.)²

Today, Glamour magic is generally used to make a person more appealing to others – emphasis on the word “appear.” It does not actually change a person but helps boost confidence which can make them more desirable. It is very charismatic and change perceptions. The question of ethics comes up here – is this deceptive or lying? In a personal situation, it may be more acceptable but – it can sweeten your words so that other people are more likely to believe you, to agree with you, or to think you’re right. So it’s great to use for use before presentations, job interviews, or any kind of negotiation. What about Glamour magic used on a wider scale – to make an organization or business per se look like it is something it is not. That is a manipulation and well, let’s face it, it breaks Universal Law.

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It is ritualistic by nature (spells to be recited, tools and objects to be used, correspondences to be made), a practice of manipulation by applied psychology to bend situations to one's will. On a large scale, by those who are into demonic practices, it can be used to infiltrate society in nefarious ways. Think of a serial killer who uses it to dupe victims into thinking he/she is charming and kind. As Satanist Anton LaVey described, "the change in situations or events in accordance with one's will, which would, using normally accepted methods, be unchangeable."

Yes, it goes that far and further. Consider a Paranormal Witness Protection program and the implications that might have. (Read here: <https://mysticinvestigations.com/paranormal/witness-protection/>)

Have no doubt, the internet and magazines (particularly teen magazines) and books are full of DIY spells to assist in getting what you want as long as you understand you may not get what you need.

Like all things "glamorous" it has a price tag.

1 <https://thenewinquiry.com/the-dark-art-of-glamour/> 

2 <https://www.merriam-webster.com/wordplay/the-history-of-glamour>



Hermetic Templar Folklore

By Tom 'Gravedigger' Irwin

There are a few stories among the Hermetic Templars that have become legend over the years. One of them is the story of the hanged Templar and his Witch bride.

In the early 1200's a Hermetic Templar married a Witch in the Cult of Isis. Their names were never known. She had coven sisters within the Cult that attended the wedding of the two. They were married for two months when the Catholic Church called on the Templar to go to the Crusades in the Israel. During the two months they were together the Witch conceived a child, which the Templar didn't know about at the time of his leaving. There was a rumor around at the time that the women in the Cult of Isis were prostitutes that had left the profession. A rumor which was not discouraged by the church. One of the Catholic priests took a liking to the Witch, and wanted to use what he believed were her skills from her past life. She apparently wasn't a past prostitute, but then such things didn't matter to the catholic clergy at the time. When the Witch told him he wasn't getting anything from her, as she preferred to wait for her husband's return, the priest became vindictive. The Witch became one of the first to come under the inquisition. She was stoned for being a Witch. The church had no concern for her unborn child. A child of a Witch would be born as evil to them. When it was over, her sisters in the Cult buried her under the shade of a tree.

When the Templar returned he found his home abandoned. Thinking his wife had gone to stay with her sisters in the Cult, he went to them to ask if she was there. It was at this time that he learned what had happened. The High Priestess of the Cult told him that he might also find his unborn child in the grave as well. When they showed him the grave, he dug it up, intending to try to rescue the child. When he reached his wife's body, he found that in death she had somehow managed to cross her right leg over her left leg. The child appeared to be in the process of coming out of the womb.

The child's head was resting on the Witch's right leg, which was making a type of pillow for the child. Both were already skeletons.

The Templar, enraged, rode into the city and went on a killing rampage of all catholic clergy that were responsible. He was eventually caught and sentenced to hang for the killings. The Witches' sisters were present for the hanging. As the Templar fell, and the rope snapped tight, the crowd saw him trying, as a final act, to cross his right leg over his left. The Witches ran forward and pushed the right leg up so he could do it. This is how he died. He was buried beside his wife.

Continued...



Continued...

There are 3 additional stories that sprung from this legend.

- 1) As a tribute to the Templar for bringing Justice for their sister....the Witches brought "The Hanged Man" of the Major Arcana in the Tarot into existence.
- 2) Years later, when some Hermetic Templars started to become pirates they returned the honor to the Witches by making the "Skull and Crossbones" flag which now represents piracy.
- 3) In the 1600's an unknown Irish poet wrote the poem titled "Táim sínte ar do thuama". Its rumored the author wrote it in honor of the Templar and the Witch. In the 1960's this poem was translated into the English language by another Irish poet named Frank O'Connor. In 1979, a musician named Phillip King put the poem to music. The song "I Am Stretched on Your Grave" has become the most recorded song among Pagan and Occult bands, with the most famous version being done by Sinead O'Connor.





THE KNOT FIX

ACTUALLY WITCHES NEVER NEED TO "FIX" PROBLEMS. WHAT THEY DO IS "FIX" THE ENERGY AROUND THE PROBLEMS. WITH THAT, THE PROBLEMS "FIX" THEMSELVES. THAT'S CALLED WORKING WITH THE UNIVERSE:

**"WITH KNOT OF ONE, THE SPELL'S BEGUN.
WITH KNOT OF TWO, THE SPELL BE TRUE.
WITH KNOT OF THREE, THE SPELL IS FREE.
WITH KNOT OF FOUR, THE POWER IS STORED.
WITH KNOT OF FIVE, THE SPELL WITH THRIVE.
WITH KNOT OF SIX, THIS SPELL I FIX."**



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ARCANUS OBSCURUM

Hermes Trismegistus QUOTE (*Credo of the Adepts, pg. 43*)

This quote is from the Emerald Tablet and is in the Public Domain. The exact origin of the Emerald Tablet (ET) of Hermes lies shrouded in mystery. Opinions vary widely, from the scholarly theory that it originated in the early period of Arabic alchemy, to the speculative fantasy of an Atlantean origin. The original document has not survived and all we are left with are translations of it. 12th Century Latin translation from Steele and Singer.

Jurgens Pieterse (*Ink Stained Symphony of My Soul, pg. 44*)

Jurgens Pieterse, of South Africa was initiated on his spiritual path at the age of ten through a thoane (caracal) shamanic ritual. He received his Bachelor degree in Industrial Engineering in 1989 (Master's degree in Industrial Engineering in 1996) and was actively involved in the Dutch Reformed church until that time. He later studied the fourth way teachings of JG Bennett, PD Ouspensky and GI Gurdjieff. He travelled to the United States to meet Saul Kuchinsky and attend a workshop by author Anthony Blake. The meeting inspired him to deepen his study of the enneagram. His continued interest in systems theory led him to study divination systems: Astrology, Tarot, I-Ching, Geomancy and Runes. In 2005 Jurgens became a member of the Rosicrucian Order (AMORC). Jurgens joined the Parliament of South Africa in 2010 as a Management Information Systems manager to assist with the strategic planning of information and communication technology. His highest achievement was winning the IECG's Global Enterprise Architecture Award for "Strategy and planning" in 2013. Jurgens also participated actively in the wellness programs at his workplace, giving yoga and Tai Chi classes to employees. In November 2019, Jurgens was certified as a Rune Grandmaster by Karl Welz. Following Welz's passing in 2021, the leadership of Knights of Runes recommended unanimously that Jurgens should continue the work of the Knights of Runes.

Damos Kniat (*Glamour, pg. 46*)

Damos has an interest in all branches of Metaphysics be they light or dark because he feels research leads to the basic understanding of all things is the key to a life well lived. He prefers to remain anonymous.

Tom 'Gravedigger' Irwin (*Hermetic Templar Folklore, pg. 48*)

"My mother is a Pagan Witch, and my Paternal Grandfather was a Rosicrucian Knight before he passed to his next journey. So my family is very much occult oriented. I've done some studies in a variety of beliefs over the years, most notably, the Hermetics, Knights Templar, Rosicrucians, Egyptian Pantheon, and Christianity."

Deborah Harkness QUOTE (*The Knot FIX, pg.50*)

Deborah Harkness is a #1 New York Times bestselling author who draws on her expertise as an historian of science, medicine, and the history of the book to create rich narratives steeped in magical realism, historical curiosity, and deeply human questions about what it is that makes us who we are. She has received Fulbright, Guggenheim, and National Humanities Center fellowships, and her most recent scholarly work is *The Jewel House: Elizabethan London and the Scientific Revolution*.

Sacred Sciences

A man said to the universe:

“Sir, I exist!”

“However,” replied the universe,

“The fact has not created in me –


a sense of obligation.”



Section Managing Editor – Anne Drake Sydney

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Background Image: Midjourney rendition of a person and a skeleton talking philosophy, against a background of stars. Source Unknown. Cover Design: Kim Tsiang

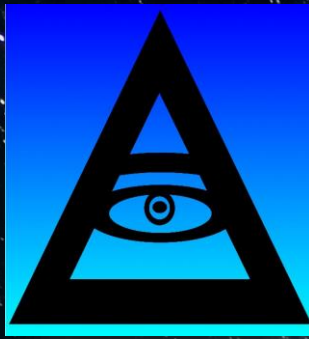


He has achieved success
who has lived well,
laughed often, and loved
much;
Who has enjoyed the trust
of pure women, the
respect of intelligent men
and the love of little
children;
Who has filled his niche
and accomplished his task;
Who has never lacked
appreciation of Earth's
beauty or failed to express
it -

Who has left the
world better than he
found it -

Whether an improved
poppy, a perfect
poem, or a rescued
soul;
Who has always
looked for the best in
others and given them
the best he had;
Whose life was an
inspiration;
Whose memory a
benediction.

THE ASTEROID AMERICA



Did you know that there are literally thousands upon thousands of asteroids or “minor planets” on record? All of them can be identified by number and most of them can also be identified by name. The IAU (International Astronomical Union) has “officially” named of these celestial entities whose monikers range from everything to cities to celebrities. There are some astrologers who cannot incorporate enough asteroids into their client readings particularly if there is an asteroid that bears the client’s name or one that correlates with the client’s current situation. The asteroids used in astrological analysis have individual sigils and meanings. The Asteroid America bears the number 916 and is a minor planet orbiting the Sun in the main belt between Mars and Jupiter. It was renamed ‘916 America’ on 24 February 1923 after the Council of Astronomers at Pulkovo Observatory decided to commemorate “the friendly relations of the astronomical observatories and astronomers”

In Astrology, the asteroid AMERICA uses a pyramid which encloses a highlighted eye with an arched brow. The pyramid has been thought of by many as a symbol of regeneration. This is why the pyramid was used by the ancients to bury their pharaohs and the pharaohs’ vast treasures. The highlighted eye generally represents ‘watchfulness.’ The arched brow above the eye suggests ‘attention’ and ‘concern.’ The pyramidal eye appears on American money and accordingly, the asteroid AMERICA is often related to issues of money and all associated subjects such as investments and other monetary propositions. Like everything else in astrology the asteroids have a polarity meaning and its chart status by placement and aspect will better determine if money issues are handled in a conservative manner laced by responsibility and a need for structure and a firm financial foundation OR if issues are handled via risk taking, lack of care, and a feeling that instances of lack are only temporary. Most astrologers useful in describing events important to the country,” especially economic conditions. Astrologers view AMERICA as affecting the mood of the American populace. Some astrologers will also view AMERICA in the charts of world leaders to see how their personalities will relate to the USA in general and to our government and economic system. For example, when Fidel Castro established the first Marxist government in the Americas, the asteroid KARL MARX was conjunct the asteroid AMERICA.

Earth Quirks: True North VS Magnetic North

By John Holbrook

What is there about Earth areas where a compass would point true north rather than magnetic north?

The difference between true north and magnetic north is an angular difference that is called magnetic declination. The needle on a compass aligns itself to the local geomagnetic field which varies all over the earth's surface. You will need to visualize the earth having a magnetic field that runs through the center and out at two ends. This field starts at the north and is pulled south covering the entire earth. This is very similar to how a stick magnet is; there is a positive side and a negative side of each magnet. The earth's magnetic field is the same, the positive is the north and the negative is the south. The reason that the magnetic field is varied over the surface of the earth is that there are minerals, magma and all types of things that can affect the magnetic field.

When looking at the magnetic field and how a compass lines up to true north there is a zero line of magnetic declination. This is where true north and magnetic north are the same on a compass. Here in the United States the line starts at the North Magnetic Pole through Lake Superior strait down through part of the panhandle of Florida. I think that it is on the west side of the panhandle and the Bermuda Triangle is on the east side of the panhandle.

I have seen several different maps of where the Triangle is supposed to be and very few of them are the same. Some have the Triangle not coming close to land others have it well over the panhandle almost in the gulf. With an area that is over the ocean it is hard to put boundaries on where it is located. You can take your pick of theories on what is going on out there from the lost continent of Atlantis, time vortexes and inter-dimensional rifts... the theories abound. I do not know for sure what is happening out there but something is happening in this area. Further, I have had my compass spin without being in the Triangle.

Continued...



Continued...

At that time I was in an area that held a large deposit of iron and there was an electrical storm occurring. When events like the compass spin happens and you can see that there are some outside influences that may contribute to this you can see how the power of nature is truly awesome. Also, I have seen compasses on investigations of paranormal events not register the proper readings of north. They may not have spun, but they were not pointing to magnetic north. This may have been due to the high EMF readings that we had during the same time that we were mapping out the site. Areas that have a large incidence of paranormal events like the Triangle seem to have many different types of events. There have been hauntings reported, UFO's, and disappearances all with in this area. This area has strange weather and time seems to work differently there.

We may never know what has happened too many of the missing ships, planes and people that have been lost in the Triangle. I can safely say that for an area to have so much activity of all the different types that occur within this area that there has to be some type of energy there. This would be an amount or type of energy that does not occurs naturally in any other location. Also, it does not happen all the time so there must be a combination of events and situations for there to be an occurrence in the area.

Our world is a mysterious place with many things that cannot be explained or classified as one thing or another. Discussion and the bringing to light any idea that we may have of why something happened is a good thing. Just like many great discoveries over the years they all start with an idea or a theory. Many ideas and theories can be proven when science catches up with what we dream. So why does a compass spin in a certain area? There are too many variables to consider to say for sure, but the safe bet is energy has to be induced into the situation.



Archbishop James Usher (1580-1656) published *Annales Veteris ET Novi Testamentis* in 1654, which suggested that the Heaven and the Earth were created in 4004 B.C. One of his aides took the calculation further, and was able to announce triumphantly that the Earth was created on Sunday the 21st of October, 4004 B.C., at exactly 9:00 A.M., because God liked to get work done early in the morning while he was feeling fresh.

This too was incorrect. By almost a quarter of an hour.

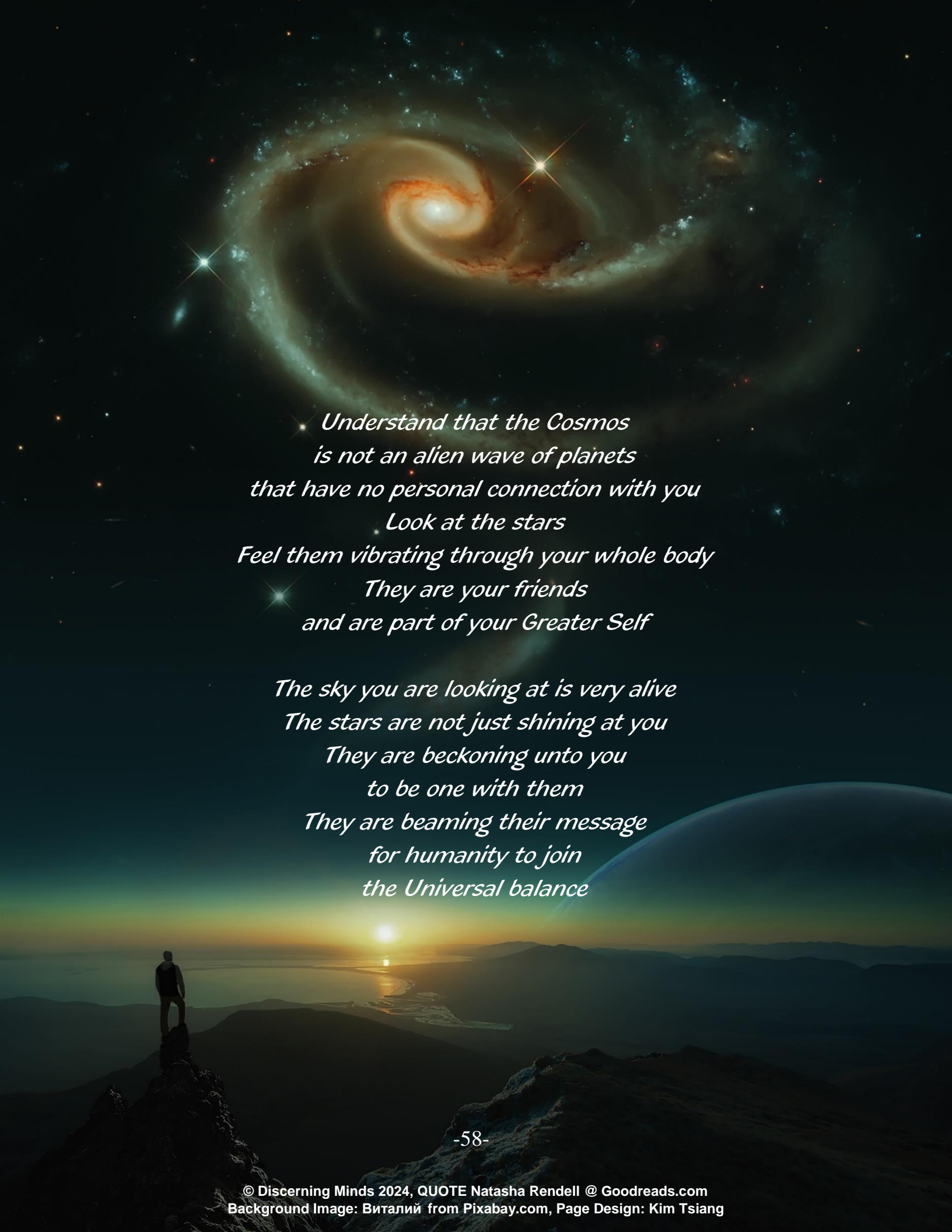
The whole business with the fossilized dinosaur skeletons was a joke the paleontologists haven't seen yet.

This proves two things:

Firstly, that God moves in extremely mysterious, not to say, circuitous ways. God does not play dice with the universe; He plays an ineffable game of His own devising, which might be compared, from the perspective of any of the other players, i.e. everybody to being involved in an obscure and complex version of poker in a pitch-dark room, with blank cards, for infinite stakes, with a Dealer who won't tell you the rules, and who smiles all the time.

Secondly, the Earth's a Libra.





*Understand that the Cosmos
is not an alien wave of planets
that have no personal connection with you
Look at the stars
Feel them vibrating through your whole body
They are your friends
and are part of your Greater Self*

*The sky you are looking at is very alive
The stars are not just shining at you
They are beckoning unto you
to be one with them
They are beaming their message
for humanity to join
the Universal balance*



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SACRED SCIENCES

Bessie Anderson Stanley QUOTE (*He Who Has Achieved*, pg.53)

Bessie Anderson Stanley (born **Caroline Elizabeth Anderson**, March 25, 1879 – October 2, 1952) was an American writer, the author of the poem *Success (What is success? or What Constitutes Success?)*, which is often incorrectly attributed to Ralph Waldo Emerson or Robert Lewis Stevenson. She was born in Newton, Iowa and married Arthur Jehu Stanley in 1900, living thereafter in Lincoln, Kansas. Her poem was written in 1904 for a contest held in [Brown Book Magazine](#), by [George Livingston Richards](#) Co. of Boston, Massachusetts. Mrs. Stanley submitted the words in the form of an essay, rather than as a poem. The competition was to answer the question "What is success?" in 100 words or less. Mrs. Stanley won the first prize of \$250.

Cosmic Tidbits (*The Asteroid America*, pg. 54)

Cosmic Tidbits comes courtesy of the Light Force Network Astrology Division.

John Holbrook (*Earth Quirks: True North VS Magnetic North*, pg.55)

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

Terry Pratchett QUOTE (*Bishop James Usher*, pg.57)

Terence David John Pratchett, Sir Terry Pratchett sold his first story when he was thirteen, which earned him enough money to buy a second-hand typewriter. His first novel, a humorous fantasy entitled *The Carpet People*, appeared in 1971 from the publisher Colin Smythe. Regarded as one of the most significant contemporary English-language satirists, Pratchett has won numerous literary awards, was named an Officer of the British Empire (OBE) "for services to literature" in 1998, and has received honorary doctorates from the University of Warwick in 1999, the University of Portsmouth in 2001, the University of Bath in 2003, the University of Bristol in 2004, Buckinghamshire New University in 2008, the University of Dublin in 2008, Bradford University in 2009, the University of Winchester in 2009, and The Open University in 2013 for his contribution to Public Service.

Natasha Rendell QUOTE (*Understanding the Cosmos*, pg. 58)

Natasha Rendell is fascinated with the known and unknown stories of history. In her travels to Egypt, Greece and Türkiye, she was fortunate to visit sites and monuments from the ancient world, which further inspired her writing. A voracious reader across genres, Natasha lives in Tauranga, New Zealand, with her family, her beloved (and indulged) cats, and an alarming collection of overwhelmed bookshelves.

CREATIVE MUSINGS

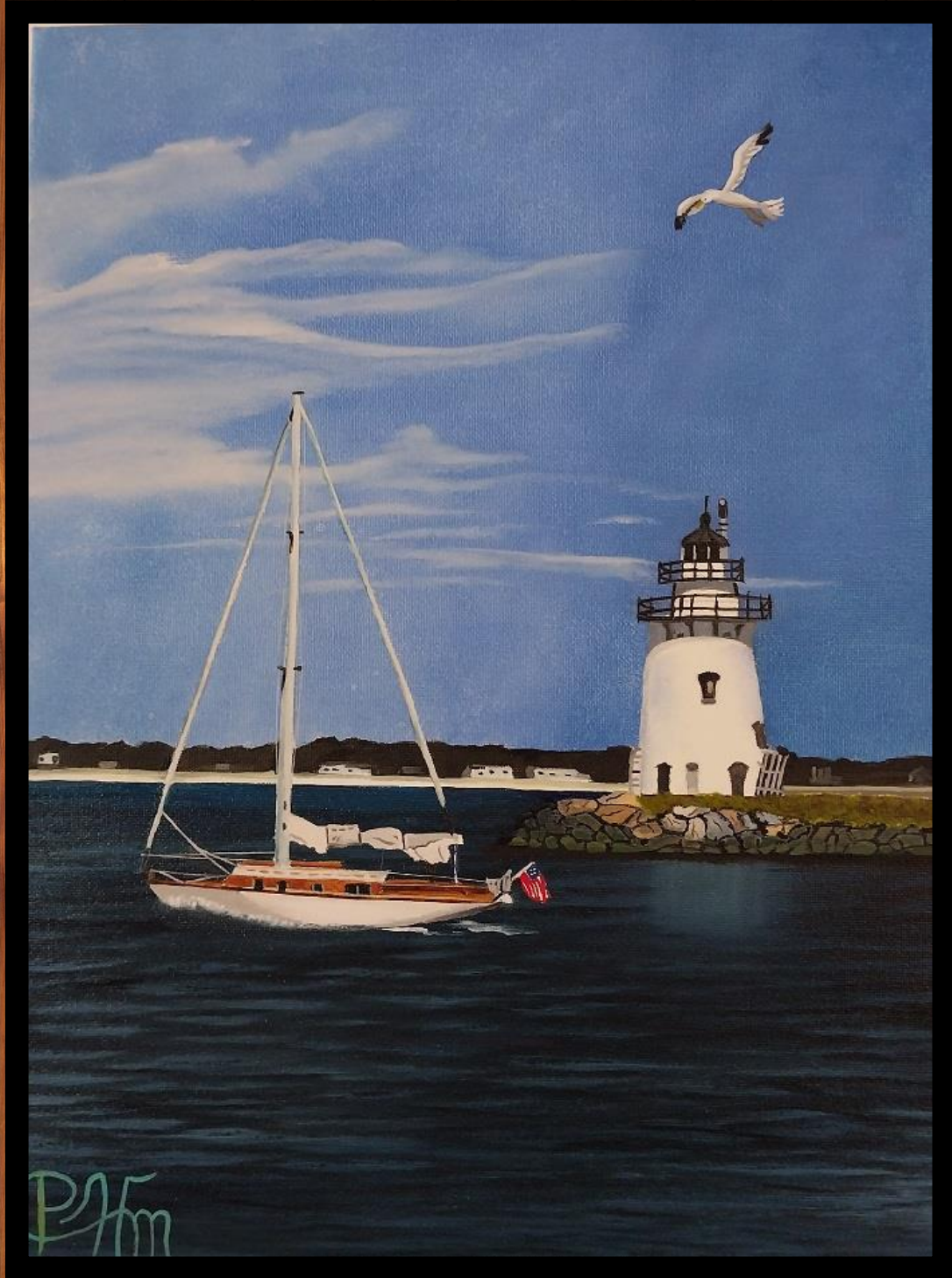


There is no doubt that creativity is the most important human resource of all. Without creativity, there would be no progress, and we would be forever repeating the same patterns.

**Section Managing Editors: Mary 'Marique' Travis
Patricia DeMarco Bullock**

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PATRICK MARINO ART GALLERY



PATRICK MARINO ART GALLERY



PATRICK MARINO ART GALLERY



Marc Eden
7th Dimension Art



Marc Eden
7th Dimension Art



Marc Eden
7th Dimension Art



Alchemycal Prosetry

Welcome to our Portal where the composers remain anonymous by choice because after all, what they convey is more important than who they are...



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What Day Is This

By Darjonn Brooks

**Yesterday I knew it well
Today is here for me to be
Tomorrow may never come
to be
In this time that I am here
I try to be steady and clear
Not living in the past
Or living for what may or
may not come
Enjoying what time I get to
spend having fun
Working through the
hardships and pain
Washing them away in the
rain
So on this day
Come what may
I have had a chance to say
A day is what you make it
to be
In your mind and in your
deeds
So it is a good day to be
Just who you want to be**



THROUGH

By Sijan

Spirit came to me and said:

Where your thoughts are,
You Are.

When you think regrettably of the past,
You will not find me there.
I do not answer to "I WAS."

When you think with trepidation of the
future,
You will not find me there.
I do not answer to "I WILL BE."

But if you think in the moment,
With no regret and no fear,
I am here.
For my name is "I AM"
YOU.



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CREATIVE MUSINGS

Patrick Marino (*Art Gallery, pgs. 61-63*)

I am a retired music teacher, enjoy playing jazz, and paint as a hobby. I paint florals, seascapes, landscapes and animals. I also can paint photos of scenes if requested. Contact me @ 1-203-877-6137.

Marc Eden (*7th Dimension Art, pgs. 64-66*)

Marc lives in [Johannesburg, Gauteng](#). He is an honored member of the Light Force Network Art Community

“I believe that I have been blessed with a creative eye and in expressing my creativity I am able to share a small part of my soul with you. Expressing my creativity through music, writing, art, cooking, jewelry making, I have created a few albums with my own art and a few of various other artists. Going through my albums would be like traveling to different dimensions (abstract, surreal, fantasy, photography 3d, landscapes inspiration, illusion) and along your journey discover the creativity of some truly incredible souls I believe in the arts and that it is essential to our way of life, as it is an expression of who we are as a species. It is humanities mirror of itself I am fascinated by almost anything in life, from history, philosophy, mythology, spiritualism, glass blowing, alchemy, magic, photography, astrology, all types of healing Music, art, the universe, science, god/goddess, writing music, how things are made, experimenting with different types of food, scuba diving, solar power/free energy, immortality, Travel, psychology, Technology, Ancient cultures, Sex, love, Ethics, Spirituality, Alchemy, Channeling, Healing, Humor, The Law of Attraction, God, money, Numerology, Museums, Philosophy, Poetry, Art, movies, photography, cooking, Creativity, Immortality, Alchemy, Fire walking.”

You can find Marc's on sale artwork via: <https://www.facebook.com/7thdimensionenergy>

Alchemycal Prosetry (*Poetry Portal, pgs. 68-70*)

Alchemycal Prosetry is a site honored poetry group sponsored by the Light Force Network. Writers unanimously agree to remain anonymous believing that what is said is more important than who said it. This edition's participants are Darjonn Brooks, Sijan and Alexandra H.

ODD VANT GARDE

THOSE WHO ARE SERIOUS IN RIDICULOUS MATTERS - WILL BE
RIDICULOUS IN SERIOUS MATTERS...

Section Managing Editor Oscar "Trashman" Corelli

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Background Imagery: Inspired Images from Pixabay.com Cover Design: Kim Tsiang

Crowley had always known that he would be around when the world ended, because he was immortal and wouldn't have any alternative. But he hoped it was a long way off. Because he rather liked people. It was major failing in a demon. Oh, he did his best to make their short lives miserable, because that was his job, but nothing he could think up was half as bad as the stuff they thought up themselves. They seemed to have a talent for it. It was built into the design, somehow. They were born into a world that was against them in a thousand little ways, and then devoted most of their energies to making it worse. Over the years Crowley had found it increasingly difficult to find anything demonic to do which showed up against the natural background of generalized nastiness. There had been times, over the past millennium, when he'd felt like sending a message back Below saying, Look we may as well give up right now, we might as well shut down Dis and Pandemonium and everywhere and move up here, there's nothing we can do to them that they don't do to themselves and they do things we've never even thought of, often involving electrodes. They've got what we lack. They've got imagination. And electricity, of course. One of them had written it, hadn't he..."Hell is empty, and all the devils are here."



Close Shave

By Jonathan H. Corelli

I come from a family of jokesters and I am well known for my pranks – but hey now, I come by it honestly - I inherited it from somewhere and that somewhere was my dad. I was the first born of three boys so I was privy to a few more family stories than they were. There were plenty of holiday stories but the one that stands out to me about an infamous Christmas dinner came from the days when my mom and dad were first married long before they were blessed with any of us.

When my parents were first married, they lived up in a rural area of New England in a small house they rented from another family member. My dad was a pilot and had some pretty erratic working hours back then and he wasn't expected back home until the wee hours of the morning Thanksgiving Day. My Mom, wanting to make an impression on her new family decided to cook a nice dinner and had invited about 20 people over.

She started prepping the night before setting a nice table with her best dishes and even a flower arrangement. She had shopped for all the ingredients and pre-made some glorious side dishes which were refrigerated and would only need a heating for the dinner. She had ordered a nice 25 pound freshly killed turkey from the local butcher which sat wrapped in paper in the fridge. All she would have to do in the morning was stuff it and put it in the oven. She set her alarm clock for 4 AM so she could get that turkey roasting.

She arose promptly when the alarm went off and went to the kitchen and make herself some coffee. Now alert she took the turkey out of the fridge and unwrapped it. To her great shock there sat the turkey with all its feathers still attached. Once she got over the shock, she gathered herself together to try to figure out what to do. This was her first time cooking a turkey let alone one that had not been plucked. She tried to call the butcher shop but of course it was closed for the holiday. She couldn't think of a single friend or family member she knew who would be able to help her so the solution was hers alone.

She plopped the turkey in the sink and began trying to pull the feathers out or the turkey but to no avail as they would not budge. Plucking turkeys was evidentially a skill she did not have. She was desperate and a glance at the clock was letting her know my dad would be home soon. She went into the bathroom to wash off her face with cold water and calm down and lo and behold! There lie the solution!

My dad arrived home as scheduled and called out to her when he came through the door. He was not greeted with an answer from a happy wife but a whole lot of loud buzzing and some swearing coming from the bathroom. He walked down to the bathroom and there was his pretty you bride leaning over the bathtub trying to shave the turkey feathers off with his brand new electric razor.

Continued...



Continued...

Now to this day I don't know if this story is true. If I inquire, the two of them just smile and start laughing. My dad having lived on a farm when he was a kid knew how to pluck the turkey and all went well that day.

Post note: My dad was a hunter for years and always sported a couple of turkey feathers on his old hunting hat which he claimed were for good luck. Drawing a conclusion that perhaps these were salvaged from the half shaven turkey and asking if that was the case, he would just grin and reply and say:

“Don't be talkin' that jive turkey.”



Selective Idiocy

By A Musing Fool

*Of all the info we receive,
We selectively choose what we want to believe,
From media vomit that does deceive,
Becoming fools no one will relieve.*

*We pick and choose what suits us best,
Never bothering to check and test,
And discarding all the rest,
Building a comfortable little nest.*

*And all these lies we will defend,
Baseless crap to the very end,
To admit we are wrong our ego would bend,
Sold souls impossible to mend.*

*Holding fast to our desires,
We march stupidly into the fire,
To languish in the muck and mire,
Of the lies of which we aspire.*



Spiritual Sanctuary - Where the Hell Is It?

By Jonathan Corelli

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

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

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

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

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

So here goes:

One of my younger brothers (middle child) who was born in the late 80s was part of group of young people who ‘lost religious sense’ in the 1990s. History tells us that the 90s was a pivotal shift how young people viewed religion and turned to self-piety or more New Age spiritual theories. For my brother it was Baba Ram Dass. Ram Dass, was an American spiritual teacher, guru of modern yoga, psychologist, and author. I’m not saying there was anything wrong with Ram Dass – after all a lot of people like him to this day. But my brother was always into extremes so of course he carried things a bit far. He started to dress like Dass (and no offense, but the man was no fashion plate) and quote him at the dinner table much to the chagrin of my parents who were grounded and practical people.

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Continued...

Our youngest brother would look at him starry eyed at the supper table and one night finally retorted, "What the hell is he talking about?" for which he was immediately punished and sent to his room for using colorful language at the table. He was six years old. In the meantime my Dass clone 10 year old brother proceeded to bless everyone at the table and point his finger skyward mumbling about the great unknown power until he soon was sent to his room. AND THAT is when we found his secret sanctuary.

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

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

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

"Ommmmmmmmmmmm. Ommmmmmmm."

Sound was emanating from somewhere, but where?

"Ommmmmm. Ommmmmm."

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

The closet.

The 6 year old having heard this strange repartee earlier had placed his baseball bat strategically in front of the door in an effort to keep the door unable to be opened.



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

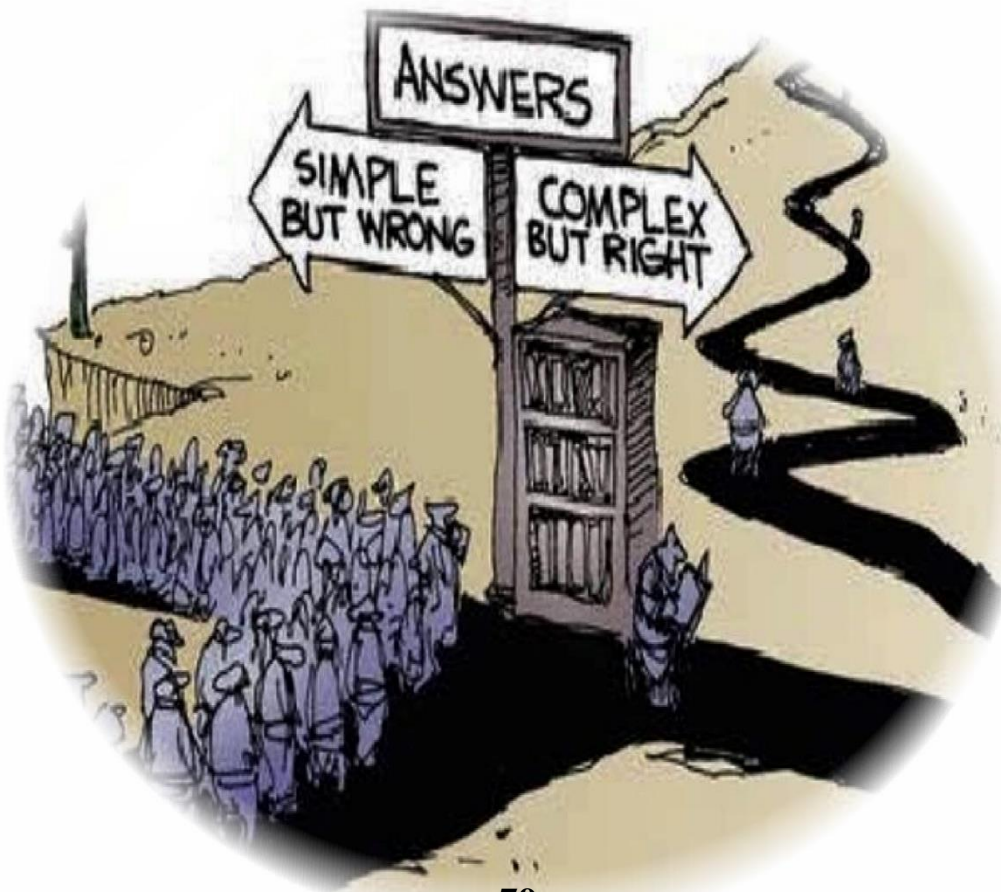
Now our dad's first reaction was to burst out laughing but he held back and requested my brother leave the closet and his bedroom as he performed an exorcism of the closet. Posters were removed, rolled up and excommunicated to the garage. Our mother was ecstatic to get her cushion back. Then our dad had a little heart to heart chat with clone boy in his den. Not surprising to me but to the rest of the family, our dad knew quite a bit about Ram Dass and had his angle all set to roll. We never knew what he said to Dass Clone but my brother seemed perfectly normal for all intent and purpose shortly thereafter.

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

"We are in the process of creating what deserves to be called the idiot culture.

Not an idiot sub-culture, which every society has bubbling beneath the surface and which can provide harmless fun; but the culture itself.

For the first time, the weird and the stupid and the coarse are becoming our cultural norm, even our cultural ideal."





AUTHOR BIOGRAPHIES



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ODD VANT GUARDE

Terry Pratchett QUOTE (*Crowley*, pg.73)

Born Terence David John Pratchett, (April 28, 1948 - March 12, 2015), Sir Terry Pratchett sold his first story when he was thirteen, which earned him enough money to buy a second-hand typewriter. His first novel, a humorous fantasy entitled *The Carpet People*, appeared in 1971 from the publisher Colin Smythe. Terry worked for many years as a journalist and press officer, writing in his spare time and publishing a number of novels. Regarded as one of the most significant contemporary English-language satirists, Pratchett has won numerous literary awards, was named an Officer of the British Empire (OBE) "for services to literature" in 1998, and has received honorary doctorates from the University of Warwick in 1999, the University of Portsmouth in 2001, the University of Bath in 2003, the University of Bristol in 2004, Buckinghamshire New University in 2008, the University of Dublin in 2008, Bradford University in 2009, the University of Winchester in 2009, and The Open University in 2013 for his contribution to Public Service.

Jonathan Corelli (*Close Shave*, pg.74 and *Spiritual Sanctuary – Where the Hell is it?* pg.77)

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

A Musing Fool, (*Selective Idiocy* pg. 76)

A Musing Fool is a member/writer of Alchemycal Prosestry sponsored by the Light Force Network and is therefore wishing to remain anonymous. His poetry is often reflective of current life events and the effects on human nature.

Carl Bernstein QUOTE (*Idiot Culture*, pg.79)

Carl Bernstein is an American journalist who, as a reporter for *The Washington Post* along with Bob Woodward, broke the story of the Watergate break-in and consequently helped bring about the resignation of United States President Richard Nixon. For his role in breaking the scandal, Bernstein received many awards; his work helped earn the Post a Pulitzer Prize for Public Service in 1973.