L608, Survey of Non-Traditional Beliefs

Agenda:

1. Class I, September 22

 Introduction

 Sources

 Mystical Traditions

 What Is a Mystic

 Classical Elements

2. Class II, September 29

 Karma

 Resolution of Karma

3. Class III, October 6

 Reincarnation

 Akashic Records

4. Class IV, October 13

 Free Will Choice

 Understanding Karma, Reincarnation and Free Will Choice

 Changing Your Energy

5. Class V, October 20

 Changing Your Energy

 Gender and Mental Gender

 Astrology

 Healing Systems

**6. Class VI, October 27**

**Chakras**

 **Kundalini**

**Energy Layers in Body**

 **Mystery Schools**

 **Lesser Mysteries/Greater Mysteries**

 **Ley Lines**

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NOTES:

Chakras

Chopra Center:

“To visualize a chakra in the body, imagine a swirling wheel of energy where matter and consciousness meet. This invisible energy, called Prana, is vital life force, which keeps us vibrant, healthy, and alive.”

there are seven of them

some of the *Who’s the Matter with Me* material is tied to chakra locations

 throat and heart in particular

you have:

 two single pages that were hand out items:

 color print of body with placement

 chart based on the info from Mitra

 easier to follow with the separate charts

 are also in your handout after the Mitra info

Chakras

From material held by the Jains

Jainism is an ancient religion from India that teaches that the way to liberation and bliss is to live a life of harmlessness and renunciation. The aim of Jain life is to achieve liberation of the soul.

 [www.bbc.co.uk/religion/religions/jainism/BBC](http://www.bbc.co.uk/religion/religions/jainism/BBC)

 concepts “released” sometime in 1970s

 former monk by the name of Chitrabhanu came to US from India

 founded Jain Meditation Center in NY in 1973

March 7, 1980, St Andrews Methodist Church (somewhere in northern Virginia!)

First Chakra: MUDLAHARA

 Location: base of the spine

 Element: earth

 Human sense: smell

 Visualization: yellow square or cube, sit on it and let it grow larger

 sense of four sides: north, east, south, west

 alternate: yellow circle with cross inside

Mantra: SHEE-VUM’ SHANTI

 feeling of joy peace, tranquility

 love

 Notes: benediction to earth

 if being successful, then sense of smell is intensified

 if sense of smell goes, then need to work with first chakra

 if give out peace to earth, then get back security

 use when you feel fear

 security is not in “things” we own, security is within

Second Chakra: SWADISHTANA

 Location: below the navel

 Element: water

 Human sense: taste

 Visualization: body of water at night with a crescent moon

 may see self in the moon

 see the light on the water

 moon grows to full and then you become the moonlight

Mantra: MANO RAMUM

 in mind player in the mind

 Notes: place of one’s own residence

 creative energy

 therefore sexual

 therefore build security and then enjoy

 psychologically is feelings of self esteem

 all the fluids related to creative and sexual energy

 sense of taste intensified

 lovers must be secure with each other

 if not there is no sexual energy

 when in touch with this chakra

 get a increase in self esteem

 get sense of direction

 increase your own individuality

 sense of joy

Third Chakra: MANIPURA (city of jewels and the jewels reflect light)

 Location: from navel up to base of rib cage

 Element: fire

 Human sense: sight

 Visualization: fire around sides of a triangle

Mantra: RAM

 given to life to this center, mind and body

Notes: power center, communication

 fire center

 OK to be helpless, but must take responsibility and ride it out

 can always transcend it

 once take responsibility can usually change it

 slowly but it works

 umbilical cord center

 if want control, let go of the control

 control self, not others

 people who always plan ahead, think ahead, because want to

 be in control are stuck in the 3rd chakra

 fire = agni

 in yoga

 use this with 3rd eye to burn up old tapes

 to burn up old tapes:

 SITKARA: burning of the snake

 1. relax and open up 3rd chakra

 say RAM, RAM,.... until chakra opens

 2. take a deep breath

 picture the experience just had and all the feelings see flames burn the picture

 3. take a breath and let it out with a hiss

 burns any left overs

 breathe through nose

 disturbs other chakras if breathe through mouth

 story of monkey and jar of chick peas:

 monkey sticks his hand in the jar and grabs peas

 mouth of jar is too small

 if hold onto peas, cannot get hand out

 let go and will find jewels

 give space for own divinity

 will empty self and there will be room

Fourth Chakra: ANAHUT or ANAHATA

 (resounds with beautiful feelings of love)

 Location: heart

 Element: air

 Human sense: touch

 Visualization: sky blue pearl, expand until merges with air around it

 sparkling point of white light

Mantra: SO HUM

that I am

 SO: inhale: life

 HUM: exhale: I am

 Notes: get in touch with feelings

 opens the heart center, then develop psychic skills

 inhale fresh life, exhale poisons and toxins

 plug into this center and will when plug into divinity

 we are a drop in a grand ocean

 but drop and ocean are the same stuff,

 merge and then can’t tell the boundary between two

 become one

 heart has wisdom that is incredible, let it out

 if do not love, cannot breathe and cannot live

 when love looks up , it is reverence

 when love looks down, it is benevolence

 when love looks eye to eye, it is acceptance

 use I Corinthians 13 for a definition of love

Fifth Chakra: VISHUDHI

Location: throat

Element: aether

 Human sense: hearing

Visualization: oval, scarlet or mauve or transparent

 expand to infinite

Mantra: AIM (said fast and short)

 element of wisdom

 wisdom through experience on the feeling level

 (not through knowledge)

Notes: purity of purity

 essence of essence

 creative will center, will create activity within body

 everything around, inside, and within, means that get a cup

 relationship between inner and outer space of person

 implies personality, body shape, etc.

 as get in touch with this chakra:

 words are more powerful

 in harmony with everything, even worst enemy

 give space to everything and every one

 pick up clairvoyance

 see time: past, future, present

 get meaning behind “Time does not exist”

 there is no form, divinity is everywhere

 are in it

 when open the 4th chakra, then throat works better

 don’t feel as much pain

 learn to say things so it is easiest for others

 use words they will appreciate and understand

 no paranoia

 need to be totally open to the first four chakras

 then won’t misuse this one

 give space and acceptance to self and to others, has four parts

 give space to self | give space to others

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 give acceptance to self | give acceptance to others

Sixth Chakra: AGNA (the command post)

Location: third eye

Element:

Visualization: concentric circular rainbow with all the colors

 red at outside, white light in the middle

 may see a silver star

 alternate:

 two beams of light out to right and left

 curl around and meet in back

 then move through brain center and back to third eye

 makes a white light at point on forehead

Mantra: PRAGNA SUKURNUMUM

 wisdom bliss, tranquil joyfulness

Notes: sense of discrimination

 can see self in movie of own life

 can eliminate unhealthy thoughts

 can open and use to deal with difficult person

 can look at own body and find illness

 master

 does control of all thoughts

 works like a projector

Seventh Chakra: SHASTRADA

Location: crown (same as soft spot on baby’s head)

Element:

Visualization: lotus with 1,000 petals, self is at center

Mantra: OM ARHUM’ NAMAH

 universe that which is I surrender to pure spirit

 with in

 with out

Notes: sense of true being

 place of consciousness

 level of cosmic consciousness

 rare

 sense of painter be painted by the painting

 no sense of separation, only a sense of one-ness

 true bliss, totally aware of everything

Honors the Earth

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| --- | --- | --- | --- | --- | --- |
| Chakra | Color | Location | Element | EndocrineAstara | Chopra Center |
| crown | violet | crown |  | pineal | pure consciousness |
| brow | indigo/ navy blue | third eye |  | pituitary | intuition, sixth sense |
| throat | blue | throat | ether | thyroid | communication, speak highest truth |
| heart | green | heart | air | thymus | compassion, love self and others |
| solar plexus | yellow | naval up to base of rib cage | fire | solar plexus?adrenals? | power/warrior |
| navel | orange | below the naval | water | naval, extend into spleen | creativity, hence sexual as well |
| root | red | base of spine | earth | gonads | base, groundedness |

Sources:

 Robert Mitra, Jain Center, 1980

 Chopra Center, Michelle Fondin, National Ayurvedic Medical Association

 Kundalini

uses meditation on the chakras and particular Yoga postures to train/stimulate

there is a curled bit of nerve near the base of the spine

 it uncurls and touches the spinal cord

 causes an energy rush up the chakras

better not to work with it unless you have a teacher who is skilled with it

 needs to happen slowly and gently

 need to open the chakras slowly and deal with all the issues

 can cause problems if fires off and you are not ready

compare to mystical experience

 does not seem to be the same thing at all:

 mystical experience is oneness experience with the Godhead

 this is something involving the energy centers that go up spine

Energy Layers in Body

Mystery Schools

school with closely held wisdom and teachings

 passed down in oral tradition from teacher to student

 train by taking years of learning and resolving issues

 learn to use the powers

 physical initiation

 involves testing

 ancient schools used a mystical death and rebirth

 based on hints from what I have read

 involves a kind of ritual death

 go beyond that by understanding what is real and what is not

 are then via images reborn

long list of mystery schools on the Internet

if you want to do this,

 not do it lightly, takes a commitment

 3-4-5 year project, need to pay for the training and membership in the school

 lots of getting in touch with yourself and your issues and old karma

 develop some hefty honesty with yourself

 consider the 4 rabbis who went into the divine orchard or paradise:

 one went mad immediately

 one died immediately

 one cut down the plants

 one found peace

 search for a mystery school that fits you

 lots of them around now

 need to research

 need to ask to talk to some of the long term members/students

 be sure they teach the greater mysteries:

 Bardo

 death process

Astara

 Astara.org

 on the home page, left side

 click on: Press here for highlights of the Degree Lessons

 gives some quoted material from the lessons

 near top at the center is link to their latest newsletter

 among other things lists the titles of all the lessons, 8 years worth

 two lessons in one booklet are $11.97

 can get half year for $47 in one bound book

 can get whole year for $77 in one book

Lesser Mysteries/Greater Mysteries

 Lesser Mysteries

 taught by drama or by story/parable

 parables in the Bible are examples

 not necessarily explained

 learning/understanding of message occurred later

 understand as run into a similar situation

 current examples in movies and novels, get such things as:

 Jedi Master Yoda training Luke in Star Wars series

 James Redfield

The Celestine Prophecy

The Tenth Insight

The Secret of Shambhala

The Twelfth Insight (new)

 Richard Bach

 Jonathan Livingston Seagull, is now a Part 4

 Illusions: The Adventures of a Reluctant Messiah

 One

 Illusions II

 psychics:

 Edgar Cayce

 Jane Roberts, Seth material

 Arthur Ford

 Greater Mysteries

 ancient teachers watch for those ready to learn

 tested

 trained, usually a multi year process

 initiations/ceremonies

 concerns about misuse of the knowledge and skills so much was held secret

 were passwords

 were vows not to release info

 could be dangerous

 also see it in books that are difficult to read and/or hard to understand

 needed to really concentrate to get the message

 actually written to had to work to understand

 now info is being released

 e.g., chakra info held by Jain

 weekend lecture session in 1980

 NDEs

 Proof of Heaven

 read what works for you

 trying to wade through the Seth material (Jane Roberts)

 could manage about 4 pages and mind all over the place

 finally told to put it away

 get the same kind of leanring from Jonathan Livingston Seagull

 which I loved

 if pick up info or get an “I wonder whether......”

 ask for confirmations

Ley Lines

none of this is proven

concept:

 from Sir Alfred Watkins, amateur archeologist (1855-1935)

 book in 1922, *Early British Trackways*

 revised and enhanced in The Old Straight Track, published in 1925

 showed that straight lines connected some of the powerful ancient sites

 his idea that they were pathways that people could walk

 not a lot of scientific support for his ideas

if look on the Internet under ley lines

 almost a manipulation of data to prove what you want to prove

 did statistics for a research project

 sort and resort so the project leaders could show what they wanted to show

 really reduced my trust in any kind of statistical analysis

 lots of different answers

 lots of different maps

 a certain amount of scepticism

 major questions about whether they exist or not

 one site said are fault lines associated with tectonic plates

 and then used by UFOs for navigation

area in New Mexico

 N/S line that appears to connect sacred sites

 not necessarily a ley line

are locations with powerful energy

 Stonehenge

 Glastonbury Tor, UK

 Ayers Rock, Australia

 Nazca Lines, Peru

 Egyptian pyramids at Giza

 energy diffused by crowds

 Chartres Cathedral, France

 continued to build sacred/worship places in the same location

 build up a strong positive energy

 Mt St Albans, Washington Cathedral

 down in the Joseph of Arimathea Chapel, under the crossing

 different from energy up on the main floor

 crypt: Helen Keller and Anne Sullivan Macy

 Dome of the Rock, Jerusalem, top of Mt. Moriah

 walking around, interesting, touristy

 sacred to many faiths

 site of two Jewish Temples

 Abraham to have sacrificed Isaac there (Genesis 22:1–14

 Mohammed taken by angle Gabriel to see God and prophets

 went into the Dome of the Rock

 went downstairs to actual rock

 saw how rock was carved/adjusted to allow for sacrifices

 draining blood, managing the meat, etc

 energy so strong that I had to hold onto a wall, almost fell over

 in the middle of the group so I could move to the side

Resources:

General:

<http://www.themystica.com/mystica/default.html>

actually pretty comprehensive, uses and has awards from Encyclopedia Britannica

<http://www.crystalinks.com/directory.html>

Kundalini

<http://www.swamij.com/index-yoga-meditation-kundalini.htm>

 most detailed info I found

Mystery Schools:

 Astara.org

Lesser Mysteries

http://www.starwars.com/news/the-starwars-com-10-best-yoda-quotes

 Yoda training Luke