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

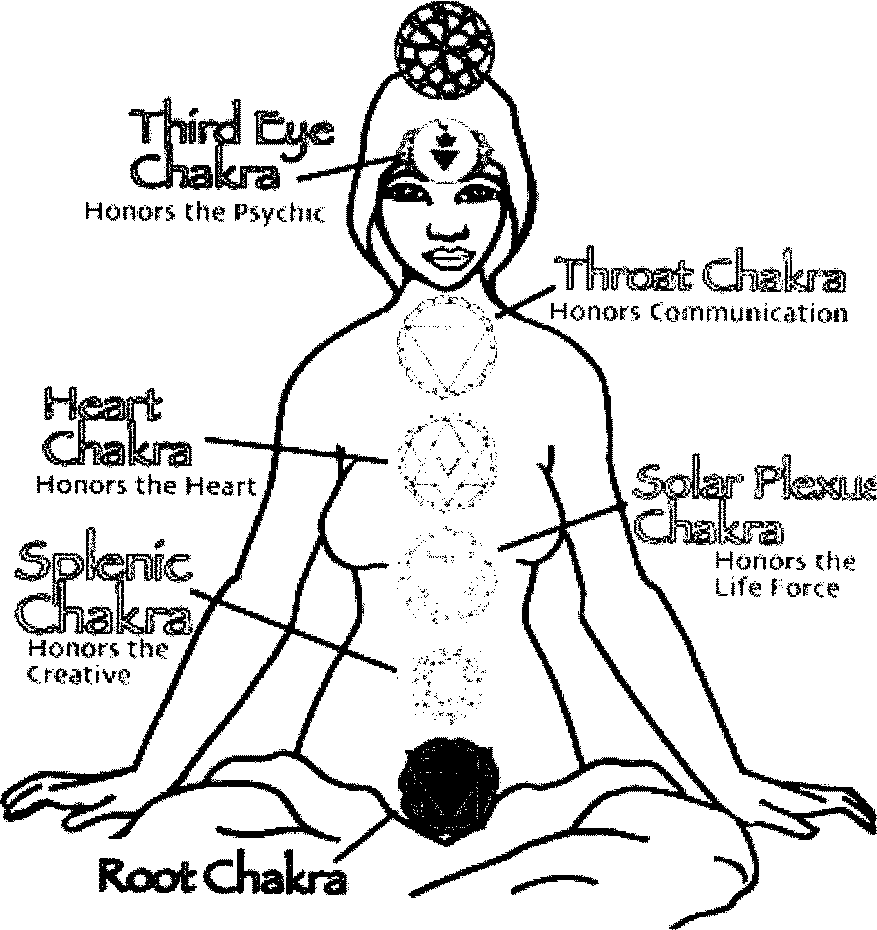
level of cosmic consciousness

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



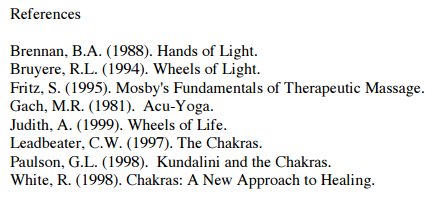
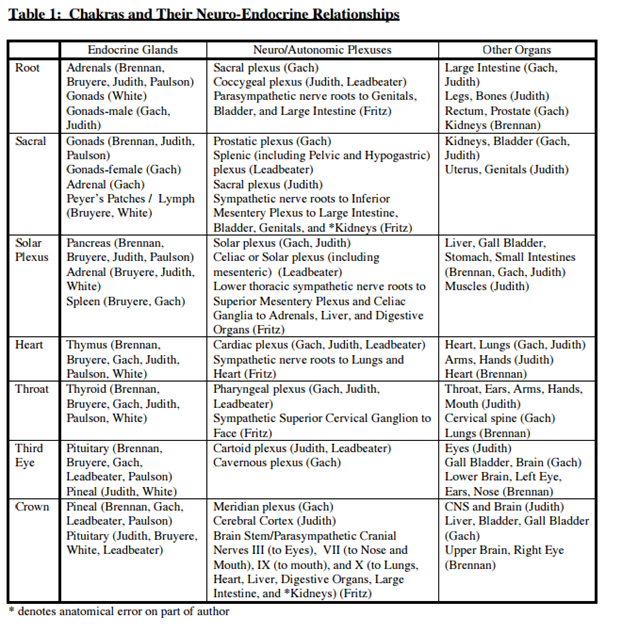
Honors the Earth

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| --- | --- | --- | --- | --- | --- |
| Chakra | Color | Location | Element | Endocrine  Astara | 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