

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**

Linda Bender
lindabender@starpower.net
Phone: 703-451-0253

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

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

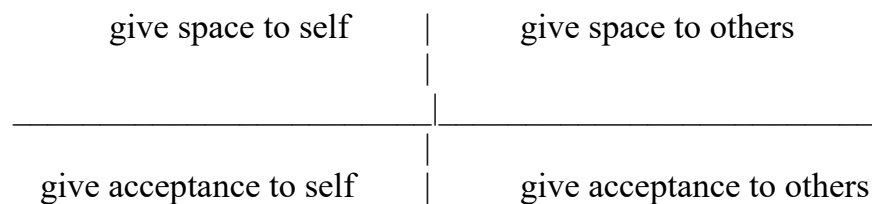
Element: aether

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



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

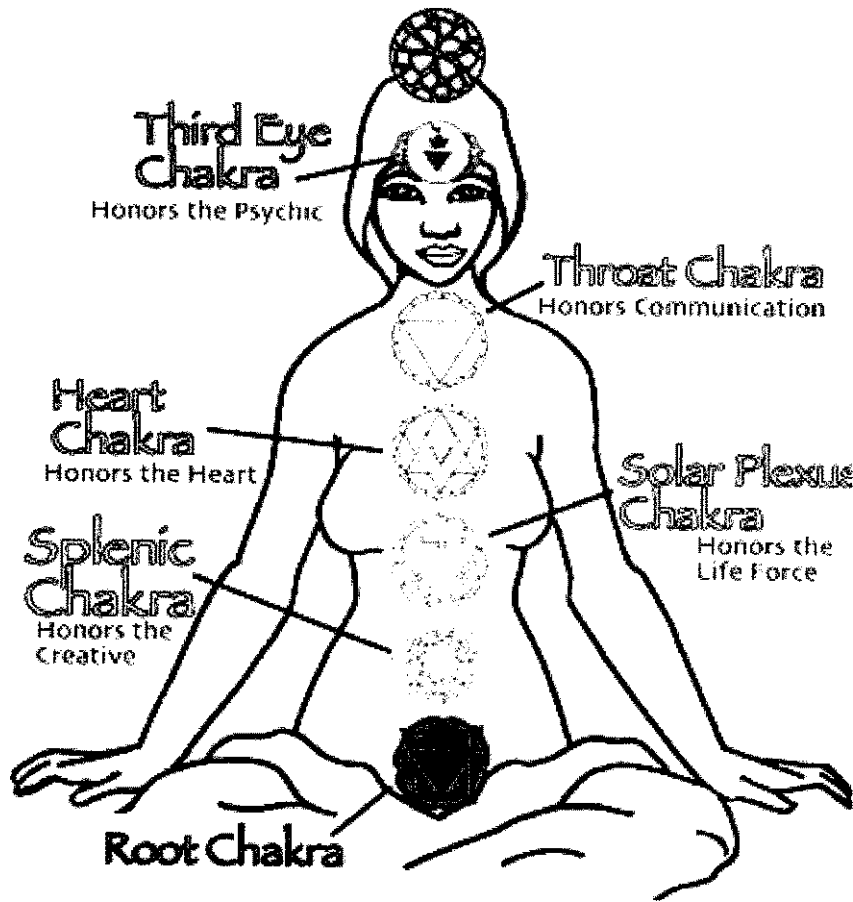
Notes: sense of discrimination
can see self in movie of own life
can eliminate unhealthy thoughts
can open and use to deal with difficult person
can look at own body and find illness
master
does control of all thoughts
works like a projector

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' NAMAHA
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



1
Honors the Earth

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

Table 1: Chakras and Their Neuro-Endocrine Relationships

	Endocrine Glands	Neuro/Autonomic Plexuses	Other Organs
Root	Adrenals (Brennan, Bruyere, Judith, Paulson) Gonads (White) Gonads-male (Gach, Judith)	Sacral plexus (Gach) Coccygeal plexus (Judith, Leadbeater) Parasympathetic nerve roots to Genitals, Bladder, and Large Intestine (Fritz)	Large Intestine (Gach, Judith) Legs, Bones (Judith) Rectum, Prostate (Gach) Kidneys (Brennan)
Sacral	Gonads (Brennan, Judith, Paulson) Gonads-female (Gach) Adrenal (Gach) Peyer's Patches / Lymph (Bruyere, White)	Prostatic plexus (Gach) Splenic (including Pelvic and Hypogastric) plexus (Leadbeater) Sacral plexus (Judith) Sympathetic nerve roots to Inferior Mesentery Plexus to Large Intestine, Bladder, Genitals, and *Kidneys (Fritz)	Kidneys, Bladder (Gach, Judith) Uterus, Genitals (Judith)
Solar Plexus	Pancreas (Brennan, Bruyere, Judith, Paulson) Adrenal (Bruyere, Judith, White) Spleen (Bruyere, Gach)	Solar plexus (Gach, Judith) Celiac or Solar plexus (including mesenteric) (Leadbeater) Lower thoracic sympathetic nerve roots to Superior Mesentery Plexus and Celiac Ganglia to Adrenals, Liver, and Digestive Organs (Fritz)	Liver, Gall Bladder, Stomach, Small Intestines (Brennan, Gach, Judith) Muscles (Judith)
Heart	Thymus (Brennan, Bruyere, Gach, Judith, Paulson, White)	Cardiac plexus (Gach, Judith, Leadbeater) Sympathetic nerve roots to Lungs and Heart (Fritz)	Heart, Lungs (Gach, Judith) Arms, Hands (Judith) Heart (Brennan)
Throat	Thyroid (Brennan, Bruyere, Gach, Judith, Paulson, White)	Pharyngeal plexus (Gach, Judith, Leadbeater) Sympathetic Superior Cervical Ganglion to Face (Fritz)	Throat, Ears, Arms, Hands, Mouth (Judith) Cervical spine (Gach) Lungs (Brennan)
Third Eye	Pituitary (Brennan, Bruyere, Gach, Leadbeater, Paulson) Pineal (Judith, White)	Carotid plexus (Judith, Leadbeater) Cavernous plexus (Gach)	Eyes (Judith) Gall Bladder, Brain (Gach) Lower Brain, Left Eye, Ears, Nose (Brennan)
Crown	Pineal (Brennan, Gach, Leadbeater, Paulson) Pituitary (Judith, Bruyere, White, Leadbeater)	Meridian plexus (Gach) Cerebral Cortex (Judith) Brain Stem/Parasympathetic Cranial Nerves III (to Eyes), VII (to Nose and Mouth), IX (to mouth), and X (to Lungs, Heart, Liver, Digestive Organs, Large Intestine, and *Kidneys) (Fritz)	CNS and Brain (Judith) Liver, Bladder, Gall Bladder (Gach) Upper Brain, Right Eye (Brennan)

* denotes anatomical error on part of author

References

- Brennan, B.A. (1988). Hands of Light.
 Bruyere, R.L. (1994). Wheels of Light.
 Fritz, S. (1995). Mosby's Fundamentals of Therapeutic Massage.
 Gach, M.R. (1981). Acu-Yoga.
 Judith, A. (1999). Wheels of Life.
 Leadbeater, C.W. (1997). The Chakras.
 Paulson, G.L. (1998). Kundalini and the Chakras.
 White, R. (1998). Chakras: A New Approach to Healing.

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 learning 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 angel 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