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

 Astrology

 Ley Lines

 Healing Systems

6. Class VI, October 27

Chakras

 Kundalini

Energy Layers in Body

 Mystery Schools

 Lesser Mysteries/Greater Mysteries

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NOTES:

We talked about *karma*

We talked about *reincarnation*

*Free will choice* is what ties it all together

all three interact just about everywhere

everyone has absolute free will choice all the time in everything

 not up for discussion

 anyone who tries to deprive you of free will choice is taking on all kinds of karma

 gets into executions

 realize that is part of laws

 are some things that happen as a result of our choice

 make it look like “not my choice”

 can choose to work for a company or an organization

 then need to follow their rules, time/attendance, vacations, tasks, etc.

 looks like gave up free will choice but didn’t

 you made the choice to work for them

 knew ahead of time that there would be some rules

have free will choice every time make a decision about anything

have free will choice when design a new life time before you are born

 chose the lifetime

 chose the family

 chose the location

 chose the possible learning opportunities

important part of the free will choice is that when you make a choice or a decision you are then

 responsible for all the results of that choice or that decision

 often called Freedom with Responsibility

 also called taking ownership of your decisions

so there is a side issue which says that it is much better all around to use good ethics always

it also means that it is important to let others make their own choices

 it’s OK to advise or suggest, just do it without being a steam roller

 if you make the decision for someone else

 then it becomes your issue and your karma

 the only exception to this is parenting:

 until the child is 13, any events that involve karma are the parents’ karma

something that came up the middle of last year that is kind of interesting

has always been a lot of discussion about free will choice versus predestination

 which is in operation during a lifetime and in what situations

 let’s say you meet someone who is teacher in a subject you need

 predestination? or just a nice accident?

 everyone plays with this mentally at some point

 I was working with the ideas in my head as part of preparation for this class

 realized that if you design a lifetime before it starts

 it is based on what need to learn and/or resolve

 there has been a plan so a teacher you and you are in the same place

 and time

 almost feels like the meeting with that teacher was predestined

 but actually was set up by your choice before you were born

 so what appears predestined was actually free will choice during pre life

 planning

 loaded!!!!

 thought about it a long time

 finally in April 2014, I started very carefully talking with people this idea

 they agreed

 I still needed a lot more confirmation

 on Aug 17, 2014, Owen Waters put out a newsletter

 confirmed the idea of planning the life time was free will choice

 actually interacting with someone appeared “predestined” but wasn’t

 was part of the pre birth plan

 still can plan the interactions with individuals

 but when the time comes, both of you must choose to be in that location

 third confirmation (10/6/15, about 8 pm):

 *Soul Agreements,* Dick Sutphen with Tara Sutphen

 end of the introduction talks about planning life ahead

 do what seems predestined is actually planned

 what are some situations in which a choice has been made

 how do karma and reincarnation tie into that situation

 do this in third person

 not your personal choice

 is the choice of another person

 ensures no invasion of privacy

The class got into some really neat discussions so the remainder of this handout was revised and included with Class V.

LBBManipulating your energy

Thoughts Are Things

 concept

 if you think about it hard enough, it is yours

 “watch what you ask for, it’s yours”

 two major upgrades in the power of this over last 6 months

 example of dresses at dry cleaner

 worked without my focusing and doing any kind of intent

 and no words were involved

 no mental message was involved

 just rehearsing

 implication that need to be careful about what you think

 same dynamic as working as a healer or supporting someone

 send support:

 good luck in your exam

 good luck in your job interview

 do you want to send out anger

 revenge, do you want to cause something

 then who has the karma for the issue?

Examples:

healing assistance from church in Seattle

 wrote prayer for group to use

 little girl running in joy through field; now needs help with knees

 need for surgery, had done my homework

 knew surgery was necessary, I could hardly walk

 trusted my surgeon

 had set up healing prayer groups

 morning of surgery I was getting apprehensive

 thought of little girl the field and balanced right out

 used several times that morning

 use this example because so very isolated and easy to see what was at work

alternative healing system, if you think it will work, it will

want to buy a new house

 use the thought to create it

 visualize yourself living there

 does it work well for you and things you want to do while living there

need to buy a new car

 same kind of process

 create your “wish” list: make, color, features, extras

 include everything, then prioritize

need to find a birthday gift

 think about person, ask help, right gift is there and waiting for you

Image/Plan/Implement

 use it to do a large project of some kind

 image of the completed project, using the Thoughts Are Things concepts

 what will it look like

 will it accomplish what you want it to accomplish

 how will it affect people

 just a thought form so can easily change at will

 if building something and must get the paneling or the tiling

 go look at samples

 can visualize how those samples will look in your image

 can get good understanding of that as a choice

 ask to buy a small sample and live with it for a few days

 sometimes have to let it go over night

 for me: colors in needlepoint, gives some tricks on doing this

 will try with the thread colors I am thinking about

 then put it on the refrig or place I will see it often

 know that I have to check in the sunlight

 look at a distance

 look several times at odd moments

 one is clearly right

 plan how to do the project

 still in your mind

 high level– and at the detail level

 if run into a major issue, can go back and change the thought form

 people to be hired

 raw material to buy

 guided by what the final image is in your mind

 implement

 begin to assemble the materials you need

 start the project

 find will have anticipated and worked around a lot of the problems

 done in your mind

 easier to fix in your mind than in middle of the project

Kybalion

 written by “Three Initiates”

 supposed based on work of Hermes Trismegistus (Thrice Great Hermes)

 out of ancient Egypt, keep feeling it is around Alexandria

 actually out of Blavatsky and theosophy

 powerful little book—for me

 tend to read it one chapter at a time; then wait a week, integrate info

 Principle of Polarity

 there are opposite ends of a spectrum

 hot/cold

 wet/dry

 high/low

 east/west

 light/dark

 ..

 ..

 ..

 and the list goes on

 if you were feeling cold, what would you do?

 put on a sweater, coat, scarf

 turn up the heat

 so if don’t like where you are:

 look for a way to get to the other end of the spectrum

 sad/angry to happy/laughing

find things that make you laugh or give you peace:

keep track of things that make you laugh

 bookmark if on line

 Budweiser ads, 30 seconds and I am chuckling

 hard to be angry and laugh at the same time

 folder of humorous pieces

 cut out a comic if it makes me laugh

 The Family Circus

 Mom standing outside and wants to go into house, no key

 Billy: what’s the password

 send a email to this address

 I will give you instructions to reset your password

 feel at peace

 keep track of things that make you feel peaceful

 pictures

 photos

 for me of Yosemite Valley

 powerful place for me

 after every visit I come home more relaxed

 others comment on it

 walk in the woods

 sit at the beach and watch the waves come in

discover that if unhappy with how you feel

 as in: down in the dumps

 get angry easily

 get hurt easily

 are feisty in dealing with others

 can stop that pattern somehow

 quick tools

 something like video we just saw

 something to change your energy

 music

 something to make you laugh

 something beautiful: flower, photo you love, place you love

 image walk in the forest

let’s say the issue goes deeper, what tools are there

 think about the karma of an action

 really makes you stop and reassess

 also helps you to stop words before they come out of your mouth

 maybe an old situation you need to resolve

 step back mentally and watch yourself

 think about Thoughts Are Things

 do you really want to see out that distress?

 people around you are a mirror

 if you are feisty, they get feisty

 so if someone is feisty to you

 stop

 what did I say

 how did I say it

 what is really going on here

 why is that person giving back to me that way

 turns info what did I do to that person

 or

 what is going on in that person’s life that is making difficulties

a lot of this sounds like Mindfulness

 it is!

 go into a meditation type state

 mindfulness is watching yourself and your choices and your actions

 then work to change what you don’t like in yourself

Resources:

Dick Sutphen with Tara Sutphen, *Soul Agreements*, Hampton Roads Publishing Company, 2005

Three Initiates, *Kybalion*, The Yogi Publication Society, Masonic Temple, Chicago, IL

Alice Steadman, *Who’s the Matter with Me*