

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.

LBB

Manipulating 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*