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:

Changing Your Energy

last week

 the class was full of strong dynamics and information

 then showed the video of Wendy the talking dog

 how did you feel after the video?

said would talk about using these tools in day to day living

if I could give you a take home gift, this would be it

 not connected to anything else we have talked about

 anyone can use it for anything

Thoughts Are Things

 concept

 careful what you ask for, you’ll get it

 watch what you think, it’s yours

 so we get “Thoughts Are Things”

 if you think about it, it is yours

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

 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 revenge

Examples:

want to buy a new house

 use the thought to create it: floor plan, subdivision, yard

 visualize yourself living there

 does the floor plan work well for you and things you want to do

need to buy a new car

 same kind of process

 make your “wish” list

 include everything, then prioritize

need to find a birthday gift

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

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

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 (aka idea) so can easily change at will

 if building new room or remodeling 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 during the day

 know that I have to check in the sunlight

 look at a distance

 look several times at odd moments

 one of my choices is clearly right

 or if none are right, start over

 plan how to do the project

 still in your mind

 high level–then 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)

 actually out of Blavatsky and theosophy

 Principle of Polarity

 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 at a particular moment...

 look for a way to get to the other end of the spectrum you are on

 sad/angry/hurt to happy/laughing

How to change your attitude or energy

 quick tools

 something like video we just last week

 will make you laugh

 will always change your energy right away

 hard to be angry/sad/hurt and laugh at the same time

 so identify things that are funny to you

 make a favorite or bookmark if on line

 Budweiser Clydesdale ads, 30 seconds and I am chuckling

 folder of humorous pieces

 cut out a comic

 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

 slower but not really a surface item, can create a feeling of peace

 music

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

 remember a walk in the forest

 or create a new walk, what would you like to see

 pictures

 photos

 for me of Yosemite Valley

 powerful place for me

 after every visit I come home more relaxed

 others comment on it

 sit at the beach and watch the waves come in

let’s say the issue goes much deeper and it is not one you can change quickly

 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 live in 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

if a lot of this sounds like Mindfulness

 it is

 go into a meditation type state

 to slow down the whirlwind in your brain

 mindfulness is watching yourself

 then working to change what you don’t like

Gender and Mental Gender

 work in progress for me

 only child

 initially not really understand the male of our species

 trying to learn, observation, ask questions

 may have left some confusion in discussion last week

 may be inconsistencies in what I said

 wanted to try to clear that up

 men and women in general are different and that is a good thing

 think in different patterns

 respond differently to various situations

 remember this is in general

 but when men and women are doing the same kinds of work

 should be paid the same

 should be respected in the same way for the same work

 not sure how I feel about women in combat, especially if have children

 if agree to have a child, then are responsible for the child

gender idea out of Kybalion

 have modified as worked with it

 have modified as tried it out to see how it fits in my world

 mental gender is not the same as physical gender

 physical: men and women, body characteristics

 mental–again in general:

 masculine: drive, get it done, accomplish, make it happen, push

 feminine: creative, new ideas, sensitive, compassionate

 everyone has some of both kinds of mental gender

 I can be creative in how to solve a problem or plan for output

 that’s the feminine mental side

 I can also drive and push myself to finish a project or a task

 that’s the masculine mental side

 implies that both functioning

 not necessarily simultaneously

 both available to me as needed

idea of sides of the brain and related sides of the body (used in healing)

 right side of the brain is creative, sensitive

 applies to left side of the body

 reason my left hand is stronger for healing energy

 left side of the brain is logical, scientific

 applies to right side of the body

as grow expand your understanding to some of these energies

 end up with pathways in the brain that cross from right to left and left to right

 so then what???

 not sure

 feels like a good thing

recent questions: what is the gender of the soul, does it have one?

 is the soul just male or just female?

 sense that I have a feminine soul

 but have lifetimes as a male so male body with female soul?

Astrology

concept

 idea that planets/moon/asteroids can affect our lives

 appears to have been developed in Mesopotamia around 3000 BCE

 Babylon, areas between Tigris and Euphrates, modern Iraq

 compare in your minds to the idea of gravity, planets have pull on each other

 basic information is based on locations of the planets on your birthday

 for a reading astrologer will ask

 birth date and time

 location of birth

this is a summary with an explanation of what they are talking about

 not my area and won’t be--too much memory

 all that follows is based on research

each of the planets have a meaning, often tied to Greek/Roman mythology

|  |  |
| --- | --- |
| Planet/Asteroid | Meaning |
| Sun | the self, who you are |
| Moon | emotions, sensitivity |
| Mercury | communications and mental astuteness |
| Venus: | love but also money (money is considered concretized love by some) |
| Mars | aggression, drive (war like) |
| Ceres | grain and harvest, food |
| Pallas | intelligence, cities |
| Juno  | committment, interact with spouse/partner |
| Vesta | keeper of the hearth |
| Chiron | healer, often included as asteroid |
| Jupiter | growth, expansion |
| Saturn | rules, discipline |
| Uranus |  independent |
| Neptune | altered states, dreaming |
| Pluto | sex, death, reincarnation |

 Pluto and Neptune discovered relatively recently

 have very long orbits

 Pluto

 discovered on February 18, 1930

 takes 248 years to go through a full orbit

 will complete one cycle through all the planets in 2178

 Neptune

 discovered September 23, 1846

 takes 165 years to go through a full orbit

 completed one cycle through all the planets in 2011

 information not published yet

each of the relationships have a meaning

 based on the number of degrees between the planets

|  |  |  |  |
| --- | --- | --- | --- |
| Glyph | Degrees | Name | Meaning |
|  | 0̊ | conjunct  | two walk in lock step |
|  | 30̊ | semi-sextile | nice but weak |
|  | 60̊  | sextile | better than semi-sextile but weaker than a trine |
|  | 90̊ | square | two planets at cross purposes, not work together well |
|  | 120̊ | trine | two planets working very together well, in tune with each other |
|  | 150̊ | quincunx  | hidden disharmony |
|  | 180̊ | opposition | on opposite sides of everything |

each of the signs of the zodiac (aka sun signs) has natures or meanings

 sorted by polarity: masculine and feminine

 sorted by quality:

 cardinal (initiate change)

 fixed (stable)

 mutable (changeable)

 sorted by element:

 fire (spiritual)

 earth (solid, practical)

 air (intellectual, mental)

 water (emotional side, flowing)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| SUN SIGN | DATES (changes about 21st) | POLARITY | QUALITY | ELE-MENT |
| Aries | late March and April | Masculine | Cardinal | Fire |
| Taurus | late April and May | Feminine | Fixed | Earth |
| Gemini | late May and June | Masculine | Mutable | Air |
| Cancer | late June and July | Feminine | Cardinal | Water |
| Leo | late July and August | Masculine | Fixed | Fire |
| Virgo | late August and September | Feminine | Mutable | Earth |
| Libra | late September and October | Masculine | Cardinal | Air |
| Scorpio | late October and November | Feminine | Fixed | Water |
| Sagittarius | late November and December | Masculine | Mutable | Fire |
| Capricorn | late December and January | Feminine | Cardinal | Earth |
| Aquarius | late January and February | Masculine | Fixed | Air |
| Pisces | late February and March  | Feminine | Mutable | Water |

Wikipedia: WikiProject Astrology/Glyps

Houses, areas of activity:

|  |  |
| --- | --- |
|  HOUSE | ACTIVITY |
| 1st  | rising sign, coming over ascendent when you were born |
| 2nd | manage positions |
| 3rd | neighborhood |
| 4th  | foundation, parents, home |
| 5th  | play, party |
| 6th | daily routine, health matters |
| 7th | marriage, partnerships |
| 8th | crisis-expert |
| 9th | travel |
| 10th | reputation, as others see you |
| 11th | team player, peer groups |
| 12th | alone, retreat and regroup |

Oprah Winfrey

January 29, 1954 / 4:30 a.m. CST / Kosciusko, MS
Placidus Houses

 From *Llewellyn’s Complete Book of Astrology* by Kris Brandt Riske, MA, page 269

 What does it mean if you are born on the cusp

 year not always 365 days long

 months vary in length, so zodiac months vary in length

 most of the time, the end of the zodiac month can be anywhere from 19th to 23rd

 if born in that period, are almost always between signs

 may have some attributes of both signs

 called being “born on the cusp”

 can get clarity from the rest of the chart

also important in chart are the ascendent

 sun sign that was just coming over the horizon at time of birth

 may tell a lot about you

also important may be the moon sign at time of birth

 Moon is about the emotions

 moon sign tells about emotional self, about private self

 Based on Clement and Bytheriver, *Llewellyn’s New A to Z Horoscope Maker and Interpreter*, p 248

 Based on Clement and Bytheriver, *Llewellyn’s A to Z Horoscope Maker and Interpreter*, p 248

Retrogrades

Mercury was retrograde at the start of this class

 planet looks like it is going backwards based on our standing on earth

 all planets do this except Sun and Moon

 if standing on earth and try to see Mercury will have to look back over shoulder

 Mercury represents communications/mental alertness

 3 three-week periods each year

 what does it mean:

 all kinds of communication issues

 meetings fall through

 try to make travel connections can be an issue

 all kinds of computer issues

 generally mind is not as sharp as usual

 need to check and recheck info

 other planets do this also but for different lengths of time at different times

 mean different things based on the planet that is retrograde

If you want to have an astrology reading

 will get a natal chart that looks like the Oprah Winfrey one

 planets and houses

 best do a test reading, then ask yourself

 does it sound like you

 does it make sense to you

 do you like the attitude/concepts of the astrologer

 absolutely keep a recording of some kind

 almost impossible to remember everything

 especially helpful if feel that there are things you don’t understand

 if you like the astrologer and want annual readings

 ask for “solar return”

 location of the planets at time of your birthday this year

 planets will have moved from where they were are the time of birth

 also called a progressed chart

one issue is that readings often (key word) are about people who are younger

 hard to get good data after about 50 years old

 especially if order a computer generated reading

 most of the time seniors have already worked through many of the issues

 seniors don’t worry much about work life/job issues

 children are grown and making their own decisions

 another issue is that the interpretations are often not consistent

 most astrologers doing some kind of research

 find a meaning for a planet or relationship

 check with other readings and charts they do

 if it works well, they then adopt that info and use it

 may or may not share at e.g., at an association gathering

 may or may not be accepted by others

 readers have different meanings for the various planets

 means will interpret the aspects differently

 can get a computerized reading

 then get interpretations of the person who designed the program

Healing Systems

called Complementary and Alternative Medicine (CAM)

some now covered by insurance

is not covered by Medicare

 Part D may cover some types

 check your insurance carefully for info

as with any healing system, traditional or not,

 if you think it will work, helps to make it work more effectively

 back to “Thoughts Are Things”

Healing Prayer

 part of how I got into non-traditional beliefs

 usually no cost involved

 no training required, mostly need a desire to help

 as part of a healing prayer group

 basically think in a positive way about person with illness/challenge

 can send wellness energy

 can sending healing

 better if think about the person in a positive way, not feeling sick

 my own system is to find a visual image for person

 support works even if I am still hunting for the image!

 all this is distance

 may or may not get feedback

 may find that the person does not want any assistance

 lady with the brick wall

 just laid the energy on ground where she could reach it if she wished

use healing prayer because it is a very isolated event and

 easy to see the dynamics that were at work

 unique issue

 get help

 see results

 but then it depends on whether you expect it to work

Reiki

 touch healing system

 Rei means “God’s Wisdom or the Higher Power”

 Ki means “life force energy”

 combined means “spiritually guided life force energy”

 developed by Dr. Mikao Usui (1865 - 1926)

 studied various religions

 spiritual experience allowed him to do effective touch healing

 before his death, passed the info to Dr. Chujiru Hayashi (1878 - 1940)

 he then taught Hawayo Takta

 had cured her of a serious illness using Reiki

 she then taught it and her grand daughter, Phyllis Lei Furumoto, carried on

 training system of three levels

 Reiki I

 Reiki II

 Advanced Reiki Training/Master (ART/Master)

 used to be that must then agree to teach to others

 not sure of current requirement

 have been a number of off shoots or enhancements

 names usually have Reiki in the title of the system

 two from the Reiki Association web site

 Karuna Reiki - “compassionate action”

 Holy Fire Reiki

 reportedly some 300 derivatives world wide

I find it especially effective and worthwhile

 lie on a table, wear comfortable clothing

 healer touches various energy points on body

 alternate: hands over energy point but not touch, just hover

 may ask you to turn over

 not invasive in any way

 towel or cloth over face so healer can touch face without discomfort

 may have more than one healer working at the same time

 touch a spot, say forehead or shoulder blades

 energy flows from hands of the healer into person being helped

 healer holds that position until the flow slows down

 when slows means that there has been sufficient energy

 moves to another spot

 as person being healed, wonderfully relaxing

 once finished, feel very balanced, calm

 actually does help

 probably in part that relax totally

 assists body’s own healing systems to be effective

 calm, less anxiety about issues

 feel that will improve

 is generally a charge

 friend who is a Reiki healer, we have talked about this

 my healer did not want to be paid

 discussed with mutual friend who is also a Reiki healer

 there is a balance that occurs with giving and receiving

 if don’t pay, then that balance is upset

 person being helped feels a long term indebtedness

 if pay for healing, don’t have that

 friend and I usually went out to lunch afterward

 said that if she would not let me pay for healing

 I would not let her pay for her lunch

 environment is important

 made appointment for a Reiki associated with Sinai in Baltimore

 near end, I was so calm and relaxed

 healer wanted to try rolfing which was his speciality

 basically aggressively rolled my arm between his hands

 destroyed the relaxation of the Reiki

Therapeutic Touch

 basically same idea as Reiki

 difference is that it is taught to nurses mostly for inpatient use

 developed by Dolores Krieger, PhD, RN and Dora Kunz

 Nurse Healers Professional Associates International, Inc.

 parent organization

 sets standards and does credentialing

 their sessions last no more than 20 minutes

 large association

 headquarters in Delmar, New York

Rolfing Structural Integration

system of deep manipulation of the body’s soft tissue

 improves posture

 relieves chronic pain

 reduces stress

developed by Dr. Ida P. Rolf

 Ph.D. in biochemistry in 1920

 then learned osteopathy

 chiropractic medicine

 tantric yoga

 Alexander tension reduction through body movement

 Korzybski’s concept of altered states

 created study of “general semantics”

 our awareness limited by structure of nervous system

 our awareness limited by structure of language

 so what we know is filtered through brain/language

 used: I don’t know, let’s see.......

 Dr. Rolf realized that there were a series of integrated series of tissues

 needed to work with all them to reduce stress and manifest healing

 get them working together

 heals what is called myofacial pain

 touch points in the muscles and causes pain elsewhere

 used deep massage to reshape the myofacial which reduces pain

Acupuncture

often part of pain management

insert very thin needles through skin

 per those who have done it, feel needle go in or come out

 not painful, just aware

 done along meridians through the body

 Chinese technique to balance qi or chi (pronounced CHEE)

 Western practitioners use for stimulation

 helps blood flow so natural pain killers function better

 practitioner should use a fresh set of needles for each treatment

 eliminate any danger of infection from previous use

Acupressure

 similar to acupuncture but use pressure on the meridian points rather than needles

Reflexology

 pressure points on the bottom of the feet are matched to organs

 pressure on a particular point on foot sends healing to that organ

 however, listed in University of Minnesota with article

 list has supportive research

 Quack Watch on Google

 but then he did not expect it to work, so of course, it didn’t

Naturopathy

Naturopathy, or naturopathic medicine, is a system of medicine based on the healing power of nature. Naturopathy is a holistic system, meaning that naturopathic doctors (N.D.s) or naturopathic medical doctors (N.M.D.s) strive to find the cause of disease by understanding the body, mind, and spirit of the person.

 Source: University of Maryland Medical Center

 very wholistic, i.e., treat the whole person

 practitioners are licensed

Homeopathy

Homeopathy is based on the idea that "like cures like." That is, if a substance causes a symptom in a healthy person, giving the person a very small amount of the same substance may cure the illness. source: WebMD

 per NIH, little support evidence for any specific issue

 remedies are regulated by FDA but not for safety or effectiveness

Ayurveda

believe that illness comes from lack of balance in energy types:

 per University of Maryland Medical Center energy types include:

Vata -- Energy that controls bodily functions associated with motion, including blood circulation, breathing, blinking, and heartbeat. When vata energy is balanced, there is creativity and vitality. Out of balance, vata produces fear and anxiety.

Pitta -- Energy that controls the body's metabolic systems, including digestion, absorption, nutrition, and temperature. In balance, pitta leads to contentment and intelligence. Out of balance, pitta can cause ulcers and arouse anger.

Kapha -- Energy that controls growth in the body. It supplies water to all body parts, moisturizes the skin, and maintains the immune system. In balance, kapha is expressed as love and forgiveness. Out of balance, kapha leads to insecurity and envy.

General Resources:

Local classes: <http://www.peaceabledragon.org/class-archives/virginia-classes/>

<http://www.takingcharge.csh.umn.edu/>

 Univ of Minn

 comprehensive list of the various types of CAM, with links

 research and support for various types

Johns Hopkins, Different Types of CAM

http://www.hopkinsmedicine.org/healthlibrary/conditions/adult/complementary\_and\_alternative\_medicine/types\_of\_complementary\_and\_alternative\_medicine\_85,p00189/

NIH, exceptionally long list sorted by medical problem and various solutions

<https://nccih.nih.gov/health/atoz.htm>

WebMD

<http://www.webmd.com/balance/what-is-alternative-medicine>

Thoughts Are Things:

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*

Astrology

Associations for Astrologers:

See list at: <http://stariq.com/PageTemplate/t1.asp?PageID=799>

 American Federation of Astrologers

 seems to have a training and testing program

 may be easier to use one of their astrologers

 none in the DC, one in Virginia area, are several in Maryland

Reiki:

<http://medical-dictionary.thefreedictionary.com/Reiki>

 general info, good summary

<http://www.reiki.org/>

 International Center for Reiki Training

Therapeutic Touch:

<http://therapeutic-touch.org/>

Rolfing:

<http://www.rolf.org/about>

<http://medical-dictionary.thefreedictionary.com/Rolfing>

http://www.drweil.com/drw/u/ART00472/Rolfing-Dr-Weils-Wellness-Therapies.html

Acupuncture:

http://www.mayoclinic.org/tests-procedures/acupuncture/basics/definition/prc-20020778

 includes information on risks and potential side effects

<http://www.webmd.com/fibromyalgia/tc/acupuncture-topic-overview>

 topic says fibromyalgia but article is about acupuncture

<http://www.medicalnewstoday.com/articles/156488.php>

 lots of info

Acupressure:

http://www.webmd.com/balance/guide/acupressure-points-and-massage-treatment

<http://www.acupressure.com/>

 a number of images on people using the pressure points

<http://www.drweil.com/drw/u/ART03230/Acupressure.html>

Reflexology:

http://www.takingcharge.csh.umn.edu/explore-healing-practices/reflexology

http://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/what-is-reflexology/faq-20058139

Naturopathy:

<https://umm.edu/health/medical/altmed/treatment/naturopathy>

 lots of info with good references

<https://nccih.nih.gov/health/naturopathy>

 what a naturopath does and how he/she works

Homeopathy:

<http://www.nationalcenterforhomeopathy.org/>

<http://www.webmd.com/balance/guide/homeopathy-topic-overview>

<https://nccih.nih.gov/health/homeopathy>

 comprehensive discussion

Ayurveda:

[www.chopra.com/our-services/ayurveda](http://www.chopra.com/our-services/ayurveda)

<http://www.webmd.com/balance/guide/ayurvedic-treatments>

<https://umm.edu/health/medical/altmed/treatment/ayurveda>

<https://nccih.nih.gov/health/ayurveda/introduction.htm>

 comprehensive article