Agenda:

1. **Session I, September 20**
   - Introduction
   - Sources
   - Mystical Traditions
   - What Is a Mystic
   - Classical Elements

2. **Session II, September 27**
   - Karma
   - Resolution of Karma

3. **Session III, October 4**
   - Reincarnation
   - Akashic Records

4. **Session IV, October 11**
   - Free Will Choice
   - Understanding Karma, Reincarnation and Free Will Choice
   - Changing Your Energy

5. **Session V, October 18**
   - Astrology
   - Ley Lines
   - Healing Systems

6. **Session VI, October 25**
   - Chakras
     - Kundalini
   - Energy Layers in Body
   - Mystery Schools
   - Lesser Mysteries/Greater Mysteries

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NOTES:
Said I would give examples about how class information can be used

well, Mercury is retrograde and will be for the first class
will be a full explanation of all this when we talk about astrology in Session V
went retrograde on August 30, goes direct on Sept 22 at 1:31am

why is this an issue
   Mercury is all things associated with communication and mental acuity
   retrograde means that looks like it is going backwards
       happens three times a year and lasts for about three weeks each time
   can be all kinds of problems:
       set up a meeting, need to reconfirm
       ask friends for dinner, reconfirm before you buy the food
       watch travel arrangements, confirm, allow extra time
       handle computer carefully
       watch words as out of mouth
       expect senior moments
       watch out for confusions

and in the class we’re talking about really unusual things

so ask your help
   be sure that things are clear and easily understood
   first class is during the retrograde
   if anything at all does not make sense, please ask

Resources
   used data from Internet after careful review, have numerous links
   all tested and still work
   some added

   if you have trouble using that kind of data, please let me know
   are ways to help
Lots of concern about how to present this material
    story that various concepts held by various groups or religious sects
      a lot of this material was “hidden” from public view, read that as “kept sacred”
        example: the Jain held the chakra material
    some info was around but presented in complicated language
      had to work to understand it
        examples:
          Rudolf Steiner, very complex sentence structure
          ADK Luk, used synonyms but didn’t explain that the same as other word

per ADK Luk decision to allow release in the early 30's
    started begin to hear about concepts during 50's and 60's

    no proof but all of a sudden people started talking about some of these concepts

for class means lots of sources from mystical sects/traditions

    now:
      there is “original” or “core data” but have been a lot of changes
        many people or groups have adjusted info or added nuances
        sometimes changed the names to show the enhancements
        sometimes kept the old names but used the enhancements
        some of it I found very unusual, but that is MY reaction, my choice

decided that it would be best to give a basic understanding
    not all the recent add ons
    not all the recent adjustments
    as if: share basic algebra and let you get into advanced number theory if wish

by giving you a solid base of core concepts
    you will have a solid basic understanding
    then you can explore intelligently from that base
      see the changes
        some will fit for you, some will not fit for you, personal choice
    come to your own conclusions about what is right for you
Vocabulary
often different religions use same words but have a different meaning
also definitions have changed over time
for those religions that accept reincarnation, the definition of the applicable
vocabulary has changed over time
wanted to make the definition more palatable for those who do not accept
reincarnation

example: the meaning of “nirvana” (goal of reincarnation in Buddhism):

*Webster’s College Dictionary*, 2010
1. A state of ultimate wisdom and blessedness
2. A state of release from the cycle of reincarnation and absorption into the universal reality

*Macmillan Dictionary*
1. nirvana or Nirvana a state of complete spiritual happiness that Buddhists and Hindus try to achieve in which human existence no longer seems important
2. INFORMAL a feeling of complete happiness and peace

*Merriam Webster*
: the state of perfect happiness and peace in Buddhism where there is release from all forms of suffering
: a state or place of great happiness and peace

Full Definition of NIRVANA
1: the final beatitude that transcends suffering, karma, and samsara [aka reincarnation] and is sought especially in Buddhism through the extinction of desire and individual consciousness
2 a: a place or state of oblivion to care, pain, or external reality; also: bliss, heaven
   b: a goal hoped for but apparently unattainable: dream

clearly, if you are in conversation with someone
be sure you are both talking about the same thing
be sure you both mean the same thing for the words you are using
Historical Mystery Traditions

Isis and Osiris (Egypt)
   Osiris was killed by his brother Seth and dismembered
   Seth hid the pieces in various places
   Iris, wife of Osiris, found all the pieces and put them back together again

Pythagoras

Plato and Socrates (Greece)

Eleusis (Greece)
   Demeter, goddess of agriculture, spouse of Hades
   Persephone, daughter with Zeus
       abducted by Hades
       4 months in Hades, 8 months on Earth, hence the seasons

Ephesus (Greece)
   devoted to Isis-Artemis (Diana)

Dionysus (Greece and later Roman)
   Romans later turned lesser mysteries turned into Bacchanalia (a drinking fest)
   greater mysteries still strong

Mithras (Persian god)

Druids (especially in northern Gaul)

Dark Ages
   Cathars
   Knights Templar

Freemasons
<table>
<thead>
<tr>
<th>RELIGION</th>
<th>MYSTICAL TRADITION</th>
<th>EXAMPLES OF MYSTICS</th>
</tr>
</thead>
</table>
| Historic Figures |                    | Pythagoras (580 BCE – 500 BCE)  
Plotinus (205 CE – 270 CE)  |
| Judaism        | Kabbalah           | Moses Cordovero (1522 – 1570)  
Isaac Luria (1534 – 1572)  
Baal Shem Tov (1698 – 1760) |
| Hinduism       |                    | Kabir (d. 1518)  
Ramakrishana (1836 – 1886)  
Vivekananda (1863 – 1902) |
| Buddhism       |                    | Lord Buddha (Siddhārtha Gautama)  |
| Buddhism       | Zen                | Dogen (1200 – 1253)  |
| Islam          | Sufi               | Jalāl ad-Dīn Muhammad Rūmi (1207 – 1273)  
Hazrat Inayat Khan (1882 – 1927) |
| Christianity   |                    | Apostle John  
St. Francis of Assisi (1181/2 – 1226)  
Hildegard von Bingen (1098 – 1179)  
Meister Eckhardt (1260 – 1327/8)  
Richard Rolle (1290-1349)  
St. John of the Cross (1542 – 1591)  
St. Teresa of Avila (1515 – 1582)  
Evelyn Underhill (1875 – 1941)  
Thomas Merton (1915 – 1968) |
| Confucianism (China) | Tao |        |
Note that there is no Christian mystical tradition but are many Christian mystics
second century CE
a lot of unrest in church, factions not always agree
  churches Asia Minor
  Roman church
  Gnostic activity
Irenaeus ©. 120 – c. 202) was mediator
  became Bishop of Lyon
he felt that the Gnostics were threat to Roman church
Gnostics taught:
  there was a duality of good vs evil, light vs dark, etc.
    not idea of the single God of the Roman church
  Jesus taught lesser mysteries to public, greater mysteries to disciples
  members used own pathway to get to salvation
per Elaine Pagels
  (Harvard professor
  study Gnosticism
  worked with translation of the Nag Hammadi documents,
    found in 1940s in Egypt)
  she felt that the Gnosticism was political threat to Roman church
Irenaeus attacked the Gnostic beliefs as heresies, he said
  only one God
  what Jesus taught is written in the New Testament
    only one set of teachings
  population needs church to provide absolution of sins
many of the Gnostic ideas were like the experiences of the mystics
but Irenaeus put a stop to all Gnostic beliefs or anything like them
  hence no mysticism
  teachings of Jesus are only what is said in Bible
what is a mystic, precise definition of mystic

Rabbi Amy Scheinerman:
Kabbalah (meaning “that which has been received”) is the intellectual and methodological approach to accessing the timeless truth of reality in the here and now. In other words, it is the process of acquiring and practicing esoteric knowledge and techniques for glimpsing the reality beyond our material world - ultimately, for “glimpsing” the Ultimate Reality, God.

Google: (same as the Oxford English Dictionary)
a person who seeks by contemplation and self-surrender to obtain unity with or absorption into the Deity or the absolute,
[Note continuation]:
or who believes in the spiritual apprehension of truths that are beyond the intellect.

Sufi: direct personal experience of God

mine: a oneness experience with the Godhead/Creator
also: process of having the mystical experience changes how you choose to live your life

go from believing there is a Central Deity to knowing there is some power out there

not a conversion experience like Paul’s on the road to Damascus
not a dream
not a series of dreams that give unusual impact
not a near death experience (NDE)
not like a mystical image of fog above a lake in a forest
not equivalent to a wizard
how to get to a mystical experience
   traditionally three pathways:
       service
       study
       mediation and contemplation
I would add how you live and the choices you make

not something to take on lightly
   Jewish story of 4 rabbis to enter the divine orchard or paradise:
       one died immediately
       one went mad immediately
       one cut the plants (did he perhaps try to destroy the orchard?)
       one emerged in peace

generally a multi-year project
   lots of work and study ahead
lots of fixing yourself and changing some habits
restrictions on learning the Kabbalah:
   be at least 40 years of age (changed to 20 years by Cordovero)
   high moral standards
   prior rabbinic learning
   married
   mental and emotional stability

no control over when the experience will happen
   it just does, when you are ready and the time is right
Classical elements
air, earth, water, fire
proposed by pre-Socratic philosophers
Plato
428/427 BCE until 348/347 BCE, in Athens
added regular convex polyhedron solids to each
Aristotle
384 BCE until 322 BCE, Euboea (north east of Athens)
dropped the shapes and added hot & cold/wet & dry

used by Medieval alchemists
gets into their very early scientific work
gets into the alchemists’ desire to turn lead into gold
also used the humors in healing

<table>
<thead>
<tr>
<th>Element</th>
<th>Humor</th>
<th>Shape (Plato) Hot/Cold/Wet/Dry (Aristotle)</th>
<th>Element considered most important by (dates approximate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Earth</td>
<td>Melancholic: depressed, irascible, sad, unhappy</td>
<td>Cube 6 squares cold and dry</td>
<td>Xenophanes (540–537 BCE)</td>
</tr>
<tr>
<td>Water</td>
<td>Phlegmatic: slow, stolid, cool, impassive</td>
<td>Icosahedron 20 triangles cold and wet</td>
<td>Thales (624 – 546 BC)</td>
</tr>
<tr>
<td>Fire</td>
<td>Choleric: zeal, enthusiasm, daring</td>
<td>Tetrahedron 4 triangles hot and dry</td>
<td>Heraclitus, around 500 BCE</td>
</tr>
<tr>
<td>Air</td>
<td>Sanguine: sturdy, confident, optimistic, cheerful, happy</td>
<td>Octahedron 8 triangles hot and wet</td>
<td>Anaximenes (flourished c. 545 BCE)</td>
</tr>
<tr>
<td>Aether</td>
<td></td>
<td>Dodecahedron 12 pentagons</td>
<td>first mentioned by Plato in <em>Timeas</em></td>
</tr>
</tbody>
</table>

also used in astrology, each sign of the zodiac is associated with air, water, fire or earth
aether
  history
    4 elements resulted from trying to understand the universe/how it worked
    i.e., basically very early science
  aether
    also used for name of the medium in which the stars resided
    the “air” breathed by the gods on Mt. Olympus
    not the same as the air we breathe

Medieval alchemists called it “quintessence”

study to try to prove aether:
    Michelson-Morley experiment of 1887
    showed that aether was not present

prana
  may hear the word
    found one reference that says same as aether and White Light
    not accurate, totally different
  prana is life force or aliveness in the body
    leaves with soul at death
Chopra Center: (part of article on chakras, detail later, Session VI, 10/25/16)
  “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.”

in Indian philosophy (Upanishads)
  one of body’s vital airs or energies (Encyclopedia Britannica)
in Ayurvedic medicine
  life force, vitality; life sustaining energy centered in human brain
  life force governing inspiration and conscious intellect

similar to qu (chi) in Chinese medicine
similar to ki in Japanese
White Light
a lot of trouble finding any good information with resources

friend in Baltimore
  when her kids were first starting to drive
  she would just wrap the car in white cotton batting!!

what little I found was the following:
  always positive, never dark
  if you think of it, it is there for you
  used for protection and healing
  definitely not aether
  definitely not prana

then realized that I created a thought form that was a white lotus
  sat on a counter in the lower level
  each morning I expanded that to White Light and protect the house
Resources:

**General:**
http://www.themystica.com/mystica/default.html

Awarded from: Britannica.com; Criteria: Editors selected site as one of the best on the Internet for quality, accuracy of content, presentation and usability. See home page in the bottom left for the search feature

http://www.crystalinks.com/

http://www.ancient-wisdom.com/

http://www.encyclopedianomadica.org/


an excellent dictionary with entries on just about anything in spiritual and esoteric concepts and thought from a number of religions, clear and easy to understand

*Kybalion*, Three Initiates

actual authorship uncertain, primary candidate is William Walker Atkinson

not a book to sit down and read through, better to read a chapter and then think about it for awhile

however, it is a book that one can go back to again and again

ADK Luk books (Alice Schutz)

To purchase:
http://www.alohapeace.com/lawoflife.aspx

not necessarily an easy read

lots of very detailed information on the Masters of the White Brotherhood

(mystical beings who are often mentioned in various discussions)

**Mystical Traditions:**

http://en.wikipedia.org/wiki/Mysticism - Jewish mysticism


about Plotinus

long but interesting, good definition and understanding
https://westernmystics.wordpress.com/
  read thoroughly, some things hidden in this I think
  not clear what they mean by the term “mystic”

http://plato.stanford.edu/entries/mysticism/
  erudite, check, good resource so may be helpful

search on how to obtain a mystical experience
http://www.sawka.com/spiritwatch/cehsc/ipure.htm

Bruce B Janz, Ph.D. Professor, University of Central Florida
http://pegasus.cc.ucf.edu/~janzb/mysticism/
  resources for Bruce Janz’s class on Western Mysticism, University of Central Florida
  lots of info, links and cross references
  under section on Academic Study of Western Mysticism, first subsection:
    click on Mysticism, PPT presentation

Evelyn Underhill
http://www.evelynunderhill.org/
  Janz: “an old classic but later works fulfill this project better”
  Janz: “good introduction, kind of a primer on mystical life”

Rabbi Amy Scheinerman
http://scheinerman.net/judaism/Ideas/index.html
  click on Kabbalah in the list on her web site
Recommended reading:
Daniel C. Matt, *The Essential Kabbalah: The Heart of Jewish Mysticism*
Lawrence Kushner, *The Way Into Jewish Mystical Tradition*
Zev ben Shimon Halevi, *The Work of the Kabbalist*
Moshe Idel, *Kabbalah: New Perspectives*

per Rabbi Scheinerman, not recommended are:
  The Kabbalah Centre
  Michael or Yehuda Berg
Classical Elements:
http://plato.stanford.edu/entries/xenophanes/
http://plato.stanford.edu/entries/heraclitus/
http://www.britannica.com/biography/Anaximenes-of-Miletus

http://www.friesian.com/elements.htm
compares the elements as used in various faiths and languages

An Unusual Item
some interesting concepts but rather unusual
just the kind of thing that may challenge your ideas
but also the kind of material that may just have a nugget of interest for you

Aether – Michelson-Morley Experiment (1887):
http://galileoandeinstein.physics.virginia.edu/lectures/michelson.html
see section: Detecting the Aether Wind

http://scienceworld.wolfram.com/physics/Michelson-MorleyExperiment.html

Prana:
http://www.chopra.com/ccl/what-is-a-chakra
quoted above in section on Prana