

1. Session I, September 20
 - Introduction
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 - Karma
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 - Reincarnation**
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 - Free Will Choice
 - Understanding Karma, Reincarnation and Free Will Choice
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 - Astrology
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 - Chakras
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Short Items

- Classical Elements (including Prana, Aether, White Light)
- Changing Your Energy
- How to Changing Your Attitude
 - Kybalion Tools
- Thoughts Are Things
- Image/Plan/Implement
- Gender and Mental Gender
- Ley Lines
- Energy Layers in Body
- Mystery Schools
- Lesser Mysteries/Greater Mysteries

NOTES:

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Idea of reincarnation
definitions

Cambridge Dictionary:

the belief that a dead person's spirit returns to life in another body

Google (probably from Wikipedia):

concept that the soul or spirit, after biological death, can begin a new
life in a new body

ARE: belief that each of us goes through a series of lifetimes for the
purpose of spiritual growth and soul development

synonyms:

transmigration

metempsychosis

reincarnation is basically the tool to do all of the following:

earn new positive karma

deposits to the savings account

resolve negative karma

deposits to cover withdrawals from the saving account

learn new skills

spiritual growth

long term goal:

get all the karma fixed, all the problems resolved

learn all that need to know at the soul level

can then “graduate out” of the current reincarnation cycle

cannot be proved

lots of anecdotal evidence

are not kinds of tests and repeatability that scientists want

Edgar Cayce, (March 18, 1877 – January 3, 1945)

full trance medium

means that he appeared to be asleep

did not hear or listen to himself, could not remember

someone else took notes

did over 2000 “life readings” which was his name for past lives information

concept of reincarnation really hard for him, did not fit with his beliefs

readings continued so he finally became a bit more comfortable with it

lots of experiences for me

used past life info to help getting problems recognized in this lifetime

makes concept comfortable for me

Overview of Reincarnation Theory

live a life time and die or “make transition,” soul carries on in afterlife

short period (few days) of healing and interaction with those left behind

do self assessment, called the Bardo

compare with list of outstanding issues

work on some project between lives

finally feel that it is time to go back in body

your work with counselors

you and counselors design the new life time

contacts for karma resolution or unfinished work

learning opportunities

birth process

will forget the planning!!!

live the life

transition

repeat until all the “goals” are met

Now the details:

again, this is all theory

this info is based on:

way I learned it at Astara

my own experiences and how I found the process functioned

some of my understanding has changed as I used the concepts

Choose a reincarnation cycle

Hindu idea of being human or being an insect or being something else

Graham Schweig, professor at Christopher Newport University

Smithsonian class on dying and after life in various religions

concept that attributes get separated and go to different individuals

but..... how do you get back together again?

I learned a more western version that do a series of lives of one type

human

pet

color

type of sound

etc.

in the human cycle

for first couple of human lives come in with some kind of disability

are loved and cherished, supported by others

makes the entry to this cycle easier

are able to learn way around and how a lifetime on Earth works

then come in totally on your own with a full set of skills to manage on Earth

while in the afterlife, when feel ready to go back into body:

you work with counselors to design the new life, all the details

parameters

what karma to resolve

what skills want to learn

where live:

race

location, nationality, social strata

body type

parents:

genetics

may include potential for a given illness

not required that will have the illness, still a choice

type of life:

large, strong family group

impression that Kennedy family often came back as a group

smaller family

single parent

orphan

health and well being:

short life vs long life

living area:

urban vs rural vs mountain valley vs ocean side

what need to learn:

based some on previous lives

look for missing areas of education

look for missing experiences so learn about that life style

what need to resolve in terms of karma:

work from a list of outstanding issues

if others are involved, counselors work to see who is also in body

for karmic resolution will those individuals be in approximately same location

arrange *probability* of meeting

part of the theory:

if someone does ABC to me

at some point in the past I *may* well have done ABC to them

may be centuries between the two events

may or may not actually be the case

may be that other person is a substitute who needs that lesson

finish the design

all the plans in place

prepare to go into the new life

“birth Bardo”

concept: at birth forget all the planning, supposedly don't remember any of it

but clearly some do

child prodigy learned some musical instrument in previous lifetime
into current lifetime and immediately highly accomplished
e.g., Mozart

study at University of Virginia, Drs. Stevenson and Tucker
see resources for more details

can sometimes sort of remember the plan for this lifetime

will know about major life events and are accepting
story of divorce and telling the kids

Diana was 17

Karen was 12

was a period when parents and teachers stopped any feeling of anything
intuitive

made the kids close that pathway

age 13, child no longer have access to anything of the plan

that info which gave some comfort to the early years is over
reason teenagers have to try out everything

“what if I do XYZ—what kind of trouble will I get into?”

the concept also says that events in life of a child under 13 are parental karma

implies that children are not always responsible for their actions

they don't always understand the implications

they don't always see all the potential for issues

example: a toddler picks up a gun.....

some questions today about how much newborns actually remember from planning

they seem to know more, remember more than did 20 years ago

not that change in the adults, more a change in the children

lots of very strong babies being born

Karen about Ashley: she's 10 going on 25

not so much on the details of the previous lives

more a matter of knowing the concepts, the philosophy

live the life

can also notice that sometimes very easy to learn something
probably learned it before
becomes natural to you
example:

my learning German, not interested in French

feel like you have known someone before

could be this lifetime

could be a past lifetime

Kennedy family often appeared together lifetime after lifetime

gather to renew friendships, mutual support

can find that make friends or trust someone very quickly

means probably already worked to establish that trust in a previous lifetime

can find that don't like someone immediately, do not want to be around them

could mean that some kind of issue from the past

could relate to skills that need to develop in this lifetime

communication

understanding and/or patience with others, give them their space

could also mean that have developed skills to ensure safety in this lifetime

person might well be problems ahead--you need to avoid that issue

actual lifetime may or may not have all the experiences and events designed
will certainly have some

past life info can help with understanding and resolution
identify an old issue
example Jane and Belgian convent

understanding past life can help with how to take care of karma
Marshall Lever and his life as a gladiator
able to hypnotize opponent so killed them easily
did this for 25 years, really unusual to live that long
per Marshall, he must resolve with:
all those he killed
everyone who watched from the Coliseum
lots of karma to fix
some he did by giving lectures, again touch a large group

ideas of mission for a given lifetime
in 30's or 40's begin to want to know the "mission" for this life
"there's something I'm supposed to do; what is it?"
can get answer through meditation and/or a reading from a psychic
can just get a sense that are on the right pathway
one option or idea feels right, another does not feel right

conclusion: each situation is really unique

applies to seniors and others with terminal illness who are getting ready for transition
different for accident situation

as person gets near the time of transition
may talk about others who have already passed away
actually quite normal
that is the “welcoming committee”
person leaving then knows that others are waiting
will help
will answer questions
will assist with adjustments

soul leaves through the crown
someone asked in the other class if that was White Light
the departure for those who see it, it is foggy or wispy

end of life, go through the death process
after soul leaves body
we usually have a several day period of open communication with person who died
deceased person is saying good bye
will appear in dreams and say good bye
will appear in bedroom near bed
will get a sense of a hug or their love being around
deceased person is being sure family and friends are OK
deceased person may even attend funeral or memorial service
you may actually be able to reach them in meditation/deep prayer

Bardo

start of Bardo is by deceased person's choice, usually a matter of a few days
lasts 72 hours (by the clock)
doing self assessment of life just finished
get into a kind of judgment period but it is *self* judgment

for those who are still on planet is a black out period in communication
can't reach the one who left
don't feel like they are "around"
deceased person is very much "gone"
not available to anyone
grief for those still alive is really hard

during Bardo

soul looks back through the lifetime just ended
sorts through the choices made during that lifetime based on the outcomes

categories for sorting events in life just finished:

- some choices may have resulted in positive outcomes—they are simply noted
- some choices were basically neutral—they are also noted
- some choices from the lifetime just finished were actually restitution and resolution of issues left from other lifetimes—they close out an open unresolved issue and are removed from the list of karma still to be resolved
- for some issues from the lifetime just completed, full restitution has already been accomplished during that lifetime and those can be just noted
- some issues from the past remain to be resolved
- some choices from the lifetime just completed caused new problems for others and are added to the list of unresolved karma

last two result in unfinished or unresolved karma items

for some particular situations a period of healing and restoration as needed

Hitler-type person goes into a long sleep

tended by “nurses” and counselors

he will have to undo all that karma for every person he ordered killed

he killed them directly

he ordered someone else to kill them

he approved the killing

based on question someone asked:

Hitler is not even half way through that period of deep sleep

died in 1945 so call it 70 years ago

look at options for work between lives

what opportunities are there for growth

work on project from end of lifetime

story that Kennedy is continuing work on civil rights

Martin Luther King Jr probably doing the same

my mother, going around to get someone on the planet to do her work

lots of stories of missing documents

person deceased tries to help the appropriate person find the document

hard to work on resolution of issues from life just finished

not easy to contact anyone still alive

can use dream state

can use sensitive person, someone willing to say “this seems right”

can use some kind of individual as a channel to get word through

goal of reincarnation

graduate out of this cycle and go into whatever is next
your choice

Buddhism calls it nirvana: escape from samsara (which means reincarnation)

Hinduism calls it moksha:

samsara: chain of lives

karma: law that manages samsara

moksha: salvation from samsara

part of Greco-Roman mystery religions

reincarnation is not taught much any more

made for changes to the definitions *in various words* over time

original definitions get something that involves completion of series of lives (see 2)

more recent definitions are softer, don't imply the reincarnation (see 1)

this is a Nirvana definition

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

Any questions

Akashic Records

Edgar Cayce called it the “Book of Life”

records of every thought, word, and action of every person

your own choices and actions are also on your soul

no need to look at the records to see own history

1) can make a request for the information

2) can get the information through deep meditation

by far the best way to get past life information is to get it yourself

can get confirmations:

from a reading from someone else

from enhancement of the original information

more in the short topics but mind is amazingly strong

that which you ask for is yours

for the Akashic Records

in general access is limited, must have a reason to see what is in the records

not an information playground

secures your privacy

security is tight and very effective

cannot go in the Hall where records are stored and just read about others

would be invasion of their privacy

if try to violate and even want to get in anyway, karma would be extensive

if ask for past life info

will receive only the info you need at the time

enough to understand and resolve the issue you are concerned about

e.g., Belgian lifetime and convent for me

not get info on the rest of the family

suspect (not know)

that we lived in the German speaking area

that the convent was in the French speaking area

Resources:

Reincarnation

ARE, Association for Research and Enlightenment, Virginia Beach
Edgar Cayce, (March 18, 1877 – January 3, 1945)

Sugrue, Thomas, *There is a River, The Story of Edgar Cayce*

Dr. Jim B. Tucker, M.D., the Bonner-Lorry Associate Professor of Psychiatry and Neurobehavioral Sciences at the University of Virginia (from Bill Stoney's Paranormal class)

Bio, (aka curriculum vitae or CV)

<http://www.medicine.virginia.edu/clinical/departments/psychiatry/sections/cspp/dops/staff/jimbio-page>

<http://www.today.com/news/return-life-how-some-children-have-memories-reincarnation-t8986>

Dr. Ian Stevenson, Carlson Professor of Psychiatry and Director of the Division of Personality Studies at the University of Virginia, predecessor to Dr. Tucker

<http://reluctant-messenger.com/reincarnation-proof.htm>

Akashic Records

(also in the first handout)

<http://www.themystica.com/mystica/default.html>

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