

F601 Survey of Non-Traditional Beliefs

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

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

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)

“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 for Classical Elements:

<http://plato.stanford.edu/entries/xenophanes/>

<http://www.britannica.com/biography/Thales-of-Miletus>

<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

Proceedings of the Freisian School, Fourth Series <http://www.friesian.com/>

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

POWER OF THOUGHTS

concept: same as “watch what you pray for, it’s yours!”

if you think about it hard enough, it is yours

“watch what you think about, it’s yours”

alternates: watch what you *fear*, it’s yours—e.g., getting robbed at night

watch what you are *concerned about*, it’s yours

watch what you *dream about having*, it’s yours

be sure you check the implications of what you want

has increased massively in strength over the last year or so

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

sometimes said as, “Thoughts are things”

another way of stating the same idea

makes your thoughts more solid

they have more impact as a solid item

same dynamic as working as a healer or supporting someone

send support:

good luck in your exam

good luck in your job interview

issues: do you want to send out anger

do you want to think about ways to do revenge

do you really want to cause a negative experience

then who has the karma for the revenge?

key point, all these are thought forms, nothing solid

can change or rearrange at will since you made it up

easier to change than a solid

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

morning of surgery

trusted my surgeon

knew surgery was necessary

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 healing is an isolated event; easy to see what was at work

unique issue

get help

see results—but then I expected it to work

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

want to move to a new house or a different kind of living arrangement

use the thought form(s) to create it

visualize yourself living there

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

later actually visit a new house or living space, wondering whether it will work

then at home visualize yourself in that space

can you move easily room to room

set out your furniture

need to buy a new car

same kind of process

take your “wish” list

include everything, then prioritize

based on what is available and/or costs

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 to create the output

what will it look like

will it accomplish what you want it to accomplish

how will it affect people

even think about who won't like it and how to convince them to your idea

just a thought form 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

will try with the thread/colors I am considering

know that I have to check in the sunlight

then put it on the refrigerator or place I will walk by often

look at a distance

look several times at odd moments

one color or thread is clearly right

plan how to do the project

still in your mind

high level, an overview

then at the detail level

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

easy to change, no cost involved

raw material to buy, people to be hired

guided by the final image 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

already worked through in your mind

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

HOW TO CHANGE YOUR ATTITUDE

Kybalion

written by “Three Initiates”

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

actually out of Blavatsky and theosophy, published in 1908

powerful little book—for me

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

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

on the pathway you are currently walking along

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

sad/angry to happy/peaceful

find things that make you laugh

video we just watched

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

find things that give you a feeling of peace

music

something beautiful: flower, photo of someone you cherish, 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

Power of Concentration, video, 7 minutes, link in the Resources

be sure you watch all the way to the end

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
aka Loshon Hora/Guard Your Tongue
maybe an old situation you need to resolve
step back mentally and watch yourself
think about power of thoughts, aka thoughts are things
how could you turn this around to something more comfortable

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
sometimes turns into 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
to slow down the whirlwind in your brain
mindfulness is then watching yourself and see what you do
includes meditation but it more than just meditation
then work to change what you don't like

Resources

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

Wendy, the talking dog

<https://www.youtube-nocookie.com/embed/xU7FdD1SpHc?rel=0>

<http://www.flixxy.com/the-incredible-power-of-concentration-miyoko-shida.htm#.UY-vxpxBino>

GENDER AND MENTAL GENDER

work in progress for me
was an only child
initially not really understand the male of our species
trying to learn, observation, ask questions
may be inconsistencies in what I think and/or say
working 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
if desire to go into combat and come home in body bag
are putting own choices as more important than the child

mental gender idea out of Kybalion
have modified it slightly as worked with the concept

mental gender is not the same as physical gender
physical: men and women, body characteristics
mental gender more about how you think and/or how you use your mind
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
e.g., how to organize material for class
that's the feminine mental side

I can also drive and push myself to finish a project or a task
e.g., get the hand outs designed and produced
that's the masculine mental side
implies that both functioning for me, 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, detail oriented
applies to right side of the body

as grow and 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?

does not imply that I was gay during those lifetimes

Resources:

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

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

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

LEY LINES

none of this is proven, but you may hear the term

concept:

from Sir Alfred Watkins, amateur archeologist (1855-1935)

book in 1922, *Early British Trackways*

revised and enhanced in *The Old Straight Track*, published in 1925

showed that straight lines connected some of the powerful ancient sites

St Ann's Well, Worcestershire

along ridge of Malvern Hills, through springs:

Holy Well

Walms Well

St. Pewtress Well

his idea that ley lines were pathways that people could walk

not a lot of scientific support for his ideas

checked on the Internet under "ley lines"

almost a manipulation of data to prove what you want to prove

lots of different answers

lots of different maps

a certain amount of scepticism

major questions about whether they exist or not

one site said are fault lines associated with tectonic plates

actually fault lines are well mapped and do not appear to be ley lines

one article also said they are used by UFOs for navigation

area in New Mexico, Chaco Culture in north western part of state

N/S line that appears to connect sacred sites, not necessarily a ley line

part of the Anasazi Culture now called Ancient Pueblo

read somewhere that the NS line actually went south into Mexico

but could not find reference

Are locations with strong energy

long term use as religious/cult/worship sites

some connected by energy levels, geometry, astronomy/geoastronomy

Examples:

Stonehenge

Glastonbury Tor, UK

Ayers Rock, Australia

Nazca Lines, Peru

Egyptian pyramids at Giza

energy diffused by crowds

lesson plan: story of getting out of bus early at Saqqara

Four Corners area of the southwestern US

Chartres Cathedral, France

continued to build sacred/worship places in the same location

build up a strong positive energy

Mt St Albans, Washington Cathedral

down in the Joseph of Arimathea Chapel, under the crossing

very different from energy up on the main floor

can see the massive base structure of the central tower

crypt: Helen Keller and Anne Sullivan Macy

Dome of the Rock, Jerusalem, top of Mt. Moriah

walking around, interesting, a bit touristy, was in 1989

sacred to several faiths

site of two Jewish Temples

Abraham to have sacrificed Isaac there (Genesis 22:1–14)

Mohammed taken by Angel Gabriel to see God and prophets

went into the Dome of the Rock

went downstairs to see the actual rock

could see how the rock was carved/adjusted to allow for sacrifices

draining blood, managing the meat, etc

energy so strong that I had to hold onto a wall, almost fell over

in the middle of the group so moved over to the side

if there are locations with strong energy, need to be nodes with particularly low energy spaces on the opposite range of the spectrum

Resources:

Anasazi sites in greater Four Corners Area

http://www.amwest-travel.com/awt_anasaziguide.html

LESSER MYSTERIES/GREATER MYSTERIES, MYSTERY SCHOOLS

Historical Mystery Traditions

Isis and Osiris (Egypt)

Osiris was killed by his brother Seth and dismembered

Seth hid the pieces in various places

Isis, 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 made lesser mysteries into Bacchanalia (a drinking fest)

greater mysteries still strong

Mithras (out of Iran, Persian god identified with the sun)

Druids (especially in northern Gaul)

Medieval

Cathars

Knights Templar

Freemasons

Lesser Mysteries

taught by drama or by story/parable

examples:

parables in the Bible

Aesop's Fables

Fairy Tales (in original versions)

some Shakespeare

not necessarily explained

learning/understanding of message occurred later

when run into a similar situation

other examples in movies and novels:

Yoda training Luke in Star Wars series

James Redfield

The Celestine Prophecy

The Tenth Insight

The Secret of Shambhala

The Twelfth Insight

Richard Bach

Jonathan Livingston Seagull, is now a Part 4

Illusions: The Adventures of a Reluctant Messiah

One

Illusions II

Greater Mysteries

ancient teachers watched for those ready to learn, multi-year process
tested
trained
initiations/ceremonies
learn to use the powers
nothing ever written down, all training done by word of mouth
concerns about misuse of the knowledge and skills so much was held secret
could be dangerous if misused
were passwords
were vows not to release info, severe penalties if info shared
physical initiation in a ceremony with others
ancient schools used a mystical death and rebirth
based on hints from what I have read
involves a kind of ritual death
go beyond that by understanding what is real and what is not
are then ritually reborn via images

individual religions and sects were asked to hold certain facets of greater mysteries
were to train their trusted members and were to use the material
but not share
to learn must commit for years and study under that religion
e.g., the chakra material held by the Jain

decision in the early 1930's to start releasing material
began to surface slowly so we started to hear about it in 50's and 60's
I actually learned the chakra concepts from Jain teacher in 1980's
weekend lecture at St. Andrews Methodist Church in Alexandria

much of what is explained in this class was considered greater mysteries
karma, reincarnation, Bardo, death and rebirth processes, chakras
however, this class material is really just an overview

if you decide that you want to learn all about the greater mysteries and mystical experience
not do it lightly, takes a commitment
3-4-5 year project
need to pay for the training and membership in the school, mostly nominal
lots of getting in touch with yourself and your issues and old karma
develop more of that hefty honesty with yourself

search for a mystery school that fits you
long list of modern mystery schools on the Internet
Rosicrucians
Freemasonry
Theosophists
Modern Mystery School
lots on web
looks attractive but is that just marketing impact?

how to tell the quality
need to research, need to ask to talk to some of the long term members/students
be sure they teach the greater mysteries:

Bardo
death process
birth process

only one I know a great deal about is Astar

Astara.org

basically two lessons to cover one month

can get 6 months of lessons for \$47 in one bound book

can get whole year of lessons for \$77 in one book

newsletter:

<http://www.astara.org/newsletters>

highlights of the degree lessons

http://media.wix.com/ugd/02c8f9_1d805b7a8aa741aa8cc822ef083a33f0.pdf

content of all the lessons:

<https://astara-store.myshopify.com/pages/lessons>

should be able to get comparable types of information on any mystery school

reading that will help

NDE (near death experiences) cover some of the death process material

Proof of Heaven, Eben Alexander, MD

neurologist, with a brain infection

To Heaven and Back, Mary Neal, MD

went over a waterfall in her kayak, pinned under water

also see mysteries in books that are difficult to read and/or hard to understand

needed to really concentrate to get the message

actually written so *had* to work to understand

read information channeled by psychics, often includes some mystery material:

Edgar Cayce

Jane Roberts, Seth material

Arthur Ford

read what works for you

trying to wade through the Seth material (Jane Roberts)

could manage about 4 pages and mind all over the place

finally told to put it away

get the same kind of learning from *Jonathan Livingston Seagull*

which I loved

if pick up info or get an “I wonder whether.....”

ask for confirmations

back to my story of the info about predestination

Resources:

Lost Secrets of the Mystery Schools, Earlyne Chaney, published by Astara, available on Amazon

<http://www.theosociety.org/pasadena/mysterys/mystsch1.htm>

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mystery schools

Astara, 1960's and 70's

Rosicrucians

Theosophy

Nine Gates and Arizona Center for Integrative Medicine

<http://www.ninegates.org/about-nine-gates-mystery-school>

Modern Mystery School

<http://www.modernmysteryschoolint.com/what-is-a-mystery-school/>

Amenti Mystery School

<http://www.mystery-school.com/>

The Spiritual Mystery School

<http://www.thespiritualmysteryschool.com/index.htm>

etc

IMPORTANT: choose one that teaches both lesser and higher mysteries
go beyond the first page in a Google search

<http://www.crystalinks.com/mysteryschools.html>

has list of historic mystery schools with links

goes deep but core data is somewhat abbreviated

a good place to start