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

<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)
“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://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
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
  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 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
ekarma, 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 Astara
   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/mysteries/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