Survey of Non-Traditional Beliefs

1. Session I, September 20

 Introduction

 Sources

 Mystical Traditions

 What Is a Mystic

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

5. Session V, October 18

Chakras

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6. Session VI, October 25

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Classical Elements (including Prana, Aether, White Light)

 Power of Thoughts

 Changing Your Energy

 How to Change Your Attitude

 Tools from the Kybalion

 Gender and Mental Gender

 Lesser Mysteries/Greater Mysteries

 Mystery Schools

 Ley Lines

 Locations with Strong Energy

NOTES:

 Linda Bender

lindabender@starpower.net

 Phone: 703-451-0253

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

 grow spiritually, as much as possible in the current environment

 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 resolution to problems seen 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

 you 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

 still not necessarily easy

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 wellbeing:

 short life vs long life

 living area:

 urban vs. rural vs. mountain valley vs. ocean side, etc.

 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 with those individuals be in approximately same location

 arrange *probability* (key word) of meeting

 part of the theory:

 if someone does ABC to me

 at some point in the past I *ma*y 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

 was a period when parents and teachers stopped children from any feeling of

 anything intuitive

 made many kids close that pathway

 can sometimes sort of remember the plan for this lifetime

 will know about major life events and are accepting when they happen

 telling the kids about the divorce

 Diana was 17

 Karen was 12

 age 13, child no longer have access to anything of the original 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 planning work

 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 can 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

 need to stay alert, may be a variety of reasons

 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 now 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

transition, end of life

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 another 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 and say good bye

 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)

 departed person is doing self assessment of life just finished

 gets 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

 that may be recombination

 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 cycle of lives (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 on this?

Akashic Records

 Edgar Cayce called it the “Book of Life”

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

 all your own choices and actions

 no need to look at the records to see own history

 are also written/recorded on your own soul

 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 Additional Discussion 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 or 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

 get 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)

 <https://www.edgarcayce.org/>

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

Tucker, Jim B, M.D., *Return to Life*

also: <http://www.jimbtucker.com/>

Dr. Ian Stevenson, (October 31, 1918 – February 8, 2007)

 preceded Dr. Tucker at University of Virginia

 several entries under Google search for his name, among them:

 https://www.near-death.com/reincarnation/research/ian-stevenson.html

Akashic Records (also in the first handout)

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

https://www.themystica.com/mystica/articles/a/akashic\_records.htm

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