Additional Discussion Topics

Classical Elements

Aether, Prana, White Light

Power of Thoughts

How to Change Your Attitude

Tools from the Kybalion

Gender and Mental Gender

Lesser Mysteries and Greater Mysteries

Mystery Schools

Ley Lines

Locations with Strong Energy

Classical elements

historic

four elements resulted from trying to understand how the universe works

basically very early work as science

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 element

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 the alchemists’ desire to turn lead into gold

also related to 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 of Miletus  (624 – 546 BC) |
| Fire | Choleric:  zeal, enthusiasm, daring | Tetrahedron  4 triangles  hot and dry | Heraclitus  around 500 BCE |
| Air | Sanguine:  sturdy, confident, happy optimistic, cheerful, | Octahedron  8 triangles  hot and wet | Anaximenes of Miletus (flourished c. 545 BCE) |
| Aether |  | Dodecahedron  12 pentagons | in *Timeas* by Plato |

also used in astrology: each Sun sign is associated with air, water, fire or earth

Aether, Prana and White Light

found one reference that says all three are the same

not accurate, are totally different—by definition

aether

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”

scientific study to try to prove that aether exists:

Michelson-Morley experiment of 1887

showed that aether was not present

prana

may hear the word

prana is life force or aliveness in the body

leaves with soul at death

Chopra Center: (part of article on chakras, detail in 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!!

her way of expressing White Light

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 it on a counter in the lower level of my home

each morning I expand that into White Light to 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 (a.k.a. Thoughts Are Things)

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

what else would change if you got your wish

implication that need to be careful about what you think

sometimes said as, “Thoughts are things”

another way of stating the same idea

gives your thoughts more impact when you are thinking about them

actual car is more impact that the idea of a car

has increased massively in strength over the last year or so

example: I live on a corner house across from a park, no houses, just trees

been re-paving all the streets in the housing area

company was using the area to leave their equipment overnight

or in the case of removing the current surface, all day

finished that project, all the equipment moved elsewhere

someone parked a small trailer with an ad on the back:

available for power washing and a phone number

I got tired of looking at it, had been there over a month

this is a housing area, not a strip mall

worked out in my mind whom to call, what to say, email or voice

played with that at odd moments for a few days

rehearsed in my mind the right way to deliver the message

next morning it was gone!!!!

minor problem, sometimes does not work

was back on Friday!

need to use phone

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 send out so much anxiety that person picks it up and

is not at his/her best

do you want to think about ways to implement revenge?

do you really want to cause a negative experience?

then who has what karma? Oops!

key point, all these are thought forms, nothing actually solid

can change or rearrange at will since you made it up

easier to change a thought than a solid

Examples:

healing assistance from church in Seattle

leader wrote a prayer for group to use

for me: a little girl running in joy through field, now needs help with knees

had done all the necessary prep work

trusted my surgeon

knew surgery was necessary

had set up healing prayer groups

morning of surgery I started to feel myself getting apprehensive

thought of the 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

this gets into the placebo effect

consider moving to a new house or a different kind of living arrangement

use the thought form(s) to create it in your mind

visualize yourself living there

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

after actually visiting a new living space and wondering whether it will work

then at home visualize yourself in that space

can you move easily room to room

set out your furniture, how would you store things

if it is a multi-family living situation

have a meal there

later visualize yourself in the dining room

where would you sit

what would you eat

need to buy a new car

same kind of process

make your “wish” list

create what you want by thought, then work through the details

include everything

what is essential

what is nice to have

then prioritize, based that 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 at the store

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

just a thought form so can easily change at will

if building new room or remodeling and must get the paneling or the tile

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: use for 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

glance at it several times at odd moments

one color or thread is clearly right

plan how to do the project

still in your mind, still a thought form

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 those through in your mind

much 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 change to happy/peaceful

find things that make you laugh

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, YouTube 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 available

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

a.k.a. Loshon Hora/Guard Your Tongue

maybe an old situation you need to resolve

step back mentally and watch yourself

think about power of thoughts, a.k.a. 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, ask yourself:

What did I say?

How did I say it?

What is really going on here?

think about why that person is 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>

Power of Concentration

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

Gender and Mental Gender

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 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 handouts 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 you grow, you expand your understanding about some of these energies

end up with pathways in the brain that cross from right to left and left to right

just part of the communications networks in the brain

not a lot of strong clarity about why or how they are used

studies are available but I did not feel a lot of strong clarity

Resources:

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

Lesser Mysteries/Greater Mysteries

Mystery Schools

what are the mysteries

started out as things people could not understand

some information as philosophers explored –and worked with intuitive data

includes many of the things that are topics for this class

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

Rosicrucians

Lesser Mysteries

taught by drama or by story and 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 individual ran into a similar situation

modern 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*

be careful, some are events manufactured

e.g., Harmonic Convergence

“world’s first globally synchronized meditation event” (Wikipedia)

August 16–17, 1987

alignment of a number of planets in a Grand Trine, not unique

also tied into a 52-year cycle of the Mayan calendar

can generate a similar dynamic by a group of healers working together

but also get similar dynamic in any crowd energy, as in a football game

Greater Mysteries

ancient teachers watched for those ready to learn, multi-year process

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 was 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

centuries ago individual religions/sects were asked to secure 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

class set out to explain the terms and what they mean

mystery school will get into implementation and use

if you want to learn about the greater mysteries and work toward having a 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

they make order of the topics and provide study materials

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 explain some of concepts

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,

e.g. Rudolf Steiner, ADK Luk

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

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 greater 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

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”

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

lots of different answers

lots of different maps

a certain amount of skepticism

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

Locations with strong energy

often 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

Four Corners area of the southwestern US

Chartres Cathedral, France

continued to build sacred/worship places in the same location

built up a strong positive energy at that location

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