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 squarescold and dry | Xenophanes(540–537 BCE) |
| Water | Phlegmatic: slow, stolid, cool, impassive | Icosahedron 20 trianglescold and wet | Thales of Miletus (624 – 546 BC) |
| Fire | Choleric: zeal, enthusiasm, daring | Tetrahedron 4 triangleshot and dry | Heraclitusaround 500 BCE |
| Air | Sanguine: sturdy, confident, happy optimistic, cheerful,  | Octahedron 8 triangleshot 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