

Metaphysics (from Greek: (meta) = “after”, (phúsis) = “nature”) is the branch of philosophy concerned with explaining the nature of the world. It is the study of being or reality.

# The METAPHYSICAL TIMES



Volume IX Issue 4

Fall 2014

*we here!*

Priceless

## EVENTS

### CORTLAND, NY

October 11th & 12th

### LITTLE FALLS, NY

### BEARDSLEE CASTLE

Sunday, October 19 ad pg 11

### WEBSTER, NY

### New Moon Psychic Fair

October 18th & 19th ad pg 16

### BRIDGEPORT

### NEW AGE FEST

Sat. Oct. 25. 11-4

1214 Rte. 31, Bridgeport, NY 13030

### CANTON, NY

Nov. 7th, 8th & 9th

### LYONS FALLS, NY

The Edge Hotel

Nov. 7th, 8th & 9th ad pg 10

### BUFFALO

NOV. 15-16 Sat. 11-9, Sun. 11-7

Holiday Inn, Amhurst, NY 14228

### CANASTOTA, NY

Nov. 15 & 16

Greystone Castle, 201 N. Main St.,

## 2015

### ROME, NY

Jan. 17 & 18, Sat. 10-7, Sun.. 11-6

### The Biggest ittle Psychic Fair

126 Liberty St. (Elk's Club

### LIVERPOOL, NY

Feb. 21, 22, 23

### 25th Anniversary of

Syracuse's Prestigious Psychic Fair

Holiday Inn (Electronics Pkwy)

### EAST SYRACUSE, NY

AMY'S SLUMBER PARTY 92QFM

Feb 20-21, Double Tree Hotel,

### UTICA PSYCHIC FAIR

March 21-22, Sat. 10-7, Sun. 11-5

Holiday Inn, Burrstone Rd.,

Utica, NY

### CANASTOTA, NY

April 11 & 12

Greystone Castle, 201 N. Main St.,

### WATERLOO, NY

April 25 & 26 10-7

Holiday Inn

### CLAYTON, NY

May 2 & 3 Clayton Opera House

# Beginning in Dreams

by David S. Wren

When I was ten or twelve years old, my dreams were in black and white just like the television shows.

Then one night I dreamt that I was watching a cartoon on our TV, and it was in vivid color. Compared to that dream cartoon life itself was pale. For long afterward, I tried to repeat the dream... but had no success.

In the best of my childhood dreams, I flew like a crow. While awake I tried flying off the neighbors chicken house and failed. In other dreams I met people who felt more familiar and dear to me than the people in my real life ... and then I never encountered them again.

In the worst of my childhood dreams I was pursued by sharks, but was unable to swim faster than if I had been in a jello ocean.

*How useful it would be to know  
when we are struggling under dream  
jello, to consciously leave, enter, or  
direct our dreams!*

To revisit dream folk, to fly right out the window and try things we might not risk in

life! How very good for the soul it would be, if we could gather ourselves in dreams to turn around and battle the personal Boogey Monsters who pursue us!

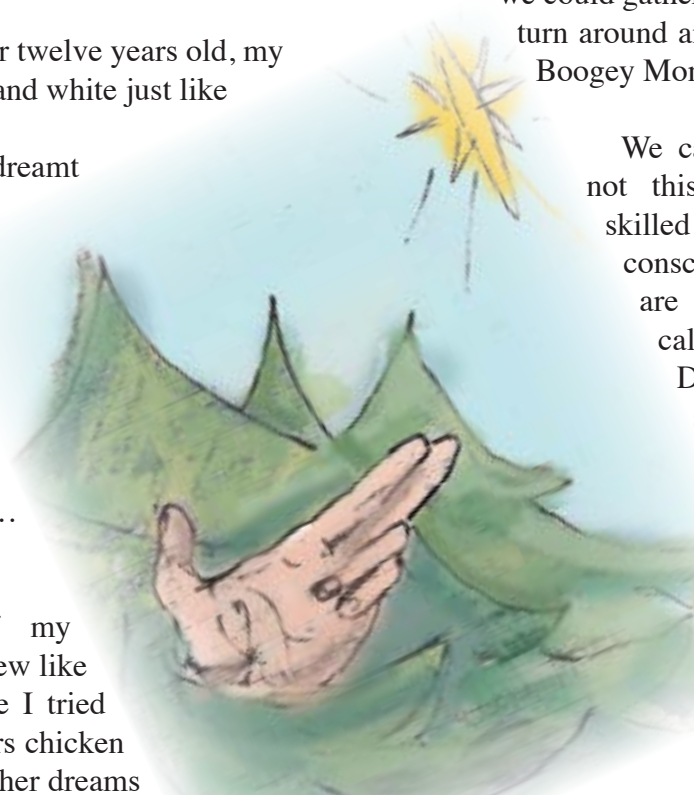
We can! Some people (but not this reporter) are highly skilled at this sort of dream consciousness; whole groups are devoted to what they call “Lucid (or Conscious) Dreaming”. An internet search will bring up a lot of practical advice on the subject. You can learn the basics from a WikiHow article full of hints and helps on “Lucid Dreaming,” or you can just try this :

### *Consider your hand.*

There may be nothing you know better than the back of your hand. Get to know it better.

Don't just stare, but concentrate on it, draw it, memorize it, and PRAY that you remember to look for it in your dreams.

To succeed at all with this will take time and dedication, but once you have called up your hand in dreams and so, realized that you are dreaming, you have gained control of the imagination engine, and you are freer than a bird.. What you do with your powers is up to you. Fly into the sun if you care to. It is only a dream, but it's still your life; responsibility begins in dreams.



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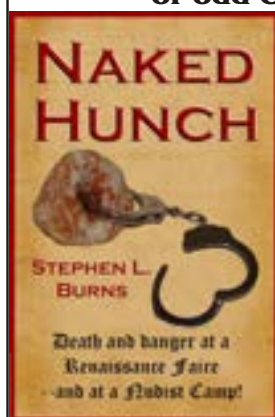
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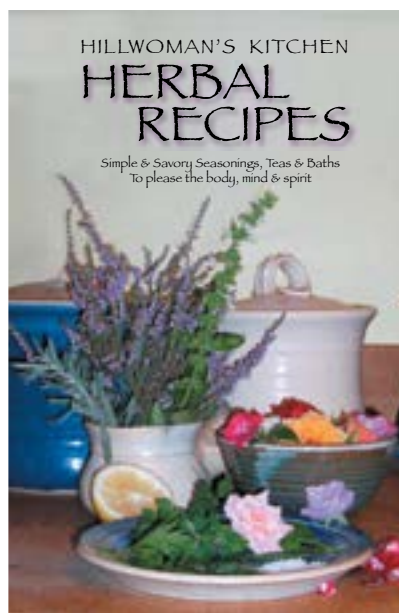
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# What is it that makes the difference?

Spirit, I asked... What is it that makes the difference?

One word came back, carried on the air.

One word I heard, was all that was there.

Just one word and nothing more.

Came like air flowing in when opening a door.

The word lay soft, the tone came to cease -

upon my ear and rested in peace.

I stood and felt the amazing grace -

of the touch of spirit upon my face.

From there, down my body, straight to my toes -

Beginning at the brow, traveled down my nose.

With a stillness that remained, and stuck like a glue,

was the one word on my tongue when all was through.

And I repeated the word... you, you, you.

Peace out there as you make the difference.

Kris



*Kris Faso*  
**PSYCHIC/MEDIUM**

Hi Kris,

In a previous reading you told me that I would want to go to New Zealand between the snowfall and feb 2014. You also mentioned the name Simone. That spirit was saying that name was important. I haven't told you, but I had just come back from New Zealand 2 wks. before our reading. During my time there I met a new friend. You blew me away when you stated her name-it is Simone!!!

I just thought you deserve to know that like clockwork as this snowstorm rolled in, I heard from her recently. She is severely depressed and I had to notify help for her and now I am going to go there. I just thought you should know how amazingly accurate you are.

Christine.

***Questions about Past, Present, Future***

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Kris

I came to you at a psychic fair in Rochester, NY on March 6, 2010. You mentioned my father Ed, who had passed 8 years earlier and he was there with us. I never mentioned my father or the fact he passed. I asked about a future relationship. You said 3-7 years and it would have something to do with the South Pacific.

I recently met a man, (3 years later). It feels like we have known each other for years. I asked where he got his name from. He said it was given to him after an orphan boy his dad met in WWII in the South Pacific.

You are amazing! Thanks, K. from Rochester

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Rambling Along the Metaphysical Path

By Georgia E. Warren  
*Publisher, Metaphysical Times*

If you can read this  
You're Not Dreaming.

Dreaming, imagination, fantasy, reality, they are all perceptions of our mind. Everything we see, feel, taste, smell and touch, is interpreted in our brain. We must trust that our brain is doing its job and that the rest of the world is out there –that we are not alone in a universe of our own creation.

I have sometimes had vivid, conscious dreams. Very realistic and I know I am dreaming.

For a time I had a series of vivid dreams. Whiles I was dreaming I was not conscious I was dreaming and had difficulty determining whether these dreams were reality. In the dream I did not have any recollection my real life.

In my life I felt safe and happy but in the dreams I was without any emotions except fear. After these dreams I would question whether my life was just a dream and worry that one day would I would wake up without even the memory of happiness.

I read somewhere that in a dream state a person cannot read writing if they don't know what the writing says ahead of time. A "STOP" sign, a route marker, a street sign, a cup with "world's best boss." Those are possible. But, if you pick up a book or magazine that is not familiar, the words are either all jumbled or the pages are blank. That made a lot of sense to me.

Once I was sure that my life was not a dream, I had a technique to become a "conscious dreamer" again and I could gain control of my surroundings in this, my sleeping world. In my dream I picked up an unfamiliar book. There was nothing but jumbled letters swirling on the pages.

This place that had been confusing me for months was only a dream. I looked around and told everyone that they were a dream and not real. I thanked them for their place in my memory and in a part of my life that was over.

I woke up and grabbed the latest edition of "Backyard Poultry." A magazine that came in the mail the day before and as yet been opened.

I read it cover to cover.

My musings here were inspired by reading David Warren's article on dreaming that you will find in this issue of the Metaphysical Times. Try reading it, and see if it makes sense, or is just swirling gibberish.

Sweet dreams, Georgia Warren

*continued from page #1*

## What Dreams Are Not

At Cornell during the late nineteen sixties, I enrolled in Professor Norman Malcolm's philosophy seminar on "Dreaming."

We did not discuss our actual dream lives in the "Dreaming" seminar, nor did we discuss the science of dream studies. Dreams are a difficult subject for science, as they are for philosophy, because they are the ultimate in private subjective experience with very few outward aspects other than rapid eye movement.

Professor Malcolm had no particular interest in dreaming itself; I doubt that he had an interesting or active dream life. He chose the subject because it posed a problem for language and thought, and he wanted above all to be clear in his thinking and his expression of thought. He wanted to know truths with certainty and to think and argue with clarity. In the seminar, he instructed us to write so that a ten year old could understand. That was hard, because I myself didn't quite understand.

Professor Malcolm (like his mentor the father of analytic philosophy Ludwig Wittgenstein) claimed that when we "remember" and recount our dreams, we might just be inventing the images and story lines, and furthermore, that whether there had actually been any so called dreams during sleep, didn't make any difference anyhow.

Prof. Malcolm claimed also that it is logically impossible for one to be conscious while dreaming. Being asleep is being UNconscious. Right? Even granting (as he might not) that we actually had a dream as remembered before we seemed to recall and describe it, we were in any case just dreaming that we were conscious that we were dreaming.

Yes, O.K.; but whether we only dreamt that we were conscious of dreaming in a dream ... even if we are dreaming now, or if life is all a dream (which it is) none of that makes no difference in our experience.

All we know is the quality of our dream. Conscious dreams tend to be more vivid than your ordinary dream, and are associated with the ability to control or exit the dream. That would make a whole lot of difference to one's night life, even if it were for entertainment value only. Dreams are not real, except some are more real than others.

## What Dreams Are

Maybe we can never be absolutely sure about anything except in math, logic, and blind faith. Maybe dreams themselves are the stories of the mind's struggle for clarity and certainty.

We can not all agree on a single useful definition of what a dream is and we don't need to; but we can agree on the different types of events that dreams can be, or can appear to be.

Dreaming is not just one thing, it is a wide range of activities. As we experience or recall them, dreams can be simply the chaotic activity of restless wandering mind, or the playing out of wishes, the dramatization of fears. They can be randomly distressing imagery generated by something we ate too much of. They can even be prophesies (right or wrong), apparent messages from distant or deceased individuals, or warnings from the gods.

If you believe strongly that dreams are one or another of these things, you dreams will tend toward exactly that type:

A fear of nightmares, is likely to result in nightmares. In some primitive societies Dreams tend to be seen as commands to act: If you dream that you go to grandmother's house, then you should go to grandmother's house. Cultures that tend to believe that dreams are literal instructions to act, tend to have that sort of dreams and seem, as well, to have a dream censor which keeps one from dreaming of going to grandmother's house, then killing and eating her.

If you and your Psychiatrist believe that dreams are the unconscious expression of inner conflicts, they are likely to be just that. Even if you have to make them up.

The dreaming you do, is up to you.

## Waking Dreams

Whether or not we can be conscious while dreaming, can we dream while we are conscious and awake?

Hallucinations, visions, and the complex delusions of insanity certainly qualify as a kind of waking dreams. Experiencing a powerful hallucination we can be convinced without the operation of will, reason, or skepticism, that we are NOT dreaming, but we certainly are dreaming.

We can also experience hallucinations, even visions, without believing that the Virgin Mary or the snake haired Medusa is standing before us.

Samuel Taylor Coleridge reported having received his famous poem Xanadu in full one hundred fifty finished stanzas, while asleep, and a few song writers here and there report receiving songs in their dreams, the work of artists, whether story tellers, song makers, painters or musicians, is generally the work of conscious image makers.

There is at least one obviously good and sufficient reason for this. It is easier we may find to access the image machine while we are awake, than it is to be conscious while asleep with them, but it is way easier to sing the song as it comes to you, whether you are awake or asleep, and way hard to remember the moment and content of inspiration, in order to recreate it.

Imagination workers like me try very hard to suspend their disbelief in the images that we manage somehow to raise from the unconscious or from nowhere, but not suspending disbelief so as to actually believe in them, but to entertain them, to be entertained by them, to put them in order, make them sing, or whatever, letting them have some degree of independence and mystery and ambiguity, not making

I have tried it with limited success ... flying over Lake Bonaparte I could not keep my feet from dragging in the water, and that is good enough but I am concentrating less for waking in my dreams, than on dreaming while I am awake, by making things up. Very few or no true visions so far, but you can't really make stuff up like some of the stories that occur to me, to say nothing about the ones that happen to me; which I will indeed try to say something eventually.

# The Meaning of Dreams

Whatever the location, description, or nature of a dream's reality, and whether or not we can steer our dream ship or recognize a dream for what it is while dreaming, some dreams are more intense, vivid, and heavy with emotion, or what seems to be obvious and ominous symbolism that we take them to be, deeply meaningful.

If you dream of a snake eating a frog, maybe your spouse is cheating on you. Or it could be that you were abused by a skinny relative when you were very small. Maybe the meaning depends on the whole particular dream story, and maybe in dreams, as in life, providing the meaning us up to us.

Dreams are stories which we are usually not aware of creating. Writers, poets, artists know well that the stories, the images, even the songs they create, rise from the unconscious and sometimes occur in dreams. Kubla Kahn, maybe the most famous romantic poem, and one purportedly composed in a dream, or at least in the "absence of external sensation". Coleridge may not have been in a bed, snoring, or displaying rapid eye movement while he "dreamt", but either way, artists, who like madmen, have better access than the average person to the unconscious sources of imagination, nevertheless tend to do their composing with brush, pen, or other instrument in hand.

To do that is more complex than stimulating or cultivating your dreams, recalling them after, then translating them into art or language.

To be open, conscious, and to create consciously (which is after all the basic job of life) requires an ability that is natural enough but must be cultivated: the ability to suspend our disbelief in products of the imagination, not to believe in ghosts, but to help them find themselves, to dream while we are awake and conscious; but don't get carried away and go crazy, as many do.

## Hitting Bottom

Though she was an undergraduate in a dorm that looked out over Lake Ontario, which you can't see across and produces waves as high as a horse, Georgia has never seen the ocean; so on our honeymoon we had set off for Maine to see the Atlantic.

But we got screwed around in that godawful highway mess where Mass, New York, and Vermont collide, and were spun off in the wrong direction, though we didn't realize it for half a good long while.

Finding ourselves lost, we took the next available exit: one with a number but not a name, and drove on looking for signs, of which we saw none. We were soon lost deep in a vaguely industrial city we didn't even know the name of.

We parked and walked up the street to find a bathroom and someone to ask for directions, but it wasn't a very pedestrian part of town and we walked without seeing anyone ... until neither of us could remember where we parked the car. As a matter of fact, I couldn't find the car keys - not in the right pocket, not in my man bag. And where was my man bag?

The light grew dim and it began to rain slightly, but drumming loudly on the steel awning of a plumbing supply place, which was closed, maybe forever. We hurried ahead to shelter under an overpass that cut through this district.

A little news stand between the columns there, was well stocked with newspapers, magazines and guidebooks, but nobody tended it.

Georgia said Wait a minute, and went over to the news stand, picked up and glanced at one of the guide books, then brought it over to me.

Look at that, she said, can you read that?

I tried, but the letters would not even stay in any particular order, the words clustered and flew apart.

Jeszess its gibberish.

Because this is a dream, Georgia said. I noticed that she had only four fingers on each hand, like a cartoon character.

Oh yeah, she had told me that if you ever suspect you are in a dream, just pick up a book and try to read a page. If what you see is swirling gibberish, you are dreaming.

Now that I was half awake, it appeared that I was actually falling off an overpass ... but my whole life didn't pass before my eyes before I finished falling off the mattress onto the rug in the loft. Luckily I hadn't fallen out of the loft.

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We still haven't made it to the ocean, but it has been really real anyway. PRon Kitty 4360 lol omg Lsmft. blasted Fraperatch@!

# Kubla Khan

By Samuel Taylor Coleridge

*Or, a vision in a dream. A Fragment.*

In Xanadu did Kubla Khan  
A stately pleasure-dome decree:  
Where Alph, the sacred river, ran  
Through caverns measureless to man  
Down to a sunless sea.  
So twice five miles of fertile ground  
With walls and towers were girdled round;  
And there were gardens bright with sinuous rills,  
Where blossomed many an incense-bearing tree;  
And here were forests ancient as the hills,  
Enfolding sunny spots of greenery.

But oh! that deep romantic chasm which slanted  
Down the green hill athwart a cedarn cover!  
A savage place! as holy and enchanted  
As e'er beneath a waning moon was haunted  
By woman wailing for her demon-lover!  
And from this chasm, with ceaseless turmoil seething,  
As if this earth in fast thick pants were breathing,  
A mighty fountain momently was forced:  
Amid whose swift half-intermitted burst  
Huge fragments vaulted like rebounding hail,  
Or chaffy grain beneath the thresher's flail:  
And mid these dancing rocks at once and ever  
It flung up momently the sacred river.  
Five miles meandering with a mazy motion  
Through wood and dale the sacred river ran,  
Then reached the caverns measureless to man,  
And sank in tumult to a lifeless ocean;  
And 'mid this tumult Kubla heard from far  
Ancestral voices prophesying war!

The shadow of the dome of pleasure  
Floated midway on the waves;  
Where was heard the mingled measure  
From the fountain and the caves.  
It was a miracle of rare device,  
A sunny pleasure-dome with caves of ice!

A damsel with a dulcimer  
In a vision once I saw:  
It was an Abyssinian maid  
And on her dulcimer she played,  
Singing of Mount Abora.  
Could I revive within me  
Her symphony and song,  
To such a deep delight 'twould win me,  
That with music loud and long,  
I would build that dome in air,  
That sunny dome! those caves of ice!  
And all who heard should see them there,  
And all should cry, Beware! Beware!  
His flashing eyes, his floating hair!  
Weave a circle round him thrice,  
And close your eyes with holy dread  
For he on honey-dew hath fed,  
And drunk the milk of Paradise.



## *Samuel Taylor Coleridge*

(21 October 1772 – 25 July 1834)

was an English poet, literary critic and philosopher who, with his friend William Wordsworth, was a founder of the Romantic Movement in England and a member of the Lake Poets



# Gratitude is the Attitude

by Cindy Griffith Bennett



Expressing Gratitude raises our vibration and creates an opportunity for more positive experiences in our life. When we express gratitude we create a vibration of abundance and appreciation that attracts positive energy and positive events.

It may sound like magic, but when we are grateful for what we have in life, we are focusing on the positive and that is how we attract more positive!

I like to start and finish every day with a gratitude. Some days have been hard, so I may choose to be grateful that I made it through the day! When you start your day with gratitude, it helps set the tone for the day to be one with an abundance of positive thinking. When you know you will need something for your nightly gratitude, it helps you to pay attention to your life that day to find something to be grateful for. You will start to focus on what is good in your life.

I am not saying to ignore problems or pretend you don't have any. I am simply saying that by turning your focus toward the positives in your life, you stop focusing on the negatives as much. When you stop focusing on the negatives so much, you reduce the amount of negative energy around you and you are less likely to attract the negative!

You don't want to live in denial of the reality of your life, but everyone can find two things a day that they are grateful for! Maybe you are grateful that you woke up, grateful that you have clothes to put on and food to eat, grateful that you have parents that are still alive or grateful that you have a job to go to. Sometimes it is the little things in life, like being grateful that you got a seat on the subway, or that they had your favorite flavor of ice-cream today!

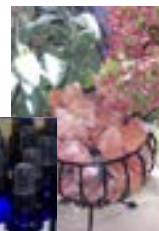
Remember, gratitude isn't only for the big things. So starting tonight, try to say at least one thing your are grateful for every night before you go to sleep and every morning before you wake up! I bet that in a few days or weeks, you will find a lot more than just two things you are grateful for each day!



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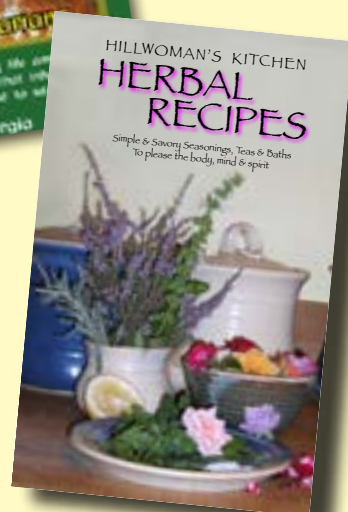
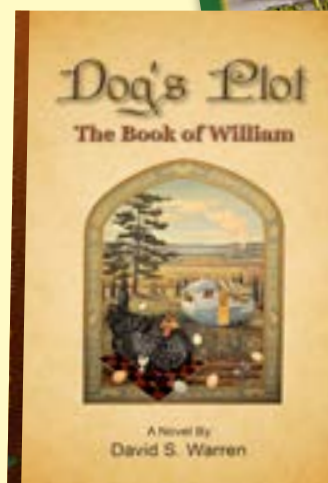
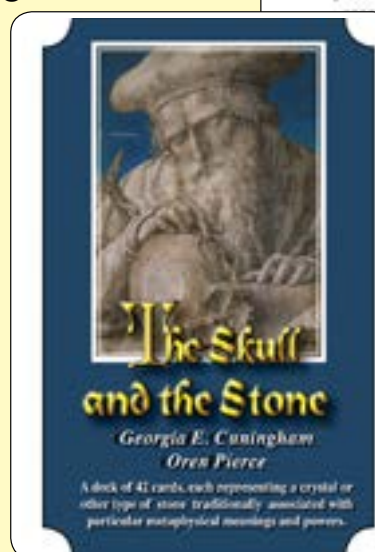
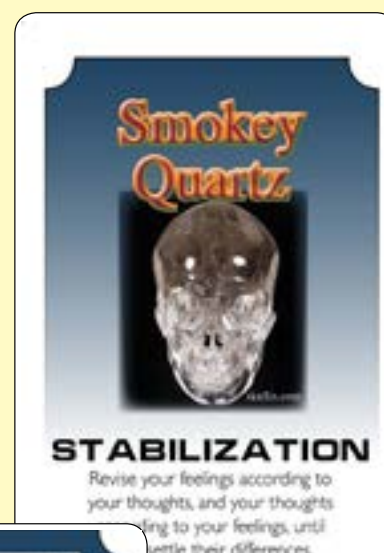
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*Twenty ninth in a continuing series by Sue-Ryn*

# Harvest Time

There's a bird cage on one kitchen counter and Lovey the cat is in a snit. The three tiny Goldfinches came in mid-September and will be outside soon. When they first arrived after their nest blew down in a storm, they mostly huddled together between feeding, heads down, carrying on a lyrical conversation. They have pretty much “doubled in bulk” during their time in the kitchen, sort of like the bags and boxes of harvested vegetables piling up waiting for processing. It's easier to keep the birds warm and do the frequent feedings with them in the house at this point. Though they will be outside within days, that's not soon enough for the cat. Lovey came to us at nine and a half years having lost her owner, and while she had apparently led a sheltered apartment life, she soon decided going out on the deck and giving the birds the evil eye was a great way to spend an afternoon. Because she has no front claws, Steve fenced in the deck. At night she concentrates her ire on the mice that are trying to move in for the winter, which is fine by us. I'm hoping once the weather turns cold she will return to a more domestic mindset, so we can take down the fence.

The Goldfinches have been witness to many strange human activities, and seem to enjoy watching us. We have spent several evenings canning tomatoes. My theme for this season seems to be relishes of many kinds. Berries have been frozen for some future time that is a little less disrupted so that jellies can be made. Applesauce will come next. A friend has promised to share some giant Rouge d'etemps pumpkins along with some cucumbers that got quite large while she wasn't looking. As I process all this wonderful produce, I recall afternoons canning with my Mom. The feeling of closeness and appreciation is heightened by the fact that I inherited a bunch of really great equip-



ment she had amassed. After I had to compost some Chow-chow that smelled delightful but was too salty due to working late and confusing the recipe, I recalled how much food she put up annually while working full time. I know that this almost squirrel-like compulsion to amass food is part of that inheritance too.

Speaking of squirrels, two young Black siblings have spent the last week thundering around their out door cage. They're almost weaned, they can leap six feet easily and often, and I did see one of them bury some food – all major requirements for freedom. Because they also came in late, they'll go into a release house somewhere near by and get their food subsidized for as long as needed. I went foraging for acorns this afternoon and will be going again soon, not that I need an excuse to go out in this beautiful season.

A baby Green Heron we reared is also free in the back yard. He has attracted a buddy, and while they don't stay too close to each other, they seem to follow each other around between our pond and the neighbor's ponds. The one we released actually discovered where the minnows come from, so now there's a lid on the “bait bin”. The only other bird who ever figured it out was a Crow who spent the summer in our neighborhood after release. The two Greens look sort of like Pterodactyls perched precariously on various feeders, cages, furniture and shrubs in the yard, waiting for the person with the white lunch bucket. Lately that human has only been showing up twice a day in a “tough love” effort to inspire more hunting and fishing. They do hunt bugs and one of them has caught a frog. We are just hoping they will eventually migrate out together. The cat is hoping that happens sooner rather than later. Plan B is a ride south with a migrating friend. In between animal care and autumn shows, I've been harvesting herbs and setting them to dry. The Chocolate Mint has had a



phenomenal season and I plan to harvest as much of it as I can. The Native Mint seems to be a little less productive, but may come on for a second round like the Lemon Balm. The Catnip just doesn't want to quit...which is fine by everyone here. There are a few tinctures to start and roots to harvest too. After losing several perennials to the icy winter and soggy spring, my main medicinal bed is a disaster area and may undergo a major transformation if we get a dry enough fall. If I get the remaining perennial flowers out of there to winter over in another bed, I may just take all the other plants out and start over next spring.

Harvest season is always about more than food storage and getting ready for winter. As I work away at the annual chores I review the season in heart and mind, examining what worked well and what did not, pondering potential improvements. This may be why I like low-tech hand work, it can become a "moving meditation" of sorts. There will be plenty of "chopping wood and carrying water" when the snow flies, but for now it's chopping vegetables and carrying jars, enjoying the abundant produce of the plants we've nurtured, while figuring out how best to use and store them. During the work of it, my mind is free to roam, hunting solutions and gathering inspiration for the seasons ahead.



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# Gratitude is the Attitude

by Cindy Griffith Bennett



Expressing Gratitude raises our vibration and creates an opportunity for more positive experiences in our life. When we express gratitude we create a vibration of abundance and appreciation that attracts positive energy and positive events.

It may sound like magic, but when we are grateful for what we have in life, we are focusing on the positive and that is how we attract more positive!

I like to start and finish every day with a gratitude. Some days have been hard, so I may choose to be grateful that I made it through the day! When you start your day with gratitude, it helps set the tone for the day to be one with an abundance of positive thinking. When you know you will need something for your nightly gratitude, it helps you to pay attention to your life that day to find something to be grateful for. You will start to focus on what is good in your life.

I am not saying to ignore problems or pretend you don't have any. I am simply saying that by turning your focus toward the positives in your life, you stop focusing on the negatives as much. When you stop focusing on the negatives so much, you reduce the amount of negative energy around you and you are less likely to attract the negative!

You don't want to live in denial of the reality of your life, but everyone can find two things a day that they are grateful for! Maybe you are grateful that you woke up, grateful that you have clothes to put on and food to eat, grateful that you have parents that are still alive or grateful that you have a job to go to. Sometimes it is the little things in life, like being grateful that you got a seat on the subway, or that they had your favorite flavor of ice-cream today!

Remember, gratitude isn't only for the big things. So starting tonight, try to say at least one thing you are grateful for every night before you go to sleep and every morning before you wake up! I bet that in a few days or weeks, you will find a lot more than just two things you are grateful for each day!

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# Reiki: Just The Facts



Part X

By Don Brennan

There seems to be confusion as to what is considered to be “Usui Reiki,” and what is a modified derivative of Reiki. Mrs. Takata, the first Western Reiki teacher, made changes to the teaching of Reiki and this is the style of Reiki practiced by most people in the world, today. Strictly speaking, this style of Reiki should be called Takata Reiki, or simply Western Reiki.

Beginning in the 1980’s, people started creating different forms of Reiki with new names. Each claimed to be more powerful than the Reiki that Mrs. Takata taught. Over time it became clear that this was just marketing. So now, many people use the term “Usui Reiki” meaning it is Reiki, free of the many western embellishments that have been added to Reiki over the last 30 years.

Reiki requires patience and diligence to understand its true nature and power. There is no end to the learning and its healing potential, as you continue with your practice. But most Westerners are impatient and are easily seduced by the lure of something that is supposed to be better or more powerful. All of a sudden there were many new forms of Reiki being marketed by individuals who sought to feed their egos and/or their pocket books. Recently, another “new more powerful form of Reiki” has appeared on the scene, adding even more confusion to this situation.

Easterners consider the energy of Reiki to be the complete and eternal cosmic energy that has always been available, throughout history, to human beings who have activated the soul center of the brain through enlightening experiences or through the guidance of a mentor. Westerners seem to have the idea that the energy of Reiki is only one particular vibration of the universal energy brought in by Usui and is therefore incomplete and can be improved upon. This has created the setup for those Western-

ers who wish to claim to be bringing in other energies that make Reiki more powerful.

There is no place for ego in Reiki. We call ourselves Reiki practitioners rather than Reiki healers to remind us that we are simply helping people to heal themselves. Kathleen Prasad, the renowned animal Reiki author says, “The ideal state during a Reiki treatment is for your mind to be a blank sheet of paper. As facilitators of this process, we do not do anything except allow the energy to flow through us. In finding the courage to let go, we come back to our souls and touch the ultimate truth of why we are here in the first place—to help each other.”

Hiroshi Doi, the only person trained in Western Reiki and the first two levels of Reiki at the Usui Reiki Ryoho, the institute originally started by Usui, shares the following in his book, “Iyashino Gendai Reiki Ho.” “You are set up to resonate with the supreme energy by the attunement. All you have to do is just put your hands on. The energy needed for cleansing and healing flows effortlessly from your hands without concentration. It is important to apply the energy without any intention to control something. If you try to make useless, ponderous efforts to send stronger power, other kinds of power (non-Reiki energies) could be mixed in.”

Mr. Doi does not speak English, so his book is translated through several people. I think that he is trying to affirm that the energy we connect with, through attunement, is the pure complete energy from source. When we allow our human ego to deceive us into believing that through our own personal will we can make the healing more powerful, the potential is there for unbalanced human issues to interfere with the healing.

Kathleen Prasad reminds us again, to get ourselves out of the way of the healing. “Giving Reiki is a kind

of meditation. You are simply creating an energetic space, and in this space, healing can happen...It’s about surrender, surrender to the universal flow, the ebb and flow of existence that creates balance through change.”

My favorite Reiki author and teacher, Frank Arjava Petter, was asked, “There are so many Reiki schools and lineages. What do you think of them? Why haven’t you started your own system?” He answered, “I think we can do without most of what is being offered on the Reiki Market because most of it is just that: a market with products. A couple of years ago I was asked this question in Athens at a Reiki Conference and before I could stop myself, I answered, “Mine is bigger than yours.”

He goes on to add, “Personally, I don’t see a point in adding another new form of Reiki to the confusion because I think that trying to improve on soul energy—Reiki—is quite inappropriate. Let’s be respectful instead to what we have been given by Usui Sensei and those who carried the torch after him. In the simplicity of the teaching lies its greatest charm. If properly initiated, what comes out of our hands is all the same: pure uncontaminated cosmic energy. That energy has no attributes and is strictly suprapersonal. And that is the beauty of it—let’s keep it that way!”

When we think of the energy of Reiki as Soul Energy, the eternal energy of the cosmos, created by the source of all that is, it really does seem a bit arrogant for us mere mortals to believe that we can make it better. So clear yourself of yourself, open up for this loving energy to flow through and simply allow the perfect healing to take place. That’s all we need to do!

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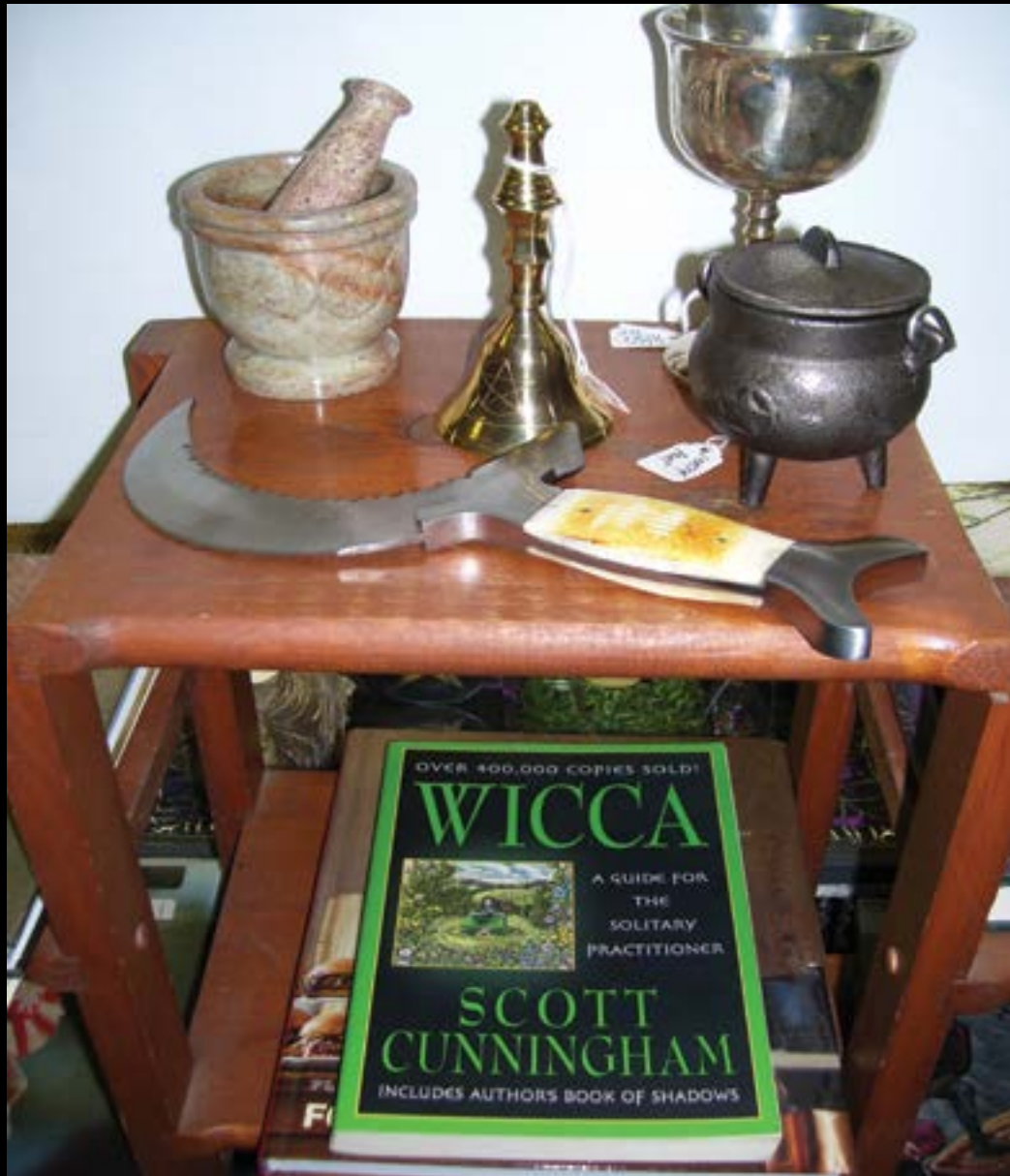
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# METAPHYSICS OF LOVE

## THE JOURNEY TO MEET SELF

Addressing Your Concerns - With Dennis Cole  
Go to [metaphysicsoflove.com](http://metaphysicsoflove.com) to send in your question

Dennis,

*How does Leo and Libra get along? Thanks, Jim M.*

Thanks for your question, Jim. It allows us to clear up some misconceptions which most people have about astrology and compatibility potentials. This informative branch of astrology is called "Synastry." When properly understood Synastry can reveal, not only compatibility potentials in key areas of concern, it can also serve as a roadmap to Self and Spiritual knowledge.

The general answer to your question is that Leo (a "Fire Sign") has the good potential to get along with a Libra ("Air Sign") person. Because "Fire" and "Air" elements are compatible. However, although they are very significant, we are much more than our "Sun Signs"! At some level, we all have all 12 Signs within us! However, there's often a preponderance of planets in one or two of the elements. These elemental distributions can reveal a lot about us and the temperamental tendencies and key psychological needs involved. Fire and Air Signs are "yang" and compatible with other Signs of those elements. Likewise, Earth and water Signs are "yin" and in harmony with other Earth or Water Signs.

There are four "Elements" in Nature: "Fire, Earth, Air and Water". In Astrology these represent temperamental tendencies and there are 3 each of these 4 elements in the 12 Signs of the zodiac. So, we also look at: Moon Signs (Emotions, moods, needs...); Mercury Signs (Thinking, communication...); Mars & Venus Signs ("Animus & Anima", "chemistry"...); Saturn Signs (Ambitions, "Shadow side" – our lessons...), and more. Obviously, someone could be born with, say, 5 planets in one Sign and it might not even be their "Sun Sign"!

Synastry can serve as a wonderful tool for creating love over fear. It can do this by revealing the relative degrees of harmony and discord in key areas of concern in any relationship. With such foreknowledge of "seed potentials" in elemental compatibility, we can make wiser choices in relating – especially if we've learned that nothing is more important than every individual (unique Perspective of our One Source) having a right to choose to feel good! And to do so without guilt – but without an "attitude"! In other words: There's not one thing more important - in all of Creation - than that we Love and Appreciate "others" and Self! This is really about God Loving God... Onward into Forever!

Each planet in the birth map stands as a symbol for a different psychological driving force. Planets in "Signs" show temperamental tendencies and the natal planetary distribution amongst the four "Elements" can be very revealing of one's nature. This is especially true when someone has, say, a preponderance of planets in only one or two of the four "Elements." The Sun, Moon and Rising Signs have more impact in their particular Sign's Element.

Carl Jung – who also used Astrology in his practice – referred to these "Elements" in Nature as "the 4 "functions of Consciousness". "Fire," Intuition; "Earth," Sensation, "Air," Thinking, and "Water" as Feeling. Stated as reigning psychological needs they are: Growth, Sensation, Stimulus & Love, respectively.

When we understand self and learn to own our unconscious "stuff", we're more likely to want to bring the whole of who we really are into our relationships. As we learn to love and appreciate the unique Perspective of Source, which resides within each of us, then we're less likely to attract or be in relationships which don't feel good. And, because like attracts like, it is very important that we care about and pay attention to how we feel!

When we learn that nothing "happens" to us that wasn't first going on in our thoughts, we can begin to create conscious relationships and no longer need to fall into the judge-and-blame approach to Life! Sure, judge-and-blame feels better than guilt and responsibility! However, we will keep repeating patterns until we realize that what we choose to think about most is going to be attracted into our Life experience – whether we like it or not!

There are no "wrong" relationships! If we don't learn and grow in the one we're in, we'll just repeat patterns in the next relationship! We're here to continually create Self anew. We're here for Joy! We attract people and life conditions as mirrors of our current inner state. James Allen wrote: "Think good thoughts and they will quickly become actualized in your outward life in the form of good conditions".

Our relationships – our lives – can become joyful as we learn to choose thoughts that feel better-and-better! No one has ever made us think! Our thoughts are a free-will choice!

In Oneness,

Dennis

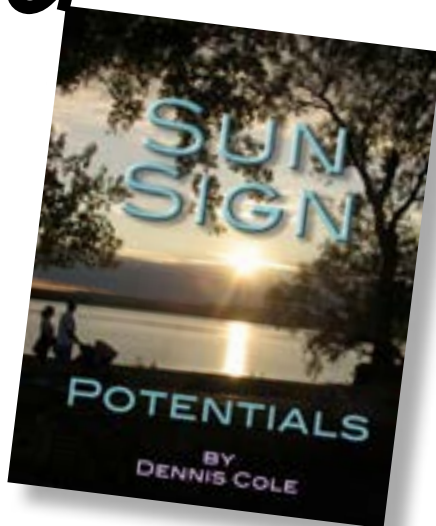
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# SUN SIGN POTENTIALS

*A Guide to  
Understanding  
Self and Others*

## ♈ SCORPIO



*by Dennis Cole*

Greetings!

We continue in our series on the "seed potentials" of Life experiences for each of the 12 Signs of the zodiac. **Scorpio** is featured in this Issue. We will look at some excerpts from my forthcoming book, **"Sun Sign Potentials – A Guide to Understanding Self and Others."**

Our focus will be on Scorpios' relationship to the 3 other Signs in the zodiac, which form a cross of 90 and 180 degrees to Scorpio. Using the meanings behind these 4 Signs on this "fixed cross" mandala, we can somewhat describe the "WHAT, WHERE TO, HOW and WHY?" of Scorpios' Life Potentials.

To learn more about this **Solar Astrology** approach to interpretation, in which the hour of birth is not necessary, you may refer, when posted, to the summer 2012 Issue, pg. 25, of the Metaphysical Times, or go to [aquariuservices.com](http://aquariuservices.com) and click on "articles".

♈ **Scorpio (Oct. 23 – Nov. 22) This 1st Solar House cusp influence and information relates to the "WHAT" keynotes of your current Life's intended Focus and steps to Individuation.**

Your sun Sign, Scorpio, is a fixed water sign. In other words you tend to aim for results with others, and with emotional determination and persistence. Your planetary ruler is Pluto, planet of transformation. You are a person who can feel and act with emotional intensity.

You're an inventive, resourceful, unique individual with an air of independence about you. You can be courageous and strong, yet sensitive and emotional. Your life energies are associated with the reproductive system. Much of your life's energies are directed towards productive relationships. You have buried within you the power to accomplish just about anything you may desire. And you do desire things!

Your emotional intensity, your built-in passion and desires, often show through in your dealings with others. Often this takes the form of definite likes and dislikes. In a positive sense you can take the initiative to deal with others. You desire to see results in your various mergers with others. Otherwise you have a strong tendency to end things – to eliminate all that is unnecessary!

Your tendency to want to make things happen with others makes it natural for you to gravitate to managerial or leadership positions. Along the way you'll benefit more as you also manage your own energies and desires. The "Course in Miracles" suggests that "desire is your prayer", and that God will give you anything if you really desire it.

Each of us tends to love or enjoy certain areas of life. For you, this can be a deep appreciation of sex. It can be helpful in your intimate relationships to know that sex is a physical expression of a Spiritual Energy. And that sex without love is a misuse of a Spiritual Power; which cannot bring about a lasting fulfillment. It is important that you find productive outlets for your powerful energies and drives. Often this may more naturally take place in efforts with others and especially when it involves shared resources, finances and, of course, "chemistry!"

In your lifetime you'll probably get significantly personally involved at times in matters relating to such things as: Insurance, birth, death, inheritance, wills and mortgages. It's also likely that you will go through some profound personal changes.

These could take the form of endings followed by a rebuilding in some new way. Depending on your attitude, the outcome could find you emerging as a transformed or "born again" individual. Sometimes leadership, new activities, or certain forms of creative self-expression, including sexually, can have a regenerative effect on you. These can also be areas for compulsive or addictive behavior.

♉ **Taurus 7th Solar House Cusp Influence and information relates to the "WHERE TO" of your current intended Life's Focus**

You probably value loyalty, security, and love in a relationship or marriage. You attract a Taurus type partner; and you begin to become aware of this complimentary polar opposite energy within you. This is symbolized in the sign opposite yours in the Zodiac- Taurus. This partner can be just as stubborn as yourself - perhaps more so! Your Taurus-type partner - regardless of Sun Sign - is a practical, sensual, down-to-earth person. Any of these people, who may come closely into your life, are interested in security, income and the various comforts and finer things of life which money makes possible.. Your partner would be quality conscious and interested in the practical use and worth of things. They are also very concerned about love and loyalty, comfort and harmony. There is an innate appreciation of beauty and nature. Plants or a garden could be a natural part of their surroundings. Music or art may appeal to your mate. Like you, this person can be jealous at times. However, possessiveness or stubbornly clinging to things might be one of partner's more difficult lessons in life. Although stubbornness or a reluctance to change can be a major problem with this person, there is a positive side. And that is determination.

Once interested in doing something, this person can persevere with a hardworking ability until they have accomplished it. Both you and your partner are likely to have many interchanges involving money, possessions, joint resources, efforts and sex. Your partner's values and your desires will not always be aligned. There would be a need to be aware of each other's feelings and needs - along with cooperative effort - in order to maintain a harmonious relationship. By bringing the whole of who you really are into your relationships - without guilt or worry about what others might think or do - and doing this without an

"attitude"- while allowing others to be themselves, then, in time, the Universal Law of Attraction will bring you support for your honesty in you being you!

### ♊ Aquarius 4th Solar House Cusp Influence and information relates to the "HOW" of your current intended Life's focus

One of your main goals in life is stability. And independence can be a stabilizing factor in your life. As you get older things begin to change. Your lifestyle can become very different from what you thought it was going to be. You may get involved – directly or indirectly - in some unique or unusual pursuits, socially stimulating pursuits such as astrology or some other area of the occult. You may also become more interested in science, TV, computers, electronics, inventions, research, aviation - or other areas involving anything new, socially stimulating, progressive or the unusual. You may also become more involved in social activities, your friends and your goals. You could get involved in some movement – some progressive group or organization. Social work would be more natural to you as time goes on - or possibly government or corporate involvements.

In time your freedom and independence become more important to you. You'll also begin to care more for other people as you begin to feel that all people are your family, in a deeper sense.

There usually seems to be some unusual circumstances centering around your mother or your home and family. Sometimes your goals are focused on your home, property or family. You are likely to move suddenly or experience a number of moves or changes relating to home, family or property matters.

As time goes on you may find that your friends and goals take on added significance; you are likely to find more friends around your home. And you'll likely feel more at home with friends. Around the home, you're sure to have your share of gadgets and electronic things. For example: electrical equipment, computers, smart phones, TV devices, Wi-Fi games, inventions or other unique or progressive items.

As you become more humanitarian in your outlook, you become more stable as an individual. Way down inside, you're a very unique, inventive, progressive (sometimes shocking!) independent individual. You're truly "marching to your own drummer" when it gets down to basics!

### ♌ Leo 10th Solar House Cusp Influence and highlights relate to the "WHY" of

### your current intended Life's Focus

In any work you tend to gravitate to positions of leadership, authority, or management. Otherwise you might like to have your own business - or other pursuits for personal fulfillment and respect.

You are organized, inventive, creative and resourceful in your work. However, you can be tested in reference to your career or other areas of ambition for fulfillment. Some of your tests have probably made you a pretty cool actor. In fact others see you as being somewhat willful, dramatic, proud, entertaining and courageous.

Some of your tests relate to your father, a boss, or some authority figure. Certainly your ambitions, and pride, can relate to some of your major tests. There can be blockages, delays and arguments in reference to ambitions or career. Sometimes these crises can tie in with children, love, pride or control/respect issues. The "silver lining" is that these help bring about a desire for better-feeling conditions, which you can then focus on for the creative fulfillment which you so much desire from life.

You'll likely put a tremendous amount of drive or ambition into trying to get ahead in the world. There's a need to beware of pride and misuse of power in your drive to "get to the top of the mountain." Your tendency is to want to run things your way, and to be in control of situations and people. All of this power in relationships

can lead to your downfall if you misuse it. You are capable of finding success or recognition, but you have to focus and discipline yourself, and really work for it. Your drive for success

and respect requires that you deal effectively with others and merge resources with them. You desire - and may earn - admiration or honors for your leadership, creativity and accomplishments.

Creativity, applied in a practical or professional manner, can be a big help in your drive for success.

You desire to be noticed and respected for your children as well as for career and other creative accomplishments. In-depth fulfillment and love are very important to you.

One or more of your children may become quite successful or publicly recognized. Your father, as well as any boss you may have, has many of your Scorpio traits and tendencies. And these people can have a strong influence on your desire to succeed in life. It will help you, a lot, to realize that the ultimate or true success is Joy!

Finally, Scorpio, may you discover that your desires can be fulfilled through other than change, sensational, dramatic or revolutionary means. May you also discover the love, peace and harmony in living naturally and in harmony with Nature, and through your appreciation of Life's simple pleasures

*This article was excerpted from Dennis' forthcoming book: "Sun Sign Potentials"*



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# The Big Move

When Edgewood Place Bed and Breakfast went out of business during the recent depression, the old family moved out and all the cast-off teddy bears and other playtime animals that had been haunting the third floor were closed into the big steamer trunk, along with the ancient Easter hats and Fedoras, handed-down shirts and patched pants saved for Halloween hoboos, outgrown scout uniforms, belts without buckles and buckles without belts, neckties no man would ever wear, a jabber-beaked Toucan hand-puppet, empty and silent, and a similarly empty Wolf puppet, so harmless without an animating hand that the little stuffed lamb whom the others called Lamb ... because it was the only lamb, in fact the only sheep there ... used the empty wolf as a sleeping bag.

Sunk to the very bottom as if from a storm wrecked boat, a scattering of baseball cards, loosened rhinestones and the costume jewelry that lost them, old single shoes, wrinkled and crabbed. A sunken boat with no trace of mast or sails, and what might have been remains of those poor dolls who went down with the boat: doll arms, legs and even a head.... though not altogether enough parts from which to assemble a living doll ... a few Tinker-Toy pieces, lost marbles, fossils found in gardens, and stones that looked like arrowheads, but weren't, small Conchs and Coweries shells from Florida, a jack in the box that had been stuck shut for longer than any of them could remember, also a lone box car from a departed electric train and imprisoned in it a painted lead Civil War soldier, his blue coat flaking off, his musket barrel bent. Also three alphabet blocks: the letters M, S, and G which seemed to glow in the dark. Or maybe it was just the afterimage; and, anyway, it soon was only the memory, as they lurched and tumbled in the dark.

There is no telling how long before all motion stopped, but it can be said that to the bears it was as if, in their capsule of darkness, they had passed the edge of the universe. With no light, and no motion, time was more than painfully slow: So to make time, Uncle Threadbear led them in



by Oren Pierce, B.A., B.S., M.S.G.

trying to come up with acronyms. Because of their generally low level of literacy, they soon ran out of MSG ideas, although using the M block as a W did keep them going for a while.

But after Threadbear's suggestion of "Stay Where you Grow" caused discussion between Threadbear and himself about whether you needed a Y block for that acronym, or if you could have an implied "you" in there without a Y block which Threadbear claimed you might because "you" is not capitalized in a title, unless maybe it IS ..... but there was nobody left listening, and even Threadbear descended into a dormancy ... which is even deeper for companion bears, as it is for so called "real" or "natural" bears.

One day... it could have been days later, or years, they began to stir and wake.

The trunk had yawned open and day was dawning pink through a big diamond shaped window.

Or was it a square window on its side?

Or were they just all leaning askew?

In fact, every animal in the trunk was leaning in a different direction. They heard sounds that might have been a large, rusty pulley, or some sort of large reptile coughing.

Then the moby white sun burst in on them so intensely they could just about hear it, so bright that some among them thought they had

landed on the Other Side of death; at least one of whom (Warty Bear) hoped, imagined, and believed quite specifically that they were about to be invited by a Great White Bear to sit at a golden table where they would be served a meal beginning with popcorn and honey, and leading through hot-dogs to ice cream.

The light-struck animals stretched and elbowed one another into straightening up and squinting about them ... so they began to recognize that they were in a cube of a room, high-ceilinged with what is fair to call a diamond window along with a lot of regular square set windows. Beside a glass door to a deck was a hill or pot of fleshy Aloe tentacles with a tree coming up out of them, and behind the tree, a little house in a hollow log. That tree house would have been just perfect for a single bear, BUT there were more than a dozen of them, though that was only an estimate because although a few of the bears could count to twelve, not one in the trunk jumble of them knew where to start counting and where to stop ... and anyway, sitting on the tree house roof was a small brown owl, perhaps the lawful owner of the house or of the house within the house ... silent and still as a balled up sock ...



*More of Norwella's story will be appearing soon in a Metaphysical Times digital edition. Visit [metaphysicaltimes.com](http://metaphysicaltimes.com) for past editions and catch up on any part of the story you may have missed.*



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# Egypt In Mind

PART 2

by Peter Fortunato, MFA, CHT



On the river

when disembarking at a flowered island  
on the upper Nile and besieged by vendors  
pressing trinkets on us, finally I found  
a tiny statue of the Edfu temple falcon  
-- from Late Morning: New and Selected Poems

It was after my first visit to Edfu that I had the single most profound experience of all my travels in Egypt.

I had performed an inconspicuous personal ritual in one of the temple's chapels invoking Horus, the hawk-headed son of Osiris, to whom I have always been drawn. Later that night, aboard the hotel boat on which we were traveling, I became ill. Others of my colleagues had previously succumbed to the gastric discomfort and diarrhea commonly known among tourists as "Pharaoh's Revenge," and so I wasn't especially alarmed despite my sudden high fever and nausea. I retired to my cabin where my wife Mary saw me to bed. Being shipboard and en route that night didn't help my stomach. Then came the chills. I began shivering uncontrollably, despite covering with every blanket in my cabin, but when Mary checked on me I assured her that I would be fine, told her I thought she should have dinner with our friends as planned. I asked her to try to obtain from the ship's management some of the antibiotics that were always available in Egypt to treat a sick tourist stomach.



Alone in the cabin while the boat rocked beneath me and the shores of the Nile flowed past my porthole, I soon fell in and out of consciousness. After some time, Mary returned with a member of the ship's crew who carried on his tray a

bowl of steamed white rice, a bottle of warm Coca Cola, and a plastic pack of antibiotic tablets. This kindness practically moved me to tears. I sipped the stomach soothing beverage, took the medicine, and although I experienced no immediate relief, I was encouraged enough to insist that Mary rejoin our friends on deck under the starry night sky.

Alone in my cabin while the boat rocked, room dark and outside the wheeling constellations: I watched the bobbing stars and tried to meditate but soon had to draw the curtains closed to keep from becoming more seasick. Then, in the lightless cabin, I began to hallucinate. Images from the Edfu temple walls suddenly streamed past my open eyes, and I felt as if I were living within the temple and could comprehend the surrounding hieroglyphs and carvings. The temple's "book" pertained directly to my own life because the story truly is universal. Horus Behdeti, the son of Osiris, the falcon god-form or neter, who avenges the death of his father on his wicked uncle Set illustrates the principles of contradiction and reconciliation. That night, I felt this in a way that was completely personal.

I was experiencing something sacred, and sacrificing my ideas of health or well-being, strength and power, I suddenly felt as if the myth were opening beyond my ideas about the story's meaning. Like a temple initiate, I understood the symbolism with both my mind and the intelligence of my heart. I was stunned to realize that the battle between Horus and Set – opposing forces of light and darkness -- would continue as long as our world continued, and for me would continue as long as I was reborn in this world. It was a frightening thought: to be trapped forever between warring forces as if within a recurring dream. I sensed keenly the pain of reincarnation and the necessity of breaking free from the cycle, because our time-bound world is marked by impermanence and suffering.

All this as I lay sweating and shivering under blankets, nauseous but unable to vomit or move my bowels, my digestive track clogged with stone. While I had been rather cavalier earlier on, now in my delirious state, I was seized with the fear that I might be far more ill than I had thought, and that in fact I might be poisoned and dying. And still the story would not stop unrolling before my eyes in the dark cabin.

I summoned up my courage and shouted aloud that whatever was to come I was ready to meet it open-eyed. This was the way I had always wanted to meet death, and I was confident now, delirious but physically and spiritually present to the moment. I could die and I was ready to die, but I would enter the mystery with attention and courage. Suddenly tears of gratitude



sprang from me: "It's true, it's true!" I shouted, as the words of the Christian mystic Meister Eckhart came to me: "The eye with which I see God is the eye with which God sees me."

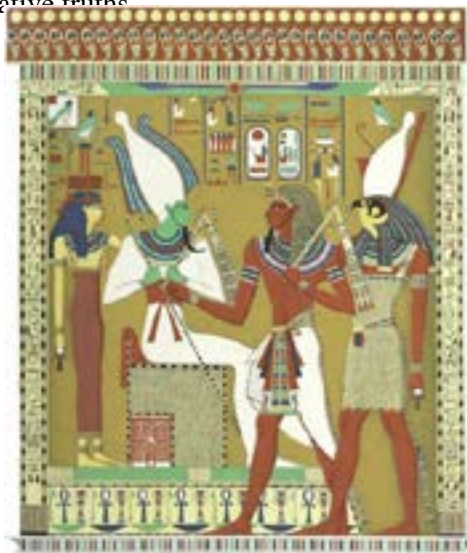
A moment later, my fever broke: I was suddenly soaked in cooling sweat. I roused myself from bed, ran to the tiny toilet of my cabin and opened my guts.

\* \* \*

Following the Symbolist interpretation of A. E. Schwaller de Lubicz, I think that Set can be said to represent the principle of restriction and the force of negation on which dualistic thinking depends. Our rational minds define and delimit experience through affirmation and negation, and so, in this respect, Old Uncle Set would seem to constitute if not a "necessary evil," then an unavoidable fact of ordinary existence.

For the ancient Egyptians, the neter Set is a personification of the desert, red and arid, binding the green breadth of the Nile Valley, just as in the story he binds the green body of Osiris within a perfectly fitted casket; Set helps give shape and drama to the geographical features of the Black Land, and to one of its essential myths. Set's character and behavior recall the Genesis serpent, his temptation of Eve, and the subsequent disobedience of our "First Parents." How can even the most literal minded reader deny that the Tempter has an important role to play in the Genesis drama? And later on in the Hebrew Bible, in the Book of Job, doesn't the interaction between Yahweh and Satan seem like that of collaborators as they test the faith of Job, an entirely just man, by depriving him of everything earthly he loves? The triumph of Job's faith in his god requires a field of contradictions, a rather wicked play of polarities whereby conventional ideas of "good" and "evil" must temporarily be dispensed with so that eventually they can be experienced as relative truths.

Osiris and Set are brothers (their sister is Isis, the wife of Osiris) and throughout the cycle of their mythology, the relationship between "light" and "dark" forces is similar to the dynamic represented by the Chinese symbol of the Daichitu – the black and white "Yin-Yang" picture of swirling energy. As the



Chinese philosophers saw it, when one of the elements

is at its most expansive, the other begins to reform within the circle that holds them. Another reminder of their interdependence is that each of the shapes is flecked with the color of its opposite precisely at the point where its area swells to a maximum. There are representations of this interdependency in other systems of thought, too, such as that of the ancient Maya, whose symbol, Hunab Ku is quite like the Daichitu. In some European alchemical treatises the dance of polarity is symbolized by the sexual intercourse of King and Queen, and in Tibetan Tantra, the Yab-Yum iconography of male and female Buddhas indicates the same dynamic. The Chinese say that this archetypal polarity is found in everything. In this respect, the Fall from Eden, usually understood to be a warning against temptation and a reminder of human frailty (especially that of women) and the punishment for disobeying Yahweh, can also be interpreted to mean that the quest for the knowledge of good and evil is inherent to our human condition. Truth be told, we learn from experience that includes suffering.

Schwaller reasons that the myth of Horus the Avenger cannot culminate in the complete destruction of Set precisely because such polarities as light and dark, good and evil are intrinsic to ordinary life. Horus in obtaining triumph over Set does not destroy him, but rather holds him at the tip of his lance. This iconography is similar to the Christian one of Michael the Archangel treading Satan beneath his heel, pinning the devil at his sword tip until the end of time. Likewise, Saint George is traditionally pictured as a knight astride his white steed with a writhing serpent fixed at the tip of his lance, rather than an ordinary knight exulting in the slaughter of a dragon.

There is a "tension" in such depictions, a symbolic "holding" of the opposites, as Jungian psychology would say. Building on the observations of the pre-Socratic philosopher Heraclitus, C. G. Jung went further to postulate a principle known as Enantiodromia, which describes the propensity of opposites to exchange identities, as the D'ai Chi symbol shows. An awareness of this dynamic can help a person to move beyond a simplistic view of life's contradictions -- one that is limited by the illusion of absolute triumph and absolute defeat. Without a capacity to imagine reconciliation, Jung warned that because of our unconscious projections, we are more likely to see an other partially -- that is, through the lens of duality -- which makes another person, idea, religion seem to us to be completely beautiful, good and desirable or else completely horrid, evil and threatening. Because we project our desire or aversion on the other, we fail see them impar-



tially. Objectively speaking, relatedness is a given of the universe – everything already is in balance, but to realize this dynamic dance requires that an individual withdraws his or her projected hopes and fears from the other.

Finding this balancing point is usually a matter of trial and error: books can teach you about it, but the knowledge is ultimately experiential. Learning to feel the balance in every situation is analogous to the way you learn to swim, or make music, or keep a two-wheel bicycle upright by pedaling with both feet.

\* \* \*

The Temple of Abydos and the smaller, nearby structure called the Osirion commemorate the place where the head of Osiris was supposed to have been buried long, long ago in “myth time” when his brother Set dismembered him. The current temple was begun by the illustrious New Kingdom Pharaoh, Seti the First (note the root of his name, indicating something other than the wholesale repudiation of the Sethian principle.) Seti’s son, the Great Ramses II, completed it, more than 3,000 years ago. The splendid temple we see today has in part been restored. Within this oddly modern looking structure, within its many room-size chapels, large, painted bas-reliefs show a series of ritual activities that probably pertain to various initiations into the cult of Osiris. The colors of the paintings, reds and ochres and lapis lazuli blues are still brilliant all these years since they were painted.

On one of my visits, feeling overloaded with the information conveyed by my guides and guidebooks, I sought solitude to meditate before some scenes of the story that I recognized. In that ageless silence I was quite certain I heard the gentle tinkling of bells and the soft chanting of female voices. Because Abydos is so full of tourists, many of them Muslim school children, it is not the sort of place where Western “meditation people” might stage a New Age ritual at midday. But my vision, or my halluci-

nation, call it what you will, didn’t seem so unusual to me: such experiences occur for pilgrims at sacred sites.

My rational mind still sometimes wonders if these are actually self-induced trances, waking dreams that might be called “wish fulfillments” by Sigmund Freud. However, I cannot easily dismiss the facts of their occurrence, nor, more importantly, the consequences for my life. I know enough not to surrender every mystery to the rational mind’s impulse to contain and constrict reality. Pattern recognition, sudden insights or revelations, and the ability to predict the course of some natural events were probably important evolutionary stages for human development, and I would call this the Sethian impulse at our service. I find no contradiction between such thinking and other models that include but also go beyond the rational one. I believe that “mind” is more than “mine,” and that memory is more than one person’s imaginative ability to ravel out the myth of his days.

I know myself to be a dynamo of energy, my tiniest parts constantly in movement, alive and changing and continuous with powers far greater than my small capacity to comprehend. For example, I marvel that my organism retains the plan from which this thing I call “myself” seems to emerge and disappear and re-emerge moment by moment. Contemporary science has shown me that I am interpenetrated by a world that is also simultaneously in flux, but perpetually organized. Isn’t this sort of continual resurrection what the Way of Osiris implies -- that each moment is a rebirth and therefore another opportunity for a conscious life?

Like so many who have loved ancient Kemi, the Black Land of the fertile Nile Valley, and who feel drawn to visit present day Egypt, I can believe I have lived here in the past. Perhaps I was a kitchen slave, or a stable boy, or a courtesan dancing for Pharaoh; perhaps I gazed on the white clad, electrum-capped pyramids at Giza, when I was an initiate at the feet of the Sphinx. According to Schwaller, the Osirian Way was open to all, and so everyone, from a stable boy to the Pharaoh might aspire to become a resurrected “Osiris” after death. Schwaller further speculates that there were also opportunities in the afterlife to improve one’s spiritual state and find a path that led beyond even the concept of an afterlife in Paradise. Perhaps one of the souls, or levels of consciousness (there were supposed to be nine) of the deceased could return to his or her mummy in a properly prepared tomb to continue developing higher consciousness. Within the tomb, texts and symbols were inscribed specifically for the benefit of instruction and inspiration for the deceased, the tomb perhaps serving as a way station along a path that could culminate in liberation from the cycle of rebirth.



We do not know if this was so. We have marvelous artwork and hieroglyphics that thrill us; we have splendid poetry in celebration of life, of love, of the stories of the Egyptian gods, the neteru. But like so much pertaining to the Pharaonic Egyptians, we are left finally with many unknowns. Every guide, every companion is in the end provisional, whether we are tourists and pilgrims traversing the Nile Valley today or Osirian souls traveling the timeless Duat. We can prepare but what we prepare for is not predetermined – at least I can't believe it is, since then the universe would be a soulless mechanism, and my experience tells me otherwise.

\* \* \*

Horus, the son of Osiris was miraculously conceived “in the Spirit,” while Isis in the form of a bird hovered over the “dead” body of her husband, Osiris. Perhaps because of these circumstances (somewhat like the story of Jesus' conception) Schwaller reasons that the Way of Horus was different from that of his father. The Osirian Way is metaphorically like that of the diligent husbandman on the Earth; the Horus path takes the initiate quickly upward, and so it is symbolized by the swift, steep ascent that a falcon makes, seeming to disappear into the brilliance of the sun before falling on its prey like an arrow from heaven.

In this connection, I recall the words of that fundamental alchemical text, the Emerald Tablet, attributed to the Egyptian sage whom the Greeks called, “Thrice Greatest Hermes” or Trismegistus:

*“That which is above  
is the same as  
that which is below.”*

In other words, through recognition of this unified state, the Way of Horus might bring the ability to rise above all dualities through the integration of supramundane influences. Perhaps the Way of Horus was realized through yogic practices such as astral and etheric travel, whereby the consciousness separates from the body for specific purposes of education.

Living yogic traditions, such as Hindu and Buddhist Tantra, emphasize that the mastery of these techniques requires the practitioner to live for more than selfish desires. Some

say this is the fruit that comes of integrating what the Jungians call Masculine and Feminine consciousness within a single body, regardless of one's biology. Initiation with an authentic master, meaning the transmission of knowledge directly from that person, is considered indispensable on this path. We proceed by stages in our spiritual growth, but we cannot truly progress beyond our capacity, which is one way the Universe guards its secrets and insures our safety. On a so-called steep path, as I am imagining the Horus Way because it offers the possibility of liberation from suffering and rebirth during a single lifetime, the dangers include not only egoistic inflation, but also despair when we stumble or tumble. Therefore, the swift flight heavenward requires great care.

\* \* \*

In her discussion of the myth of Isis and Osiris, the American philosopher Jean Houston examines why human beings act so often as if we don't remember who and what we truly are. Why do we forget the divine king and queen already enthroned in our hearts? Why do human beings dismember our own best works, denigrating their significance? Why do we in a thousand ways discount not only our human worth, but also that of the natural world from which we are inseparable?

Like Schwaller, Houston sees in this behavior the Sethian principle gone awry: a negating force that incites chaos and disorder. This results whenever we hold back from participating in the Maat, or Natural Law, that creates the harmony of the Universe. However, since this constricting impulse seems to be a genuine feature of the human psyche, the presence of Set deserves objective assessment. Ego-centeredness is underpinned by fear and grasping, but it can also be understood as the impulse to insure the safety of an individual organism or of an entire society. Metaphorically speaking, Set represents the inevitable contraction of over-expansive energies. If this force remains unchecked, however, the Sethian impulse to protect ourselves and defend our attachments can be employed to justify many acts of evil, including those perpetrated in the name of “God.”

Distraught as human beings often seem to be, discontented, fragmented or fallen, the Osirian cycle of myths can provide a reminder that we are also capable of transcending fear and selfishness with love. Isis succeeds in re-membering her husband, resurrecting and transforming him into an immortal

form, and wicked Brother Set is ultimately rebuked – albeit not without difficulty and not without the intercession of a third force, which is symbolized by the arrival of the winged sun, the avenging hero, Horus Bedheti.

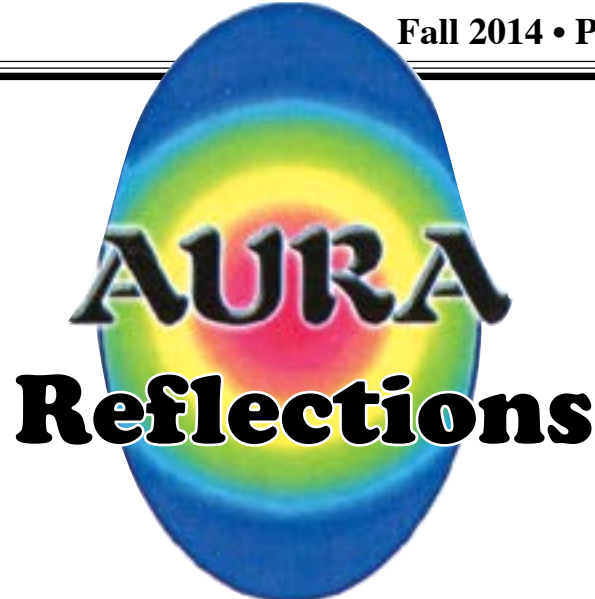
In his interpretation of alchemy, Jung says that the perfection of the Philosopher's Stone requires a *Mysterium Coniunctionis*, a mystical union of opposites. The effort might at first appear to suggest a heroic war of good against evil, with the triumph of one member in this supposed binary pair. Freud concluded that the ego could never be completely victorious over the powers of the subconscious mind; and for him, the heroic struggle between them yields the painfully won fruit of consciousness. Jung's psychology suggests a rather different sort of outcome is possible: reconciliation. This can be accomplished by holding the opposites in relationship, which is what the alchemists and ancient Egyptians also. With such a *Mysterium Coniunctionis*, or sacred marriage, a third force is manifest, which is both the cause and effect of reconciliation. This is because the psyche, the soul, is whole from the beginning and intends our realization of this wholeness. For one who has this experiential knowledge, the well being of others becomes paramount. Symbolically, this is the activity of Horus and of Jesus, this is the power of the Holy Grail and the Philosopher's Stone. So it is said that the practice of alchemy – the sacred science of the Black Land, Al Kemi -- helps to complete the work of Nature.

### **Peter Fortunato**

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