

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

*are here!*



Volume VII Issue II

Spring 2012

Priceless

## EVENTS

### MASSENA, NY

April 20 & 21, 2012  
Salmon Run Mall

### WATERTOWN, NY

April 21, 2012  
48 Public Square

### WATERLOO, NY

April 28 & 29  
Holiday Inn

### CLAYTON, NY

May 5 & 6, 2012  
Clayton Opera House

### LITTLE FALLS, NY

May 20, 2012  
1 Beardsley Castle

### FULTON, NY

Sat. June 9 2012  
10:00a.m. - 5p.m.  
Fulton Elks Club

### SYRACUSE, NY

Sat. & Sun. July 14 & 15, 2012  
Metaphysical Times  
Psychic Fair  
10:30a.m. - 8p.m.  
Whitney Center  
OCC Campus

### SYRACUSE, NY

Sat. & Sun. July 14 & 15, 2012  
Syracuse Gem & Mineral Show  
SRC Dome OCC Campus

### ROME, NY TBA

Erie Canal Village

### SYRACUSE, NY

August 5, 2012 Krypton Event  
Holiday Inn, Liverpool

### UTICA, NY

Sat & Sun, Sept. 8 & 9, 2012  
Utica Business Park Holiday Inn

### LIVERPOOL, NY

Pagon Pride Festival  
September 15, 2012  
Longbranch Park

### WATERTOWN, NY

September 29 & 30, 2012  
The Hilton Garden Inn

### CORTLAND, NY

Cortland Psychic Fair  
and Holistic Living Expo  
Ramada Inn  
October 13 and 14, 2012  
10a.m. - 7p.m.

### LITTLE FALLS, NY TBA

Beardsley Castle

### ROCHESTER, NY

Sat. & Sun., Oct. 20 & 21,  
Henrietta Dome Center,

### CANTON, NY TBA

2, 3, 4 Nov. Canton, NY

### LYONS FALLS, NY

Fri., Sat. & Sun., Nov. 9, 10, 11,  
Edge Hotel, Lyons Falls

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# There's No Place Like Home!



By Cindy Griffith-Bennett



## There is No Place Like Home: Spirituality in Central New York.

I am always surprised when I hear someone talk about Central New York as a closed minded community. I have always begged to differ and now I have the proof! It turns out we are very open, yet a bit stubborn when it comes to our Spiritual Life, and it has been that way for years!

How did I find this out, you ask? For my Master's program thesis research, I decided to use spiritual minded people, often labeled "New Age-ish," living in Central New York (CNY) to see if they are any commonalities in spiritual evolution. This required some research into the religious and spiritual background of Central New York, plus some definitions.

First I had to define New Age Community, Religion, A Religion & Spirituality. The New Age Community, according to author Mitch Horowitz, is as follows: "New Age does not necessarily belong to any open faith or doctrine, and, in fact, a defining feature of New Age is that you can be a member of any religion, or no religion at all, and still

participate in this ... spirituality." Yup, that sounds like us!

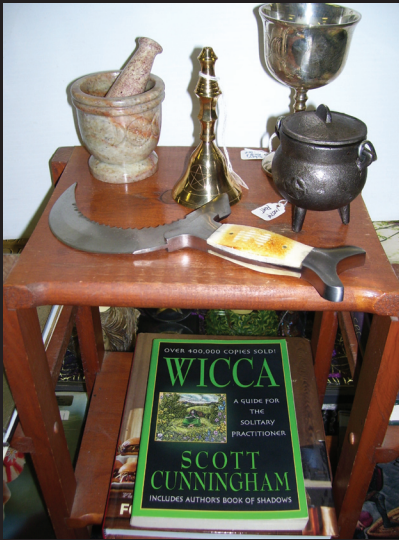
Has it always been this way? Wouter J. Hanegraaff points out that the present situation, of a culture that is not religious, is an anomaly. Religious institutions no longer hold the cultural influence they have in the past. Especially since the 1800's, there has been a move away from religious institutions as the authority for religious belief and a move toward becoming a "culture no longer grounded in a religious system of symbols." He sees the New Age community resulting from this move away from religious symbols to an "emergence of secular spiritualities based upon private symbolism..." In other words, we have our own symbols that are meaningful to us, which are not necessary what a specific institution tells us should be meaningful.

New Age influences can be traced back to the 1600's when war in Europe forced many who were already religiously experimental to flee to the New World. Many gravitated to Philadelphia where William Penn had founded a religiously tolerant place. This opened minded community supported a migration to the New World of religious and mystical groups looking for a safe place to live. Horowitz feels the combination of migration due to acceptance of diverse religious ideals

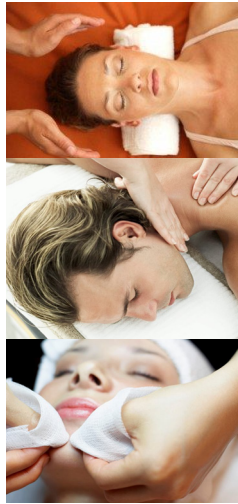
*Continued on page #23*

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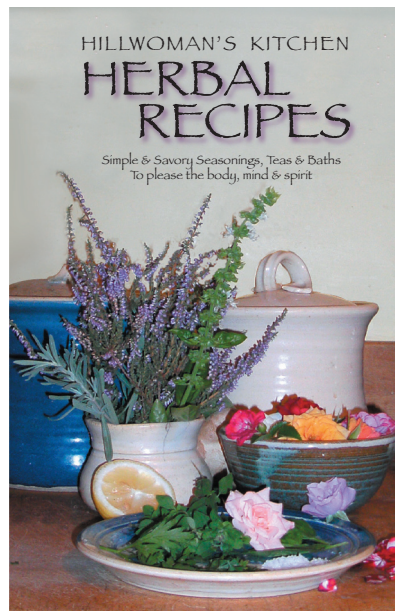
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See Sue-Ryn's Article Page #6

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Rambling Along the Metaphysical Path

## Primum non nocere

By Georgia E. Cuninghame, PhD

Publisher, Metaphysical Times

I've been thinking about this phrase lately, a lot. This phrase originates from the Hippocratic Oath and is a principle directive in medical ethics for Physicians.

"Do no harm." Such a simple idea.

In the Metaphysical world there are so many philosophies, so many paths we are asked to follow. How to become "evolved." Those of us who work with clients are given the task to help them find insights from their past, present and future, to let them understand more about themselves. We are "Meta" - physicians.

I've heard that there are "entities" that some folk believe are attached "to" us. For some people that could be a great thing to know, for others, it could be downright frightening and "harmful."

Some say that certain spells work just because we believe they work. because the client or "patient" believes they work.

I do know that most Meta-physicians approach their clients with the utmost care.

One lady came to me at a recent psychic fair. She said somebody had read her palm and told her that she had a second marriage line in her hand. She had been devastated for weeks. "I'm so happily married, is something *bad* going to happen?"

As one of these "Physicians" each of us should recognize the power that we wield.

. Those of us who are not "working" in a healing profession, I think should still consider themselves "Vita"-physicians. We are perhaps those with the most patients of all, our family, our friends, people we interact with in stores, on the street, the lady who hands us our "Thruway ticket" from a window in a booth. Each person with whom we interact, even casually is one of our patients.

We all are guilty of doing harm, an inadvertent word, a look, a sigh, a quick breath in can effect our "Patients" for a lifetime.

Sure we all have these "philosophies" about the paths that others should take. How "they" could make better choices to get to their "next lifetime" or find a mate with the appropriate Astrological sign, how to "dress for success," remember to keep their elbows off the table., "Go this way, go that way..."

I talked to Josiah Booknoodle about all this and he thinks we have a special "medicine" that we carry along with us all the time. "Listening."

If we start listening to our patients instead of figuring out what "we are going to say" once they stop talking. Another novel idea.

When we are listening it might be easier to discover what we need to do, so we can follow the precept "Primum non nocere."

*Georgia*



"In here, meditating all the time!  
Why do you have to be  
so thoughtless?"



The ghost you're trying to reach is currently unavailable.  
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"Weight lifting can help lower your cholesterol.  
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*Nineteenth in a continuing series by Sue-Ryn*

# Spring Cleaning

Early along this herbal path I became acquainted with the concept of “multi-tasking”. I knew from reading and researching that many herbs had multiple uses. Back in the mid 1970s I set up at a crafts show with a display of hand silk-screened t-shirts, a small selection of herbal blends, and chilled samples of Herb Woman’s Favorite tea. The show was well attended, but the only ones interested in my herbs were the older folks. They shared many a story about old remedies and spring tonics. One name that came up time and again with a variety of colorful descriptions was “Thoroughwort”. When I got home I searched my growing library of books (this was long before “google”) and could find no trace of the plant. Eventually, I found a listing in a battered old dictionary that defined “Thoroughwort” as a plant also known as “Boneset”. Then I realized I’d known the plant all along, but as a bitter tea to cure the flu and a mender of bones, not as a “spring tonic”.

Fast-forwarding to present time, one rarely hears talk about “spring tonics”, outside of herbal magazines. People do use “herbal detox” products commonly, and at all different times of the year, sometimes to their detriment. Our diets are much more varied than they used to be when winter’s food supply was what one had stored or could procure locally. Most of us have not spent the winter months dining on dried, salted, or pickled foods, but spring cleansing can still offer a boost to our many systems as we move towards a more active season.

Gentle herbs to help stimulate digestion and tone the organs that help keep the body self-cleansing can be tasty additions to one’s early spring diet. Some of the earliest plants that come back to life around here are bitter spring greens. Most of the bitter herbs support or stimulate the liver and kidneys, which have a lot of work to do following a sedentary winter. Most of them can also be eaten alone, incorporated into regular meals, or used as dietary supplements to help support healing.

**Coltsfoot** (*Tussilago farfara*) is usually the first plant to come back to life around our yard. We never had any until we imported some gravel for the “cement pad” of a construction project. Those little yellow blooms are the first hint of spring in our yard. Many know coltsfoot as an herb for smoking mixtures or lung cleansing teas. A strong tea mixed with a little honey makes syrup that may soothe and cleanse the mucous membranes. The leaves, when thoroughly dried and burned to ash produce an ash that may be used as a salt substitute.

**Dandelion leaves** (*Taraxacum officinale*) are harvested and added to spring salads and stir fried vegetables. They may also be steamed and served with garlic and olive oil, butter or crumbled bacon. Some folks also dry some nutrient packed leaves for tea. Dandelion roots less than an inch in diameter can also be washed peeled, steamed and eaten, but most leave them for autumn harvesting to use as a potassium rich healer. It’s odd that so many dollars are spent on poisons to kill off this plant, while many tons are imported annually for healing formulas.

**Stinging Nettle** (*Urtica dioica*) is another green that many look forward to. The very young shoots and greens are “sting free”, though it’s always wise to wear gloves and long sleeves when harvesting nettles, just in case. Heat destroys the sting in more mature leaves and they may be cooked as nutritious “spinach like” greens or steeped in hot water for tea without fear. The long central stems yield linen like fibers that used to make cord, yarn, and cloth. Fermented Nettle leaves make a nutrient rich “green manure” tea for plants and help build humus in soil.

Nettles have fed, healed, and clothed people since the Bronze Age.

**Chickweed** (*Stellaria media*) is my personal favorite spring green. The plant grows into a large mat that can prevent other weeds from taking hold, and some gardeners allow her to help keep the garden “mulched”. She has a shallow root system and is easily removed if found growing in the wrong place. I like the greens raw in salads or steamed with other vegetables. Chickweed is also an excellent herb to use in healing salves for reducing redness, starting the healing process and smoothing out the roughest of skin ailments, even long-standing psoriasis. The dried herb is also added to many “diet tea” formulas.

**Ground Ivy** (*Glechoma hederacea*) is another plant that shows up early, ready to fill in any open space available. The leaves can be made into teas used internally to cool a fever, gently cleanse irritated mucous membranes, or externally as a wash for irritated or infected skin. Sometimes the fresh herb is blended with sea vegetables in body wraps for a purifying slimming effect. There is some history of use as a strong tea or tincture for chronic sciatic pain. The Saxons, who used it to flavor, clarify, and preserve their beer, are thought to have brought the herb to England, and then it was brought to this country. If ground ivy has invaded your garden or lawn, regular harvesting, preferably in the last quarter of the moon, is advisable.

It wouldn’t be spring without some **Wild Leeks** (*Allium tricoccum*). They are a very potent form of wild onion used for food and sometimes as medicine, with many of the same healing nutritional potentials as domestic garlic and onions. Around here they seem to prefer the moist dappled shade of the woods.

Their leaves grow 6-10” tall in bunches of two or three and are broad and fleshy with a very strong odor when bruised.

The whole plant may be harvested and eaten the same way any other allium family member is prepared....though most feel cooking mellows their strong flavor a bit.

don’t have a strong onion not eat them.

If they fragrance, they are not leeks do

Foraging for some wild spring foods can be an excuse to get outside and mosey around on your own or with family and friends. Any time one is foraging for wild food or medicinal plants there are several precautions that must be taken. Be sure to harvest in an area that has not been sprayed with commercial farm chemicals, over used by animals, or exposed to heavy traffic pollution. If you are foraging on private lands, be sure to have permission from the landowners. Have an experienced “weed picker” or a couple of really good plant identification books along for the hike. Have some clean paper to wrap your harvest in and be sure to label each plant accurately. Clean and store your greens in the refrigerator for immediate use, steep them in vodka in a dark cupboard for tinctures, or hang them in small bunches to dry for tea. Last, but not least, by all means, remember to express your gratitude to mother earth for so many healthful gifts.



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*Fifth in a continuing series by Bob Cesari*

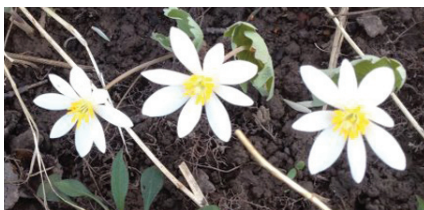
First  
a  
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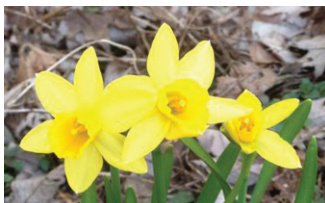
A purple  
periwinkle  
flower.



The  
yellow  
of the  
leafless  
coltsfoot  
flower,



white  
bloodroot flowers,



daffodils, yellow  
and white.



**Spring has arrived early this year. And with the array of colours against the drab late winter greyness, it is apparent. Spring is here! And with spring, thoughts turn to the garden.**

*"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul."*

Alfred Austin

Some look for miracles. Here is surely one....a seed. Plant this little thing in the ground and soon it will sprout, grow. This seems like a miracle, certainly, yet it is taken for granted. These seeds offer the possibility of growth, food, and at the end of the cycle we have....more seeds.

Seems miraculous, this work of nature.

*"The garden is the poor man's apothecary."*  
German Proverb

The plants that can grow in a garden offer food, nourishment; some see the possibilities of food as medicine. Surely the foods we select to grow can offer this and more.

So let us speak of the garden and all that it can provide. All one needs is some space in which to grow a garden. Whether large or small, it doesn't matter. First there is the soil. It all starts with a healthy, strong soil... soil is different than dirt.

*"If you build up the soil with organic material, the plants will do just fine."*

John Harrison

Soil can be built up by simply adding organic matter. Whether it be compost, seaweed, or organic fertilizers, whatever you care to use. The healthier the soil, the healthier the plants, quite simply. **Good soil yields good plants and good plants will naturally fend off an array of insect pests.** Whatever the soil contains shall be used as food by the plant, and the plant will become what it feeds on....just like us!

**So, what to grow? There are so many possibilities. Grow what you like... grow what is healthy.**

One of the healthiest families of vegetables is the brassica oleracea family. It includes cabbage, broccoli, cauliflower, kale, collard greens, Brussels sprouts and kohlrabi: they are all bred from, and are the same species as, the wild cabbage plant. (Wikipedia)

All plants in this family are very nutritious and contain many valuable nutrients, including vitamins A, C, and K, calcium and soluble fiber and even some protein. Science has even discovered micronutrients that defend against some cancers. Many of these varieties you can find in garden stores, grown enough to place directly in the garden. Or they can be directly seeded in the garden.

*continued on pg # 31*



*Eight in a continuing series by Bob Canino*

# The Cumberland Spaceman

## Who or What was on a Scottish marsh with the Templeton family that day in 1964?

When Jim Templeton took his family to Burgh Marsh at Simon Firth, Scotland that day in late Spring, 1964, he planned no more than a routine family outing. A long time semi-pro photographer, he planned on taking plenty of pictures of his cute young daughters while they enjoyed their afternoon in the rural Scotch greenery. And enjoy it they did; only noticing that the local farm animals were acting strangely, as if there was a storm brewing. But the day stayed bright and clear for the Templetons who thoroughly enjoyed their day, noticing that they had not had to share their isolated venue with anyone or anything for the whole afternoon. Little did they know that was the furthest thing from the truth.

Excited that he had taken a number of good pictures that day, Templeton hurried down to the local photo developer about a week later to pick them up. As he paid for them, the lady waiting on him remarked, "You have some nice photographs, Jim, but its a pity that the best one of Elizabeth has been spoiled by that man in the background wearing a space suit." Thinking she was joking, Templeton found the photo in question and was astounded. Or as British UFO researcher Jenny Randles put it in *"The Truth Behind the Men in Black:"* Jim thought she [the clerk] was joking. He knew there had been no man in any shot - and definitely not one in a space suit. But when she pointed it out to him he saw exactly what she meant. A strange figure in a white suite - not unlike an astronaut's outfit - did appear to be standing behind Elizabeth's head.

Intrigued, Jim sought the assistance of the local Carlisle police. Superintendent Don Roy was just as puzzled as Templeton when he saw the photograph. But he noticed something else strange: that the definition of the figure in the picture wasn't quite right. He pointed out that the figure behind Elizabeth's head "was at an angle to the vertical and if one imagined where [its] legs ought to be (out of sight behind Elizabeth's head) these would not be on the ground." Given these two considerations, Roy pointed out the figure would actually be slightly floating. He also noticed the lack of definition and striations across the image on the photo. Totally baffled, Roy opened an official file on the photograph and sent the film to the CID (Crime Investigation Division of Scotland Yard)



Lab in Penrith where the Superintendent there, Tom Oldcorn, took over the investigation. (Its interesting to note that unusually high profile police figures and resources were now being used at this stage of the investigation to look into something that was quite tangential to regular police work.)

Since the picture had come to world wide attention via the local, national and international news media, Kodak itself became interested in it. The picture had been taken with Kodacolor X film and the police agencies involved with the investigation wanted to eliminate the possibility of a hoax. Since Jim Templeton was a photographer of some expertise, the possibility of a hoax was rather high. However, both the authorities and Kodak concluded that this was highly improbable not only from the technical standpoint, but from the "personal" standpoint as well. CID was impressed (as several independent investigators have been down through the years) with the sincerity and authenticity of the Templetons individually and as a family. (Again it is interesting to note that Jim Templeton has provided copies of the photograph for almost 50 years without ever receiving any form of payment) Or, as Jenny Randles states in her book *The Truth Behind the Men in Black*, "...I expect that anyone who spends time talking to the Templetons would quickly decide that, whatever else might be involved, a hoax by this unassuming couple was certainly not it."

Over the ensuing weeks, explanation after explanation was advanced and discarded. Kodak ruled out the possibility of a double exposure or some sort of

strange lens flare. The CID ruled out the possibility of other fire units being in the area at the time (the mystery figure in the picture looks like it is wearing some kind of protective fire suit). And the British Ministry of Defense ruled out the possibility of a mirage. Since there was a nuclear plant on the other side of the marsh, some thought that the sun had played a trick on that unusually bright day and brought into the picture an image of someone wearing a protective anti-radiation suit. But the MOD shut down this possibility by verifying that there was no one wearing that kind of suit on the day in question. Kodak wound up being so baffled by the whole affair that they offered "free film for life" to anyone on their staff who could come up with an explanation. Needless to say, the prize was never claimed.

And there the case of the "Cumberland Spaceman" rests to this day except for a strange, brief coda unearthed by researcher Jenny Randles. In doing research for her book *The Truth Behind the Men in Black*, she had the occasion to talk to Jim Templeton and his wife, who not only recounted the whole affair with the photograph, but told of a visit by two mysterious strangers soon after. They received a phone call from someone who identified himself as "someone who investigated these things" and wanted to come out and talk to them in person. Graciously, the Templetons set an appointment and on that date two men showed up at their home. Remembering them very well, Mrs. Templeton described them as "...extremely well dressed in black suits and [they] looked very officious. They were very courteous, but were somewhat offhand. They drove a large dark Jaguar car. It was very shiny as if new. But there was something odd about them." Jim remembered that in the hour or so that they were at the house, they never called each other by name. Instead they called each other by numbers - Number 9 and Number 11! And although they flashed some ID cards, neither Jim nor his wife got to study them for any amount of time, but they do recall that the cards did identify them as coming from some governmental agency. After they were done with the interview, the two men asked Jim to take them to the site on the marsh where he had taken the pictures. He went with them in their new car and they drove down and left it by the marshes. Getting out and walking towards the exact spot, the strange men started asking all sorts of odd questions about very mundane things: What was the weather like that day? How did the sheep and cows behave? Did he or his wife see any birds that day? And what kind of ambient sounds - like wind or distant traffic- were heard that day? Jim was baffled; he expected to be asked all kinds of question relevant to the photo - like what kind of camera did he use and what kind of film? But instead, they kept asking questions he deemed barely relevant.

*continued on page # 12*



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### WILL HE EVER RETURN...?

Hi Dennis... I was involved with a man for about 9 months... (Name and DOB left out of this column) who left for South Carolina in early October. My question is, will he ever return to Upstate NY and rekindle our romance? My DOB is (Left out of this column). Thank you Dennis, Pamela

Dear Pamela, thanks for your question.

Based on the birth data you have given, Astrology's "Synastry" (comparing birth horoscopes for compatibility potentials) might suggest that you move on. Your Sun sign, Aries ("fire" element) and his, Cancer ("water" element) show different temperamental tendencies - which, at times would play out as blockages or delays. And this would be significant in such areas as: Children, romance, will-power, ego and pride. A Developmental tension or crisis pattern, which - one way or another - might lead to construction or growth!

Between you there are other "fire" planets squared off to "water" planets, which suggests conflicts, delays or blockages with the moods or habit patterns and the ability to live together.

So, Pamela with all this "fire" squared-off to "water," you can see how things could happen quite suddenly and be very "steamy" at times! Yes, initially, this could manifest as passion and romance! And please understand, these crises patterns and conflicting temperaments do not necessarily mean that there can't be love. However, the arenas of conflict could involve such subjects as: Children, family, home, and location... as well as occasional tendencies to withdraw into protective emotional "psychological shells.."

My intent in this column is not to do "readings," but since you'd mentioned your birth dates, I felt it was a key for me to speak to the **significant** crises patterns between the two of you.

That said, we will proceed now to address your concerns with guidance, encouraging a more responsible **"person-centered"** perspective, versus the less responsible, "event-centered" viewpoints.

In other words, Life is not as pleasant when we're asking: "What's going to happen?" Instead, we can come into the Love and Joy we intended before incarnating, when we take the full responsibility for the fact that, as Co-Creators, **we always attract into our lives whatever we choose to think about most often - whether we want it or not!**

We are more than our planets but these symbols of psychological driving forces do show how we "wired ourselves" before we incarnated.

"The Talmud states: 'Everything is foreseen but free will is given.' On the other hand, Carl Jung, who also used astrology for his more difficult cases, said: 'Free will is the ability to do gladly that

which I must do." In other words, we can do no wrong, because the Universal Law of Attraction ("like attracts like") will never "take a vacation." Again, we **always** attract into our lives whatever we're mainly choosing to think about most - whether we like it or not! So, if you might be thinking, say, "I want someone to share Life with me so I can feel happy," then you - and many of us - have not understood: We need to **first** choose **thoughts** that make us feel happy! Then, under the "As ye sow..." the match can "appear in our play"!

No one wants to be with another who needs the other to behave in certain ways in order for them to feel happy. We need to put the "Inner Marriage" first - for that is Who we are really searching for! We see our own transsexual side and get in touch with **Self**-Love, when we meet the one who matches this unconscious "animus" or "anima." But when we learn to choose thoughts that bring us into Alignment with that Joyful, Appreciative, Unconditionally Loving Presence within, then, in such "Second Coming," Holy Moments, we may find our Selves. No longer needing someone "to make me feel happy"! No longer compromising our values in order to "be with someone." Then, amazingly, by this release of resistance, we may find that the person who appears in our "Play" will match the "higher vibration" which we have become. It helps a lot, to be clear about **what** you desire, and then to imagine **why** you want it. This creating of a virtual reality **feeling** of "as if already" will then help bring it into the physical world.

Pamela, your birth map shows that you entered a Scorpio full moon progressed phase in 2011; perhaps "triggering" between May and **November** 2011. Meaning that then and your next 3 years or so, is a time for you to "socialize your instincts" - to get in-depth results with others.

You're in a cycle that calls for clarifying your desires and **merging** with others. I feel that Mid-April of 2012 will be a more personally emotional time of new beginnings for you as you build on "seeds" that were "planted" in 2011. Then, October may find you in a very optimistic and socially expansive frame of mind as it will be a harbinger of your opportunities to merge with others in 2013.

In any Life situation, it's always beneficial to be yourself - not with an "attitude" - and to allow others to be themselves! No need to talk ourselves into anything! Simply listen to your heart and to the perfect guidance we all have:

"Good feels good  
- bad feels bad!"

In Oneness,  
Dennis



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# Reiki: Just The Facts



By Don Brennan

These are wonderful times for those who are looking for accurate information on Reiki. So much factual information from reputable sources has come to light, that we can set aside all the false claims. No longer can people fabricate stories about ancient traditions of Reiki healing. We can put to rest the claims of Reiki coming from Tibet, or Egypt or any other place. There are no rediscovered, long-lost Reiki symbols going back to Atlantis and Lemuria.

One story that was a little bit more difficult to disprove, was that Mikao Usui taught a more powerful form of Reiki to Tendai Buddhist nuns beginning in 1915, long before he began teaching lay people. It was suggested that Usui was a Tendai Buddhist monk and that one of these nuns was his cousin. In the year 2000, she was supposed to have passed these teachings on to a westerner, also a Tendai Buddhist, who was a teacher of martial arts in Japan. When we look at Usui's life history, and that of his ancestors, as well as his path to Reiki, we can put everything into its proper context. We can gain the discernment we need to process all these claims. And so, over the course of several issues, we will do just that.

Usui was born in the village of Taniai, in the Gifu prefecture. It is an isolated area of Japan that still retains its pristine beauty, charm and serenity. The village and surrounding countryside still look very much like it did when Usui was born, in 1865. You can get a sense of the typical buildings, homes and temples by watching the movie *The Last Samurai*, with Tom Cruise. Although most of the movie was filmed in New Zealand, some images were filmed in Gifu prefecture, very close to where Usui grew up.

Usui came from a very wealthy, ancient Samurai clan. His ancestor was a famous Samurai, named Chiba, who brought peace into the

area now known as the Chiba prefecture. About 650 years ago, there was conflict with another Samurai clan. The Usui part of the family fled to save their lives, relocating about 600 kilometers south of there, where they built a castle in what is now the Gifu prefecture. This is why so many people in that area, today, have the name Usui. The castle no longer exists. Gradually their wealth declined and they became farmers. Wealth came back to the family many generations later.

When Mikao Usui came into the world, he was born into a wealthy family, who had been members of the Pure Land school or sect of Buddhism, going back many hundreds of years. What follows, will demonstrate the deep roots of the Usui family in Pure Land Buddhism.

Buddhism came to Japan in the 5th century from China. Pure Land Buddhism separated from Tendai Buddhism in China, before Buddhism even came to Japan. It is the largest school of Buddhism in Japan, today, and the two have virtually nothing to do with each other. The distinction between them is much more profound than the difference between Lutherans and Catholics, in the west. Just as a Lutheran could never be buried in a Catholic cemetery, it is even more so for the Tendai and Pure Land schools. For hundreds of years, the Usui family members have had their remains interred in Pure Land Buddhist temples. Usui, his wife, and son are in the Pure Land Buddhist temple at Saihoji, in Tokyo.

In 1357, a member of Usui's family founded a sake brewery. Here is that story, as told by the village of Taniai's local historian, who also

happens to be the grandson of Mikao Usui's sister. Besides being told within the family, it is also recorded in village records. We can only verify it as a story, like most legends, but it is a wonderful story!

In 1357, one family member had a friend who was visiting, who was a Pure Land Buddhist monk. Each of them had a strange dream the night before. As they were walking and talking, they discovered that they had had the same dream. Each of them had seen Zendo Daishi, one of the founders of Pure Land Buddhism, who had died hundreds of years earlier in China, before Buddhism came to Japan.

He had told each of them, "Please, go to this place in the forest and dig. There you will find my body." So they went to this place with picks and shovels and began digging until they found a stone Buddha statue. As soon as they pulled it out, a natural spring of water gushed out.

Usui's ancestor took this as a sign from the gods that they wanted him to make sake! So he built a sake brewery there, which was in operation from 1357 to 1880, over 500 years.

Usui's name Mikao comes from the word "mika," which is a tool for making sake. It was intended, when he was born, for him to continue the family business. Instead, his brother took over the business and Usui went to Tokyo, eventually leading him on a different path.

Sake, in Japan, is considered to be a gift from the gods. Usui went on to bring forth an even better gift from the gods!

Next issue: The path to enlightenment and the road to Reiki! © 2012 Donald Brennan



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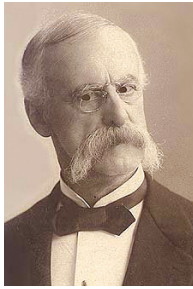
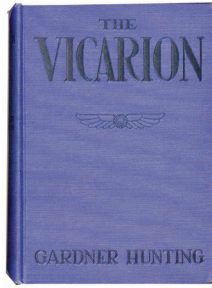
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## Professor Booknoodle on Books : Past and Future - Real and Unreal.



### THE VICARION - A WARNING AGAINST VICARIOUS LIVING

Walk around any college campus, any urban center, down the sidewalks of any town and one will be confronted with a phenomenon fairly new to society, but visible everywhere. You will be hard pressed in a crowd not to see numerous people walking around with a phone to their ear, (or a pod) or a texting pad held in front of them as they meander erratically down the sidewalk - or off the sidewalk as so often happens. We are a nation of talkers - we always have been - but now we are becoming a nation of texters. At least the younger generations are. It is the wireless transformation. The ability to access and use computers and their myriad applications free from wires, free from the strictures of remaining at a desk, has "liberated" millions of people from the chains of their perceived aloneness, but has, in fact created a generation of people living vicariously, wherein the amazing richness of literature, history, and living in general have been lost.

We never knew we were alone, even though countless books and articles declaimed about the loneliness of the crowd - the lack of communication between individuals who shared an environment. There have always been social critics who decried each advance in communication. There were people who decried the advent of radio - envisioning a world where everyone was glued to the speaker, lost to the environs of the room in which they were sitting - lost to the companionship of family and friends sharing the room. But that prediction never took root, and families, in fact, often found radios a new way to share an experience. People gathered around a radio and they shared the experience.

Then came television and people warned that the entire world would be lost to the tube - pulled into the fantasy world of television - lost to the real world, mesmerized by what was only a shadow of the real world. This never happened, despite many books and hundreds of magazine articles warning of the dangers inherent in watching too much TV. Too much *Get Smart* would achieve the opposite, as we were all enveloped in The Cone of Isolation. Again this never happened.

Now we are well into the computer age, and again we have our Cassandras warning us of the loss of our public souls, of the perils to our individuality from too much immersion in the on-line world. The advent of FaceBook and Twitter and other such social media has given new impetus to the warnings. Loss of privacy, identity theft, marketing invasions, exposure to the unseemly ... the list grows. Will the reality be similar to the past, will all the warnings and fears evaporate as so much mental vapor? Or do we stand in peril of losing our grip on reality through the hypnotic sway of Social Media?

This has long been a fertile field for science fiction and fantasy writers to harvest. Humanity lost to and imperiled by the marvels of science has been the theme of countless stories. Someone recently wrote an article decrying what they perceived as the dark trend of modern science fiction. They feel that there is too much Distopia and not enough Utopia in modern S-f. They fear that such an emphasis on dark futures will, in fact, conjure up the very future that the distopian tales warn us of. Everybody knows *1984* and *Brave New World*; these two stories are almost the equivalent of nursery distopias, they are so comfortably familiar. But it is as if Orwell and Huxley, and even Russia's Zamiatin, have spawned generation after generation of Distopic fantasies. Distopia, like a persistent bout of heartburn, is with us in books, in movies, and on television. The exciting and long-running *Galactica* series was basically a distopian fantasy. South Africa's *Charlie Jade* paints a dark future where three alternate worlds each envelope humanity in harsh realities. the television series, *Caprica*, posits a future world that harbors within its distopian surface a further virtual subworld which is even harsher, possibly because it is just perceived as only virtual. Some stories, like the current movie, *In Time*, are thoughtful meditations (well, meditation may be too soft a word for this action thriller) that posit harsh analogies to the world of today. Others are truly dark, like the movie *The Screwfly Solution*, or the television series, *The Walking Dead*, where in the future most of humanity has devolved in to bloodlusting ghouls. Zombie movies abound, and one really has to wonder why there is such an appetite for such ferociously negative future scenarios, and from whence does it arise?

Which all leads me, finally, to the book under review. I warn you, this is not a book widely remembered, or easily found. It is, in fact, a forgotten plot-boiler of science fantasy. Like the famous H. Wells, its author, Garner Hunting, a much less well-known author (let's face it, Hunting is totally forgotten) was making predictions about the future. Oh I think there was less concern, really in Hunting for prediction as there was for conjuring up outlandish ideas and plot contrivances.

The book? It is titled *THE VICARION*, by the afore-mentioned author, Gardner Hunting. It was published by Unity Press, in Kansas City, Missouri, in 1927. Now I am reviewing this book, and though it is sitting on my desk right in front of me, it is a rare volume, so don't go rushing off to the local book store expecting to find it. Why, even an article about Hunting published on line under the aegis of the Unity Library and Archives, says that Hunting wrote many articles, but only one book, and that titled, "*Working With God*" (1934). However, one can find copies listed on line, even some very inexpensive copies (although one gets what one pays for condition-wise).

The book is not a great book; the story is a real plot boiler, with stock characters, even one rather unfortunate racial stereotype ( a Japanese man-servant); and the women in the book are certainly cast to primitive type... shrinking violets with tendencies to hysteria. The hero, of course is manly and forceful - a real take-charge sort, although he is sadly transformed by his invention.

#### *So why should I have been attracted to this book?*

Well, because I have long been interested in science fiction, and especially I like older, even paleolithic stuff. Give me a shovel in an archaeological site with the bones of old books sticking out of the strata and I am happy. I am always curious to mine these old books for what they reveal about, not only the times when the books were written, but also to find hints as to what the authors predicted or thought was coming in the future. Great uplifting marvels, or war-raddled ruins?

As I said the plot is mundane... but the author sets right to it, as far as revealing the scientific marvel around which the book revolves. The invention is called The Vicarion, named thusly because through its agency, people are able to vicariously experience the real past, just as it happened, even if there was nobody around to witness the event. They can even experience their own lives - watch themselves as they went about daily chores. They can revisit themselves as they were in the past and witness and re-witness favorite experiences - reliving them as if it were forever. They can even watch themselves watching themselves.

Of course persons are offered up in the story who decry this invention as unnatural, as a dire threat to the mental stability of mankind; they fear that people will become addicted to The Vicarion, leaving the real world behind, shrinking into a somnambulistic existence as they vicariously relive that which they had once lived in reality. This is just like today where some fear that users of *FaceBook* and *Twitter* and all the other social media sites will monopolize people's attentions; that real life will be left behind in favor of what is merely a simulacrum of real life; that people will become immersed in the reportage of life rather than actually living it; that they will rely on what is reported and said about them by friends and acquaintances instead of actually thinking and acting in real life. The world will shrink to a virtual screen.

At one point the characters are discussing the fabulous invention - this is the point in the plot where the inventor decides on a name for his invention (People speak with a lot of exclamation points in this story!):

" 'You are going to introduce to the world something that will be far worse than a habit-forming drug. Once they taste of it they'll cry for it - or die for it! I'm afraid of it all over again as I was at first!' ...

'You are offering us life, Radley,' she said. 'It is life lived as we ourselves have lived it, or as others have lived it - actually. You're going to let us live again without - without actually participating in it. Or participate in it without living it! I - I don't believe I want to live that way - vicariously!'

'You'll be lonesome, Phyl!,' he told her casually. 'But I'll tell you now that I've already decided what to name my device, as you call it. I shall call it The Vicarion!'

"Carol crowed. 'Ho - The Vicarion! Makes vicarious experience easy. Live without effort! Live unscathed! Live your own life or anybody else's life - as long as you like - as often as you like - where you like! O Phyl! - think of spending the afternoon with Madame de Maintenon or Bloody Mary! Why, I can be all kinds of woman that they were! No experience barred to me - and no penalties to pay!' She laughed excitedly. 'Fancy sitting out dances with Richard the Lion hearted - or - or having tea with the Delphian Apollo! Or taking a walk along the trail of Dante and Virgil! And I don't dare to tell you what I'm really fancying!'

'You won't have to break into fiction for companions, Carol,' said John. 'No - oh joy! - I'll find out what is fiction and what isn't - about everybody ...'

This description from the novel depicts persons using the Vicarion:

"The room into which they were led was lined with white fabric, like all the exhibition rooms. He had told no one that this was a bit of staging - part of a somewhat elaborately protective system, to which lenses and curtains and varying lights also belonged, for cluttering the road to his secrets with effective, but useless, paraphernalia and properties, over which intruding feet might stumble. Here were two long rows of curtained booths in which men and

*continued on page #20*

*Second in a series by Tony Riposo***Yoga, Wellness, and Self Discovery - part 2****M E D I T A T I O N***by Tony Riposo***Who am I?**

Throughout time we have all asked ourselves the question "who am I?" In our minds we all want to understand the relationship between "what's me" and "what's not me." We all want to discover our true nature.



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*Tony Riposo*  
Infinite Light Yoga Director

## The Cumberland Experience

*continued from pg # 8*

Then abruptly, the whole scene changed. As Templeton recalled it: "Suddenly they said to me - now show me where the man was of whom you took the picture." "What man," I replied. "The man who was standing there when you took the photograph," they said. "But there was no man standing there," I told them. "I didn't see anyone." "Really?" they said, looking quizzical like they didn't believe me. I told them there was no man and they looked at one another and then said, "Oh..right" and just marched off across the grass. Before I had my wits about me they were halfway back to the car. I couldn't catch up with them. They got in and drove off, leaving me stranded on the marsh." With no public transport, Templeton was left to walk the five miles back on foot and never heard from the two mysterious strangers ever again.

Remaining unsolved to this day, the case is a shining example of what present day investigators call "the confluence of the paranormal" where two or more anomalous events are transposed over each other in time and space or both. It also aptly illustrates a point that the late UFO/abduction researcher Budd Hopkins (\*Intruders, Witnessed and Missing Time\*) used to make. When asked if "all this UFO stuff wasn't really a cult", Hopkins would reply that the difference between the UFO phenomenon and a cult was that "cults have all the theory but no miracles. The UFO phenomenon has all the miracles and no theory." Miracles on Burgh Marsh, indeed.

From a yogic perspective, the reason that we do not know our Self is because our essential nature is overshadowed by the activity of the mind. The constant mental chatter keeps us from knowing the everlasting self. An untrained mind will continually run around in circles like a dog chasing its tail. The mind is not capable of knowing itself; it is only an instrument of perception.

At first, meditation seems to be about understanding the nature of the mind and noticing how it works or behaves. This understanding leads to changes in the habitual way you relate to thinking. You begin to perceive from the viewpoint of consciousness, without getting all caught up in the thinking itself. In time the experiences found in meditation will be less about thinking and more about noticing (conscious awareness). During meditation you go through three stages of focusing; 1) concentration, 2) holding a steady focus, and 3) merging with the object of meditation. In essence, yogic meditation leads the practitioner to an ever increasing level of awareness and self discovery.

There is scientific documentation on the mental and physical benefits of meditation. It has been proven that meditation can reduce blood pressure, stress and anxiety and fatigue. It fosters a sense of peace, self acceptance and mental clarity. Relationships are more meaningful and you enjoy life more fully. The part of your brain that is responsible for being creative is enhanced and you sleep better. Additionally the production of three important hormones that are responsible for longevity and well-being are affected; cortisol levels decrease, DHEA levels increase, melatonin increases. But the best thing is that you begin to know your Self better.

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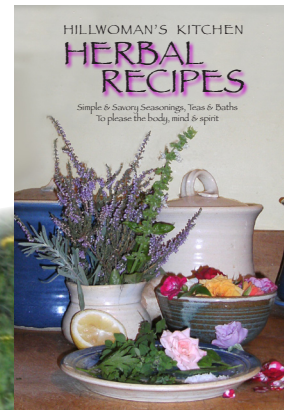
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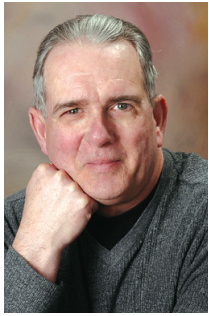
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## A Time of Awakening

by  
**Dave Bennett**

In our existence we have experienced many transformations. Before we had this body, before we had a higher consciousness and light body, before this expanding universe, from the mystery we emerged. First with a higher consciousness and light body, then in this physical form, now connecting with our oneness and eventually we will return to pure consciousness.

Imagine a time of awakening, where truth, respect, integrity and love are the rule. Where we naturally do what is right and balanced without the need to think about it. We simply flow with the universal consciousness.

We are at the cusp of that time, increasingly people are connecting to their True Being and beginning the transformation of consciousness process.

One night I had this dream, I was giving a sermon in this incredibly vast chapel. I had no shoes on only socks and was sliding up and down the sanctuary as I gave a very passionate and empowering service. I was guiding the congregation to touch the God within them. As I was instructing them I directed their gaze toward the ceiling.

The ceiling had a remarkable painting with the entire universe, and overlaid transparently over the universe was Michelangelo's scenes of Genesis from the Sistine Chapel. The image of "Creation of Adam" where God is reaching out to touch Adam was aglow with the universe shining through. While the congregation and I were viewing this we had a spiritual connection to our higher consciousness. As I continued with the service we were all able to experienced the interconnection to all beings.

That dream illustrates the sense that God dwells in all, and through our spiritual connection we are opening to a sacred dimension of reality. The sad thing is we have known this is coming for centuries. Bodhi a Sanskrit word frequently translates to "awakening" or "to know." As more are connecting to our individual fragments of sacred oneness we are beginning to recall or to know.

One knowing we need to recall is to heal the deep energetic wounds that create discord and hate in the world. Only through awakened unity my we begin to create a lasting harmony that will balm the scars and allow healing.

There is much to do and we are all needed to move forward. We need to develop ourselves so we may live balanced lives with Spirit and Self. In that awakened state we can maintain steady resonances of love and compassion that tap into natural frequencies of the earth.

Imagine spending a few minutes a day focusing on your service to the world. Then going about your day with a calm center of being. Flowing with the universal consciousness.

*Fortunately  
we are moving  
toward that day.*

David Bennett  
Upstate NY IANDS  
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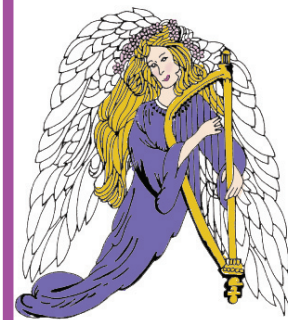
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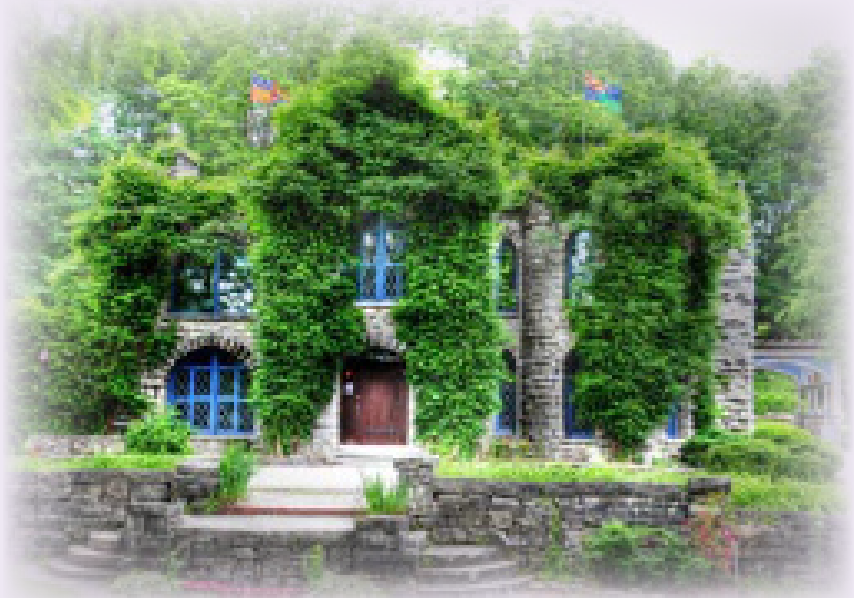
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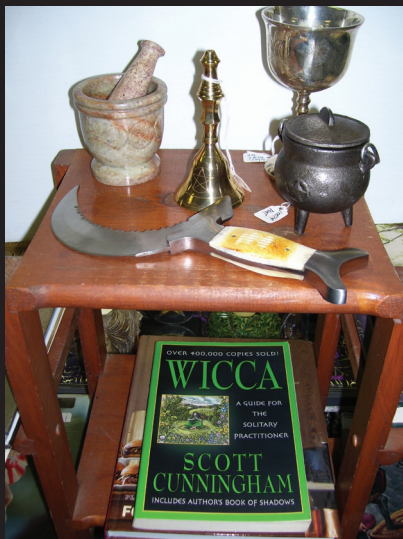
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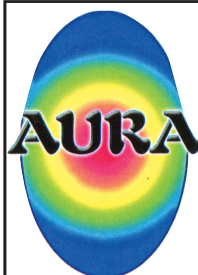


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## The Vicarian

*continued from page #11*

women who chose to witness selections of their own by private arrangement were being experimentally accommodated. The room was filled with a soft light in which figures were easily distinguished. Brainard swung the curtain aside from a booth at hand.

'Here,' he said, 'sits a young man so intent on what he is seeing and hearing that we shall probably not disturb him.'

"A boy, perhaps sixteen, lay in a swinging swivel chair, not unlike that luxurious trap of barbers, a design never excelled for comfort during the enjoyment of sensations-while-you-wait. His face and head were enveloped in a hood, from which extended a sack-like projection to the wall, opening horn-wise to its fastenings. He looked like a creature with its head enveloped in the small end of a gigantic white morning-glory."

This is all spooky enough. But as the plot unfolds, further unsettling aspects of the Vicarian come to light. It does prove to be psychologically addicting.

*People can watch themselves -  
or their neighbors - anyone.*

*Then they can watch  
themselves watching themselves....*

you get the drift. It is a sort of self-perpetuating cycle of vicarious viewing that offers up the singular feeling of ultimate participation without the sacrifice of penalties of any kind. Everything that has happened is there for the world to see - to take part in over and over, if only as a spectator, but continued viewing confers the sensation of actual participation. Consider that any sort of scene may be viewed, whether it be polite, carnal or viciously violent. Consider the myriad tastes of the human species, and how little evolved so many of that species really are ...

*the implications are disturbing.*

Another aspect of The Vicarian, that also shadows an aspect of the various Social Media sites on the web today, is the immense wealth and control that are conferred upon the owner of such sites. In this novel the inventor of The Vicarian quickly realizes the immense wealth and power that is to be his. This creates a sea-change in the man. He realizes he is, in a strange way, beyond the reaches of his critics, and even the law, for he can conjure any hidden truth about any person simply through the agency of his machine - aiming The Vicarian at some moment of the past, heretofore thought to be irretrievably past and done with and - presto - secret moments of embarrassment or trespass are revealed - if not to the world - then to the owner of The Vicarian.

Another passage from the book may be in order:

"A newspaper said that a man had come to Brainard claiming to have discovered the secret of The Vicarian; and Brainard had merely retorted. "You haven't any secrets I don't know!" And this phrase spread from mouth to mouth, slanged and laughed at, but persisting because it was an expression, in reverse, perhaps, of a universal fear. People became uneasy-eyed indeed over that approached private matters. ... History repeated in minor events, in kind, if not detail. There were plenty of variations on the theme of marital jealousy, with and without cause, revealed by The Vicarian. One suspicious woman forced confessions from her scared spouse by merely describing in general terms an imaginary scene in one of his haunts she claimed to have witnessed by proxy. A murder and two suicides that occurred in near-by California towns were charged to revelations made by the new method. The newspapers seized upon this and were presently assigning the same cause to

every deed of violence.

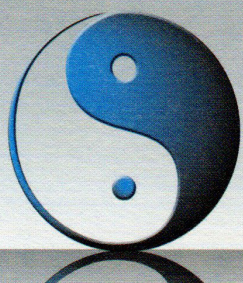
"But people began to pay little attention to the newspapers. Magazine and book sales almost ceased. There was no time to read. What with moring matinees in the theaters [ of Vicarion exhibits] and with more and more managers opening multi-unit rooms for the private accommodation of people who did not desire publicity on the affairs they wished to rehearse, nobody had time for anything else. Of course there were furious arraignments of Brainard for furnishing private records at all; and it was asserted that nothing was recorded that he he did not permit to be recorded. But some of those people who criticized him most were among those to avail themselves of his tempting service. Extravagant sums were doubtless paid for special privilege - perhaps to suppress special privilege! Phyllis grew sick over whispered reports that came to her, and marveled at the extent to which the thing had gone. She began to doubt that Radley actually accomplished himself the mere physical details of issuing all the permits credited to him - then she knew it was impossible, and was comforted by the certainty that half at least of the stories she heard were untrue. When she asked him, in one of the now rare opportunities to ask him anything, he laughed and shrugged, and offered to set a condenser in her own home where she could check up on any of his activities she desired. He showed her a new machine he was making in which fifty records could be made at once, all portions of one, or all of separate events.

"Thousands in her own little city seemed suddenly to live for nothing else but the sensations available in the places of public shows. Reports from elsewhere showed that conditions were the same. Of course! Why should men and women be content with everyday, humdrum existences when, for the price formerly paid to see a motion picture, they could have their choice of infinite variety of thrills as if actually lived? ... But for the limitless elasticity of human credulity, it would have been paralyzing. As it was people were burning out with this white-hot living! It was but a pallid comment someone made to Phyllis, that men and women were becoming vicarionized because all the fascinations of the radio, motion picture and talking machines, which had once captivated them were here raised to the nth power. In The Vicarian's scenes it was as if there were no recording medium between the spectator and the real. Old methods of entertainment were as incomparable to this as was the temperature of a base-burner to that of the electric arc!"

Well ... this has gone on long enough. I merely wanted to shine a light on an old book that tried to shine a predictive light on one man's predictive idea of the future. We look about us and think, what have we wrought with our Face-Books and our Twitters and our google sites and blogs? It is all a virtual world in which there is really nothing that is not vicarious, nothing that is not public. Nothing that may not be known - if there is money enough to be spent for that knowledge.

For me, it is enough to know that there is enough to be discovered in my backyard, amongst the flowers and trees and birds; enough to be learned by roaming about the fields hand in hand with my dear companion and laughing at the antics of our dog who in unworldly happiness pokes into this and that and barks free of worry at a scurrying vole.

*I look into the eye of  
my companion and ...  
and that - that is not vicarious,  
and that is enough.*



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# ~STEPS~

Towards Your Spiritual Awakening  
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## Spiritually Transformative Experience Patterns

**Spiritually Transformative Experiences (STEs)** are events that affect us in a very real way, in a spiritual way. There are many types and many names for experiences that share common features and are catalysts for spiritual transformation. STEs may be called transcendent, transpersonal, religious, mystical, paranormal, psychic, unusual death-related, encounter, parapsychological or ecstatic experiences.

These experiences can happen at any time, to anyone, under any circumstance. Some experiences are sought after through meditation, yoga, drugs, religious practices, dance, drumming, sensory deprivation or prayer. Other experiences can happen spontaneously without expectation and in such a way that they appear to be random chance or at best, synchronistic.

Some of these experiences are big and obvious, like a thunderstorm or even tornado. Others are small and subtle, more like a soft summer rain. Some are easy or at least positive, while some are hard or downright painful. What is important about them is that we listen, we take note and we honor them, because it is often through these kinds of experiences we awaken by remembering who we are, we remember our divinity.

The kind of experiences that we are talking about touch the individual in personal and significant ways that cannot be easily measured or dismissed. Rather, they seem to catalyze a process that eventually can lead to the realization of the person's higher human potential; lives, world views, and even identities can be transformed.

In Drs. Weiss and Newton's books (among others) we learn about how these Life Plans are created, and how we, as the Master Architects of each life we journey through here on earth, choose, negotiate and put together the blue print that would be our life plan, with the focus for our greatest and highest good. A life between live regression, such as Dr. Newton talks about in his books assist facilitate individuals as they move into the inner realms and higher levels of consciousness to recall their past lives, visit with their guides and experience their Soul's journey.

If we are the authors of each lifetime here on earth, the creators of the Master Plan that guides us through each incarnation, then we are the ones who place the necessary lessons, challenges and opportunities along that plan. We create these steps for us to experience so that our life purpose, our Soul Mission can come about. If part of our mission, as Spiritual or Soul Beings having a human experience, is to come here to remember or awaken to our own divinity, then it is important that we go through certain experiences and lessons to open ourselves to that awakening. We know what we need (with some help from our friends) choose what we want to meet with, experience, be challenged by and accomplish, for each given incarnation.

In Robert Schwartz's book, "Courageous Souls" (now

"Your Soul's Plan") he explored the experiences of a group of people who experienced such life changing events that affected them in a spiritual way. He used mediums and psychics to connect with the guides in the spiritual realms to find out if, how and why these events, some of them harsh, were on the individual's Master Plan and what was the intention behind putting them there.

I have not had hugely extraordinary things happen to me that caused a bright and obvious spiritual awakening, such as an NDE. However, I HAVE had many experiences, some soft and some loud, some bright and others dark, that have guided me towards a gentle spiritual awakening that changed my perspective of myself and my life. Recently I have wondered about how and why my life was put together the way it was. I knew there was a purpose to it all, but I wanted to know about the events, the harsh challenges and situations that have occurred, why they were what they were and why they happened when they did.

In my work with hypnosis, past life regression, and life between lives regression over the past 12 years, I found I was not the only one asking these kinds of questions. There are many others who have had such experiences which are very much a step along their soul's journey. I realized that there might be a need for a way to explore these questions, to share our stories of our experiences, and to find out more about the patterns we create for ourselves, as spiritual beings on a human path.

If these STEs are part of our Master Plan, if they truly are steps that we put along our path to remind us, to awaken to our divinity, then if we work with them, if we bring them to our conscious mind, and get a better understanding of how they are on our path to help us, we can use them more effectively, we can take the charge of the experience itself to bring about that spiritual awakening, and remember our true divinity.

How do we do this? We come together and share our stories. By sharing and connecting what we have lived and learned, and allowing the images and memories of the past to return to the conscious mind so that their stories can be heard and processed, and listening to and bearing witness to those of others, our spiritual experiences seem more vivid, imaginable, and from the view of consciousness, more effective. Through the telling of our stories, we experience a richer and more intense spiritual awareness and growth.

This kind of creative narrative is a transformational experience that is a development of an individual portrait of each participant's experience, and a creative synthesis of the entire journey, reflecting the personal knowledge, tacit awareness and understanding of the meaning and essence of this work.

I call this STEPs, Spiritually Transformative Experience Patterns, the patterns on our life plan that bring us to a higher awareness of self, awakening to our divinity. It works very well in a group activity, like a workshop. As we tell our stories to others, we are drawn out and we remember more of these experiences than we thought had. As we listen to others tell their stories, we can see our own growth and enlightenment unfold through their experiences. Then we go on a guided journey together to the placeless time and timeless place where we put together the life plan that is our current life to get an even better understanding of how we, as the master architects, put it all together.

To start, make a list of your own experiences, dreams, challenges, aha moments, no matter how big or small how bright or dark, and see for yourself what kinds of patterns are unfolding in your own life! If you are interested in exploring this in the group setting, let me know.

You can go to [www.GateKeeperGuidance.com](http://www.GateKeeperGuidance.com) or [www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com) to see when and where the next workshop is taking place. To find out more contact me, Virginia Waldron, at [gatkepr@dreamscape.com](mailto:gatkepr@dreamscape.com).



*The Mirror of Venus by Sir Edward Burne-Jones, 1898.*



*There's No Place Like Home!**continued from page #1*

and a lack of religious oversight as people moved into the remote lands to be the impetus for the current trend toward religious experimentation. Another fact you might not know is that Central New York was a safe religious haven for people, fleeing from down state and other Puritan ran communities, who were not Puritan's and didn't want to follow the Puritan's rules!

Data to document this trend away from formal religion is illusive. According to the Wall Street Journal, it is illegal for the United States Census to ask about religious affiliation. The only substantial religious census-like data currently found is from ARIS or "American Religious Identification Survey." It questions 54,461 respondents answering the question "What is your religion, if any?" It found Americans are slowly decreasing in their Christian identification. Yet non-denominational churches have increased their numbers, especially since 2001. Now, this next part blew me away! The researchers concluded, "The challenge to Christianity in the U.S. does not come from other religions but rather the rejection of all forms of organized religion." This data gives credence to the continued growth of the New Age community. Wow, there is actual proof of what we all know. We have changed the way we practice our faith.

It was also necessary to define "Religion," "a religion," and "Spirituality." I actually found this very helpful! "Religion is defined by Hanegraaff as "any symbolic system, which influences human action by providing possibilities for ritually maintaining contact between the everyday world and a more general meta-empirical framework of meaning." "A Religion [is] any symbolic system, embodied in a social institution, which influences human action by providing possibilities for ritually maintaining contact between the everyday world and a more general meta-empirical framework of meaning." A Spirituality [is] any human practice which maintains contact between the everyday world and a more general meta-empirical framework of meaning by way of the individual manipulation of symbolic systems." So if we choose our own symbols and their spiritual meaning for us, we are spiritual. If we have any specific group do it for us, we practice a religion!

Now that I had the definitions out of the way, my next step was to research what makes CNY's spirituality different from other areas. Here we get to the meat of what makes CNY different. There are a wide variety of religious and spiritual groups in Central New York. CNY is known as the cradle of Mormonism, Seventh Day Adventists and Spiritualists. The woman's Suffrage Movement was founded here. The Shakers, also known as the Oneida Community established themselves in Central New York. More recently, since the 1970's, the Amish and Mennonite have found a home here. So, it seems we are a mag-

net for new beliefs!

The Unitarians, Universalist, Catholic, Greek Orthodox and Protestant churches maintain a wealth of Christian influence. There are lesser amounts of Jewish, Islamic and Hindu influences in Central New York. Buddhism is well represented in the Zen Buddhist Monastery as well as the Namgyal Monastery in Ithaca, which is the North American Seat of His Holiness the 14th Dalai Lama. There are a multitude of "New Age" opportunities for worship, which although still having a Christian flavor, integrates multiple faiths into one service as well as a very strong Pagan community.

More important than the actual groups and their individual influences is the point that this diversity begs to make. The Central New York region has been a hotbed, or as Whitney R. Cross refers to it, the Burned-over District for religious and spiritual rebellion. David Rowe attributes this to the fact that migrants moved into the area who felt that religion was important, yet found themselves without traditional religious leadership. This created a non-structured and non-denominational yet Christian flavored worship where coming together to worship was more important than who was giving the sermon. This increased the focus on the emotional and individualism of religion that was "informal, nondoctrinal and spontaneous..." So what we have now is not new! CNY never liked playing by the rules!

Not including the more orthodox types of worship, Central New York's religious and spiritual groups demonstrate similarity in that they are strongly focused toward freedom of belief. Independency won over orthodoxy. The Spiritualist church includes "To protest against every attempt to compel humanity to worship God in any particular or prescribed manner," as part of their statement of belief. The Unitarian's statement of belief includes, "Acceptance of one another and encouragement of spiritual growth," and 'A free and responsible search for truth

and meaning." There are also many metaphysically minded teachers in Upstate New York who promote general spirituality over structured religion. Metaphysical and spiritual topics such as Gnosticism, Tarot, Spiritual and Psychic Development, Spirit Guides, Self Hypnosis, Astrology, Palmistry, and Meditation are taught by a number of teachers at the Onondaga and Cortland County B.O.C.E.S. adult education, mainstream bookstores and even through University Hospital's senior citizen education, OASIS in East Syracuse. Metaphysics Interactive, my monthly lecture series on metaphysical principles and spirituality was the longest running lecture series in the history of Borders Bookstores. It ran for thirteen years uninterrupted with attendance ranging from 15 to 45 people each month. It only stopped because Borders Bookstore closed in March 2011.

This list of spiritual influences speaks to the bias that Central New York enjoys, which is an unusually open minded acceptance to non-orthodox ideas and spiritual beliefs and therefore less reluctance to truthfully express one's spiritual ideals. It is clear that those in the New Age and Spiritual Communities do not allow others to tell them what is sacred and that this trend of attracting opened minded and new spiritual groups to CNY started a long time ago! So it is not a surprise that when people leave Central New York, they say, "I can't seem to find that open minded community we have in Central New York!" And that is why I say.... "There is no place like home!"

If anyone is interested in my citations, please contact me at [Cindytarot@me.com](mailto:Cindytarot@me.com).

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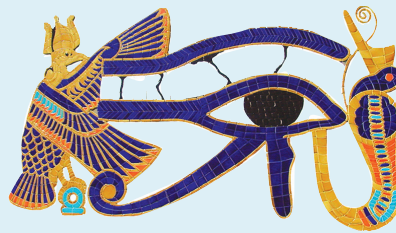
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# SUN SIGN POTENTIALS

*A Guide to Understanding Self and Others*

## ARIES



by Dennis Cole

### Springtime Greetings!

We continue in our series on the Signs of the Zodiac with the Sign, Aries. Our interpretations are based on the placement of the Sun at the Eastern horizon at the time of birth. Then all of the other planets and the Moon would be in their relative angular relationship along the ecliptic and they would fall into one of the 12 "houses" - **each of these houses representing a "department" of Life Experience.**

In our Solar Chart approach, the Sun placed at the Eastern horizon, is where the so-called Ascendant or "Rising Sign" degree would be if we were to do a "natal chart" (one in which the **time** of birth is known).

Solar charts planetary placements in the Zodiac, along the ecliptic, are approximately in the same signs and degrees that they would be in a **natal** chart. The difference - unless the person was born at Sunrise, in which case the Solar house cusps would be somewhat aligned with

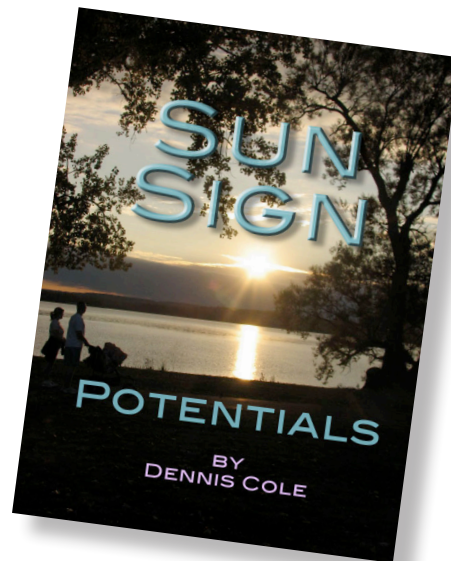
the natal cusps - the difference would be that the same planets in Signs would fall into different departments of life. For Example, the marriage, career, money, romance, health, etcetera, "houses."

Solar horoscope interpretations with the Sun on the Eastern horizon, tend to be interpreted more from an **adult character development** or Solar perspective.

To learn more about some of these basics, you may wish to go to the archived articles on **AquariusServices.net** and look at the July 2011 article in Metaphysical Times.

For further information on this series and its "**WHAT - WHERE TO - HOW - WHY?**" approach to interpreting the Sun Signs, you can refer to the archived articles, mentioned above, for Metaphysical Times, Winter 2011, pg. 3

These articles are based on information in my forthcoming book, "**SUN SIGN POTENTIALS - A Guide to Understanding Self and Others.**"



### ♈ ARIES

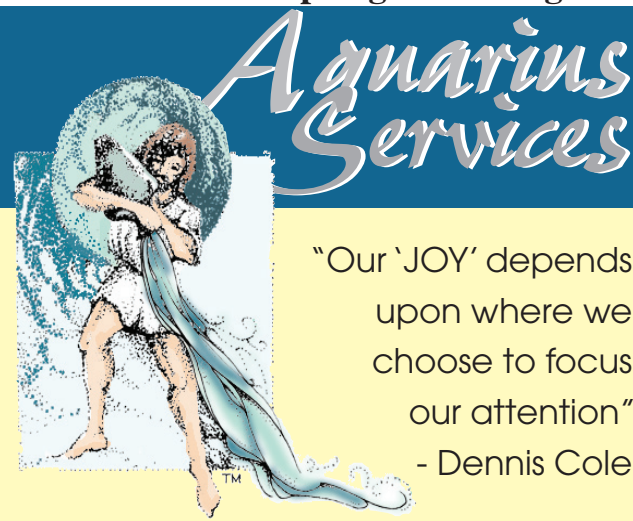
March 21 - April 19

**(This 1st Solar House Cusp is somewhat descriptive of the "WHAT" of Your Life Focus)**

Your Sun Sign, Aries, is an active, fiery sign. Your planetary ruler is Mars, and he relates to courage and focused energy. Like the first season, Spring, you tend to be first in most situations. And, like the newly sprouting plants pushing through the soil in Springtime, you, too, seem to want to brush aside obstacles.

You tend to be a decisive, do-it-now, type person. Yours is the impulse to be. Your experiences in life often center around yourself. At times you probably feel a need to prove yourself through your activities. Often this is to convince **yourself!** You are naturally inclined to be competitive. You are quick, intelligent, and active. You're enthusiastic and creatively self-expressive. You were born

*continued on page # 26*



"Our 'JOY' depends upon where we choose to focus our attention"  
- Dennis Cole

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**SUN SIGN POTENTIALS -ARIES**

with leadership abilities. Some areas of interest may include: religion, philosophy, psychology, writing, teaching or travel. Sports activities and the outdoors may strongly appeal to you, as you need areas like that to release your explosive energies.

Your two closest fire Sign "relatives" in the Zodiac are Leo and Sagittarius. Your creativity, pride, romantic and playful nature comes from Leo. Your philosophical, frank, freedom-loving and religious leanings come from Sagittarius.

You tend to be quick-tempered, but quick to forget as well. When not at your best you can be somewhat impatient and selfish. And you can take things personally. One of your biggest lessons, then, is the "Golden Rule": "Do unto others as you would have others do unto you."

You tend to be very creative and enterprising. There's a tendency to start many things. You may also need to learn to finish some of these projects, or else focus your energies in fewer areas. Another option, here, could be to work with others. Perhaps you could "do your thing," that is, get things started or be the creative initiator, and others involved might be able to carry on from there and bring things to completion. Certainly, much of your creative activity centers around you. Because of your tendency to plunge right into things, you'll probably cover more ground than most of the people around you who are perhaps, not quite so venturesome. However, you

may have to do some things over again due to your tendency to work quickly with what is at hand! So sometimes you'll probably end up "going back and looking at the directions" - so to speak - after you've plunged into something and hit some snags. However, no one can call you indecisive.

You can love yourself, probably as much as any other Sun Sign - except, perhaps, Leo! You do need to be aware of your ego and try not to get too wrapped up in yourself. Carl Jung said that,

*"We spend the first half of our lives discovering ego - the second half, learning to relinquish it."*

All things considered, though, you are a vital, courageous, inventive, independent, individual, who will likely end up doing most things your way. And your way is usually a now-oriented, direct-action, approach to most situations! Yours is a life of emergence of Self - of becoming and being and doing.

### ♎ Libra 7th House Cusp Influences

Sept. 23 - Oct. 22

**(Relating to the "WHERE-TO" of Your Life Focus)**

Like so many things you do, you could suddenly plunge into marriage. You are attracted to cooperative,

peace loving types who are good at dealing with people. And that is the type of partner you attract. Your partner, or spouse, would have a strong sense of fairness and would try to create peace, harmony and beauty.

Sometimes, for the sake of harmony your mate may tend to avoid making certain decisions, or committing to one side or another of certain issues. This periodic non-commitment or vacillation may try your Aries patience (or should we say, natural lack of patience!). Yet you learn through your close associations how to be more aware of the significance of others and their values. You learn through your relationships how to become more considerate and cooperative. There's a saying that you might find to be beneficial in your relating experiences:

*"Diplomacy is the art of letting others have your way."*

To have attention requires an audience, and unless your ego dissolved somewhat you would probably end up playing to an audience of one - you!

It is natural for you to lead, and to be active and to express yourself in frequent new situations. However, there is nothing that says you cannot do this in cooperation with others, or with consideration of others in mind. Listening to others will prove beneficial to you at times. This sometimes isn't too easy for you because you like to be the idea person, the winner, the leader, the originator of things.

While you are learning more about fairness and consideration your part-

ner may be learning more about initiative, leadership and courage from you. We all attract the kind of people symbolized in our opposite sign in the Zodiac (For you, Aries, that is Libra types - not necessarily by Sun Sign.) And through our experiences with these opposite types, we begin to more fully appreciate the significance of others.

### ♋ Cancer 4th House Cusp Influences

June 21 - July 22

**(Relating to the "HOW" of Your Life Focus)**

Your home and family life is important to you as a needed anchor point from which you can reach out and touch the world with your ever new beginnings. You will likely place a high

continued on page # 27

## METAPHYSICS OF LOVE THE JOURNEY TO MEET SELF

by Dennis Cole

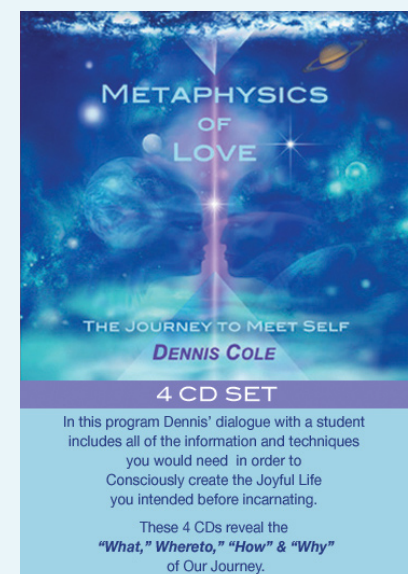
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value on your property and family as they represent a stabilizing foundation for you at the emotional level. Your mother and your family seem to be a strong influence, in some way, on what you are building for in life. Family loyalty and support are important to you - especially emotional support.

Without such a secure base of operation you might find it difficult to strive for career or other social success.

Your mother can be a nurturing, supportive, "mother-hen" type at times. She would also be somewhat protective of self, family and property. She may exhibit clannish tendencies as well. Nevertheless, she is capable of pouring much energy into helping family to grow and get onto their own feet.

You, too, take on some of these domestic, nurturing, emotional traits, Aries - more so as times goes on. And at any time you feel that someone poses a threat to those who are emotionally close to you, your combative nature may suddenly be aroused to protect them through aggression.

## ♈ Capricorn 10th House Cusp Influences

Dec. 22 - Jan. 19

(Relating to the "WHY" of Your Life Focus)

Most of us go through major life changes around age 29 or 30. This cycle repeats when we reach our late 50's. For you, Aries, these

changes will probably relate to career or other social ambitions for fulfillment. How rewarding these turning points are depends on how well some of the lessons mentioned in the following paragraphs are learned.

You have a desire to get ahead in the world' to be successful and respected. And the first lesson to be learned, in order to achieve this success, is the proper use of social power. To show off, boast or overwhelm others with your power and well-developed ego, would almost certainly attract eventual downfall. Other major lessons and success keys include: perseverance, practicality, discrimination, and your very important lesson of **patience!**

You're very much an action-oriented now person. However, you can still show action, initiative and leadership in step-by-step progress, instead of rushing to get something accomplished at the expense of quality or craftsmanship. Paul Reps wrote:

*"Slow motion  
cures  
commotion."*

As you learn patience, self-discipline, organization and control, you then may gain some recognition for your hard work and your ambitious, competitive spirit. Many tests are encountered in your drive to get ahead.

In your fight to get to the "top of the mountain" you are likely to have some tense situations. At first, this may relate to your father - or, he may be a strong influ-

ence in your drive for attention and respect. There may also be conflicts relating to authorities or a boss. These developmental tensions can often be due to your tendency to be an individual and to have the freedom to do things your way. In any case the crises generated are Nature's way of impelling you to do something about your desires. And whether this involves a position of leadership, starting your own business, or winning the respect of others in some other way, you will at least need the freedom to act as an individual in your pursuits out there in the eyes of others.

Finally, Aries; may you discover you; and live life to the fullest through your numerous activities, personal pursuits, and new beginnings. With your emerging self-awareness and freedom, though, you will find much reward through cooperative efforts and awareness of others and their individuality. Perhaps you can develop a style of expressing your leadership, and showing initiative, in ways that will harmonize with others! Being **diplomatically** assertive may be the way. Through this balancing consideration and living by the "Golden Rule" you will bring more harmony into the ever-present now in which you live. We've discussed some of your "seed potentials" in Life. Perhaps in these you may find your natural approach to this Joyful life we've all intended to experience.

In Oneness,  
Dennis

# Some Highlights in the Year Ahead for Aries

Let's take a look at a few of the more significant transiting planetary cycles in your year ahead, Aries! Keeping in mind, that **every** year when the transiting Sun moves for a month through each of those 4 **Signs** mentioned (as associated with your "**WHAT**," "**WHERE**TO," "**HOW**," and "**WHY**" "departments" of Life), that those experiences become more activated. For you, Aries, that often involves some new beginnings or activities. **Especially** during that **March 21 - April 19** "WHAT" sector of your birthmap - the 1st month of Spring.

**Mars** is the "ruling planet" of Aries. It shows, symbolically, where energy is quite focused. In its 2 year revolution around the Zodiac, it will activate your **6th** Solar house until around the 4th of July 2012. It began 11-11-11 and is spending such a long cycle in Virgo, until the day before the "fireworks," because of retrogrades.

So, for you, Aries - and generally for all of us on the planet - this almost 8 month transit can manifest as one or more of the following: New work, renewed self-discipline, new health practices, new nudges into growth through crises, new pets, new training and physical disciplines. And, for this planet: New leaders; more discrimination, about war and waste, new approaches to military training - more efficiency and new beginnings in dealing with health care practices, ethics and compliance and services.

Mars enters your Libra "**WHERE**TO" sector on July 4th. It will "activate" that area of your life - your **relationships** until it enters Scorpio on August 23rd. Then, on Nov. 17, 2012 Mars goes into Capricorn for about 6 weeks, activating the "**WHY**" of your life focus.

When the Sun in Gemini forms a 90 degree "square" aspect to the Virgo Mars transit in **first week of June, 2012**, this could symbolize a natural time for crisis or a developmental tension. With communication to overcome blockages or delays, this could eventually turn out to be constructive.

In **mid May**, the trine (120 degrees) of Virgo Mars to Pluto in Capricorn, suggests an opportunity for new levels of understanding in politics, as well as financial and healthcare areas. Leadership (Presidential and World) is likely involved.

Don't forget to look at the **dates** in which the Sun is lighting up your 4 major areas of Life, Aries!

In Oneness,  
Dennis

# THE PURE POTENTIAL

By Kris Faso

You know, I have been writing this really great article I had translated from a journey I took on the shore of Lake Ontario on the eve of the Spring Equinox around a fire between the hours of 10:00 pm and 2:00 am. A journal of words shared with the member of the Dream Council from the Second Attention. It was an amazing conversation about our physical bodies being a product of a deep emotional investment of our psyche.

At some point while writing, I lifted my head and just listened intently.

As you know, spring broke early this year. I suppose I am not the only one with every window in the house open. And I am sure I am not the only one who is familiar with the early to mid night sounds of spring that come out from behind all the peepers. Despite the dark hour of 8:30pm, I grabbed my vanilla flavored coffee and went to investigate.

Peepers and frogs by the hundreds and thousands caught my ears on this night, as well as every night this week.

In fact my neighbor called the other night to see if I could identify, what she thought, was a sound coming from my back woods that she had never heard before. She described as "the voices of something" coming out from behind all the peepers. Despite the dark hour of 8:30pm, I grabbed my vanilla flavored coffee and went to investigate.

I was fascinated... If you have ever heard Turkeys calling non stop, you would have sworn you were hearing what sounded like millions of miniature turkeys having a social. Or you would have thought there were a hundred fold Raccoons chirping and arguing over who owned what tree.

I knew immediately they were frogs. No doubt all males, feeling the innate spring call for mating. The uncontrollable urge to let every female frog in the neighborhood know he was looking for you know what! Now as I listened intently, I thought about the fire I have had going in my fire pit all day.

I got up and went to check it. You see, no matter how long into the night it takes to write this article, I am aiming to drum out there tonight. So I must feed the fire.

There is nothing like being alone with a drum and song around a low fire in the dark of the woods on a warm spring night.

When I got midway into my yard, I noticed another clear beautiful night. Skies full of stars and planets all a light. I watched as a car drove by shinning its light across a giant Red Oak in my yard. Casting its majestic shadow over the side of my house, I felt the presence of that tree, as if we were one.

I took a deep breath and closed my eyes.

I gave thanks for such a sight.

I listened. And I listened more.

I took slow, even breaths.

My breathing took on a rhythm ~ a synthesis.

Gradually I expanded into the sounds. The hugeness in the scope of my steady expansion included the connection of every sound and every living thing within my environment.

I felt every vibration striking chords within me, reaching out of me with a melody.

While each chord became that of a light extending out into the universe ~

A concert of our energy ~

The night and I became one.

From where I now understood, was a similar feeling to being in the Second Attention? Yet if I was, none of the familiar stimuli for sudden shifting had occurred. I recalled the Dream Council once telling me, how, for my whole life whether I knew it or not and generally I did not, that I had been shifting my awareness quite casually into the Second Attention.

It is from here that I understand the relation to ALL That Is as a series of pulsations, emanating out of our psyches ~ our emotional and physical body.

Everything is only potential, and consciousness...

If we weren't here,

Nothing would be.

Emphasizing that as long as we are...

Everything is the pure potential.

Happy spring and peace on your journey, Kris



"Kris, My husband and I would like to thank you for the absolutely life changing experience you facilitated for us. We feel blessed to have met you. Your gift is warm, comforting and above all so accurate. I can not imagine how all the information comes to you, but thank God for being you". Tom & Janet

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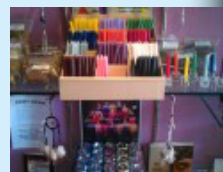
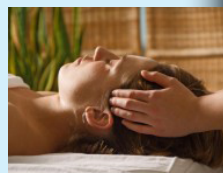
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*continued from page #7*

## ...a place of miracles

Or you can start them from seed, under lights indoors. If you start seeds, after about six weeks they are ready for the garden. Harden them off for several days, then they can be planted. Dig a hole, put some fertilizer in the hole (seaweed works wonders!), place the plant in, and firm dirt around it. Keep it watered, and the small plant will soon grow.

Some of these vegetables may be unfamiliar. Kohlrabi, a vegetable that grows its turnip-like bulb above ground might be one, or perhaps collards or kale.

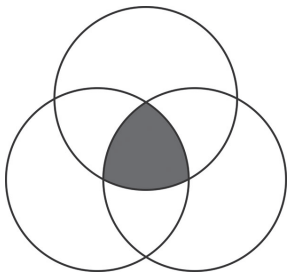
Kale is an amazingly nutritious food. Once it is planted and grown for several weeks, you can begin to strip leaves from it to eat. If you take the entire plant, it is gone, but if you take a leaf here and there, the plant will continue to grow, often to a height of three feet or more. You will have much to eat throughout the summer and into autumn. After the first frost kale tastes even sweeter. It can withstand severe frosts and survive. There are several varieties of kale, including curly leaved green kale, lacinato kale, red Russian kale, among others.

Each of these vegetables are easy to grow and once established require very little care. Your work weeding, watering and caring for the garden will be rewarded many times over with healthy, nutritious meals.



Get to the garden!  
Get your hands dirty  
and discover the wonders  
that take place in that  
wonderful place  
we call the garden...  
*a place of miracles!*

Bob Cesari and his garden



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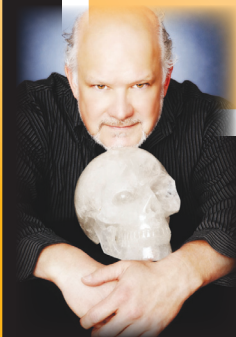
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