

L/L RESEARCH



HOMECOMING 2024
LOUISVILLE, KY

MAY 24 – 26

THE PARTICIPANT-DRIVEN SYMPOSIUM

TABLE OF CONTENTS

I. CURRICULUM PRESENTATIONS & DESCRIPTIONS

1. *Presentation Table* 4

II. PRESENTERS' MATERIAL

JAN TATE

2. *Ganja Ritual* 9

GABE LUGO

3. *The Heart of Seeking* 15

KARAN DODIA

4. *Social Ecology* 18

KENT DAVIDSON

5. *Gemstone Therapy* 19

DR. JIM ROACH

6. *The God Gene* 20

JANE TATE

7. *The External Process + Great Mother Earth* 31

EDDIE EARLES

8. *Resource List: Accompanying & Concordant Studies for Students* 46

KEN WENDT

9. *Polyrhythm Percussion Journey: Exploring Multi-Dimensional Music* 56

Presentations & Descriptions

Name	Title	Description
Jan T.	<i>The Internal Process + Ganja Ritual</i>	Ganja Ritual is an opportunity for you to converse with your Higher Self.
Linda H.	<i>Holy Fire Reiki Activation</i>	You will be given a brief explanation about the background of Holy Fire Reiki. The 1st degree attunement, which is the activation of the energy source, will be done with each student, as well as learning the hand positions used in treatment for self and others. Some time is allowed for hands-on practice between students. Come and enjoy a wonderful hour of sharing while being introduced to “the Universal Life Force energy”!
Beatriz G.	<i>Resistance, Anxiety & Chlorophyll</i>	<p>As Wanderers, we came into this lifetime as facilitators of presence, of Intelligent Infinity for other-selves. We also came to do personal work to facilitate our own ascension into higher states of being through our service to humanity. To this end we came as 3rd density beings and we experience the same challenges and subsequent resistance to what is along with most people in this density.</p> <p>Resistance to life experiences begins in the root chakra, the first chakra which concerned with survival. Unresolved, this resistance leads to an imbalance of the 2nd energy center, the chakra of self-identity. This is where we find most of our Collective, in the sacral chakra, struggling with a sense of “separation of self from self.”</p> <p>Instead of knowing who “I am” and living out from this center of our being, we are in a perpetual state of “who am I?” This gives rise to fear and insecurity...eventually to anxiety and depression. We are not in our power. If we don’t know who we are, we don’t know what is our purpose in life. We feel cut off from ourselves, from others and from our Creator.</p> <p>The purpose of this presentation is to understand the impact of resistance on our mental and physical well-being, how traditional medicine and its psychotropic drugs benefit from our resistance to what is, and how we can move beyond this resistance and restore balance and alignment within to access our light and fulfill our purpose for being.</p>

- Gabe L. *The Heart of Seeking* Investigating the nature of being through direct experience.
- Morris H. *Take Notice: 4th Density is Emerging* This lecture is a description of what is happening all around us all the time. We know our planet is entering 4th density vibration, but when will we see it?!!! Well, the answer to that question is that you can begin to see it “right now”. This talk will describe how you can start looking for and seeing “Heaven on Earth” emerging all over the world. It just takes opening up your consciousness and becoming more aware. I hope it will inspire you to start looking for examples in your own experiences. The more you look for these “blessings”, the more you will see of them.
- I am not providing this presentation for the binder to save on paper (and perhaps part of a tree 😊). I will share this talk with anyone interested. If you find you want to have a copy, then you can email me at morris.hoagland@hotmail.com and I will send it to you.
- Karan D. *Social Ecology: The Philosophy, Ethics, and Politics of Harmony* Social Ecology advocates a reconstructive and transformative outlook on social and environmental issues, and promotes a directly democratic, confederal politics. Social Ecology envisions a moral economy that moves beyond scarcity and hierarchy, toward a world that reharmonizes human communities with the natural world, while celebrating diversity, creativity, and freedom.
- Trisha B. *Heart Share* The function of a heart sharing or heart circle is to provide an open and safe space that allows us to identify our feelings as they arise, to express ourselves fully, and to experience the art of sharing and listening. This offering allows selves to share their experiences of catalyst (positive or negative) with other selves in a way that does not assume a need for “fixing.” However, those who share are given an opportunity to open the forum for advice or empathetic/supportive expressions from the others in the circle at their discretion.
- This environment fosters an experience of being *heard* and/or *seen*. With a few minor guidelines put into place regarding timing and safe-space holding, participants can find an opening of the green and blue rays, and participate in building trust and community. ***This will be a closed offering.***
- Austin B. *Unidentified Flying Catalyst* I hope to share reflections on my recent dive into the current state of ufology and its history, exploring the potential for UFOs and related phenomena to act as a significant cultural catalyst. I’ll also explore

questions about how material like the Law of One might fit in with a larger cultural awakening to the UFO phenomenon. And if we have time, we'll take a quick trip to Saturn in my own spaceship that I built in my backyard, stopping for tea with the Council of Nine.

Kent D. *Gemstone
Therapy*

Gemstone therapy is a form of vibrational medicine, a topic I became fascinated with after reading the book 'Vibrational Medicine' by Richard Gerber, M.D.

The most common questions I get about gemstone therapy are if certain stones will help with some physical condition or another, or if they can help attract wealth, or love, etc.

My experience with gemstone therapy is that it primarily affects how I feel, which is not to be underestimated.

Perhaps you believe you'd be happier if you didn't have that food allergy, but what if you instead found a tool that made you feel happier first, and as a result you forgot to agonize over the food allergy.

This is my experience with how gemstone therapy works best.

I will also go into how to determine your main color ray, working with it using gemstones, plus the five elements of Chinese medicine and corresponding gemstones.

Gary B. *The
Metaphorical
Crib: Carla in
Sixth Density*

Ra used the metaphor of the crib to describe the state of Carla's awareness and ability during her stay with them in the sixth density while the contact transpired. We will take a look at this remarkable circumstance, the narrow-band nature of Ra's transmission, what Carla risked during the contact, and whether Meryl Streep or Michael Cain should portray Ra, or, because Ra is genderless, whether AI should blend Cain and Streep into one being. But since Ra has "become light," they could be portrayed by CG light that looks kind of like Streep and Cain. But in their 30s.

Dr. Jim R. *The God Gene*

In my 43 years of clinical experience, the last half focused on integrative, holistic, spiritual approaches, I've discerned a strong connection between a common gene mutation and intuitive capacity. This gene "SNP" is associated with individuals with a strong "on" switch and a poor "off" switch, highly sensitive to people and energies, with hormone imbalance, and susceptibility to autoimmune

disorders. Ability to metabolize adrenalin, dopamine, and norepinephrine is impaired. What is amazing is that these individuals instantly read the energies of others, typically know far more about an individual next to them than that individual would want them to know, and have a high propensity for premonitions, hearing voices and seeing visions, out-of-body experiences, dreams with meaning, and a greater knowing about a higher power. I've had nearly 1000 patients in this category and I will share how to bring balance to their lives while being enriched by their insights. I will also share two other fascinating common gene mutations that I call "The Dream Gene" and "The Happiness Gene" that interrelate, require tweaking, and help us optimally profit from the time in our humanness.

Jan T.	<i>The External Process + Great Mother Earth</i>	Aligning your body with the Creation and Great Mother Earth.
Tatiana C.	<i>From Inside Out for a Wordless Experience</i>	This presentation will include a brief reading to raise awareness, the heavenly prayer of light, and a 30-minute period of silence, wherein each can delve into the impulses each receives.
Lily Y.	<i>Conspiracy Theories and The Law of One – A Personal Journey</i>	<ul style="list-style-type: none"> • Prelude • Avalanche • Signposts • Magenta Pixie • A pivot point • The Law of One • Reflections
Eddie E.	<i>Resource List: Accompanying & Concordant Studies for Students of the Law of One</i>	A bibliography, and a list of video and podcast channels, that will be useful for attendees, along with accompanying remarks (the latter of which might not be included in the handout text).
Ken W.	<i>Polyrhythm Percussion Journey: Exploring Multi-Dimensional Music</i>	I will give a brief introduction for context of what you're about to hear. Specifically, about polyrhythms. Then I'll play different repetitive rhythms and invite you to go where the music takes you. Dance, tap, focus, meditate, walk, or whatever feels right for you. Well conclude with a brief period of silence and grounding and then discuss or sharing any experiences and observations.

Marian C. *Connecting to
the Energies of
Q'uo*

This will be a 60-minute guided meditation where we will embark on a journey of love, light, wisdom and unity. We will invite the energies that make up Q'uo to aid us in raising the vibration of the earth at approximately 10-minute intervals. Soothing sounds of Yin and Yang crystal singing bowls will lull you through the space in between.

JAN TATE
Ganja Ritual

The Ancient Spiritual Ganja Ritual: The practice of Ganja Rituals has traversed time, as depicted in Wikipedia (excerpts below) . This sacred and ancient experience enables me to create a profound connection with my Higher Self, while also facilitating a connection with the Higher Self of attending Guests. Within this realm, answers to questions and healings are explored, making way for deep spiritual growth.

Ganja is fully legal in the State of Ohio. Ganja is illegal in the State of Kentucky, where L/L Research resides. I started smoking Ganja (again) in the summer of 2019, when I heard the City of Cincinnati had passed a law to decriminalize Ganja. The connection with my Higher Self was realized in May of 2020. The law to commercialize, regulate, legalize and tax the adult use of Cannabis in the State of Ohio was voted on and passed in November, 2023.

The Transformative Power of Ganja:

Within a spiritual ritual, ganja holds a profound essence that has the potential to unite people in a spiritual ambiance. Ganja's healing power is amazing and is being explored in greater depth. The relaxing atmosphere provided by Ganja can be used to alleviate tensions and create harmony between people.

It is my genuine hope that, in the near future, ganja will be embraced and fully legalized around the globe. To delve deeper into the current state of ganja on both a national and international scale, I recommend exploring the Hulu series "Vice, Weediquette" which, although slightly dated, provides valuable insights into this evolving landscape.

Ganja Rituals are held every 3 days at my home in Cincinnati, Ohio –
1 hour each guest, 2 guests/day.

If there is only one guest, Ganja Ritual can be up to 3 hours.

Tuesday, Thursday, Friday: 6:30 – 9:30 pm

Monday, Wednesday, Saturday, Sunday: usually 1:00 – 4:00, but can be adjusted.

You are welcome to smoke ganja with me, many do not.

To receive more information and/or attend a session, email me, Jan Tate,
at: jantate77115@gmail.com, and use "Ritual" in subject line.

There is no charge. Donations to L/L Research are appreciated.
Not affiliated with L/L Research. [llresearch.org]

February 22, 2020 Quo Quote: lresearch.org

“Zachary: I have a query, Q'uo. Plant medicines are often used for healing and evolution. It seems that some plant medicines are avatars of aspects of God. For instance, ayahuasca seems to be an avatar of the divine mother or divine feminine. Can you comment on that?

Q'uo: I am Q'uo, and am aware of your query, my brother. There are indeed various plant entities upon your planetary sphere which have been imbued with the qualities of the various facets of the One Infinite Creator, be they male or female, be they higher or lower, multiple or one. These qualities then are available as a kind of signpost or guide along the way so that the seeker may—by ingesting these plants with the proper attitude and determination and blending of will and faith—be able to experience an expansion of its own consciousness that includes the qualities that the plant exudes, as it is a representation of some facet of the One Infinite Creator.

These plants are found all over your planet and are in most cases (and in most countries) deemed illegal or dangerous, because their effect upon the human brain and mind is not understood clearly by most within the normal society. And this type of thinking or being is that which is a threat to most such entities who do not have the, shall we say, spiritual inclination to find an explanation for the reason for their being upon the planet, other than here to have a job, make a living, support a family, and get ahead.

However, these various plants are known by various shaman and native peoples, indigenous peoples throughout the world, to be various types of pathways to the One Creator that will illuminate the nature of the Creator as the ingester travels the path. There is much of information and inspiration that is possible to be had by such experiences, as you are well aware.”

February 11, 2023 Quo Quote:

“B: What is the role of mind-altering or consciousness-altering plant medicines, like magic mushrooms, Ayahuasca, marijuana? Are they helpful on the path to ascension, or not so much?

Q'uo: I am Q'uo, and am aware of your query, my sister. Again, we must say that for each entity there is the necessity for setting the intention. If the intention is for the purpose of advancing one's own spiritual journey, of realizing the areas within the being that may be in need of healing, of the chakras that may be blocked by one concern or another that has not been dealt with in the conscious state of a normal daily round of activities, then the use of the plant medicines can be quite helpful, for they are, what you would call, an acceleration of this setting of intention to do that which has not been done. They magnify the opportunity to heal the self and to move forward on the evolutionary path as full members of the human race; all of whom have various difficulties that make them seem to be in need of healing and of being imperfect, and yet, this need for healing in seeming imperfection is exactly the state of being that is required to be understood so that the plant medicines may have their effect to fulfill that desire in recognition of the need for healing.

Is there a further query, my sister?

B: No, thank you.

T: Yes, but how do you determine where along your path that the efficacy of these different drugs or whatever, start to fall away and they become a hindrance at some point? I'm not sure how to tell that.

Q'uo: I am Q'uo, and am aware of your query, my brother. Again, this is the providence of the one who is seeking some kind of healing or reorientation of the mind-body-spirit complex, so that it is more effective in opening the heart in unconditional love, which is the purpose of your third-density illusion. This is a determination that is

something that is the responsibility of the one in the situation of considering the use of such plant medicines or considering not using such plant medicines. This is not something that anyone else can tell you, my brother. This is something that you must determine on your own. These free will choices are the way that every person, every entity moves forward in an evolutionary process. One cannot choose for you have to move. This is your choice.”

October 28, 2023 Quo Quote:

I have a question. Thank you for taking the question, and your presence here. Would you be willing to comment on the utility and advisability of use of mind-altering plant substances in spiritual evolution? Thank you.

Q’uo: We are happy to take your query and grateful for it, my sister, and thank you for asking it. We would, in examining this phenomena, suggest a careful examination of the self’s intentions, the self’s needs, and the self’s capacities when approaching this question, for this is a tool of consciousness of considerable power, as you may know, and gift, as you may intuit.

This tool which is made available to your peoples has the capacity to open the self to the universe in various ways, beginning with the thinning and piercing of the veil such that the content and energies of that deep mind, that unconscious mind may become available to the conscious mind in one form or another, experienced uniquely by the unique individual and the unique sacred medicine which they are using. That content may emerge to a self that witnesses it, or may envelope and encompass and consume the self in a symbolic drama or narrative or journey which the self undergoes.

But this is not at random when approached carefully and conscientiously with considerable intention and reverence for the process in alignment with the soul and the Creator within, always beginning and ending in the Creator. No, my friends, this is not random, not just a phenomena of a neurobiological dimension that produces, as some among your peoples would call it, hallucination without meaning or connection. No, instead, for they who approach this with the open heart and intention, what may be possible for the self is a profound opening, an opportunity for self-discovery for contact with those deeper and expanded layers of self which may be normally, as you perceive it, outside of the purview of the conscious waking experience of the self.

And in this discovery may await challenge to the conscious mind—challenge of many variety; challenge of the assumptions one holds about the nature of reality and the defining contours of the self; challenge in terms of that which is gifted to the conscious mind which may have been repressed [or] forgotten; challenge, in the facing of self with self, of those perhaps imbalanced or neglected or unloved portions of the self.

For the journey upon which one embarks with the aid of these sacred technologies, you might call them, is one of a movement toward wholeness, toward the wholeness of being, toward invitation into the present moment and outside of the illusionary journey of time across which the self’s attention and consciousness is usually spread in creating an illusory construct and sense of self. This journey invites one into wholeness and to the fullness of being into a more and more holistic understanding of the self. It is a journey of healing, of reconnection.

And in that healing, one may, for a time in this carefully constructed container or setting, open the doorway too intelligent infinity, open to that which is beyond the boundaries of the finite self and who and what the self thinks it is, and who and what the self thinks reality is, into the great, vast, silent and still unknown. Not necessarily for the purpose of a splendid or a fantastic experience, though these experiences are and can indeed be fantastic to the conscious mind, but for the purpose of restoration of that self which has, in the course of its journey, distorted its energy configurations through likely the many injuries and misapprehensions and misapplications of the Creator’s energy.

Along the way the self opens its shell-like armoring of the violet-red spectrum such that it may allow a stream, into its seemingly separate ecosystem of a mind body spirit complex, of Source and Source energy that it may be availed of a new opportunity to see the self and let the self be healed.

Again, we caution as with any tool that is powerful that this power has the potential to act, you may say, harmfully and in unintended ways toward a self who has not carefully and reverentially approached this power. We would encourage such a student wishing to make use of this sacred opportunity to do their study and to converse with those more experienced in these ways [so as] to not abuse such opportunities; and always, always, before and after, to do the work in consciousness. For one who opens the self to a greater intensity of light is then responsible for that greater intensity. And this is not to frighten the self who has done this inner-preparatory work, and who commits to all the work that may come afterwards which may continue to be challenging in terms of what was unearthed, what is discovered.

For such a student, they may safely integrate this new and deeper understanding of self and find peace within, perhaps where there was conflict; or forgiveness where there was its lack; or the healing of a relationship which had been torn asunder, and so forth; among the various benefits that come from a self who is separate and suffering who [then] steps into that verdant paradise of wholeness and unconditional love for self and for all beings. These tools are gifts to be appreciated, and to be used carefully.

As this instrument was recently discussing such matters with a fellow traveler upon the path, it may even be said that some of these particular sacred plant medicines may be a part of the Gaian mind which is offered to those of third density as a means of communication and invitation to the return to and realignment with your Mother Earth, that you and her consciousness may be aligned, in harmony, and in resonance; that you, as was true in this instrument's somewhat recent experience with these medicines, are invited to release that state of consciousness of your—we correct this instrument—are invited to step away from that conceptual world which you inhabit, which separates you from what we can somewhat crudely describe as the real world, into a connection with the organic cosmos and universe.

For you, my friends are inhabiting a somewhat or severely estranged universe of concept and separation wherein you believe you look around you and see and sense and take in the world with your perceptive and cognitive faculties, but [you] instead drift and dance within a world of concept that does not see the oneness and the face of God, and that is present in each moment.

May we ask if there was a follow up to this question, my sister? We are those of Q'uo.

N: Yes, Q'uo, would a helpful tool for using these plant medicines at any time is meditation perhaps a good preparatory activity to protect the sanctity and respect the power of these medications?

Q'uo: We are those of Q'uo and are happy, my sister, that you have named this near universally helpful and applicable method for engaging one's spiritual journey. We do not have one-size-fits-all mythologies—we correct this instrument—methodologies or prescriptions to offer the self, but we can indeed strongly encourage this particular practice as a means of preparing the self. Indeed, we would encourage any considering the question on whether embarking on such a journey and leaving the, shall we say, shores of consensus reality into this strange and unknown world offered by these entheogens, as some among your peoples call them, that they spend time in this inner sanctum of meditation, seeking that counsel, asking into the silence about the appropriateness and use of this journey, and about the self's intentions in undertaking this particular work in consciousness.

And then leaning into that silence, trusting that the answer will come. It is well, generally, for any deepened work in conscious or work with the spirit complex, to clear the mental jumble; to bring the attention into focus to

become still in mind and body, that the self may hear the still small voice of the Creator; that the self may be receptive to that which is least distorted of you, that being the spirit complex and the infinite wisdom available therein. We may go a step further and suggest as well that meditation could be used most fruitfully as the starting point of the use of this particular medicine as well.

Has this spoken to your query, my sister?

“Entheogenic use of cannabis

From Wikipedia, the free encyclopedia

This article is about religious use of cannabis. For the plant, see Cannabis. For industrial applications of the plant, see Hemp. For therapeutic preparations, see Medical marijuana. For the other uses, see Cannabis (disambiguation). Below are excerpts. Please see Wikipedia for entire article.

Cannabis has served as an entheogen—a chemical substance used in religious or spiritual contexts^[1]—in the Indian subcontinent since the Vedic period dating back to approximately 1500 BCE, but perhaps as far back as 2000 BCE. Cannabis has been used by shamanic and pagan cultures to ponder deeply religious and philosophical subjects related to their tribe or society, to achieve a form of enlightenment, to unravel unknown facts and realms of the human mind and subconscious, and also as an aphrodisiac during rituals or orgies.^[2] There are several references in Greek mythology to a powerful drug that eliminated anguish and sorrow. Herodotus wrote about early ceremonial practices by the Scythians, thought to have occurred from the 5th to 2nd century BCE. Itinerant Hindu saints have used it in the Indian subcontinent for centuries.^[3] Over the last few decades hundreds of archaeological and anthropological items of evidence have come out of Mexican, Mayan and Aztec cultures that suggest cannabis, along with magic mushrooms (psilocybin), peyote (mescaline) and other psychoactive plants were used in cultural shamanic and religious rituals.^[2] Mexican-Indian communities occasionally use cannabis in religious ceremonies by leaving bundles of it on church altars to be consumed by the attendees.

The earliest known reports regarding the sacred status of cannabis in the Indian subcontinent come from the Atharva Veda estimated to have been written sometime around 2000–1400 BCE,^[6] which mentions cannabis as one of the "five sacred plants... which release us from anxiety" and that a guardian angel resides in its leaves. The Vedas also refer to it as a "source of happiness," "joy-giver" and "liberator," and in the *Raja Valabba*, the gods send hemp to the human race so that they might attain delight, lose fear and have sexual desires. Many households in India own and grow a cannabis plant to be able to offer cannabis to a passing *sadhu* (ascetic holy men), and during some evening devotional services it is not uncommon for cannabis to be smoked by everyone present.^[7]

The sinologist and historian Joseph Needham concluded "the hallucinogenic properties of hemp were common knowledge in Chinese medical and Taoist circles for two millennia or more",^[8] and other scholars associated Chinese *wu* (shamans) with the entheogenic use of cannabis in Central Asian shamanism.^[9]

The use of Cannabis as an hallucinogenic drug by necromancers or magicians is especially notable. It should be pointed out that in ancient China, as in most early cultures, medicine has its origin in magic. Medicine men were practicing magicians. In northeastern Asia, shamanism was widespread from Neolithic down to recent times. In ancient China shamans were known as *wu*. This vocation was very common down to the Han dynasty. After that it gradually diminished in importance, but the practice persisted in scattered localities and among certain peoples.

In the far north, among the nomadic tribes of Mongolia and Siberia, shamanism was widespread and common until rather recent times.^[15]

According to Alfred Dunhill (1924), Africans have had a long tradition of smoking hemp in gourd pipes, asserting that by 1884 the King of the Baluka tribe of the Congo had established a "riamba" or hemp-smoking cult in place of fetish-worship. Enormous gourd pipes were used.^[25] Cannabis was used in Africa to restore appetite and relieve pain of hemorrhoids. It was also used as an antiseptic. In a number of countries, it was used to treat tetanus, hydrophobia, delirium tremens, infantile convulsions, neuralgia and other nervous disorders, cholera, menorrhagia, rheumatism, hay fever, asthma, skin diseases, and protracted labor during childbirth.^[26]

Each tribesman was required to participate in the cult of Riamba and show his devotion by smoking as frequently as possible. They attributed universal magical powers to hemp, which was thought to combat all kinds of evil and they took it when they went to war and when they traveled. There were initiation rites for new members which usually took place before a war or long journey. The hemp pipe assumed a symbolic meaning for the Bashilenge somewhat analogous to the significance which the peace pipe had for American Indians. No holiday, no trade agreement, no peace treaty was transacted without it. In the middle Sahara region, the Senusi sect also cultivated hemp on a large scale for use in religious ceremonies.^[28]

In ancient Germanic paganism, cannabis was associated with the Norse love goddess, Freya.^{[29][30]} The harvesting of the plant was connected with an erotic high festival.^[29] It was believed that Freya lived as a fertile force in the plant's feminine flowers and by ingesting them one became influenced by this divine force.^[31] Linguistics offers further evidence of prehistoric use of cannabis by Germanic peoples:

The Assyrians, Egyptians, and Hebrews, among other Semitic cultures of the Middle East, mostly acquired cannabis from Aryan cultures and have burned it as an incense as early as 1000 BC.

Cannabis oil was likely used throughout the Middle East for centuries before and after the birth of Christ.^[4] It is mentioned in the original Hebrew Old Testament and in its Aramaic translations as both incense and as intoxicant.^[7] Cannabis, as an incense, was used in the temples of Assyria and Babylon because "its aroma was pleasing to the Gods."

GABLE LUGO

The Heart of Seeking

If your eyes are reading this, it is very likely that you are in this wonderful and magical path of *self-realization*. I choose to use this compound word because it's so elegantly descriptive of what's happening in all of us, while at the same time having a history in mystical traditions that makes it easy to relate to, and thus comment around its suggested meaning.

It is also very likely that you are a fellow Law of One student, which creates a bridge of commonality for a model of reality that we can more or less agree with (I hope), and that means that I can throw in here several paragraphs that may help to solidify the information I share regarding self-realization, something that is at times explicit in our cherished material, and other times alluded to.

And here is where I add my disclaimers about interpretation, while also establishing the intention and vantage point from which I speak. I am using my heartfelt discernment to use these words by Ra to support a mystical investigation into **the heart of being**, but this does not mean that this is the way these words should be interpreted. I would perhaps leave it to individual consideration rather than suggesting a rigid meaning unto them. As always, even if you agree with me, let it ruminate in your own experience.

Speaking of experience, that's the vantage point I mentioned above. I can only share my own experience, I only know *this self* intimately, and from here is where I find validation through Ra's words. Like every other human, I am curious, and I've taken this curiosity to the path of self-enquiry, a very simple practice that's often called the Direct Path. *A direct path into what?* I hear you say.

Into the self, into the very nature of our being.

It so happens that this investigation leads us to an unequivocal discovery, one that I hope to point at with my sound vibration complexes in this presentation, and the implications of this discovery are beyond any words that I or anybody else can share, because it's an experience rather than an abstraction of it.

I think it's fair to say that the spiritual path is one of **unification from a sense of separation**. This means that we begin this investigation from the convincing belief that we are a separate being in a world. The apparent compelling evidence of this belief is first in the **sense perceptions**, and second and most generally in the **conditioning of our culture** through the treatment, mostly unconscious, of society towards us.

Through sense perceptions we feel and think to be an isolated entity, moving in a world made of space and time. Our body gives us a *feeling* of independence in space, and our minds the *thought* of time. It's natural then that we identify with the experience of the body/mind, which tends to solidify the belief of separation. So we first need to explore what the body/mind is and investigate our connection with it.

Culturally, we have created a story which the mind repeats and reflects upon as a sort of image, these are finely intertwined thought patterns that are reactive to situational stimuli, the world produces circumstances unto which we project this image, and because we are quite convinced that these are the qualities of the personality our being represents, we create a comfortable identity with it.

Our most accepted model of reality tells us of a universe that is created out of **matter**, moving in space and time, that eventually lead to the evolution of **mind** in a primate, who eventually by random mutations gave rise to **consciousness**. This model is backwards, as it does not correlate with our experience. This is what I hope to show you in this investigation.

Since our current model uses the scientific method as a way to prove how the universe works, we should use it as well and see what happens in our investigation of experience. Therefore, we will begin by **Observing** the experience of being, **Asking** what it is, draw a **Hypothesis** about it, **Analyze** it, and get **Conclusions** of it. By repeating this process, we should get a true definition of our being.

The implications of this investigation happen to be what we call self-realization, revelation, or enlightenment. Loaded words admittedly, but the more you base your life on this knowledge, rather than belief, you begin to see the unfolding of those beautiful concepts we learn in spiritual teachings. **It's a fascinating journey.**

I selected a few quotes from Ra which I find indicative of this investigation and discovery. I hope they also resonate with you and your experience:

There is only Identity.

“The Law of One, though beyond the limitations of name, as you call vibratory sound complexes, may be approximated by stating that all things are one, that there is no polarity, no right or wrong, no disharmony, **but only identity.**” 4.20

Silence is the key to contact with intelligent infinity.

“We begin with the mental learn/teachings necessary for **contact with intelligent infinity**. The prerequisite of mental work is the ability to retain silence of self at a steady state when required by the self. The mind must be opened like a door. **The key is silence.**” 5.2

Enlightenment is not an event.

“**Enlightenment is of the moment**, is an opening to intelligent infinity. It can only be accomplished **by the self, for the self**. But who can know when an entity will open the gate **to the present?**” 17.2

The void is Unity

“The dissolution into nothingness is the dissolution into unity, for **there is no nothingness.**” 6.7

“The second confusion lies in the term, ‘**void.**’ We would substitute the noun, ‘**plenum.**’” 82.6

Self-investigation

“[...] we can only say the material for your understanding is **the self**: the mind/body/spirit complex. You have been given information upon healing, as you call this distortion. This information may be seen in a more general context as ways to **understand the self.**” 15.14

Know yourself

“To **know yourself** is to have the foundation upon firm ground.” 35.4

“The heart of the discipline of the personality is threefold:

One, **know yourself**. Two, accept yourself. Three, become the Creator.” 74.11

Meditation as integration

“Without [meditation], the data will not sink down into the roots of the tree of mind.” 10.14

“Without [meditation], one could not integrate into unity the many understandings gained in such seeking.”

15.14

SOCIAL ECOLOGY

THE PHILOSOPHY, ETHICS, AND POLITICS OF HARMONY

SOURCES

[1] social-ecology.org/wp/about/what-is-social-ecology

[2] <https://ecology.iww.org/PDF/Bookchin/Social-Ecology-Pamphlet-Emily-McGuire.pdf>

[3] <https://cosmicchrist.net/2021/04/08/spiral-dynamics-introduction-implications-on-living-the-law-of-one>

OVERVIEW

“Social Ecology advocates a reconstructive and transformative outlook on social and environmental issues, and promotes a directly democratic, confederal politics. Social Ecology envisions a moral economy that moves beyond scarcity and hierarchy, toward a world that reharmonizes human communities with the natural world, while celebrating diversity, creativity, and freedom.” [1]

Social Ecology was developed by Murray Bookchin, co-founder of the Institute for Social Ecology. “In *The Ecology of Freedom*, Bookchin’s magnum opus, he writes, ‘our environmental dislocations are deeply rooted in an irrational, anti-ecological society...’ he continues, ‘these problems originate in a hierarchical, class, and today, competitive capitalist system that nourishes a view of the natural world as a mere agglomeration of “resources” for human production and consumption.’ Social ecologists seek a deeper analysis that unmask the roots of environmental degradation, which has its origin in human hierarchies.” [2]

FURTHER EXPLORATION

<https://linktr.ee/social ecology>

SOCIAL ECOLOGY & THE LAW OF ONE

I was inspired to share this field of study with the Law of One community as, in my perspective, it complements the *metaphysical* and *spiritual* knowledge and wisdom of the Law of One with a *philosophical*, *ethical*, and *political* understanding of the struggle and promise of evolution on this planet at this time. Similar to how Doug Esse related the Law of One to Spiral Dynamics [3], which elucidated the *psychological* and *sociological* sweep of evolution, I see Social Ecology as a coherent and useful body of knowledge that resonates with and illustrates the path of positive polarization in the Law of One.

PRESENTED BY

Karan Dodia
kungfuturtle@gmail.com
(512) 850-4320

While Social Ecology is a secular field of study, its practitioners run the gamut from atheists like the co-founder Murray Bookchin to deeply spiritual teachers like Chaia Heller, a current fellow at the Institute for Social Ecology.

For folks like myself grappling with the earth changes associated with this difficult harvest, Social Ecology offers a thoughtful and actionable framework to engage with our societies and our communities, and I offer it to you all in the hopes that it may be of service to you as well. 🙏❤️🌱

KENT DAVIDSON
Gemstone Therapy

Color Ray Therapy Using Gemstones								
Color Ray	Chakra	Quality	Expression	Gemstone	Gland	Planet	Element	Mantra
Violet	Crown	Spiritual understanding & inspiration	I understand	Amethyst	Pituitary	Uranus	–	OM
Indigo	Third Eye	Perception, intuition, imagination, self-knowledge	I see	Indigo*	Pineal	Jupiter, Neptune	–	OM
Blue	Throat	Wisdom, faith, clear communication	I speak	Blue sapphire	Thyroid	Mercury	Space	HAM
Green	Heart	Love, compassion, physical empowerment	I love	Emerald	Thymus	Venus	Air	YAM
Yellow	Solar Plexus	Focus, productivity, attracting & manifesting	I do	Yellow sapphire	Pancreas	Mars, Sun	Fire	RAM
Orange	Sacrum	Sexual & creative energy, self-worth	I feel	Carnelian	Gonads	Moon	Water	VAM
Red	Perineum	Survival, stability, ambition, self-sufficient	I am	Ruby	Adrenals	Earth, Saturn	Earth	LAM

* Isabelle Morton, founder of Gemstone Therapy Institute, refers to the crystalline form of Sodalite as 'Indigo.' I have never heard that name any place else so it may be her own term. Sodalite in non-crystalline form does not have the same qualities and cannot serve as a substitute, unfortunately.

Five Elements of Chinese Medicine and Gemstones								
Element	Season	Quality	Taste	Gemstone	Organs	Emotions	Time	Expression
Water	Winter	Cold	Salty	Onyx	Kidneys, Bladder	Fear Confidence	Deep night	Subconscious Sleep/rest Get idea
Wood	Spring	Windy	Sour	Aventurine	Liver, Gallbladder	Anger Tolerance	Morning	Growth Beginning Planning
Fire	Summer	Hot	Bitter	Rhodonite	Heart, Small intestines	Sadness Joy	Noon/ Workday	Activity Energy Work
Earth	Early fall	Damp	Sweet	Agate	Stomach, Spleen	Worry Serenity	Late afternoon	Fruition Harvest Review
Metal	Late fall	Dry	Pungent	Mother of Pearl	Lungs, Colon	Grief Letting go	Evening	Slow down Completion Let go

DR. JIM ROACH
The God Gene

BRILLIANCE, SENSITIVITY, AND THE GOD GENE

POEM

When the time has come to put up my thoughts...
My soul unburdened from life's worrisome tasks
With misty eyes, forever asleep from sight
And a stilled heart, forever asleep from love
Meaning is pulled from within, drawn into the darkness

WINTERTIME BLUES – THE GOD GENE

Winter of my freshman year at Duke was the first time I became aware of wintertime blues, what I would learn later is common with THE GOD GENE, a gene mutation that half of us are heterozygous, and perhaps 20% are homozygous.

DUKE-MED SCHOOL - JOURNALS - CONFERENCES - ROOT CAUSES - DONNIE

In true GOD GENE OCD style, I powered through Duke, medical school and residency, leading to 20 years of conventional family medicine. Then wanting to see how long and well I could live, I became OCD about reading as many journals as I could, and attending nearly 50 national holistic conferences not affiliated with drug companies, learning root causes of disorders, and have studied for 15 years under the top botanical medicine expert in the country learning much safer ways of treating disorders. I've treated patients from around the country and beyond from the disadvantaged up to billionaires and a top Hollywood producer.

1st NDE – DEATH – 23 YEARS EDUCATION, 30 YRS CLINICAL EXPERIENCE

It was 12 years ago when one of my patients shared about a car accident in which she had a spiritual near-death experience, going out of body, feeling the bliss, getting mad about coming back, not being afraid of death, and becoming very mission oriented. Here I had gotten 23 years of education with 30 years of clinical experience to learn how to save her life, and she didn't care if she lived or died!

NDEs – TSEs

As I began to interview patients more closely and they gained my trust, I have now heard 84 spiritual near-death experiences from patients and approaching 800 transformative spiritual events from premonitions, intuitions, OOB experiences, voices, visions, dreams with meaning seeing and sensing spirits. They didn't teach that in medical school!

KOLEOSO – SPOKE THRU THE VEIL

Koleoso reported two NDEs. The first as a restless soldier in Okinawa during the Vietnam War, he ran head on into a building, experienced the bliss and knowing of a NDE. He then spent 10 years traveling the world studying every religion. But then his connection faded and he asked God, "Prove to me the reality of you." Be careful what you ask for! A car crossed 4 lanes of traffic and T-boned his car. It ripped off half his nose, and he had so many facial fractures that it took 4 pages to describe. He was again in a NDE, feeling like he was sitting in

a chair naked in the middle of NYC with no way to get under or around it. Then floating down a river in the dark, he intuited his ancestors on the shore, then the presence of the All Mighty. Then everything lit up and he again felt the bliss. He then became a shaman, **read the Oracles** for me and said that they named me **Imhotep**, the first physician, from Egypt in 3000 BC. Then in an OOB experience I had last year, he connected when he spoke: “**Dr. Imhotep, I see your wisdom, providing love and grace to those in need genuinely good Lord my maker of my life.**”

3 NDE PT. – ASHLAND – CONFERENCE – Written in Stone - GHC

A month after meeting a new patient, a woman who had had three spiritual NDEs, showed up at the receptionist window insisting she be seen. My wife was receptionist, sensing her urgency, worked her in. When I walked in the room she said, “You are probably going to think I’m crazy but...” and launched into the story that she had a compelling image of a college on a hill and the word, “Ashland.” She didn’t know what the riddle meant, but she knew she had to solve it. From her home in Colorado, she traveled to Ashland, Oregon, noted the youth there at Lithia Springs were lost souls, but no answer to the riddle. Then she and her husband moved to central Kentucky and arrived at my office. There was a college on a hill at the edge of our town, and in her research she found a YouTube video of me giving a testimonial for the Mederi Foundation, Ashland, Oregon. She figured out I was the one who connected the dots. She took my 2nd finger, then my 3rd, then 4th and back to the 3rd. “The conference you are having next month at Midway University is supposed to happen!” I had recently planned a conference there for that time, only 2 or 3 had signed up, but had not told a soul where it was going to be. But she knew. Somehow she knew. “This is a very important message, there is someone very powerful behind this message because it caused me to go to Ashland OR and then my husband and I to move to central Kentucky all for the purpose of getting this message to you!” That has led to my hosting 8 annual conferences, with international attendance. I told her I was thinking about writing a book about my patients NDEs. Her response: “It is written in stone.” Later I published GOD’S HOUSE CALLS with over 200 of these stories in it, #1 Amazon in 4 categories.

ANNE WOOD’S STORY

One of my patients, growing up, was neglected by her mother, and taken in by a woman in the neighborhood who served as her mentor. Decades later the young woman woke up in the middle of the night after a vivid dream of the older woman riding thru her front yard on a Choo Choo train, leaning out waving “Toot toot!” She looked at the clock – 1:20am. When she got downstairs that morning she was told the woman had died. “What time?” 2:20am but it was a different time zone. When she went to visitation, she was compelled to tell the greeter the story. The greeter held up 4 fingers – “You are the 4th person with the identical story!”

JUNE – Perfect – Smile/Glow – High pitched voice

So I walk into a patient room and I’m greeted by June, a very pleasant woman with a sweet, gentle smile and a glow about her. Her voice is a little higher pitched, she is dressed perfectly, make up is perfect, as is her posture.

INTUITIVE – Mother’s Intuition

I begin the visit by sharing about my patients with spiritual near-death experiences and transformative spiritual events. I then tell June, “You are intuitive. I walk in the room, and you instantly know if I am positive or negative energy. You can stand next to someone and know far more about them than they would ever want you to know.” You may know they will be dead in two weeks – what do you do with that information?

“You have a strong mother’s intuition. If your child is getting in trouble, it doesn’t matter if it is the other side of the world, you know instantly in your chest and are anxious to find out.”

FAITH IN GOD – KNOWING – Since birth?

“Many people have a faith in God but for you, it is like you shook hands with God, you have a ‘knowing’ about God that may have been there from the day you were born.”

STRONG “ON” SWITCH

“You have a strong “on” switch but poor “off” switch. You are a workaholic, crossing the t’s and dotting the I’s, when you get home you have more projects, at night in bed your head is spinning unless you exercised until exhaustion to assure a good night’s sleep.”

FIGHT-OR-FLIGHT

“You have been in ‘fight or flight’ way too much in your life. In fact, you may not have had a peaceful 24 hours your whole life! It is nice to feel peaceful – that is my #1 goal for this visit.

VULNERABLE since childhood

You have been vulnerable nearly your whole life until you got spiritually grounded. As you don’t detoxify estrogen effectively, you were prone to early development. That attracts negative energy. If you experience trauma, your adrenalin kicks in, but due to the GOD gene, you can’t break it down. That is PTSD – post-traumatic stress disorder.

FORGIVENESS

In the religion I am a part of, forgiveness isn’t an option. First forgive yourself; you may have done everything perfectly in life, but maybe not. Then forgive others; not because they deserve it, but because you have to get rid of the yolk of unforgiveness for you to heal. And forgiveness not at a level of ‘Well I forgive you but you are still a jerk!’ but at a level of grace – if I grew up in your shoes I might understand how that might have happened.’

PACKAGE DEAL

It is a package deal: you are gifted with your intuition and your knowing about the universal ONE. You may experience joy more deeply. But you have been vulnerable nearly your entire life.

AN EMPATH

You are an empath. With your veil so thin, you readily absorb negative energy. So put on an invisible diamond-studded suit every morning; first put in one leg, then the other, and pull it up to thicken your skin. Steer clear of negative energy in your relationships and work environment.

FREE TESTOSTERONE

Your free testosterone level is likely low. That translates into a low libido. Testosterone gives courage, confidence, and motivation – traits which you may be lacking. Testosterone promotes healing and you may be slower to heal physically; testosterone is anabolic in my clinical experience to every organ and tissue. Testosterone strengthens the immune system BUT is ANTI-AUTOIMMUNE, just the opposite of estrogen, which in excess promotes

inflammation and autoimmune disorders. Testosterone lowers blood sugar and cholesterol, and reduces the waist size.

JUNE'S Rx MEDS

I checked June's medication list and found Zoloft, given mainly for anxiety and suspected depression. There might be a Valium-like drug such as klonopin or Xanax. Trazodone or amitriptyline may be given for sleep. June also is on thyroid, allergy, and migraine prescriptions.

25-35 SYMPTOMS - Hypochondriac

On June's symptom list she has checked 25 to 35 boxes though to look at her she looks fine. In decades past she would have been considered a hypochondriac. Frustrated health practitioners pass her off as depressed. Her complaints of chronic aches and pains seem exaggerated.

SPEAKS FAST – NOTES – GB, FIBROID, CYSTS

She speaks rapidly, and the physician has to interrupt her to get his say. Her notes are voluminous, and her handwriting perfect. She brings in a long list of her medical records, perfectly organized in her binder. She has had procedures like removal of the gallbladder, a uterine fibroid, ovarian cyst, or a concerning breast lump; but despite removal of her gallbladder, her intestinal symptoms persist even without her gallbladder.

SYMPTOMS – PMS Ones – IBS

On her symptom list she checked anxiety, obsessive-compulsiveness, fatigue, muscle and/or joint aches, sensitivity to chemicals and foods, palpitations, bloating, reflux, and insomnia. Rashes, allergies, and itching can be a problem. When she undergoes anesthesia, it lingers longer in her system. Premenstrual symptoms have been a concern, especially when she entered her 40s – breast soreness, heavier periods, and cramping. Her breasts are dense on imaging and she has family history of breast cancer. Can feel overwhelmed and unworthy.

EVERY SYMPTOM BETTER Week After Period

But other symptoms worsen before her period – bloating, brain fog, swelling, carbohydrate craving, aches and pains in joints and muscles. In fact out of the list of 25 to 35 symptoms, essentially every one of them is better the week after her period and worse the week before her period, clearly revealing the importance of balancing hormones.

NP STUDENT and GOD: Sensitivity

To be so blessed with intuition and knowing GOD, it seems there are major balancing challenges. A nurse practitioner student after shadowing me for a few months, was praying about the GOD gene in church; GOD explained it as sensitivity. Sensitivity to good things – God, intuition, compassionate – but also sensitive to the bad things: foods, chemicals, pollutants, mold, electromagnetic fields, **noise**, stress, and Lyme.

TESTS: B12, D, Cu, Zn, Fe, Thyroid, ESO4, SHBG, Test, DHEA, Cortisol, Autoimmune

On testing, vitamin B12, vitamin D, and iron were deficient. Thyroid disorders are more common. Estrone sulfate, the storage form of the most aggressive estrogen may be disproportionately raised relative to estradiol. Sex hormone binding globulin will be high normal while free (available) testosterone is low. Due to a greater propensity to stress, the weak adrenal hormone DHEA may be suboptimal. Cortisol levels go up for a few

months but with chronic stress, they sink. Autoimmune issues such as thyroiditis or lupus are commonly present. Copper levels are at the upper end of normal while zinc is at the bottom end of normal.

These issues: part of GOD GENE – ALL FIXABLE!

The gene mutation that is connected to all of these issues I call THE GOD GENE. The terrific news is that ALL of these symptoms are fixable!

COMTVal158met

The culprit gene mutation? COMT Val 158met. When mutated, breakdown of dopamine, norepinephrine, or adrenalin is 3 or 4-fold less resulting in a frequent state of overstimulation. We are driven. We can't help ourselves.

OCD – Successful – Brain - IQ

Because we are constantly striving and so detailed, we are more likely to be successful. In fact, the GOD gene mutation is associated with a larger brain and higher IQ; but if we stay in fight or flight, that SHRINKS the brain, so it is essential to achieve peacefulness. Dopamine promotes growth of the prefrontal cortex, the IQ part of the brain. We can become smarter IF we learn to successfully master stress.

BURNOUT

Burning the candle at both ends leads to a worn-out existence and may shorten life expectancy. Successful COMT individuals have become obsessed with their exercise (they are the ones you see jogging along the road), their nutrition, and have a spiritual practice.

WINTERTIME BLUES - SAMe

Wintertime blues are more prevalent. I find S-adenosylmethionine (SAMe) to be helpful for wintertime blues but avoid if you are bipolar or have diarrhea.

But also it is likely that those with the GOD Gene experience greater joy!

DETOX PATHWAY

The other thing about the GOD gene COMT Val158met is that this is an important detoxification pathway generally – not just for neurotransmitters – but also for toxins and estrogen metabolites.

EXCESS ESTROGEN

Excess estrogen increases female issues:

- **PMS**:

anxiety, panic, OCD, phobias, startle, sleep disturbance, irritability, carbohydrate craving, swelling, breast soreness, migraines, heavy periods, and cramping

- ovarian cysts, fibrocystic breasts, thyroid cysts, endometriosis, uterine fibroids

- estrogen cancers including melanoma, thyroid, lung, and hematologic cancers

- autoimmune activity, so higher incidence of allergies, irritable bowel, thyroiditis, lupus, etc.

*****STORY OF young woman with high-pitched voice*****

OTHER

- anorexia/bulimia (an OCD issue!)
- hoarding
- mood fluctuations
- parent-child relationship challenging
- further estrogen slows COMT activity, so it can get worse over time if not addressed
- prone to getting overwhelmed, feeling unworthy

MARCY

- the woman with one of the most potent GOD GENE characteristics
- She is full of energy, fast talking, delightful, perfectly dressed, high-powered NY City designer, internationally famous
- Psychedelics have been very insightful for her but she had a very negative, debilitating experience with one that took six months to recover from (her thin veil made her more susceptible)
- When visiting a friend in an old house, she could see and feel the old spirits that were living there as well. She encouraged them to leave. They told her to leave them alone, “He does his thing and we do our thing, we coexist well” they claimed!

INTERVENTIONS

- **Optimize nutritional choices and gastrointestinal function**
 - o **Identify and avoid sensitive foods – milk products, gluten, ?eggs**
 - o **Buy organic, whole food without ingredients**
 - **Go to the grocery on a full stomach!**
 - o **Strive to eliminate** sugar, processed foods, starchy foods
 - o **Avoid caffeine** – coffee, green tea, chocolate
 - it creates anxiety and depletes the adrenals
 - o **Be sure everyone at the table is relaxed** as the heart energy field reaches out 15 feet
 - o **Thank the Divine** prior to eating; it helps switch on the parasympathetic digestive system
 - o **Chew food until a liquid**
 - o Consume **bitters** (anything that tastes bitter) at the start of the meal
 - Apple cider vinegar, ginger, or black cumin seed oil
 - o **Digestive enzymes** with bile (due to higher risk of GB malfunction)
 - Some betaine HCl may be needed, esp. in autoimmune or severe scenarios
 - o Quality refrigerated **probiotic**
 - o Consume a plant-based diet but with **wild salmon** or **sardines**, duck or country **eggs**, and some **organic chicken** and turkey
 - o **Not** a good candidate for a **vegetarian** diet
 - Greater risk of low blood sugar
 - Greater risk of nutrient deficiency

- **Limit spinach and chard to 14 leaves a week (zero if not dreaming!)**
- FAVORABLE -
 - Eat grapefruit, chamomile tea, onions, chrysin (from passionflower)
- **Meditation/prayer/spiritual grounding**
- Non-strenuous **aerobic** and **strength training** physical activity
- Use **magnesium**, trace minerals, and in low doses, **natural lithium**
 - Pros and cons of magnesium forms
 - Pros and cons of natural lithium
- **SAMe** for seasonal affective disorder that is associated
 - **Pros and cons of SAMe**
 - Also adenosylcobalamin B12, methylfolate, P5P, vitamin B2
- Relaxing supplements:
 - **L-theanine**
 - **Gotu kola**
- **Correct the hormone imbalance** of high estrogen/low testosterone through nutrition, lifestyle and supplements
 - **With the nutritional and lifestyle interventions above**
 - **Vitamin D3 with K2, fish oil, turmeric, likely will need some zinc**
 - **Vitex** or **inositol** the second half of the menstrual cycle
- **Some supplements slow COMT function, so avoid or limit**
 - Quercetin, rutin, luteolin, cilantro
 - Only small portions of berries and tart apples
- Avoid tyrosine, phenylalanine, tryptophan
- **Avoid alcohol** – triggers dopamine release
- Promote phase 2 detox
- **Light boxes** in the winter first thing in the morning
- Avoid and eliminate **heavy metals** mercury, lead, and arsenic
- Learn to set boundaries and not over give (**practice saying "no"**)
 - If married to an “over-giver”, **show a LOT of appreciation!**
 - **Surprise them, mesmerize them**, have them rubbing their eyes to be sure it is not a dream
- **Avoid negative energy** environments at work, socially and home
 - focus instead on **helping the poor, the sick, the hungry**, and **animals**
- **Relax on being in control** and judging others
 - it breeds **passive-aggressive** behavior in others

THE DREAM GENE

Unrelated to her GOD gene, but mirroring a lot of its symptoms, is **the DREAM gene**. Most mornings June can't remember if she dreamt. The DREAM gene, even if not mutated, can be overwhelmed by oxalates. **Oxalates** are most famous for kidney stones. When I had plantar fasciitis and arthritis in my hands, it was due to my daily spinach smoothies, nuts, ounce of dark chocolate, and too many berries some days. Not dreaming is a FUNCTIONAL VITAMIN **B6 deficiency**. As the DREAM gene activates a key detox pathway, eliminating toxins and estrogen metabolites is impaired, leading, like the GOD gene, to **estrogen dominance**. Like the GOD gene, these individuals become overstimulated because they can't convert the excitotoxin **glutamate** – think MSG, sometimes in Chinese food – into the calming, relaxing GABA. So like the GOD gene, impairment in the DREAM pathway leads to estrogen dominance and overstimulation.

The HAPPINESS GENE

- **MTHFR** gene mutations (folic acid to folate) inhibit formation of **SAMe**
- **SAMe** is needed for **COMT pathway to breakdown adrenalin**
- **or Methylfolate. Adenosylcobalamin, B2**

What about the common gene MTHFR, the HAPPINESS gene. When you can't convert folic acid into the active methylfolate, production of SAMe diminishes. Deficient SAMe leads to depression, and – you guessed it – estrogen dominance and overstimulation. This is because SAMe promotes estrogen detoxification, and it metabolizes adrenalin via the GOD gene.

BUT WE with the *God Gene...*

WE GET TO EXPERIENCE MORE *JOY* THAN ANYONE!!!

ESTROGEN DOMINANCE

Nov. 22, 2022

Causes

- 1) Consumption of sugar, processed food, grains, white potatoes, high sugar fruit, high quantities of fruit; low fat diet
- 2) Obesity
- 3) Coffee
- 4) Alcohol
- 5) Stress
- 6) Insomnia (via stress)
- 7) Animal products due to estrogen content, especially non-organic
- 8) Glyphosate (RoundUp) – present in nearly all restaurant food
- 9) Xenoestrogens
- 10) Nutrient deficiencies – vitamin D, zinc, B6/B9/B12, magnesium, cysteine/glutathione
- 11) Nutrient excess – vitamin B3, copper
- 12) Gene mutations: COMT, CYP1B1, SULT1A1
- 13) Rx medicine
 - a. Birth control pills
 - b. Hydrochlorothiazide
 - c. Tagamet/cimetidine

Symptoms

- 14) Anxiety
- 15) Panic
- 16) OCD – a detail person
- 17) Phobia
- 18) Not remembering dreams nightly (active vitamin B6 deficiency)
- 19) Sleep disturbance
- 20) Carbohydrate craving
- 21) Swelling
- 22) Migraines
- 23) PMS
- 24) Sex organ disorders: breast soreness, fibrocystic breasts, PMS, ovarian cysts, endometriosis, uterine fibroids
- 25) Autoimmune disorders
- 26) Bloating
- 27) Brain fog
- 28) Talkative
- 29) Irritability
- 30) Aches and pains in joints and muscles
- 31) Weight gain
- 32) Skin and hair changes
- 33) Gallbladder disease – fat intolerance, fat-soluble nutrient deficiency, stools that float, oil on commode water

- 34) Hypothyroid symptoms – cold intolerance, dry skin, constipation, excess sleep
- 35) Low testosterone symptoms: low libido; lack of confidence, motivation, strength
- 36) Low growth hormone – symptoms largely mirror low testosterone
- 37) Venous insufficiency
- 38) Very generous but inner resentment for being unappreciated
- 39) Good ‘on’ switch but poor ‘off’ switch
- 40) At risk for burning the candle at both ends
- 41) Depression, especially seasonal affective disorder
- 42) Behavioral problems (lying, stealing, selling drugs)
- 43) Illicit drug use may be 3-fold higher
- 44) Greater risk of forced sexual initiation
- 45) Intuitive
- 46) Spiritual

Testing

- 47) Blood: estrone sulfate, TSH/free T4/free T3/thyroid peroxidase/thyroid antibodies, free & total testosterone, IGF-1, micronutrient analysis (esp. copper/zinc), organic acids (oxalates, yeast)
- 48) Genetics: 23andme.com/Livewello.com (COMT, CYP1B1, SULT1A1, MTHFR, MTR/MTRR, MAT, AHCY, CBS, glutathione mutations)

Treatment

- 49) Whole food, plant-based diet
- 50) Pomegranate green tea
- 51) Cruciferous vegetables: Broccoli, cabbage, broccoli sprouts, watercress, etc
- 52) Pomegranates
- 53) Olive oil
- 54) Blueberries
- 55) Onions/garlic
- 56) Limit high copper foods: nuts, dark chocolate, avocado, potatoes, tomatoes
- 57) Physical activity
- 58) Vitamin D
- 59) Zinc
- 60) Magnesium
- 61) Vitamins B6 as P5P
- 62) Folate as methylfolate
- 63) B12 ONLY as adenosylcobalamin (methyl is overstimulating)
- 64) Vitamin B2 including some methylated component
- 65) Selenium
- 66) N-acetylcysteine/glutathione
- 67) Vitex
- 68) Passionflower
- 69) Chrysin
- 70) Ashwagandha (unless you are not dreaming or have excess oxalates)
- 71) Inositol
- 72) ‘Cell Guardian’ (Natura)

- 73) 'CV Res Q' (Natura) -resveratrol
- 74) Melatonin
- 75) Turmeric
- 76) Tocotrienols
- 77) Riboflavin
- 78) Spectrafiber – separate from other supplements e.g. at evening meal
- 79) Vitamin C

Girls who had their first menstrual cycle at an earlier age, indicating early pubertal onset, had a higher risk of developing depression and behavior problems, such as lying, stealing and selling drugs, in adolescence and young adulthood, compared with peers who had their first period at a later age, researchers reported in Pediatrics. The findings were based on National Longitudinal Study of Adolescent Health data involving about 7,800 women who were followed until about age 28.

JAN TATE

The External Process + Great Mother Earth

Great Earth Mother

The Great Earth Mother gives us so many wonderful Gifts – air, water, food, even our bodies – an abundance! What a lovely world – such diversity, beauty, a paradise -- she takes good care of us.

The Gifts of Great Mother Earth have been misused and vilified. Take for example an article about peyote, illegal in the United States. The article “Potent Psychedelic Drug Banished PTSD Small Study Finds” (see attached). Researchers found that one month after treatment, participants had average reductions of 88% in PTSD symptoms, 87% in depression symptoms and 81% in anxiety symptoms. This is a wonderful Gift from the Great Earth Mother, and she provides many healing plants for our use.

A wealth of information about plants and their uses, for food and for healing – are contained in the Jean Auel books, Earth’s Children series – The Clan of the Cave Bear, The Valley of Horses, The Mammoth Hunters, The Plains of Passage, The Shelters of Stone, and The Land of Painted Caves. Specific information on how communities come together in a primal environment, what it takes to live day-to-day, tools and implements needed to survive and how to make them, are all contained in these books.

Another book I found interesting is the Midwest Lost Book of Herbal Remedies, which includes sourcing and selecting high-quality herbs, tools and techniques for making your own herbal medicine, and guidelines for using remedies.

There is an ancient Chinese proverb which says: “The frog does not drink up the pond in which it lives.” Annie Berthold-Bond’s book Better Basics for the Home contains 868 practical formulas for all-purpose household cleaners, body lotions, baby care, disinfectants, etc etc that are 100% environmentally safe and 100% toxin free. She also includes sources and resources for companies which produce environmentally friendly products, newsletters, etc.

Part of my spiritual practice is thanking the Great Earth Mother for all her Gifts.

Potent psychedelic drug banishes PTSD, small study finds

Military veterans with cognitive and psychological problems saw drastic improvements after a dose of ibogaine.

By

- [Max Kozlov](#)



[1440 1/8/24]

Shredded iboga root, the main ingredient in the psychedelic drug ibogaine, is prepared for use in a traditional ceremony in Gabon. Credit: Rachel Nuwer

Psychedelic drugs such as [MDMA](#) and [psilocybin](#), the hallucinogenic compound found in magic mushrooms, have [promised to revolutionize psychiatric treatments](#). Now, a small trial in military veterans suggests that a lesser-known, potent psychedelic drug called ibogaine could be used to treat traumatic brain injury (TBI). One month after ibogaine treatment, the veterans reported that TBI symptoms such as [post-traumatic stress disorder](#) (PTSD) and depression had decreased by more than 80%, on average¹.

“The drug seems to have a broad, dramatic and consistent effect,” says [Nolan Williams](#), a neuroscientist at Stanford University in California and a co-author of the study. The results of the trial, which did not include a control group, are published today in *Nature Medicine*.

These data support launching rigorous trials to test the drug, says Alan Davis, a clinical psychologist at the Ohio State University in Columbus. However, they note that [MDMA and psilocybin](#), which are already in late-stage trials, will be “much better candidates for meeting the needs of this community”. Ibogaine will require years of study to determine its efficacy and safety, Davis says.

Warfare's lasting effects

Ibogaine is made from the bark of a shrub (*Tabernanthe iboga*) native to Central Africa, where it is used for ceremonial purposes. Researchers have tended to shy away from exploring the use of ibogaine for the treatment of conditions other than opioid dependence and withdrawal², because it is tightly regulated in many countries and can cause fatal heartbeat irregularities, says Maria Steenkamp, a clinical psychologist who studies PTSD in veterans at the NYU Grossman School of Medicine in New York City.

How psychedelic drugs achieve their potent health benefits

But the available therapies for PTSD and other conditions don't help everybody, Steenkamp says. "We are desperately in need of new interventions."

Williams had heard of veterans seeking out ibogaine for symptoms of TBI, which occurs when a sudden impact causes damage to the brain, and can cause a wide range of cognitive and physical symptoms. To systematically study the drug, Williams and his colleagues followed 30 male US veterans with TBI and repeated exposure to explosions or combat. All had, of their own accord, sought out ibogaine from a facility in Mexico, where use of the drug is not restricted.

Researchers played no part in the administration of the drug. Participants received a magnesium supplement alongside the psychedelic to lower the risk of cardiac side effects.

Symptom relief

The researchers found that one month after treatment, participants had average reductions of 88% in PTSD symptoms, 87% in depression symptoms and 81% in anxiety symptoms. On average, participants had mild-to-moderate disability before treatment and no disability one month after treatment, as assessed by a survey about their cognition, mobility and other functions.

None of the participants experienced cardiac side effects. The study is a "proof of concept" that proper screening and administration can lower the risk of harmful side effects, Steenkamp says. Williams and his colleagues are now looking to study whether the drug can confer a long-term benefit and are using neuroimaging and biomarkers to assess how the drug works.

Research in mice by Gül Dölen, a neuroscientist at the University of California, Berkeley, offers a clue: [ibogaine might temporarily re-open a 'critical period'](#), the name given to windows of time normally seen during early development in which the nervous system is particularly malleable³. Dölen and her colleagues tested ibogaine and four other psychedelics in mice, and found that ibogaine was the "rockstar of the group", keeping the critical period open for at least four weeks, compared with up to two weeks for psilocybin, she says.

HEALTH VIEWPOINTS

The Real Healing Effects of Placebos on Diseases Are Obscured by Drugs

We all have a remarkable ability to heal from disease. Our internal and external beliefs can have a profound impact, as seen with the placebo effect.

👉 693 💬 101 📌 Save





By [Yuhong Dong](#), M.D., Ph.D.

4/30/2024 Updated: 5/9/2024

A A  Print

Health Viewpoints

Can a placebo alleviate symptoms?

Pharmaceutical researchers test new drugs by comparing them to a placebo, a pill that looks like the drug but has no effect. The objective is to determine if the drug is more effective than the placebo. Interestingly, people who take the placebo often experience positive effects. If these effects are equal to those taking the actual drug, the drug is considered unsuccessful.

This effect is known as the “[placebo effect](#).” Placebo in Latin means “[I shall please](#).” It usually represents a type of psychological effect compared to the “real” pharmacological effect of a medication.

The first time a placebo was used as a medical term can be traced back more than 200 years when Scottish physician William Cullen (1710–1790) introduced it [in 1772](#) to comfort patients who requested medication they didn’t need by giving them something to satisfy their demands and expectations.

A book published in 1801 by British physician [John Haygarth](#) reported that patients with “rheumatism” reduced their pain with a placebo treatment.

In 1937, a placebo-controlled study published in JAMA reported the the effect of a placebo on cardiac pain in ambulant patients was [as good as](#) tested drugs, such as xanthines (theobromine and aminophylline).

The placebo effect is a complex phenomenon with profound underlying truths that have not been adequately explained to the public.

Self-Healing

In 2009, researchers conducted a small but insightful clinical trial that uncovered the first component of the placebo effect.

Patients with irritable bowel syndrome (IBS) were [randomly assigned](#) into two groups. Group A was given no treatment, whereas group B was given a placebo clearly labeled as:

“Placebo pills made of an inert substance, like sugar pills, that have been shown in clinical studies to produce significant improvement in IBS symptoms through mind-body self-healing processes.”

After three weeks, 30 percent of group A patients reported adequate relief, compared to 60 percent of group B.

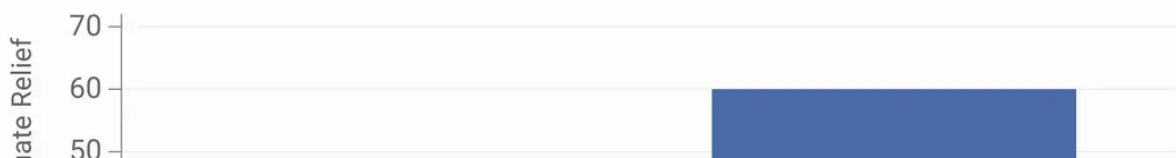
The disease alleviation rate in group A revealed the first key factor of the placebo effect: Time heals. Or let’s use a more accurate term highlighted in the note received by group B: Our bodies have “self-healing” abilities.

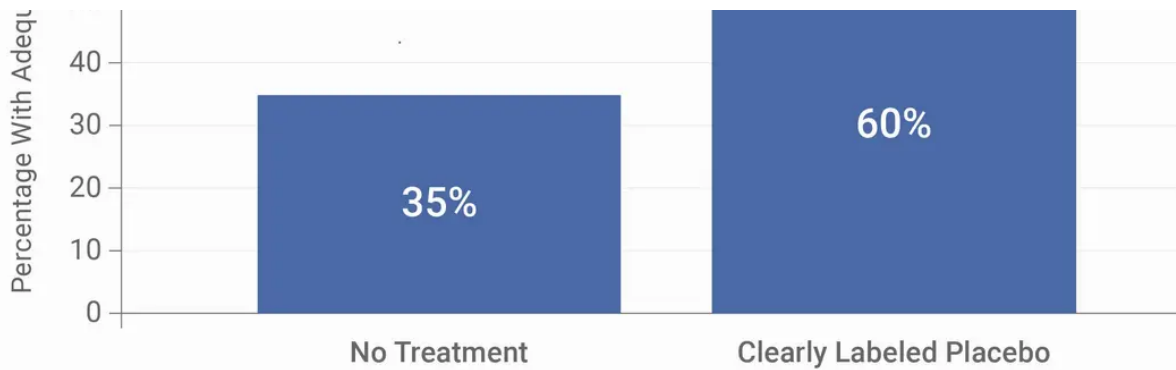
Most people ignore it, and the legacy media have not emphasized it enough. However, it is one of the essential components of healing from a disease and is the core concept of natural therapeutics.

Self-healing is nothing mysterious. In IBS patients, gut function may be affected by stress, inflammatory mediators, or specific diets.

If people adjust their lifestyles, such as reducing stress levels, avoiding trigger foods, and promoting gut health through exercise, they will often naturally [alleviate](#) their IBS symptoms.

The Placebo Effect Is Based on Our Natural Ability to Heal





EPOCH HEALTH

Source: PLoS One 2010

The natural healing mechanism is the foundation of placebo effects. (Illustrated by The Epoch Times)

Even with no action, the gut, microbiome, and immunity can slowly heal on their own over time.

Our bodies have an incredible self-healing function that operates continuously, protecting us from harmful substances, viruses, and cancer.

Our [immune system](#) and [lymphatic system](#) are the first line of defense against these threats. Our liver removes toxins, while our kidneys release waste.

Amazingly, our cells can recycle waste within them, and even our DNA can [repair itself](#). These are just a few examples of the countless ways our bodies work to keep us healthy.

Natural healing is the foundation of the placebo effect, an innate ability that we all possess.

Positive Belief

The efficacy doubling in group B is intriguing since patients in this group received a placebo along with a reassuring note about self-healing.

Reassurance leads to positive belief, the second component of the placebo effect.

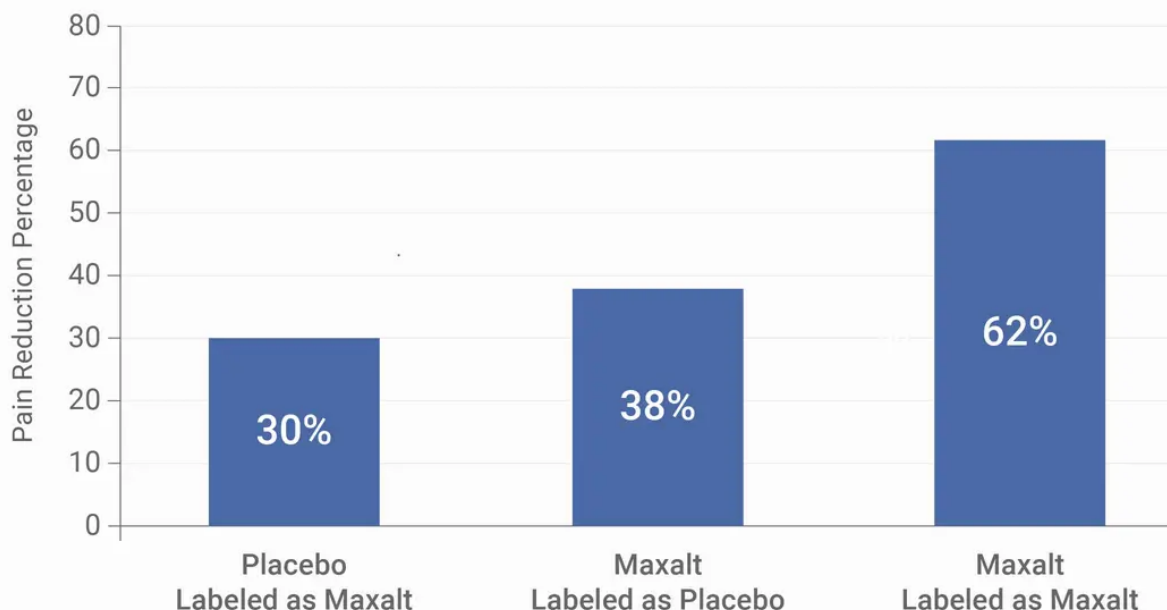
The author of the IBS study, Dr. Ted Jack Kaptchuk, a professor of medicine at Harvard Medical School and director of the Program in Placebo Studies and the Therapeutic Encounter, conducted another study.

The study included 66 [acute migraine sufferers](#) who were given either a placebo or the migraine drug Maxalt during their documented episodes of migraine attacks.

The two pills looked identical and were put in an envelope and labeled differently. These envelopes were then assigned to three groups. Group A received a placebo labeled as Maxalt, group B received Maxalt labeled as a placebo, and group C received Maxalt labeled as Maxalt.

After two and a half hours, patients in groups A, B, and C reported reductions in their pain scores of 30 percent, 38 percent, and 62 percent, respectively.

Positive Belief Affects Treatment Outcome



EPOCH HEALTH

Source: Science Translation Medicine 2014

Positive belief affected the treatment outcome. (Illustration by The Epoch Times)

The most intriguing finding was that patients treated with a placebo

labeled as Maxalt experienced similar effects as the group who received actual Maxalt but believed it was a placebo.

The positive belief associated with the drug suggested that it would be effective. Every well-known drug is linked to certain brand-related beliefs.

The same thing can happen with a placebo.

Simply taking a placebo, such as a sugar pill, with the belief that it's a medication, has the potential to improve [pain](#), anxiety, and depression, reduce [blood pressure](#), heal [gut ulcers](#), and boost the immune system.

[Placebo surgeries](#), in which patients are put under anesthesia, cut open, and sutured back up without any actual intervention, have had a positive impact on patient outcomes.

This power of belief is often overlooked in modern medicine, while it has been emphasized and developed in spiritual practices and psychiatric therapies.

The Message Matters

The message conveyed to a patient by his or her doctor regarding the expected treatment outcome can significantly affect the patient's healing process.

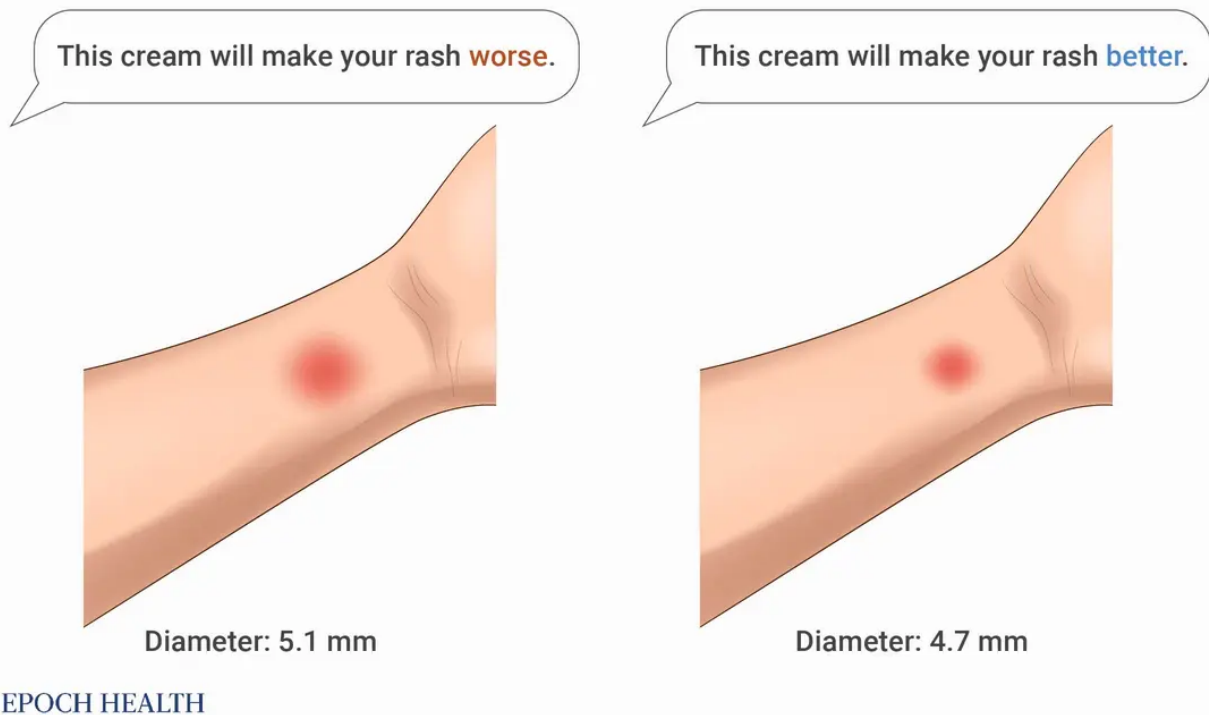
For example, in a [study](#) conducted by Alia Crum, an associate professor of psychology at Stanford University, doctors administered a histamine skin prick test to patients. After six minutes, they gave the patients a placebo cream. The histamine skin prick test is used to produce an allergic reaction, which causes a rash on the forearm.

The doctor informed half of the participants that they had been given an antihistamine cream to treat their rash. The other half were told that the cream was a histamine agonist and would worsen the rash.

The group that was told the cream would exacerbate the rash experienced irritation within 10 minutes after application. Those who were told the

cream would make the rash better saw improvement (5.1 mm versus 4.7 mm).

Doctor's Message Impacts Skin Test Outcome



A doctor's message impacts the outcome of a histamine skin prick test. (The Epoch Times)

The study results suggest that the message has an impact on the treatment outcome.

This brings us to the story of ivermectin. The government's campaigns against ivermectin for treating COVID-19 were destructive. They even [designed trials to fail](#) to demonstrate its efficacy. As a result, most doctors believed it was ineffective and irresponsible to prescribe.

Delivering negative messages to patients made it much harder to demonstrate the effects of ivermectin, impeding skeptics from investigating its benefits.

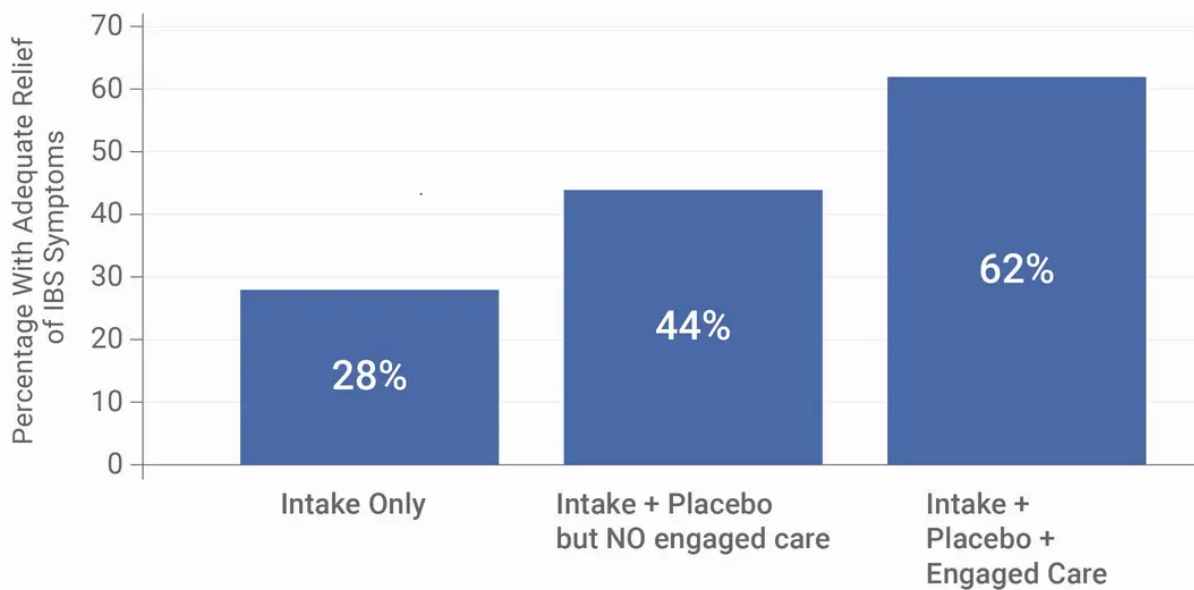
Compassion With Authority

In a previous study, Dr. Kaptchuk's team recruited 262 patients with IBS and [randomly assigned](#) them to three groups.

The first group of patients did not receive any treatment. The second group received a placebo, with minimal doctor-patient interaction. The third group received the same placebo as the second group, but their doctors listened to them attentively and patiently.

In the first group that received no treatment, 28 percent of the participants experienced adequate relief from their symptoms, which can be attributed to the natural healing of the disease. In the placebo group for which minimal interaction was provided, 42 percent of the participants experienced adequate relief. However, in the group in which participants were engaged and received interactive treatment from their doctors, 62 percent reported adequate relief from their symptoms.

Engaged Medical Care Improves Treatment Outcome



EPOCH HEALTH

Source: Kaptchuk BMJ 2008

Engaged medical care improves treatment outcome. (Illustrated by The Epoch Times)

Simply put, engaged interaction between doctors and their patients before treatment can produce the most effective results, even with a

placebo.

Furthermore, a doctor's compassion combined with authority can tremendously influence a patient's healing outcome.

During Ms. Crum's skin prick test study, a group of patients were treated by a physician who made a personal connection with them. Instead of just asking for basic information, the physician asked about their personal experiences such as, "Where were you born?" and "What was it like growing up in Ohio?" The physician's badge indicated that she was a "Fellow at the Stanford Allergy Center," and the procedure was conducted in a spotless room with great precision.

By demonstrating compassion and competence, the doctor raised the patient's expectations through positive feedback about the cream's effectiveness. This belief substantially improved the patient's healing (5.1 mm versus 4.3 mm).

Compassionate, Professional Engagement Improves Treatment Outcome



Compassionate professional

This cream will make your rash **worse**.



Diameter: 5.1 mm

This cream will make your rash **better**.



Diameter: 4.3 mm

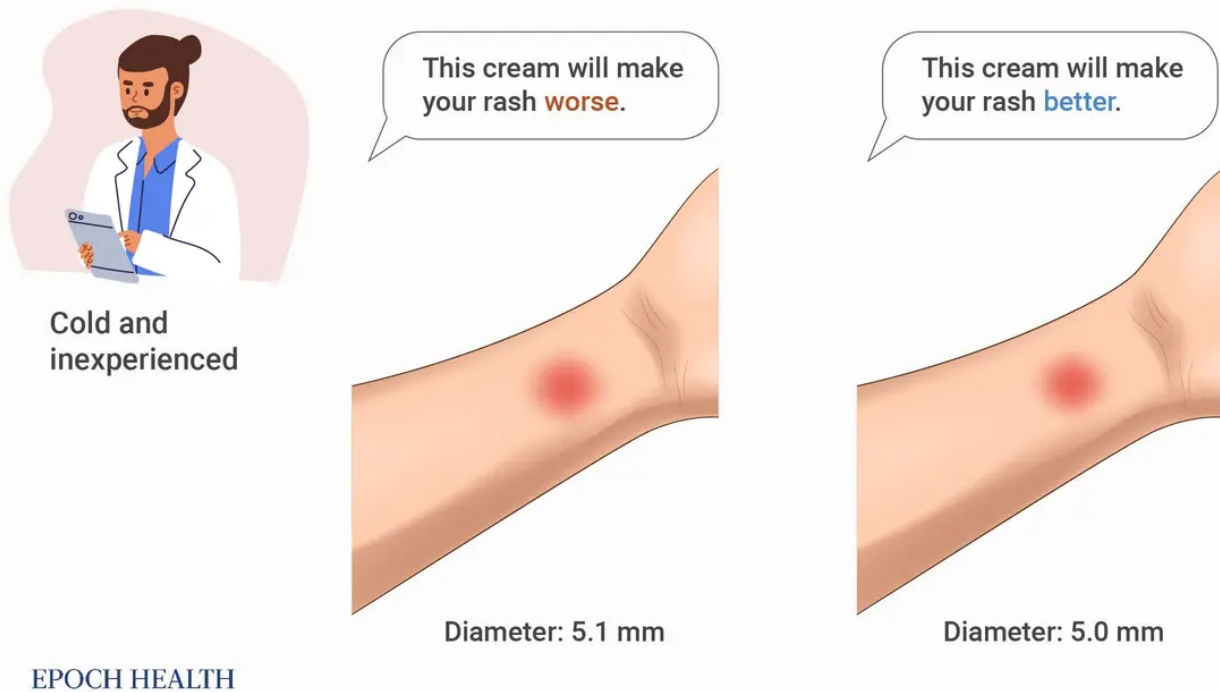
EPOCH HEALTH

Compassionate, professional engagement improved the treatment outcome. (The Epoch Times)

In another scenario, the doctor was detached and not at all warm. She stared at the computer screen and asked, “Date of birth, birth location. ... Next question.” Her badge read “student doctor,” and her desk was messy. She fumbled when she put the blood pressure cuff on the patient.

In this scenario, the patient showed no reaction to the skin test. (5.1 mm versus 5.0 mm).

Cold and Inexperienced Doctor Had No Impact on Treatment Outcome



A detached and inexperienced doctor had no impact on the treatment outcome. (The Epoch Times)

The impact of our mindset depends on the environment in which it's developed. Social cues, such as warmth and competence, are significant in shaping our beliefs and adding meaning and depth. When we have faith in a treatment, it's not solely due to the efficacy of the treatment itself, but also because we have confidence in the knowledge and expertise of our doctor, who takes into account our individual and personal requirements.

Not Merely Psychological

It's often assumed that the placebo response is not mediated through physical or chemical mechanisms but is purely psychological. Despite this prevailing belief, an older and relatively small experiment has the potential to challenge this notion.

[Canadian researchers](#) gave six patients suffering from Parkinson's disease treatment of L-dopamine or placebo pills to study the mechanisms of a placebo.

A key pathological change in Parkinson's disease is the lack of dopamine in the brain. This experiment used radioactive ligand isotopes to tag dopamine in the brain, which provided a precise readout of the level of dopamine.

The study provided evidence that Parkinson's disease patients who received a placebo had a substantial release of endogenous dopamine in their brains. The placebo effect was as powerful as the drug treatment, and it was mediated by activating the brain region known as the nigrostriatal pathway, a major dopamine pathway.

Placebo causes the brain to release the very chemicals that Parkinson's disease patients need. There's a veritable pharmacy inside every one of us.

Positive thoughts are not merely psychological. Thinking positive [thoughts about others](#) can even trigger chemical reactions that boost immune system function, including producing interferons that fight viruses.

Rather than just relying on the power of imagination, placebos work by mimicking the body's natural healing abilities through neurotransmitters and brain circuitry.

Harnessing the Power of Placebos

The placebo effect remains a fascinating and often underestimated phenomenon in modern medicine. What began as a simple test control has unraveled into a complex interplay of psychological, neurological, and physiological factors.

Revealing these unfamiliar components of the “placebo effect” gives us a fresh opportunity to decipher the true meaning of good therapeutics, including the power of our self-healing abilities, thoughts, beliefs, and social interactions on our overall well-being.

The health care system of the future should reconsider the connection between the mind and body, and explore new holistic approaches to health care that utilize the body’s natural healing abilities.

4 Key Components of a Placebo Effect



EPOCH HEALTH

There are four critical components of a placebo effect: natural healing, positive belief, the message delivered, and the doctor's compassion and authority. (The Epoch Times)

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times. Epoch Health welcomes professional discussion and friendly debate. To submit an opinion piece, please follow these guidelines and submit through [our form here](#).

EDDIE EARLES

Resource List: Accompanying & Concordant Studies for Students

Resource List: Accompanying and Concordant Studies for Students of the Law of One

E. Earles

L. L. Research Homecoming, Anchorage, 2024

Books:

Monroe, Robert.

Journeys Out of the Body (1971);

Far Journeys (1985);

The Ultimate Journey (1994)

Butts, Robert, and Jane Roberts.

The Seth Books (Series) (most of you will have read these already).

Hamden, Paul, and William Treurniet.

A Primer of the Zeta Race (2012)

The Zeta Interviews (2022)

This information is channeled by Paul Hamden and put into narrative book form by William Treurniet. The latter, unfortunately, is a poor writer, and the book is poorly edited, leaving many distracting mistakes of grammar, and some typographical errors. Nonetheless, these books rank among the best of channelings. Pay particular attention to the discussion of *formal vs informal consciousness threads*, and compare those to Ra's concepts of spiritual hierarchy, and to Egyptian concepts of *Ba* and *Ka*.

Yogananda, Paramhansa.

Autobiography of a Yogi (1946)

This spiritual classic work will have been read already by many of you, but it is worth re-reading. Pay special attention to chapter 43; I reference it frequently in my presentations.

Nguyen, Quang Van, and Marjorie Pivar.

Fourth Uncle in the Mountain (2004)

Morrow, Susan Brind.

The Dawning Moon of the Mind (2015)

Schwaller de Lubicz, Rene.

The Temple in Man: The Secrets of Ancient Egypt (1949, 1977)

Symbol And The Symbolic: Egypt, Science, and The Evolution of Consciousness (1951, 1978)

The Temple of Man (1957, 1998)

Esoterism and Symbol (1960, 1985)

The Egyptian Miracle: An Introduction To The Wisdom of The Temple (1963, 1985)

Quitt, Jason.

Egyptian Postures of Power (2016)

No authors in the modern age have penetrated Egyptian thought and teachings as well as Rene Schwaller de Lubicz and Susan Brind Morrow. Their works are among the great treasures of modern literature. I cannot praise them highly enough.

(A quote from Manly P. Hall's **The Secret Teachings of All Ages**):

“Symbolism is the language of the Mysteries; in fact it is the language not only of mysticism and philosophy but of all Nature, for every law and power active in universal procedure is manifested to the limited sense perceptions of man through the medium of symbol. Every form existing in the diversified sphere of being is symbolic of the divine activity by which it is produced. By symbols men have ever sought to communicate to each other those thoughts which transcend the limitations of language. Rejecting man- conceived dialects as inadequate and unworthy to perpetuate divine ideas, the Mysteries thus chose symbolism as a far more ingenious and ideal method of preserving their transcendental knowledge. In a single figure a symbol may both reveal and conceal, for to the wise the subject of the symbol is obvious, while to the ignorant the figure remains inscrutable. Hence, he who seeks to unveil the secret doctrine of antiquity must search for that doctrine not

upon the open pages of books which might fall into the hands of the unworthy but in the place where it was originally concealed.

Far-sighted were the initiates of antiquity. They realized that nations come and go, that empires rise and fall, and that the golden ages of art, science, and idealism are succeeded by the dark ages of superstition. With the needs of posterity foremost in mind, the sages of old went to inconceivable extremes to make certain that their knowledge should be preserved. They engraved it upon the face of mountains and concealed it within the measurements of colossal images, each of which was a geometric marvel. Their knowledge of chemistry and mathematics they hid within mythologies which the ignorant would perpetuate, or in the spans and arches of their temples which time has not entirely obliterated. They wrote in characters that neither the vandalism of men nor the ruthlessness of the elements could completely efface, Today men gaze with awe and reverence upon the mighty Memnons standing alone on the sands of Egypt, or upon the strange terraced pyramids of Palanque. Mute testimonies these are of the lost arts and sciences of antiquity; and concealed this wisdom must remain until this race has learned to read the universal language--SYMBOLISM. “

(Author unknown).

The Yoga Sutras of Patanjali

Originally written (presumably) in Sanskrit, this ancient text is easily accessible, as it now has many good English translations, most of which are available on the internet. In a lifetime of seeking, it is the single best printed resource I have found for those wishing to effect spiritual growth. You should examine various translations to see which one is most useful for you. Simple, concise, and direct, it is much easier to digest than the Law of One, and many other texts. I have, in my last several presentations at Homecoming, implored my audience to avail themselves of this work. It may be viewed as the distilled wisdom of Buddhist and Hindu teachings, presented in a brief and succinct manner.

Although the teachings are easily comprehended, that does not imply that the path itself becomes easy. The goals are not easily achieved; many lifetimes of devotion may be required.

Sogyal.

The Tibetan Book of Living and Dying (1992).

Despite some mistakes of grammar, which I find annoying (and which I ascribe to the editor, not to Sogyal), this book is an excellent introduction to the important aims and teachings of Tibetan Lamaistic Buddhism for Western readers. I carried a copy around with me for years, until I forgot it at a restaurant somewhere. I hope the person who found it appreciated it as much as I did.

In the Western world we largely avoid dealing with that transition that we call “*Death*”, to our detriment. The Tibetans spend their entire lives preparing for that event, which, along with birth, is the most important event of our incarnations. We have much to learn from them.

Davidson, Ben.

The Weatherman’s Guide to the Sun (2017)

The Next End of the World (2021)

The cosmos operates in a clock-like fashion, with many interlocking and regularly recurring processes. These have been largely ignored, or even deliberately obscured, by modern “academics”, but historically, ancient people from around the world knew that life on Earth is punctuated by cyclic calamities. Davidson, founder of the web site and Youtube channel called SuspiciousObservers, cuts through quackademic religious dogma to reveal the mechanisms and processes driving the universe, solar system, and earth and space weather. Studying these will give, to the student of the Law of One, greater understandings of the cycles of which Ra speaks.

Silva, Freddy.

The Lost Art of Resurrection (2014)

For some years I thought of writing a book, but then discovered that Freddy Silva had beaten me to it. His book explains the long tradition of achieving spiritual growth by pursuing a voluntarily-entered-into near-death experience, under the guidance of a master. This practice was suppressed violently, upon pain of death, by the Papacy, and now is lost to most of humanity, excepting those who manage to enter the few remaining mystery schools.

Talbot, Michael.

The Holographic Universe (1991)

Kharitidi, Olga.

Entering the Circle (1996)

Master of Lucid Dreams (2001)

Kharitidi reveals the treasures of Siberian shamanism, which is the inheritor of a very old tradition.

Also, I encourage the general study of the works of Edgar Cayce and Rudolph Steiner (the latter being the founder of Anthroposophy). Neither wrote books per se; later authors, (including, in the case of Cayce, both his sons), collected the “readings” (Cayce) and lectures (Steiner) given by the men during their lifetimes, and arranged them into books. Cayce used an odd, idiosyncratic way of speaking during his readings, which requires help to interpret. Steiner is more straightforward.

Video and Podcast resources

GiGi Young.

Web site: www.gigiyoung.com

YouTube Videos: <https://www.youtube.com/@GigiYoung/videos>

The Internet is full of people presenting themselves as psychics, mystics, shamans, astrologers, etc....most of whom are little better than soothsayers or charlatans. Gigi Young however, is legitimate, and worthy of your attention. She speaks from the traditions of Edgar Cayce and Anthroposophy, and may be thought of as carrying on the work of Rudolph Steiner. Highly recommended.

Suspicious Observers. (Note the Zero, -0-, in place of a capital “O”.)

Web Site: <https://suspicious0bservers.org/>

YouTube Video Channel: [https://www.youtube.co@Suspicious0bservers/](https://www.youtube.co@Suspicious0bservers/videos)
[videos](https://www.youtube.co@Suspicious0bservers/videos)

This is the YouTube outlet for the aforementioned Ben Davidson. This channel, which covers space weather and its effect on Earth, is the first site I check every day on the Internet.

Love Covered Life Podcast/Videos.

YouTube Video Channel:

<https://www.youtube.com/@LoveCoveredLifePodcast/videos>

Web Site: <https://www.lovecoveredlife.com/>

It was the study of near-death experiences that brought me to my spiritual re-awakening. The world is waking up to the value of these accounts, and there are countless web sites, podcasts, and video channels devoted to these nowadays. Love Covered Life, hosted by Melissa Denyce, is the best of these I have found.

Mr. Ryan McMahan.

This video, entitled "**The Real Zodiac- The Lamp Is The Light-**" packs a lot into 22 minutes. It shows how the human body is God's temple, and explains the true meaning of the terms Christing and Crucifixion....and so much more. Please watch it at your first opportunity.

<https://www.youtube.com/watch?v=Fo92zle5Tew>

The text from which McMahan reads is this:

Carey, George W.

God-man : the word made flesh (1920), which may be found at:
<https://archive.org/details/godmanwordmadefl00carerich/page/n5/mode/2up>

The Higher Side Chats, from Greg Carwood.

<https://www.thehighersidechats.com/>

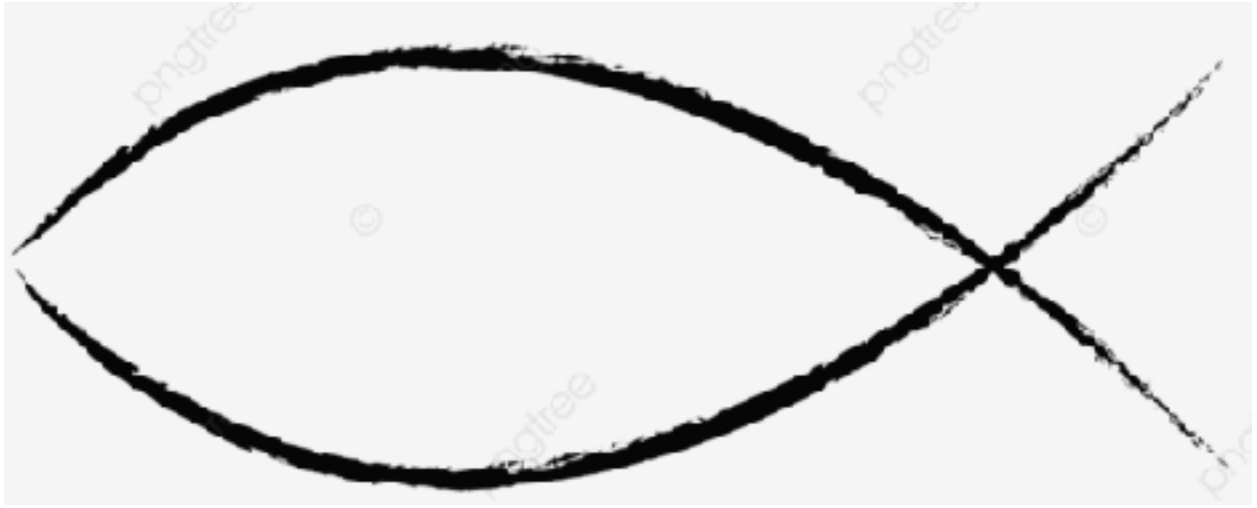
<https://www.youtube.com/user/TheHighersideChats>

These podcasts are a great resource for the curious mind.

Images for Discussion



Moment of Creation at temple of Dendera, Egypt.



Fish; Vesica Pisces; Womb=Mer=Container=The Waters=Pineal Gland



Egyptian Was “scepter”

KEN WENDT

Polyrhythm Percussion Journey: Exploring Multi-Dimensional Music

Polyrhythm Percussion Journey: Exploring Multidimensional Music

What is a polyrhythm?

Simply put, playing two different rhythms at the same time.

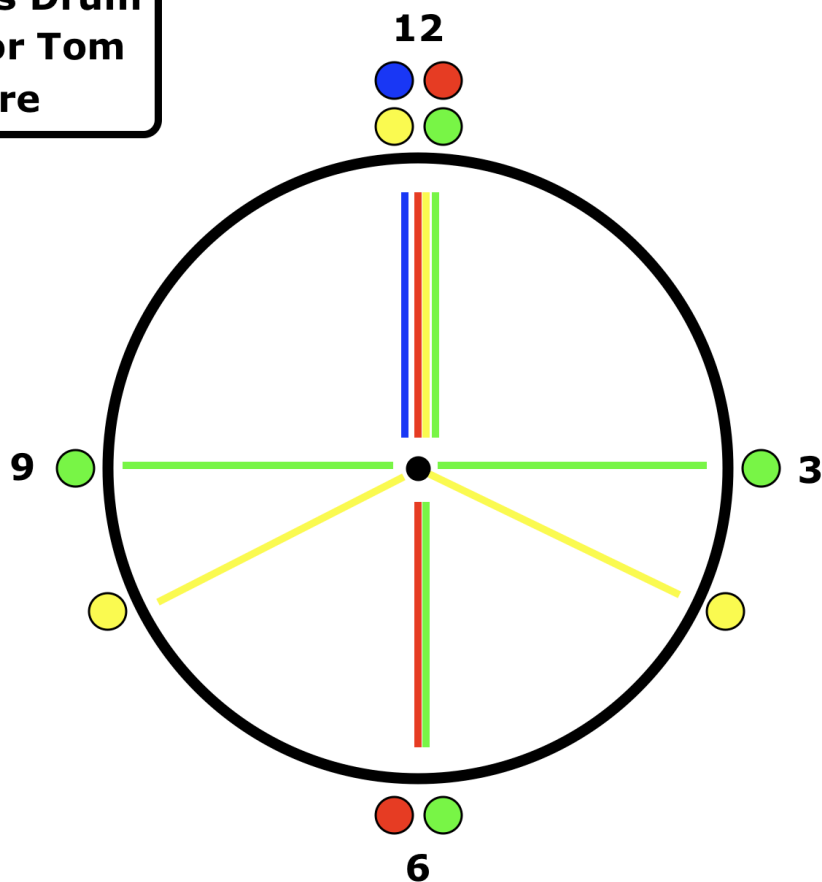
Traditionally, those two different rhythms are perceived as having different meters. Polyrhythms are often identified as one number against another number. For example two against four, three against four, etc. In these examples the amount of time it takes to play each remains the same. In the time your left hand plays four evenly spaced beats, your right hand will play two evenly spaced beats.

Another way to think of polyrhythms is the clock face analogy. Every trip the second hand takes around the clock lasts the same amount of time, 60 seconds. We can evenly divide 60 seconds in a lot of different ways. Let's start by dividing 60 seconds by 1, 2, 3, and 4. Divide the clock face into equal halves, equal thirds, equal quarters, etc. Now let's assign a drum sound to each of those divisions. The table below shows how many seconds pass evenly between divisions.

<u>Fractions of the circle</u>	<u>Which Limb?</u>	<u>Which Drum?</u>	<u>How many seconds between each stroke?</u>	<u>Color</u>
1	Left Foot	Hi Hat	60	Blue
2	Right Foot	Bass Drum	30	Red
3	Right Hand	Floor tom	20	Yellow
4	Left Hand	Snare	15	Green



Clock Face Analogy



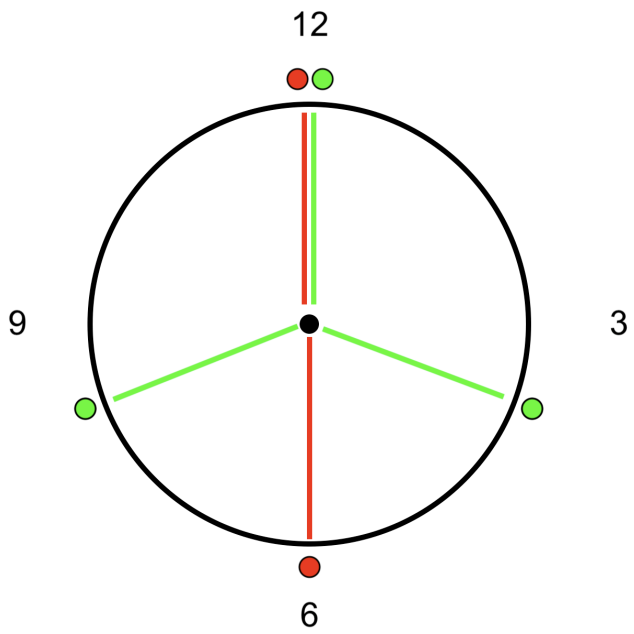
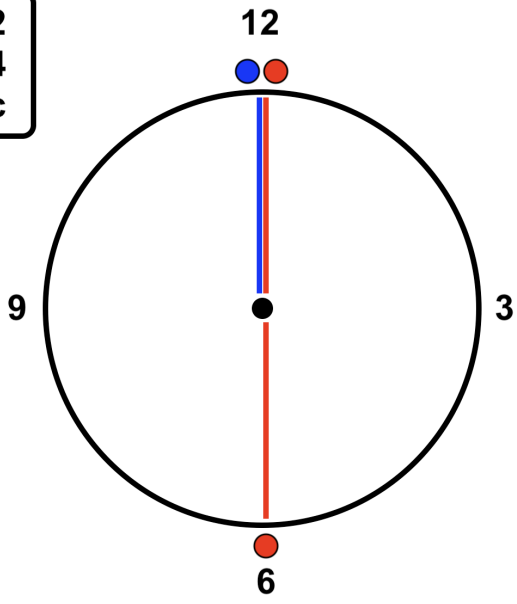
The small colored circles on the outside the large black circle represent strikes of each drum/sound. All four sounds play together at 12 o'clock.

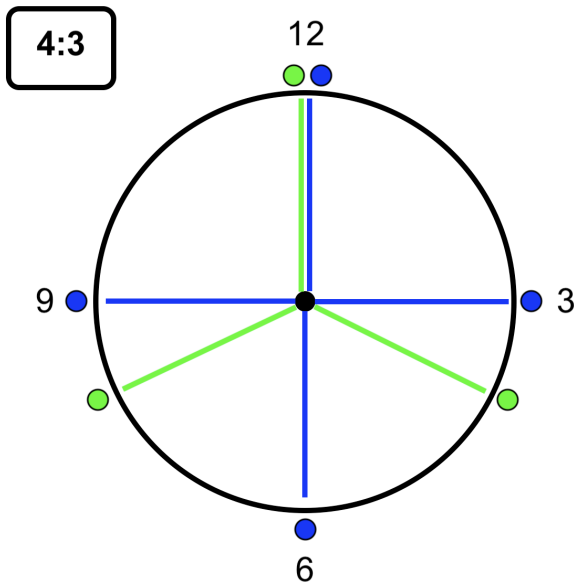
Notice:

1. The blue Hi Hat only strikes once a minute right at 12 o'clock.
2. The red bass drum strikes twice per minute or every 30 seconds. Once at 12 o'clock and again at 6 o'clock.
3. The yellow floor tom strikes three times per minute at 12, 4, and 8 o'clock.
4. The green snare drum strikes 4 times per revolution 12, 3, 6, and 9 o'clock.

Even though this example takes sixty seconds to complete it's still an example of polyrhythms. Simply speed up the amount of time it takes to complete 1 trip around the circle and it feels more like what we're used to hearing and playing once we reach ~3 seconds per revolution and faster. The even divisions of each sound and ratios to other sounds define the fundamental traits of polyrhythms.

1:2
2:4
etc





When we look at music notation our bars and beats are the clock face. We evenly split bars and beats into different divisions to create polyrhythms.

To start with a simple example, we'll first look at two against four (2:4). Note that both bars show two against four (2:4). For every one bottom note played the top voice plays two. The second bar is twice as fast as the first. Again showing that the speed can change while the polyrhythm remains the same because of the even divisions and ratios of one to the other. You can also think of this as one against two (1:2) but we'll discuss that more later.