

## Article 1

Greetings and blessings to you all. This humble section will offer you glimpses into the life of a soul created to grind through the work of addiction/ recovery. I have 33 years working my program, and God only knows how many years I will be gifted with continuing this never ending path of uncovering truth, only my truth. I am an expert in this field but for only myself. I choose to avoid working other's programs yet remain vigilant in continuing my own.

These writings will also address my work as a psychic medium in the field of demonology. More on that later. 2021 has been a brutal year for many. We are in the prophesied Wilderness Experience in which many beloved institutions and personal comforts are transforming into The New Country. 2030 will end this decade of acute crisis and change. We are all charged to become more authentic, to dig into the stuff of the soul wherein lies the jewels of personal truths. This journey can be lonely, activating the archetype of the Hero's journey, of overcoming fear and over-requirements of comfort to avoid change. I have much to tell you but you have much more to tell yourself.

I offer you my hand in friendship and compassion, understanding that joy and discomfort are universal experiences. As we enter 2022, expect revelation, expect momentous change. If you have not done so, perhaps seek out a spiritual practice from Higher Power. You are bathed in it every second of your life. May you recover hope, may your courage bless you as we enter the New Country. I welcome your comments and will respond to each accordingly.

May the Lord bless you and keep you. May His countenance shine upon you and give you peace

## Article 2

What is addiction? I do not know. Perhaps it is just the human condition of emotionally desiring some thing other than God. I was adopted and raised in the reformed Jewish faith during the 1950'- 1970's in Birmingham, Alabama. We attended Temple Emanuel at which my grandpa, Bill Engel, and my dad Marvin held several appointments as Temple President. I was raised as one of those white babies from the movie The Help. The Black goddesses who raised me secretly taught me about the Master Jesus. They gave me my music. Several of my dear friends' parents were the children of slaves. I had many experiences with Jesus presenting Himself to me as a white-robed man carrying a lamb. I recall one evening during one of my dear parents wonderful parties when I padded into the living room to kiss everyone good night. To this day I still do not know what possessed Dad to say "Why don't you tell Mr and Mrs ? about your dreams of the farmer. I still recall the tall elegant man sitting on the couch next to his wife.

"I have lots of dreams" I began, "about a man with long hair and a white robe holding a lamb. I think he is a farmer."

The gentleman almost dropped his drink as he leaned foreword, asking me what the farmer said. All I recall is saying He was my friend and said He would always help me. I have no memory after that.

In my early twenties I moved to Nashville for my music career and began having deeper mystical experienced. You can learn more of this in my simple book THE REALITY PIRATE'S JOURNAL.

I am a Theosophist, following the teachings of Mme Helena Petrovna Blavatsky, Alice Bailey and then the modernization of that way of thought through the Scottish artist Benjamin Creme. These are called The Ancient Wisdom Teachings. I have been a member of the Rosicrucian Order since 1976. As a demonologist I felt deeply drawn to

the rituals of The Jesuit Catholic church. I went through catechism, baptism and confirmation at age 65 after yet another visitation by Saint Padre Pio. Any and all demonic attacks stopped and my work became more defined and protected. Go figure. I am not a Marian Catholic, I do not pray to or through the Master who was Mary. Although I deeply admire Pope Francis, I choose to see him as a benevolent leader for millions who require that.

As demonologist for over 40 years, I do not perform deliverance services for the afflicted, neither do I work as a spiritual sensitive with anointed exorcists. When I am requested to help an afflicted soul, as a researcher I attempt to connect them with the appropriate help. My years of directly assisting afflicted souls took its toll on my health. The other side knows my name. I will address this in a separate article as there is way too much abnormal interest in demons.

How does demonology meet addiction? I am sure you can answer that yourself, but I have a rather controversial opinion, so humor me! I intuit that when we are born into each life we are given a little suitcase containing the 7 deadly sins, our egoic self and all the good and challenging karma we agreed to address in that incarnation. We never get it all right because that little suitcase is our school, learning tool, a condition of physical existence. We come here to overcome this emotional load by raising our frequency to a more mental way of behavior. We come here to spiritualize matter.

When I was about forty and living at my Farm n Tenino, Washington, I saw a flyer at the co-op stating that a woman who had left Tibet with the Dali Lama was offering an initiation at the Wat ( Buddhist Temple) into the service of the Green Tara. After attending the service I continue to honor this medicine Tara with her invocation Om tara tu tara ture soha. I add that to my daily prayers and feel blessed to add my humble prayer towards reducing suffering for all sentient beings. Her energies were and are extremely protective in my work.

How do we access the Divine? That precious choice is personal, private and sacred. I can affirm that connection to Higher Power offers paths through the darkness this world. Prayer, service and meditation can shed divine wisdom upon the darkest emotion. Let us choose wisely and respect each other's path. So mote it be. Go in peace.

### Article 3

My co-dependent recovery process continues to involve me in consciousness and how aware I am in the midst of life's trials. I choose to believe no one, yet listen to the stories of others as a sacred communion of like-minded others. Alice Bailey's work continues to educate and inspire my process. Allow me to share with you a message from the Buddha, quoted in Bailey's INITIATION HUMAN AND SOLAR, taken from her predecessor Helena Petrovna Blavatsky' SECRET DOCTRINE, vol. III, page 401.

"The Lord Buddha has said that we must not believe in a thing said merely because it is said; nor traditions because they have been handed down from antiquity; nor rumors as such; nor writings by sages, because sages wrote them: nor fancies that we may suspect have been inspired in us by a Deva (that is, in presumed spiritual inspiration); nor from inferences drawn from some haphazard assumption we may have made; nor from what seems an analogical necessity; nor on the mere authority of our teachers or masters. But we are to believe when the writing, doctrine, or saying is corroborated by our own reason or consciousness. "For this" says He in concluding, "I taught you not to believe merely because you have heard, but when you believed of your own consciousness, then to act accordingly and abundantly"

What do you think of this? Does it feel truthful to you or is it wordy and out of touch with the modern world? My religion and spirituality is Theosophy. It interferes not with my other practices, nor does it demand I act in any way other than authentic expression from my heart. Do the words of the Buddha resonate with you? I feel they are perhaps one of the paths out of the deep woods of addiction and uncoveries.

What do you think?

#### Article 4

What is sobriety? Perhaps it's more than freedom from addictive distractions, greater than obsessive thoughts, kinder than defensive posturing. What about financial sobriety? Are we conscious of how we allow the material world to affect our choices? Those material goods we yearn for can end up controlling us. What about the simple joy of just enjoying stuff? These are personal boundaries, our line in the sand. That line says "this is where I stop and you begin".

Is something an addiction or simply an enjoyment? One could say that addiction is when we move from one sensation to the next, one endorphin load to another. The definition of a "boundary violator" is one who pushes past another's personal or emotional space. Yes, we all do this but prayerfully not on a regular basis. Habitual Boundary violators have not taken the time to discern and value the choices of others. I have to catch myself sometimes when I'm upset and fearful of losing position or possessions. A good hard look in the mirror draws me back into conscious behavior. Usually.

Addiction is part of the human experience. The choice is always there. Normal daily stressors activate my addiction to addiction itself when I fall into blame or projection. If I can slow down (Aries) and look at the big picture that perspective offers insight into probable outcomes, consequences if you will, between panic and peace. If I remain consciously aware I often hear that silent love in my heart growing louder. Allowing myself to feel rather than rushing thoughts often brings me back to center. Usually. Does this work for you too?

Addiction is the backpack I carry. Sometimes it's light and unnoticeable but often leaks with unresolved behaviors puddling around me until I notice them. Will it ever end? Dunno. The effort to remain conscious lightens the backpack and delights the soul. Go in peace.

#### Article 5

What is the pathway connecting emotions to the mind? Why does the mind take off in flights of fancy when we generate an emotion? That emotion can be self-generated from memories or from an external stimulus triggering reactions reflective of the past.

We remain glued to memories which promise connection if we will just allow them to continue. It's as though they plant the feeling tone of what happened in the fertile soil of our mind. As we drift to sleep they call to us with images and unspoken conversations alive with emotion. They drip onto our plates during meals, ride alongside us on our way to work, snuggle inside the beer and wine we consume to shut them up. They live in the past but consume our present. Their awfulness blackmails our relationships and demand we pray at the altar of addictive obsession until nothing else matters, insisting that THEY matter.

How do we recognize the signature? Learning to differentiate between the memory and present circumstance is the key. How do we begin? We can ask the subconscious mind to unlock that prison door of trapped memories. The subconscious knows all and we are it's servants in humility and reticence.

What is it within us that seeks constant comfort and stimulation from pleasures? The Astral nature, the emotional body demands it be satiated with distractions that block mental clarity. The emotional body is connected to the personality worry-wart. It lies. We are most connected to the soul when we think we are not.

Addictive feelings cannot be explained away because they are feelings. Are the drugs and alcohol truly the problem, or is it the reason why they are ingested the problem? We are a confused population. One talking head advises us to be mindful while a second one labels the mind as the liar: only the heart will tell you the truth. What do you think?

#### Article 6

What is the pathway connecting emotions to the mind? Why does the mind take off in flights of fancy when we generate an emotion? That emotion can be self-generated from memories or from an external stimulus triggering reactions reflective of the past.

We remain glued to memories which promise connection if we will just allow them to continue. It's as though they plant the feeling tone of what happened in the fertile soil of our mind. As we drift to sleep they call to us with images and unspoken conversations alive with emotion. They drip onto our plates during meals, ride alongside us on our way to work, snuggle inside the beer and wine we consume to shut them up. They live in the past but consume our present. Their awfulness blackmails our relationships and demand we pray at the altar of addictive obsession until nothing else matters, insisting that THEY matter.

How do we recognize the signature? Learning to differentiate between the memory and present circumstance is the key. How do we begin? We can ask the subconscious mind to unlock that prison door of trapped memories. The subconscious knows all and we are its servants in humility and reticence.

What is it within us that seeks constant comfort and stimulation from pleasures? The Astral nature, the emotional body demands it be satiated with distractions that block mental clarity. The emotional body is connected to the personality worry-wart. It lies. We are most connected to the soul when we think we are not.

Addictive feelings cannot be explained away because they are feelings. Are the drugs and alcohol truly the problem, or is it the reason why they are ingested the problem? We are a confused population. One talking head advises us to be mindful while a second one labels the mind as the liar: only the heart will tell you the truth.

What do you think?

#### Article 7

I don't know if this has been any interest to you all, but the phrase "We are now entering the 5th Dimension" has both intrigued and irritated me ever since I heard it. What is this shift, why is it occurring here and now?

The first dimension is a straight line, no volume or expansion. The second dimension is adding volume and space to a line, but still lacking the signature of the third dimension which is our visual world. Our eyes see only in the second dimension while it is our brain which connects the dots and allows us to perceive the spatial volume of the visual world. But what about the fourth dimension? Einstein defined it as time, the ability to transcend the past and ever-changing present.

But here comes the fifth dimension. Its signature seems to expand consciousness through our heart's signature of empathetic compassion. Check out [www://heart math.org](http://www.heartmath.org) for scientific intel on how our hearts generate more "neurology" than the brain.

My take on this fifth dimensional stuff is this: Clearly, something is accelerating our ability to access peace of mind and heart-based frequency IF we choose. It is highly personal but available to those "with ears to hear and eyes to see". What does that mean?

Consciousness does not, as said, "create reality" because consciousness IS reality. The Masters of Wisdom and Christ Himself cannot and will not save us from our own choices. They demonstrate and teach what it takes to evolve and achieve a fifth dimensional state

of mind and being. At least, that's my understanding. Our free will cannot be abused by forcing or cajoling us into submission. Free will is sacred. Yet it is we who must ask for help and choose to follow the guidance offered.

The living light of awareness appears to be less shrouded in this fifth dimension. When we are in it, we still see and hear and recognize the third dimension but are perhaps unaffected by the experience of the third. Maybe it is like the higher realms where those above can perceive those below but not the reverse. Dunno. What do you think?

Have any of you experienced a ragged illness lately? I manifested a three week "undiagnosed virus" in December which allowed me to pass through a requisite schooling. It was not Covid but surely carried similar signatures of total exhaustion and mind fog. Five Covid tests over three weeks confirmed the bizarreness of my affliction, yet I passed through it transformed in ways I'd been avoiding. Spirit counseled that They found my resistance to necessary change acute enough to require a major overhaul. These new behaviors still require my attention.

The three week lesson offered much food for thought. One area focused on the triune of "degeneration, generation, regeneration". I found myself in an unfamiliar gentle mental environment of non-self-judgement and access to greater peace of mind. Was this the f I wonder if this new dimensional frequency is softly subtle, teasing our fears into submission like a loving parent comforting the evolving child?

Our Bishop recently shared that " We call it a spiritual practice because it requires daily attention." I understand and intuit that more deeply now. Time will tell whether or not I maintain this heartfelt mental focus. Thomas Kemp addressed this in a writing: " Love is a strong force...a great good in every way; it alone can make our burdens light, and alone it bears in equal balance what is pleasing and displeasing. It carries a burden and does not feel it..."

The fifth dimension IS love. All aspects and forms of it. Perhaps it manifests when we have done our spiritual work and our frequency matches that dimension. What do you think?

" Go look in the mirror, Zoli...no, not that one". This is the message I received after asking for clarification on an aspect of my life work. The guidance ( kinda rude, no?) was to look past the physical image into the soul reflection. I did not do well with this because I became distracted by the new wrinkle around my mouth. I walked away and returned to the mirror after a few moments of silence. Nope, wrinkle still there. Clearly, I am not experiencing the fifth dimension, apparently unprepared to "go within" until my humanity becomes distracted by some new thingy, exhausting the ego and just giving in to the silence. I'll let you know how it goes.

## Article 8

Why are we here, in a physical body, on Earth? We are here to spiritualize matter. We do not do that by becoming addicted to it, to the material world. Emotions catch us in the web if desire. Desire is the switch that move us from one track to another. We know the tracks well and believe no one will know our sneaky switch because they do it too.

We are here to spiritualize matter, to bring physicality into alignment with the spiritual world. How do we do that? It is a practice, not a result. It is an ideal achieved moment by moment by choosing love, light and power over satiation and comfortable excuses of why we cannot achieve it. Lifetime after lifetime brings the soul closer to the personality and its emotional desire body. The soul is a Master on its own plane. It takes many lifetimes before the ensouled person begins to feel the irresistible draw to service. Service and meditation overwhelm the desire body with love. As the World Teacher, Maitreya, says " The greatest drug is detachment". To detach from outcomes is not complacency.

Detachment is a shared value between the soul and the Creator. It brings forth kindness from the heart.

If matter requires human attention to its spiritualisation, how is that accomplished? All life experience is electrical and magnetic. We actively project the electrical and receive the magnetic. Clarity comes when we are able to act and receive the outcomes with detachment. The electrical power of the projective powers of a specific type of prayer is supported by the magnetic receptivity of meditative prayer and silence.

What we appear to misunderstand are the masculine and feminine aspects of the electrical and magnetic aspects in all life. The positive masculine and negative feminine cohere in all creation. The material world is of the feminine while the spiritual aspect acts upon it, similar to a fire igniting matter. The emerging Divine Feminine highlights our ability spiritualize matter, the alchemical marriage of the above and the below. Both men and women have equal access the cleaving of positive and negative forces.

The Divine Feminine aspects addiction/ recovery work by spiritualizing the substances, bringing our desires into alignment. There is simply no other way. When we continue to prod and force material substances into submission, the result is more addiction. It feeds on itself because the polarity is not connecting spirit to matter. What do you think about this theory? Are we even close to subtracting force and adding true, loving power? My prayer is that we are.

## Article 9

### Temet Nosce: Addiction/Recovery

Temet nosce, know thyself, was a much repeated lesson from my Mom to my adolescent personality. I often thank her spirit for the wisdom offered and the ongoing lesson of discernment. The lifelong path of becoming authentic engages the discomfort of self discovery as we bump into emotion sheltering fear. Who would we be if we were truly authentic, devoid of projection and pretense, in continual alignment with the soul?

We come into physical bodies to experience physical things. These experiences engage emotional reactions. Our pre-birth agreements allow these experiences. The lesson offered is the experience of emotion rather than the specific event. The emotions are those gems in the crown of the Divine which elevate drama to detachment.

Life experiences appear to us as pleasant or painful. The emotions overrule clarity as pain overrules detachment. How often do we choose detachment from pleasure? Is this not the passion of addiction, to increase pleasure and block pain? The World Teacher, Maitreya, states “The greatest drug is detachment”. Pain challenges that. The emotion of fear holds hands with pain. The physical body fears its demise. When we hurt we fight the pain and curse the body. We separate ourselves from this most precious gift of life on earth because we are not feeling pleasure. This is our addiction.

I am writing and pondering this because of a recent physical distress. A histamine increase within my ears presented as a painful pressure and reduction of hearing from blocked eustachian tubes

and inner ear imbalance. I observed my emotional body tempting me with dramatic fear, “ Maybe I am losing my hearing. Sounds are distorted and I feel light-headed. I’m having trouble socializing due to this blocked hearing.” These fears badgered my consciousness as I lay in bed seeking sleep. I felt challenged to remain mentally focused as my gut rumbled with irrational fear. Self-talk, prayer and binaural beat auditory meditations seemed to calm the emotions. I felt it was a test to see if I could remain focused, right?

I awakened the next morning to the still plugged ears, grateful for the prescribed homeopathics and meds on board. I sleepily wandered into the bathroom and looked out the huge window with a view of the south side of our mountain. What is that? A large bird slowly walked around a tree grove fifty yards away. I could not discern the color but noticed a large beak and its size, certainly not a songbird. Was it one of our wild turkeys? Not the right color and that beak was too predatory. Maybe a raven but still much larger. I smiled as I observed it circumvent the grove and languidly wander up the mountain, not a care in the world.

Birds are special to my soul. I have five winged creatures in my personal medicine chart. Although I feel no particular alignment with them, winged creatures appear to follow me, an oxymoron confounding my feeble personality. But this morning as my coffee and I rested next to the living room window, a huge bird winged gracefully down the gulch, causing me to choke a bit in surprise. Ah! A red tailed hawk! That’s who it was on the hill.

Hawk medicine offers opportunity to consider that Great Spirit’s home is the grand Beyond. It offers that we consider grace in simplicity and reverence when presented with earthly woes. Hawk is Mercury, the mythological messenger of the gods bringing words of the Divine Unknown into mundane reality.

I then read my morning messages from The Catholic Company’s Morning Offering: “Jesus said to Nicodemus “You must be born from above, the wind blows where it wills and you can hear the sound it makes but you do not know where it comes from or to where it goes. So it is with everyone who is born of the Spirit.’ (Jonn 3:7) The Holy Spirit blows where it wills.” (John 3:8) These two morning gifts affirmed my current lesson of trusting that God’s Will is all that is. If I can release my fearful emotions unto the wind of Spirit, that is comfort. The test continues as I ponder my pre-birth set up to resolve this release of desolation into consolation.

Perhaps the acceptance of this pre-birth set up can offer compassion of self and detachment. That said, not all experiences are exact pre-birth set ups. As we evolve mentally and spiritually the addiction to emotion dissolves gracefully into detached observation. Certainly the karmic lessons evolve as we do, some in pain and even more in joy. We have more good karma than bad, but attach in reticence to the lack of pleasure. Emotional reactions remove us from the precious present. The temptation is to wallow in memories and probable unpleasant futures. It is suggested that the brain/mind cannot tell the difference between past and future. Is it because these temporal constructs exist only as tools? Detachment from emotional reaction comes when we choose to focus attention at the Ajna center, the sixth chakra in between the eyebrows. This releases neurochemicals which calm the emotions and return attention to the present

experience. Fears do not live in the heart or the head. They reside within the lower chakras, sticking to the third one below the heart. This is the epicenter of emotional reactivity. No circumstance or activity causes emotion, as the reactivity to those effects of life are self generated and attach fully to memories. The world is neutral while our emotions color circumstance and experience.

We become attenuated to the leisurely acceptance that emotions are to be expressed at any cost. Feeling emotional and expressing them to others can result in destruction or reconstruction of relationships. Unpleasant feelings do not always require the involvement of others, as they have their own demons to fight. Demons? Unpleasantness can feel like that. What are the consequences of overt emotional behavior as opposed to detached observation of feelings? Feeling angry is one thing but expressing anger can be, well, consequential. There is a fine line between expressing anger appropriately and blowing steam as though we deserve the outburst, damn the consequences. But I digress. Do these physical circumstances set the stage to feel emotion? They appear to do just that. Chinese medicine counsels balance by not seeking too much pleasure or happiness. It counsels that detached observation honors the extremes by allowing in a bit of both poles.

Evolving societal norms of compassion for self and others lift us out of emotional turmoil into that calm perception of acceptance. Acceptance of what exactly? That we are incarnated souls experiencing life on earth, brazenly confronting our fears, our lives and our inner selves. That is hard to do, but earth school appears to offer these lessons while connection with Divine Source is the calming panacea to emotional turmoil. The authentic self waits in the wings, whispering cues and comfort on the stage of life. When loving compassion replaces fear and reaction, great patience and reticence of behavior brushes wings with the Holy Spirit, that mysterious spirit from the beyond. Go in peace!



## Article 10

### Ain Soph Aur

Everything is energy. The first cause manifests in this world as interaction with the five external and physical senses. "Ain soph aur" translates as "light, limitless light. "The ancients called forth this realization addressed in scripture as " In the beginning there was light". Illumination of consciousness begins with light entering the ventricles of the brain, the afferent and efferent interactions among the organs, nervous system, and fluids manifests the ability of said body to recognize that first cause of manifested light. Neurotransmitters are fueled by light, the chiasm oil rising from the first seal only to burst into the seventh is fueled by light. Recognition, realization, illumination from this first cause all address the fluidity of light as generated by and from the first cause, that of the Grand Architect, the Creator.

Last week I was impressed to receive a treatment on the Chi Machine while reposing in a meditative state. With closed eyes and a relaxed body, I listened to a guided meditation as the Chi Machine gently rocked the body in its figure eight pattern. You can imagine my surprise when I suddenly saw all of my super physical energy bodies illuminated. Floating approximately three feet above the physical body, I was delighted to view the wave forms of three finer bodies surrounding the physical form. This was the first experience I have had of being shown the actual colors and forms of these energy bodies. The experience felt timeless as I have no conscious recall of how long my consciousness was impressed with this manifestation. What as truly amazing was the physically visibility of the energies, not simply my usual inner-sense of vision.

Why was I given this? Perhaps the fact that I say "I" displays my propensity of localizing consciousness in my physical form. Life on earth requires this illusion to appear real so that we attend to the physical world in earth school. True dat.

Last spring I was asked to teach my second workshop on Artistic Journaling in the beautiful sanctuary of our parish church. At dusk, the sun breathed its colored breath through the stained glass, illuminating and blessing the forms of parishioners seated in the pews. As I rarely plan anything to say, I was delighted to feel that gentle light impressing me to speak on the Ain Soph Aur, the limitless light of Creation as it manifests through art. Since that class I have felt closer to that ideal, more open to new understandings on the arcane teachings of Light. Perhaps my meditation event and this are connected. No doubt they affected me greatly. My intellectualisations and explanations of the original cause pale in comparison to these direct experiences given to me for a learning.

What do you think about this? How do you experience these delicate frequencies coloring your daily life? Can you define their signature, their effect upon your choices? I myself wonder about all those things. Go in peace!

## Article 11

### Memento Mori

The truth is not fine-sounding; so says the Tao Te Ching. For everyone you know will betray you, or you will betray them. Grieving absorbs the betrayal, the abandonment, of death. All things of this world have a beginning, a middle and an end. We live in between, forgetting the memento Mori, living as though joy and pain are eternal. To identify with the physical ends the physical. To raise awareness into the rarified air of higher frequency allows ease with transition from the middle to the end.

Everyone you know shall die, or you will. All your possessions and accoutrements will follow that same path. Memento Mori, all things shall end except the timelessness of eternity breathing through your soul. The betrayal and grief is as temporary as physical life itself. Then what of it? Why try at all?

We are born into this world to become all things of it, then to lose it and begin again. The cycles of life continue until the detachment and high frequency allow the grief, the betrayal and abandonment to become absorbed by the soul's self...that rarified air breathed into the personality after centuries of lives lived in service. Meditation and service is the alchemical marriage between the personality and the soul, eventually freeing the thoughts from focus upon the physical world of sensation and pain. Happiness leads to that pain because it ends with grief when it's time is done. True joy lives in and of the soul. Memento Mori, the truth is not fine-sounding but it sets us free.

Go in peace.