



Seattle Metaphysical Library Newsletter

April 16, 2018

www.SeattleMetaphysicalLibrary.org

Annual membership dues have risen to \$50

In an on-going imperative to keep the Library smoothly functioning in the face of increasing costs, including another rent hike, we have had to raise the cost of annual membership to \$50. This is only \$4.16 a month – a bargain!

Hopefully, this will also provide us with a cushion to buy some materials to help us preserve our books.

Multiple Sender Email Addresses for this Newsletter

For years, our newsletters have been sent out through Tom Redfern's email server. He has retired, and we no longer have access to that server. Most commercial newsletters go out through a third-party company like ConstantContact, or some other company.

We tried that for a few months, but it is expensive, they maintain the mailing list and have access to all our emails, and it is very much more difficult to compose the newsletter and maintain the mailing list on line, than it is to do it with Access/Word/Outlook, which is seamless and on my local computer, hence, very fast.

Our webhost has a very small limit to the number of emails we can send at any one time from one account, so we have to split the list into several smaller groups, and send each group out with a different sender address. So, if you use a whitelist, you may be wondering why sometimes the newsletter comes from News1 and sometimes News2 and sometimes Newsletter.

It's just our way of gaming the internet cops.

Want to do online Library work?

[TinyCat](#) is an online library listing service offered by LibraryThing, which we already belong to. It looks like a great way to make our collection more available to you, the members. Our existing website lists all the books, but does not do the nice, fancy job TinyCat does, with its images and cataloging features.

This project will take a while, but if you might be interested, let me know:

newsletter@seattlemetaphysicallibrary.org

Events



Introduction to the Book of Knowledge

Tariq Abdurr-Rahim

7 pm – 9 pm, Monday, May 7

Free

Come—Come—Come!

The Knowledge Book has been prepared to most effectively facilitate our evolution until we reach the 7th Evolutionary dimension of the Genuine Human. Within, the Cosmic Technological dimension has introduced to our planet a technology called the Light-Photon-Cyclone Technique.

We study to:

- ☐ Accelerate evolution,
- ☐ Stimulate the operational functions of our brains,
- ☐ Take us out of depression,
- ☐ Offer Universal Truth,
- ☐ Protect and make us stronger, spiritually and physically,
- ☐ Stimulate and supervise expansion of awareness and consciousness,

☒ Receive answers to all questions in our minds.
Come and find out how to study the Knowledge Book!

Main Center site: www.dkb-mevlana.org.tr

US site: www.theknowledgebook.org

Introducing Wellness Warrior Wednesdays



Spiritbear (Nina Helfrey) is an Integrative Nutrition Health Coach whose mission is to help facilitate healing for others on mental, emotional, physical, and spiritual levels through holistic means. She decided to become a health coach after curing her own "dis-eases" through subtle diet and lifestyle changes. Her goal is to empower others "to escape the sick care industry" and learn how to heal themselves,

\$15 in advance

\$20 at the door

May 9, 7 pm, Eat right and exercise right for your body type

May 23, 7 pm- Learn Ayurvedic Body Types.

Participants will take a short questionnaire to learn if they are Vata, Pitta, or Kapha. Look at the mental, behavioral, emotional, physical, and fitness profile of each type.

WEIRD SCIENCE - GRAVITY, ENERGY, FUSION, INVENTIONS

ATTENTION ALL TESLA WORSHIPPERS, FREE-ENERGY BUFFS, "CRAZY" INVENTORS, ANOMALY HUNTERS, SCALAR RESEARCHERS, ANTIGRAVITATIONALISTS, AND OVER-UNITARIANS!

First Friday of the month – May,4 2018, 7:30 pm

Meetings of Seattle's "weird sciences group" will take place the first Friday of each month and yes, the general public is very welcome to attend.

BRING SNACKS!

Email me at billb@eskimo.com and ask to be put on the Seattle weird-science email announcements list, or see <http://amasci.com/wsci>

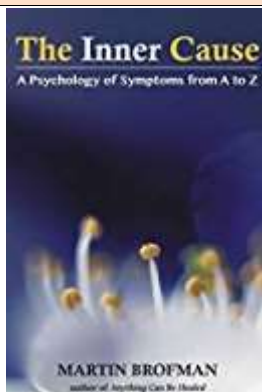
Please bring finger food to share. – Pass the hat for room rent.

William J. Beaty
SCIENCE HOBBYIST website
Seattle, WA

billb at amasci com
<http://amasci.com>
206-762-3818

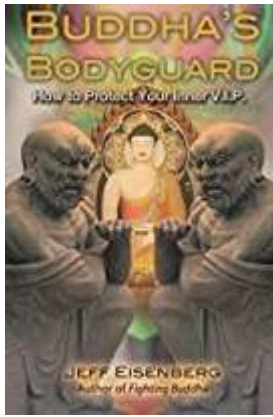
EE/programmer/science-exhibits amateur science, hobby projects, science fair, unusual phenomena, tesla coils, weird science

New Material Available for Members to Borrow



The Inner Cause: A Psychology of Symptoms from A to Z
by Martin Brofman and Christian Tal Schaller M.D

Relying upon more than 30 years of research and healing practice, *The Inner Cause* comprises an A to Z compendium of 800 symptoms and a psychology of their inner causes, the messages they are trying to send to our consciousness. Woven into the descriptions of symptoms, the author also discusses personality profiles associated with certain symptoms, derived from his understanding of the chakras, the body-mind interface, and the connections he discovered when developing his Body Mirror System of Healing. He explains that when you explore the inner cause to a symptom, you recognize that you have created this symptom through the stressed way you chose to respond to the conditions in your life. By learning a symptom's message, you become empowered to take charge and effect change on the inner level.



Buddha's Bodyguard: How to Protect Your Inner V.I.P by Jeff Eisenberg

Drawing from his extensive experience as a professional protection agent, Jeff Eisenberg uses the tactics and strategies that a bodyguard employs in protecting a client from a threat as a blueprint for creating a Buddhist "security plan." This plan provides the practical tools to protect one's self from the threat of suffering in our world. Using the metaphor of being the Buddha's bodyguard to understand the Buddhist teachings, the book details how to protect our inner "Buddha nature" and secure our mental and emotional wellbeing.

We all have the chance to train ourselves to be more proactive in our own safety and avoid becoming a victim. And if we are victimized, this training will prepare us to take appropriate actions that will aid in our ability to survive with much less injury and trauma



.Greek Mythology Reading Cards by Alison Chester-Lambert MA and Richard Crookes

In ancient Greece, human nature and experience had accompanying gods and goddesses that could be consulted or learned from. Deities could be implored for support and guidance in times of stress. These deities are still embedded in our world; we just stopped recognizing them.

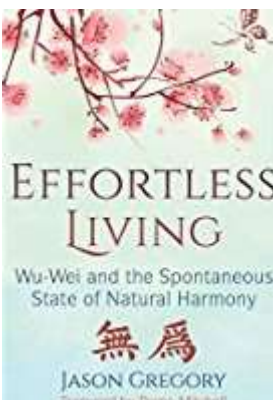
This oracle brings the Greek deities back into your consciousness, and ultimately the Collective Consciousness, as part of your soul's awakening and growth. You can consult the oracle for decision-making, spiritual support, guidance, or life advice.



Foundations of Reiki Ryoho: A Manual of Shoden and Okuden by Nicholas Pearson

A comprehensive guide to the first and second degrees of Usui Reiki Ryoho as well as Reiki's history and Western evolution

- Details hand positions, self-healing exercises, spiritual development meditations, and the Japanese Reiki techniques introduced in the first degree, shoden, and the second degree, *okuden*
- Provides a thorough introduction to the five levels of byosen, the energetic mechanism used to scan an individual's energy field and locate areas of disharmony
- Examines the core teachings of Reiki founder Usui Mikao and offers a new comprehensive exploration of Reiki's history and evolution
- Explores tools and techniques adapted by Western lineages, such as working with crystals and the chakras



Effortless Living: Wu-Wei and the Spontaneous State of Natural Harmony

by Jason Gregory and Damo Mitchell

The practice of non-doing, non-forcing is an essential aspect of Taoism known as wu-wei. Attributed to the great sage Lao-tzu, the philosophy of wu-wei teaches you how to develop a natural state of consciousness not bound by thought or preconceived limitations. Experienced by the greatest artists, athletes, musicians, and writers, this heightened state of consciousness, referred to as "being in the zone," is where intelligent spontaneity and effortless action flourish via a practice rooted in permitting the natural harmony of the cosmos to prevail.

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