



Volume One: Issue Two

December 2002

Editorial

Welcome to this second issue of *A Gift for Our Time*. We had some very positive feedback about our previous issue. Please continue to let us know how you feel about this newsletter. We welcome suggestions and comments regarding content and layout so that it can serve your needs better.

The Christmas season has been a sacred festival long before the Christians laid claim to it. Whether you are celebrating the solstice, Christmas or just having a good time we wish you all a happy and festive holiday season and an excellent new year.

With best wishes for
Light, Life and Love

WDHR News

The great news is that Patrick has just sent out invitations for a new and exciting once-only course called ***The Quest***. A year's online training and preparation are going to culminate in three weeks in Egypt. There will be a few days in Cairo, visiting the pyramids, then boating down the Nile to Luxor and spending two weeks amidst the ancient temples and mysteries doing course work and exploring.

If you have always dreamed of Egypt this is your chance. Not only will the means be made available for you to go, but you will do so in the company of an exciting and stimulating group of metaphysicians from all over the world. Besides forming new, lasting and valuable friendships you will have the opportunity to learn about the esoteric mysteries of ancient Egypt from an expert.

The Quest is an opportunity for immense personal growth. The closest parallel to *The Quest* is *The Magus*, a previous course that was held in the Amazon in Peru. Most of the fifty-four people who attended changed significantly. Most report increased happiness and satisfaction in all areas of their lives. No one came home unaffected.

If you haven't received the Invitation and would like to know more, check it out on our website www.descendedmaster.com.

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A Magician's Training - Part Two

Meditating for Knowledge
By Tamarinda Schreuder

This is the second part of a series of articles in which we will investigate aspects of the training of a magician.

All the knowledge in the world is found within you.
Anthony J. D'Angelo, The College Blue Book

Every extension of knowledge arises from making the conscious the unconscious.
Friedrich Nietzsche (1844 - 1900)

If you have any bona fide magicians amongst your acquaintances you will know that they can be extremely annoying, especially if you ask them questions about esoteric matters. They may just look so amused that your courage forsakes you and you skulk away. Or they may answer with some version of 'If you were ready to know you wouldn't need to ask' or explain that you wouldn't understand the answer anyway or that you already know it. None of my logical counter-arguments to these unpleasing responses has ever gotten me anywhere. Occasionally they may tell you that they do not know the answer and would have to meditate on the question to find out.

It is not that you never get a straight answer; it is just that it is rare. As my understanding of esoteric matters grows and people increasingly come to me with questions I find myself giving the same kind of annoying answers. It isn't that I want to be irritating; it is just that I have come to have some understanding of the difference between an answer that is just words, and one that has been personally experienced.

The bottom line is that if we want to understand and know, we have to do what it takes to attain this knowledge and understanding ourselves. Mostly it is not possible to get it secondhand.

In this article we are going to discuss one of the techniques a magician might use when she tells you she would need to meditate to get an answer to your question.

Most of us have meditated before. There are many kinds of meditations and reasons to meditate. Some are designed for relaxation, some to help you solve emotional problems, to be more peaceful, to have mystical experiences, to still the mind, to stop thinking, to teach concentration and so forth.

The meditation technique we will talk about here is designed specifically to enable us to access knowledge and wisdom. As a

The Bat, the Birds, and the Beasts

A great conflict was about to come off between the Birds and the Beasts. When the two armies were collected together the Bat hesitated which to join. The Birds that passed his perch said: "Come with us"; but he said: "I am a Beast." Later on, some Beasts who were passing underneath him looked up and said: "Come with us"; but he said: "I am a Bird." Luckily at the last moment peace was made, and no battle took place, so the Bat came to the Birds and wished to join in the rejoicings, but they all turned against him and he had to fly away. He then went to the Beasts, but soon had to beat a retreat, or else they would have torn him to pieces. "Ah," said the Bat, "I see now, "He that is neither one thing nor the other has no friends."

Excerpt from Aesop's Fables. Download the entire text from
www.descendedmaster.com

side effect it will also increase concentration, still the mind, help us solve problems and be more effective in life. If practiced diligently it can take us to a point where we can receive answers to all our questions ourselves. This is a good place to be. Although we may choose to work with teachers, mystery schools, covens or whatever, it will always be because we *want* to, not because we feel we *need* to. We will be spiritually independent.

The Meditation Technique

This technique should be practiced for 10 minutes per day. If you practice for less than ten minutes you do not get the full benefit. Going on for longer will not add anything further. Initially you may practice in a quiet, peaceful place where you will not be disturbed. This is not ideal and not something you should become dependent on. It is important to be able to do this meditation anywhere, any time, as necessary. If you have a pressing problem that requires an urgent answer you do not want to have to wait until you can retire to your peaceful haven.

The technique is very simple. Choose a question that you want an answer to. Then ponder the question. Think about it. Try to find an answer. Most of us will find that our attention drifts away from the question very quickly. This is a normal quality of the mind. Instead of resisting this or trying to stop it from happening we are going to use this quality to our advantage. When your attention drifts, pay attention to what it has drifted to and then bring your attention back to the question by asking how this new thought is connected to the question you were asking.

Here is an example. You are having problems with your son and want to know what is causing this. You find yourself thinking about Granny Smith who died ten years ago. So you go back to your question by finding a way in which Granny Smith is connected to your question. You remember how Granny Smith was famous for continually interrupting her husband. The poor man never managed to speak a full sentence in her presence and had for the most part stopped trying. Possibly you are having problems with your son because in some way you are stopping him from communicating or are refusing to hear what he is trying to tell you. Examine your actions to see if this is applicable in your case.

And so you continue every time your mind drifts. It is important to find a connection between your question and what your mind drifts to every time. All things are related to all other things and so there *will* be a connection. Take the trouble to find it. In this way you are improving your concentration and are training your subconscious to bring you relevant information.

You may find that you do not get an answer during the meditation, but that a comment from a friend clears up the issue for you, or you may happen to find it in a book, or you will dream about it. Be alert for, and open to, answers coming to you through all possible means. You may need to meditate on a question several times

Do not be too moral.
You may cheat
yourself out of much
life. Aim above
morality. Be not
simply good; be
good for something.
*Henry David
Thoreau*

before an answer comes.

Start with simple questions. Questions such as 'What is the nature of God?' and 'How does the universe work?' are for later. Begin by asking questions that are relevant to your life. Is it time to leave this job? Should I study part time? How do I get rid of the worms in my vegetable garden? Also practice with questions where you can check the answer. You could ask how much cash you have in your purse. Come up with an answer. Then go and count the money in your purse. Over time your answers will become increasingly accurate. With sufficient practice there is no limit to the kinds of questions you can get answers to.

In order to get optimal benefit from this technique you need to approach the answers you receive with integrity. Do not discard an answer just because it doesn't appeal to your ego or it is inconvenient. This does not mean that you should accept answers blindly. Especially in the beginning they will often be inaccurate. It is important to use discernment in accepting and acting on the answers received, not blind emotional reaction.

Also keep in mind that some of the answers that come to you will be from higher planes of consciousness. Although valid, they may not make much logical sense when seen from the 'consensus' point of view. Trust your intuition. You will often 'know' when something is right without being able to explain it.

Adding to the Technique

If there is something very important we need an answer to and all other avenues have been exhausted we can make the meditation technique more powerful by combining it with fasting.

Fasting affects us in two ways. Firstly it raises our resonance. All the food we eat is of a lower resonance than we are. We have to transmute it up to our own resonance before we can make use of it. This is a process which takes time and energy. While we are transmuting the food our own resonance temporarily drops down closer to the resonance of the food we are eating. If we eat large quantities of food frequently we are continually battling to overcome the resonance of our food.

By not eating for a while we conserve this energy and our resonance is able to stabilize at our own, naturally higher level. This makes it easier for us to attune to higher levels of consciousness such as our higher selves in order to access the required information.

The second effect of fasting is that our physical body starves and starts to die. As we enter this 'death process' our identification with the physical body weakens and the spirit gradually becomes less strongly attached to it. This also assists us in reaching for higher or alternate states of consciousness.

Fasting affects people in different ways. Some people may attain a

Runelore

The Rune Thurisaz



Sound: Th
Name: Thorn /
Gaint / Demon
Planetary
Rulership: Jupiter
(active)

Background

The main association of this rune is with the name Thorn. Plants grow thorns to protect and defend themselves. It is a reactive kind of protection in that it is directed and aimed at anything 'out there', a thorn will prick both friends and enemies indiscriminately. The rune is also sometimes associated with giants, in Norse mythology very powerful and magical beings but also often malevolent and dangerous. This rune is also associated with demons and the control of demonic forces. There is also an association with the god Thor, who was the main protector of the gods against the giants. The meaning and action of this rune is very related to the circumstances it appears in.

specific space after fasting for one day, whereas others may require three days of fasting to attain the same state. There are no set rules.

If you have fasted and attained an answer or the clarity you were seeking it is important to write it down and if possible, to act on what you have perceived before eating again. Fasting induces an altered state of consciousness in which you can think and understand far more clearly and deeply than normal. The understanding you attain may not be available to you in your normal everyday state of awareness. If you get an answer which you know is right and rush off to eat in celebration, you will often quickly return to your normal level of awareness. You may completely forget the answer or it may seem so silly or strange from your normal perspective that you discard it and so lose the benefit of your efforts.

Short Notes on Fasting

When fasting it is important to drink large quantities of liquids such as water or herbal teas or you will damage your body. Do not fast at times when you are going to be engaged in strenuous physical exercise. People who have diabetes, are pregnant or have other medical conditions are advised to consult their medical practitioners before attempting a fast.

There is no special merit in fasting. It is not essential to spiritual growth. People who fast are no better than those who don't. It is just one of many tools or short cuts that can help some people to access states of consciousness not usually available to them.

In Conclusion

This article is only a short overview of a vast topic. If you are interested in learning more, there are many excellent books available. You are also welcome to contact any of the teachers at WDHR. Attending training courses is also an excellent way to learn more and achieve significant advances in your development. For contact details for teachers, and information on courses access our website at www.descendedmaster.com.

Reflections on the Life of Jesus

By Tamarinda Schreuder

Christmas is nearly here again. Shopping centers resound with Christmas carols and the commercial frenzy is starting. Amidst all of this it is difficult to remember that Christmas is about celebrating the birth of a remarkable Jewish man known as Jesus. Many of us have been turned against Jesus because of the way he is portrayed by Christians, who claim him as their saviour. Christians also believe that Jesus was far too pure to ever have touched a woman in 'that' way. Others claim that a prostitute called Mary Magdalene was his partner, that he fathered children and eventually died in Kashmir. The Muslims honour Jesus as a teacher and prophet.

He hoped and prayed that there wasn't an afterlife. Then he realized there was a contradiction involved here and merely hoped that there wasn't an afterlife.

Douglas Adams

Amongst Buddhists and Hindus he is honoured as an avatar, a spiritual master who descended to this plane with a special mission.

So who was this Jesus? What was he and what did he do to have made such a great and varied impression on the world? (If you want more information we recommend the book 'The Holy Blood and The Holy Grail' by Michael Baigent, Richard Leigh and Henry Lincoln) Jesus was born approximately 2000 years ago, when the Earth was going through a time of transition. The age of Aries was over and the Piscean age was just starting. Like today, it was a time of social foment and change. A new energy was flooding the world; an energy so new and different that very few people of the time could deal with it. Jesus incarnated in order to make it possible of all of humanity to access this new energy. He transmuted the energy within himself and attained a spiritual state known today as *the Christ Consciousness*. The Christ Consciousness is best explained as a state of 'At-Onement' with all through Love.

Whenever any human being breaks through to a higher level of consciousness the new state becomes part of the human group mind. It then becomes much easier for others to attain the same higher state of consciousness. This does not mean that it was impossible or unavailable before. However, it is extremely difficult for that first person to make the initial breakthrough. When Jesus exhorted people to follow him, he said that the only way to the Father was through him. But he never meant for people to worship him or follow him as an individual. He was encouraging people to follow him into the new state of consciousness and attain the Christ Consciousness for themselves. He was saying that Union with God could be found by means of Love and Unity with All.

Jesus was the guide for his time. Once again we are facing a similar situation. We are undergoing a transition of a magnitude that dwarfs that of two thousand years ago. New energies and potentials are streaming in. Does this mean that the message of Jesus and the Christ Consciousness that he mediated are out of date? The answer is NO! In order to successfully move into this new era we need the Christ Consciousness more than ever. However, new energies, new potentials and even higher states of spiritual attainment are now opening and becoming available to all of us. As Jesus himself said: " All these things shall you do and more".

The only thing out of date regarding the teachings of Jesus is the *manner* in which the new energy was 'down-loaded' into the general consciousness the last time around. Two thousand years ago spiritual conditions were such that an avatar was required, an 'ascended master' to *descend* (incarnate) in order to transmute the energy for all of us. This is no longer required. Humanity has moved on. We can no longer look to someone else, a master, someone special, to find the way for us. The energies available this time around are so vast and varied that it is beyond any one individual to handle it all. We have to do it as a group, as a synergy. This is what the Second Coming is about.

The Shamanism Course

When Civilization was young, and the world uncomplicated, the Shaman was the respected intermediary between the spiritual world and the physical. He stood firm in the truth, unswayed by emotion or political pressure.

The Shamanism course offers you the opportunity to become the Shaman, to be able to offer guidance and assistance to those who seek to know. The Shaman of the present age is guided by his/her spiritual connection that evolves and remains relevant in this world of uncertainty and change.

The Shaman traditionally used physical tools to help draw the truth into the physical. The Runes can be used to reveal what energies are impacting on the individual and to put them on notice to act according to what they have chosen. You will make a set of runes during the course and will charge them with your energies to create a valuable and personalized tool for your work.

Patrick Desplace will be offering the Shamanism course in South Africa early in 2003. Details will be posted on www.descendedmaster.com as soon as firm dates are available.

In any learning situation we only master something when we start to learn the next step. A crawling baby, for instance, is learning about crawling. The baby only masters crawling once it starts walking. In this new era it has become possible for us to master the state of Christ Consciousness by embarking on what lies beyond it, by taking the next step. The challenge for us is to dare to take that next step, to move into something new, something never experienced by humanity before. We would like to suggest that every individual in incarnation today has the potential to take a next step into something totally unknown, and that each of us will go somewhere slightly different.

We would like to suggest that the synergy formed between all of these new potentials will lead to an explosion of human growth and potential which is unprecedented and unique in the history of mankind. We are all called to be mapmakers and guides. We all have a unique and important part to play, something that only we, as unique individuals can do; something that is vital in the greater scheme of things. Our challenge this Christmas is to ask ourselves: Are we willing to contribute our special gift to the advancement of the whole; Are we willing to contribute with excellence, no matter how great or insignificant the contribution appears to be, and trust that it is well; Do we love enough to do what it takes?

The alternative is to sit back and be part of the deadweight of humanity that may or may not get dragged along.

All are called. Few hear the call and even fewer answer.

Commentary on Current Events

By Patrick Desplace



This month I will present those of you who are serious about understanding our world with an opportunity to reach a deeper perception of the Now Time! I will make a statement and invite you to research and comment:

George W. Bush is a great World Teacher of this time, fulfilling his destiny! However, he is not a World Teacher of the caliber of

Runelore

The Rune Anzus



Sound: Th

Name: Mouth / Godhood

Planetary Rulership:

Mercury (passive)

Background

This is also known as Odin's rune or the rune of All Gods, as opposed to Thorn which more associated with demons. This is the rune of the magician and the power of the Word, as in the Bible where God creates the universe in a supreme act of magic by speaking the Word. It relates to all matters of communication, speech, inspiration, power of words and naming, magnetic speech etc. This rune also applies to teaching and taking exams and tests, messages and advice.

This is mainly a rune of good fortune and the gaining of power and wisdom. It also rules creative arts related to words such as poetry, stories and songs. This is the kind of energy that allowed an orator such as Hitler to enrapture large crowds of people with his speeches. Hypnotists, actors, charming and magnetic people in general, conmen etc would all be operating with this energy.

Osama Bin Laden, Saddam Hussein or Moammar Gaddafi!

Have a look at the pictures above. Reflect on the smirk on Bush' face, The smile on Saddam's face, the serenity & peace on Bin Laden's face and the severity on Gaddafi's face. Reflect on what you know about these men and find out more by searching the Web.

When you are done, contact us with your informed comments. Or better still, go into the Forum on the Website, register (if you have not already) and lodge you comments... You can also contact me directly of course – let me know if your comments may be used in our next Newsletter!

Riddle of the month

An answer to last Month's riddle: The Fork in the Road

Ask: "What road does your brother say goes to X?" Then go the opposite way.

If anyone found an alternative answer that also works, please let us know. We will publish it in the next newsletter.

This month's Riddle: The Five Feathers

Three intrepid travelers are exploring unknown and unexplored territory. (Also known as trespassing on other people's lands). A savage tribe captures them. They are brought before the tribal leader who says he will give them one chance to live. He will ask them a question. If one of them gets the answer right he will spare them all. If one answers but is wrong, they all die.

The tribal leader has the three men tied up so that they are standing in a row, one directly behind the other, all facing in the same direction. He then takes out five feathers. Two of the feathers are white and three are black. He shows the feathers to the men. Then he places one feather on each man's head. The question he asks is: "What is the colour of the feather on your head".

There is a long pause. Eventually the man in front speaks. He says "I know for certain that the feather on my head is black".

How did the man know that the feather on his head was black?

The Man and His Two Wives

In the old days, when men were allowed to have many wives, a middle-aged Man had one wife that was old and one that was young; each loved him very much, and desired to see him like herself. Now the Man's hair was turning grey, which the young Wife did not like, as it made him look too old for her husband. So every night she used to comb his hair and pick out the white ones. But the elder Wife saw her husband growing grey with great pleasure, for she did not like to be mistaken for his mother. So every morning she used to arrange his hair and pick out as many of the black ones as she could. The consequence was the Man soon found himself entirely bald.

Yield to all and you will soon have nothing to yield.

Excerpt from Aesop's Fables. Download the entire text from www.descendedmaster.com

A Story for Christmas

By Patrick Desplace

Three years ago, as the tradition goes in our family, we had our shoes under the Christmas tree, ready for the wonderful gifts Santa would bestow upon us. My Daughter Isabel, who was sixteen years old, had placed a bottle of stout and some salted peanuts under the tree as a treat for Santa! Her 14 year-old Cousin, who was over-nighting with us was 'giggling' at her action, knowing that I was the one who would enjoy the treat and thinking Isabel rather stupid.

Later that evening, as Isabel and I were standing outside under the stars, my arm around her shoulders and hers around my waist, she told me: "Dad, it is such a pity that Uncle... and Aunt... have robbed P... (her Cousin) of the Magic of Christmas! I know you will drink the Stout and enjoy the Peanuts... but then you are only the Deputy of Santa - the bringer of gifts. He will *make* you give me the gifts he has chosen for me!" Her gift, that Santa 'made me' give to her was a Mobile (Cell) phone. She has, and is, expressing gratitude by celebrating that gift every day; her phone is with her wherever she goes, day & night.

Are you ready for the magic? Are you willing to accept that today is a gift to be celebrated with gratitude... tomorrow is a mystery to be discovered and experienced with wonderment? Will you declare every single one of your "todays" as Christmas, and allow the magic of Santa's gifts... everyday? Do you have the freedom to reclaim the magic that has been robbed from you, knowing that it is your entitlement to your Inheritance? Are you ready to Live **today** with Love, Passion & Gratitude? Are you willing to be a **friend** to someone, and remain true to **yourself** without judgement? Are you willing to know what **You** are about, without Judgement or blame?

Contact Us

If you would like to contribute to the newsletter with articles, interesting stories, quotes, or comments about any of the articles, please send contributions to the editors and we will review them for inclusion. We welcome your comments and feedback. The editors can be emailed at newsletter@descendedmaster.com.

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Conquer thyself, till
thou hast done this,
thou art but a slave; for
it is almost as well to
be subjected to
another's appetite as
to thine own.

*Sir Richard Francis
Burton*