

"Lew Graham has done us all a favor by writing his Gnosis series."

- Graham Hancock, Author, *Fingerprints of the Gods*



About the Author

The Rev. Dr. Lew Graham was trained first as a scientist and later as a shaman. He has made a journey of discovery since childhood, fusing millennia of information to steward the priceless information in this booklet, which briefly summarizes the unorthodox tale of human history presented in Volumes I and II.

Volume III presents a powerful, self-directed, simple technique. It is a core self-help tool that amplifies the effects of every other technique readers choose to apply. The how-to's and all materials for an ancient Atlantean-derived meditation appear along with optional support information. A companion, meditation soundtrack is downloadable from most major MP3 music sites.

The aim of the *Gnosis* series is to awaken inner knowing as a spiritual birthright. *This will be your reward for delving in.*

GNOSIS ONWARD VOL III (4th Edition) THE ANCIENT ATLANTEAN MEDITATION

LEWIS E. GRAHAM, Ph. D. D.D.

Gnosis ONWARD

VOLUME III (4th Edition)

THE ANCIENT ATLANTEAN MEDITATION



LEWIS E. GRAHAM, Ph.D. D.D.

GNOSIS ONWARD

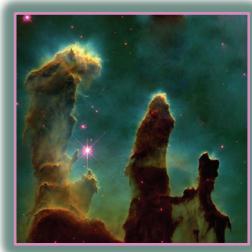
VOLUME III

THE ANCIENT ATLANTEAN MEDITATION

(4TH EDITION)

LEWIS E. GRAHAM, PH.D., D.D.

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FOR DAD,

THE GREATEST FATHER THAT ANY CHILD

COULD EVER HAVE HOPED TO HAVE BEEN

BLESSED WITH IN THIS WONDROUS

AND MAGICAL JOURNEY OF LIFE

THE GNOSIS SERIES:

The First Edition was published in July 2009 as "GNOSIS: *The Story of How We Begin To Remember*" by Book Hub Publishing and Edge Publishers, LLC.

The revised 2nd Edition initially was published in April 2010 as a Kindle eBook on Amazon.com® ["GNOSIS FOR 2012: *Weaving Science, Spirituality and New History into the Fabric of Your Future*"]. Anonymous feedback from Kindle customers aided the original publishers in releasing a re-formatted print version [ISBN: 978-0-9562801-1-4] to gain even further input from readers and reviewers. Meditation materials that now appear in Volume III were provided by the publishers at no charge to interested readers of the 1st and 2nd Editions.

A revised 3rd Edition, entitled "GNOSIS FOR 2012 ONWARD" was next released in April 2012 as a three-part series. The dramatic design shift responded to reviewers' feedback on enhancing storyline and content clarity. Volume I was subtitled "*The Story of How We Begin To Remember*" [ISBN: 978-1-935991-52-6], Volume II was subtitled "*Weaving Science, Spirituality and Hidden History into the Fabric of Your Future*" [ISBN: 978-1-935991-54-0], and Volume III was subtitled *The Ancient Atlantean Meditation* [ISBN: 978-1-935991-75-5].

The current 4th Edition has been updated in deference to recent science findings, esoteric publications, and -again- reader feedback. Voluntary participants in the extraordinary online message board Forum at the Official Graham Hancock website [www.grahamhancock.com], which honored Dr. Graham as October 2012 Author of the Month, were particularly helpful in this respect via both public postings and private communications.

Finally, Volume III in this series presents interested readers with clear specifics and *how-to* materials on the ancient meditation discussed herein. Volume III is a low-cost booklet that is available from any Internet bookseller, bookstore or library. The volume is entitled **GNOSIS ONWARD—The Ancient Atlantean Meditation**. Its introduction and chapters 1-3 succinctly recap volumes I and II, yet reading those works is extremely helpful for fully understanding volume III. You are encouraged to gain relevant context by doing so. There is also a companion, meditation soundtrack, called *The Ancient Atlantean Meditation*. The entire album can be downloaded AT

low cost (\$2.97 / £2.37 / €2,67) from all major MP3 music sites, including iTunes, emusic, and AmazonMP3.

The primary purpose of this series was to openly broadcast astonishing findings from 4+ decades of meandering, global esoteric research involving visits to most of Earth's continents. Initially, another aim was to reassure some frightened readers that our world would survive the Winter Solstice of 2012. And since the planet and humanity did indeed survive, as all editions of this series clearly foretold, the main goal survives as the key aim in these **GNOSIS ONWARD** volumes.

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Original conceptual cover design by Noel Cassidy, Graphic Artist at Book Hub 4u (Galway, Ireland), who also created the single-volume covers for the 1st and 2nd Editions. Final Covers for all volumes of the 3rd and 4th Editions by John McClure, President of Signalman Publishing (Florida USA). Thanks to Gail Carey for the Front Cover Image of the World Soul. The back cover image, which also appears in the publisher's logo, represents the e-completion of a grander Hubble photo (through replicating several embedded tiles from the original NASA image) by AD Cook Fine Art in Las Vegas, Nevada USA.

In closing, these volumes were published on behalf of the author strictly for non-commercial, educational purposes. As indicated in the Acknowledgements section, all net proceeds will continue to be donated for charitable, philanthropic and humanitarian endeavors.

ACKNOWLEDGEMENTS:

First and foremost, I express heartfelt admiration and appreciation for the tireless efforts of Oscar Brunler, M.D. (1894-1952), whose dedicated research team initially validated the meditation herein. And, I also acknowledge....

Max Freedom Long (1890-1971), a prolific author and Huna researcher in Vista, California who oversaw years of results-oriented experiments through dispersed volunteers in fine-tuning the recovery of ancient spiritual magic.

Viola Petitt, Ph.D., whose doctoral research in Lebanon under the tutelage of Dr. Oscar Brunler, led to key discoveries and enabled several breakthrough insights as described in this *Gnosis* series.

Shafica Karagulla, M.D. an impassioned professional affiliate of Dr. Petitt, whose stalwart stewardship after Dr. Petitt's death kept embers of ancient wisdom glowing for the benefit of a world facing an epochal transition in 2012.

Kahuna Lani (1942-2007) as the last student of Max Freedom Long and a wise, loving, spiritual warrior who patiently re-awakened me to the divine magic of life, who shared the Secret Science Behind Miracles, who passed along a treasure trove of wisdom as Long's authentic successor, and who worked vigorously with me for years on the complex, multi-faceted project that recovered the full context of the ancient Pythagorean meditation.

Each reader of these volumes, whose ability to discern truth is a divinely endowed birthright, and whose questions, comments and requests resulted in this stand-alone Volume III in this series beginning with the 3rd Edition in 2012.

I especially acknowledge the late Stewart Ian Millman, a true financial genius, whom London colleagues described as "the most intelligent, curious and well informed person" that they had ever known. Stewart's incisive brilliance, his outstanding Oxford education, his Jewish family heritage, and his five years of dedicated adherence to the meditation presented herein enabled him to contribute priceless enhancements to this entire series – *including future books*.

And, finally, I acknowledge the otherwise unnamed, remarkable beings –from diverse times and places– who shared astonishing wisdom to light this path.

ABOUT THE AUTHOR:

Lewis E. Graham, Ph.D., D.D. was raised in a small, East Coast (USA) town that faced industrial decline due to globalization. As the son of a successful entrepreneur, he was relentlessly curious and achievement-focused—with ardent pro-civil rights beliefs and broad spiritual interests from an early age. He was a natural learner and successful student.

He earned a B.S. degree in Psychology from Virginia Commonwealth University. He then earned an M.S. from the University of Georgia, where he also was awarded a Ph.D. degree in Clinical Psychology with a co-major in Psychophysiology. This unusual path of study aimed to pursue his interest in the mind-body connection at an early point in scientific focus upon that area of emerging research. It later would become known as *psychoneuroimmunology*.

After graduation, Dr. Graham pursued a three-year postdoctoral training curriculum as a US Public Health Service Fellow and served as an adjunct faculty member at the Stanford University School of Medicine, Department of Medicine. In 1981 he was granted a completion certificate in Epidemiology, Biostatistics, and Behavioral (Preventive) Medicine before entering a business career. Having been a marathoner and amateur triathlete at Stanford, he competed in the World Championship Triathlon in Nice, France in 1983. He also undertook community service as a Planning Commissioner and later was elected to the City Council in Brisbane, California, serving one term as Mayor. In the early 1980's, he founded and managed (for nearly 20 years) a successful international consulting firm with offices in San Francisco, London, Zürich, and Oslo—living primarily in London during the 1990's to better serve European clients.

In 1998, he focused on making a life transition to a path of spiritual service, including select charitable giving and esoteric contributions. By 2001, he had succeeded in selling his company's IP (intellectual property) on a nonexclusive basis to various international buyers. He now is therefore free to disclose decades of discoveries. Accordingly, he is currently writing two further books that aim to do just this. Volume IV's working title is *Gnosis Onward: Toward an Authentic Spiritual Psychology*. In effect, it is an informed sequel to M. Scott Peck's 1983 classic: *People of the Lie: The Hope for Healing Human Evil*.

Starting in 1987, Dr. Graham began a 13-year program of divinity studies. Ultimately he was ordained as a minister by both the Temple of Knowledge and the Huna Heiau, which also awarded him its Doctorate of Divinity degree (D.D.) in 2001 after years of dedicated learning and wide-ranging Gnostic immersion.

Dr. Graham's in-depth exposure to multiple areas of orthodox research has been valuable. He has applied that knowledge in this fusion of science and spirituality while integrating findings from his decades of research, travel, inquiry, and sincere seeking to obtain clarity on clues suggested by long-standing esoteric riddles.

**“HIS PATH WAS MARKED
BY THE STARS IN THE SOUTHERN HEMISPHERE....
THIS IS THE STORY OF HOW WE BEGIN TO REMEMBER.”**

-PAUL SIMON (FROM “UNDER AFRICAN SKIES” ON THE *GRACELAND* ALBUM)
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*“To one who has faith,
no explanation is necessary.*

*To one without faith,
no explanation is possible.”*

-SAINT THOMAS AQUINAS
(PHILOSOPHER & THEOLOGIAN, 1225-1274)

GNO^{SIS} ONWARD

VOLUME III

THE ANCIENT ATLANTLEAN MEDITATION

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A BRIEF SYNOPSIS OF VOLUMES I AND II: THE ‘DAY’ THE EARTH NEARLY DIED

“We [humans] are a species with amnesia....”
-Graham Hancock

VOLUME I: Humans have a long and glorious past. The true tale of civilization differs greatly from the tidy, orthodox story that is taught in schools. Indeed, there is an unseen reason for the growth in websites proclaiming “everything you know is wrong.” In some respects, this is true.

The real narrative of human history is a hidden one. And no single source holds the complete mural of our past. Rather, the truth lays scattered in many places—like fragments of a broken mirror. Many clues are concealed in myths, legends, ancient monuments and geologic features.

Also, threads are dispersed amongst spiritual or esoteric groups, while secret societies have stewarded many portions of the ancient lore. Thriller novels and conspiracy theorists have focused on these. This is why they touch such a cord in the collective unconscious of humanity.



In fact, we are largely a species with amnesia. And we recently have lived through a transition from the 5th to the 6th epoch in an expanding spiral of solar time. The 4th solar era of Atlantis ended in disaster, as our world shifted to the 5th Age of the Sun. It was a period of indescribable distress and massive suffering. And the surviving humans who remained alive contracted into a state of deep fear that would take root in world cultures.

In brief, the Earth nearly died in a related series of far-flung catastrophes as a fragment of an exploded supernova passed through our solar system before crashing into the Sun. These events deranged eons of stability, even destroying several whole planets—all less than 15,000 years ago. That ‘Great Cosmic Train Wreck’ is carried in our collective unconscious for anyone to access, and the gruesome transition from the 4th Age to the 5th is recalled in diverse human

cultures. Each local group has its own version of a vast disaster story on Earth. For example, recall Noah's Flood, the Epic of Gilgamesh, or The Time When the Sky Fell. The supernova fragment greatly affected Earth—causing its crust to slip and thereby repositioning the continents while ending the last 'Ice Age.' The magnetic core simultaneously moved, causing a pole shift from South to North.

There was also a global oceanic tidal wave as our original, smaller moon was destroyed and Earth captured a large new moon that originated from the 11th planetary orbit as there originally were 12 planets in our system. Earth's nearest inner planetary neighbor to be fully destroyed was Tiamet—between Mars and Jupiter. Today, it is an asteroid belt of dust, rocky fragments, and several moons.

In the 4th Age, a high civilization called Atlantis arose on a warm Antarctica. It fused science and spirituality together into a breadth and depth of wisdom that is beyond modern grasp. Our advanced ancestors traveled the Earth, interbred with locals, and brought vital knowledge to disparate groups. But most of those exalted emissaries perished when the 4th Age epoch ended in disaster.

VOLUME II: A hardy handful of 4th Age survivors heroically devoted themselves to a global rescue mission. Generation after generation, 'the Nephilim' rebuilt an altered world, broadcast systems of survival, transmitted codes of social harmony, and preserved much of their old wisdom—including a 'flat' version of their nearly-forgotten, three-dimensional language of *Gotte*. And they also left behind obvious clues whose significance would elude us until now.

Those perceptive 'heroes of old' saw that the world clock had sped up in a new solar context. And they knew that December 2012 would mark the next Turning of the Ages. It would inaugurate a period when we would sorely need their ancient magic and wisdom. Volume II reviewed all those events and insights.

For decades we have lived in the twilight of the 5th Age. 21 December 2012 marks a Turning of the Ages of the Sun...an event horizon for humanity. The

date signals the conception of the 6th solar epoch—which, at last, will be our chance to transit Ages with grace and ease as the unseen context of Earthly life shifts in an energetically subtle yet pervasive manner. Each reader would benefit from an ongoing survival manual. In this regard, an ancient Atlantean-derived meditation is reviewed; it can serve as a core self-help tool.

VOLUME III—A PREVIEW: The ancient meditation was based on the first three letters of the nearly-lost Atlantean alphabet of three-dimensional symbols. Chapter 4 in this third Volume presents specifics of **what** it is and **how** to use it.

There is a shift in the meditation protocol after 6 months of daily adherence. It is explained clearly in Chapter 5. And the three *Gotte* symbols appear in two different formats (large & small) on the final pages of this booklet.

There are also some optional bonuses. These were all verified during decades of systematic research. Still, the core meditation is the key, life-changing tool; yet it will be used *only* by the strongest and most determined individuals. Very few people have the willpower to persist as amazing, inner changes build.

Finally, there is also a companion, meditation soundtrack for stress-free timing of your 15-minute daily sessions. It is called *The Ancient Atlantean Meditation*. The entire album can be downloaded at low cost (\$2.97 / £2.37 / €2.67) from all major MP3 music sites, including iTunes, eMusic, and AmazonMP3.

In closing, the primary purpose of this series was to openly broadcast astonishing findings from 4+ decades of meandering, global esoteric research involving visits to most of Earth's continents. Initially, another aim was to reassure some frightened readers that our world would survive the Winter Solstice of 2012.

And, as all previous editions of this series clearly foretold, the planet and humanity did indeed survive a Turning of the Ages. Accordingly, the main goal remains as the key aim in these *GNOSIS ONWARD* volumes.

So welcome to the 6th Age of the Sun. *It's a brave new world!*

CHAPTER 1¹

GLOBAL BEGINNING OF A NEW HUMANITY

“The fragmentary system of knowledge that survived...was so pure, so true, and so faithful to the original source, that it still has great power today.”
-Max Freedom Long

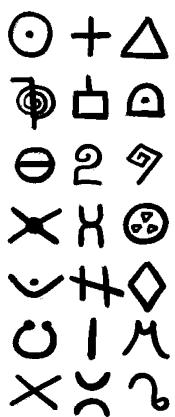
There were a few traveling survivors when the global high civilization known as Atlantis was destroyed by related global catastrophes about 13,500 years ago. Those people took refuge somewhere in the Egyptian highlands or Fertile Crescent and adopted that place as their new home. (The area had been protected from global tidal waves by surrounding continents when sea levels were 100 meters lower.) Millennia later, they would be known as “the Nephilim”.

The survivors in greater Egypt would strengthen their wisdom, language and culture. They would retain their deep, abiding spiritual trust. And those courageous “heroes of old” took on the challenge of ‘rebuilding’ the world in a multi-part global rescue mission. Their first aim was to fathom how to satisfy basic needs, so they began by discerning altered Earth patterns. Their sustained efforts succeeded and modern agriculture was devised despite the confusion that came from dramatic climate changes.

The stewards never craved any credit for heroic efforts spanning many generations. Yet their hidden hand can be inferred from history, archaeology, agriculture, and information surviving across a wide swath of cultures. In the end, consciousness and courage lived on among those hardy, spiritually advanced few. Also, the survivors kept alive much knowledge of what had been before and what could be again—in the distant future.

And they passed their light on to others.

¹ Although Chapters 1-3 are intended to succinctly summarize, reading Volumes I-II is extremely helpful for understanding this Volume III. You are welcomed to do so to gain relevant context.



Their high intent was to create a hopeful future in a world that was so changed that it was as if they had emigrated to another planet.

Those hardy survivors developed a modified, two-dimensional version of their three-dimensional language, known as *Gotte* (nearby image), since the informational technologies used to display its richness had been destroyed. And they applied the simplified writing to create an encyclopedia of life to the extent still possible.

Those sustained efforts preserved portions of a spiritual science that grandly explained all. The recovered wisdom was seamlessly rooted in numbers, cosmology, mathematics, geometry, and vibration—to cite several key areas that had been seamlessly fused into an ancient high wisdom.

Of course, they had few tools available and limited technology. So they typically used clay tablets or papyrus sheets. But flat representations of the old language simply could not render the full expression of the original, rotating, and three-dimensional *Gotte* symbols. So meanings were simplified, nuance was sacrificed, and wisdom was lost.

About 10 millennia later, hieroglyphic translations of this sacred material would be entrusted to the embryonic Egyptian priesthood. The priests would preserve the ancient wisdom for scores of centuries—eventually placing the core material in the Royal Library of Alexandria, Egypt in hopes of ensuring its ongoing protection as their society declined.

Those precious materials were a source of the mystical teachings that inspired some ancient Greeks.

This was particularly true of Pythagoras, who arrived a few centuries BCE (formerly denoted as “BC”) and later imparted much of the old wisdom to initiates at his school of ancient world mysteries in Croton (Crotona), Italy. The philosopher-mystic plainly informed his followers of the world’s true history.

Indeed, Pythagoras –as the first philosopher, or ‘lover of wisdom’– taught that a glorious, pre-Egyptian civilization in the Southern Hemisphere had attained an advanced status. Survivors from that time and place had recreated a portion of their lost body of knowledge after a global disaster had destroyed their distant homeland in a single day.

And Pythagoras said that such wisdom had been preserved most completely in the land of the Pharaohs. Yet, the Egyptian priesthood’s body of wisdom was a freely-given legacy whose real origins had been in another, distant, and more ancient culture. Pythagoras identified the source as a society whose home had been on a large island continent in the Southern Hemisphere.

Pythagoras called that place “Antichthones” while Plato (his distant and ‘indirect’ student), later referred to it by a different name: “Atlantis”.

CHAPTER 2

THE PYTHAGOREAN SCHOOL OF ANCIENT WORLD MYSTERIES

“True religion is the life we lead, not the creed we profess.”
-Louis Nizer (1902-1994), American Lawyer

Pythagoras received a legacy of Atlantean wisdom from Egyptian Priests before their Pharaonic society decayed with unstoppable momentum. The Greek philosopher then traveled widely before settling in Croton (Crotona), Italy. There he established an esoteric school of ancient world mysteries for select initiates. All were carefully scrutinized during stages of advancement.

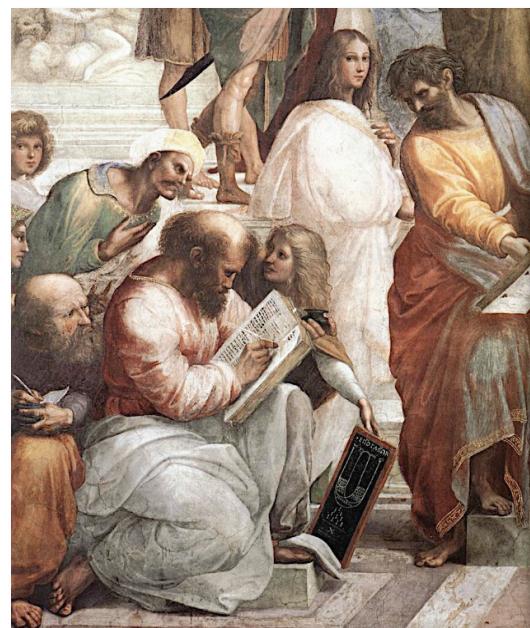
Every sign suggests that the first philosopher had been required to make explicit promises to those who taught him. These were likely pledges such as: '*I will never let these teachings see the light of day*', or '*I will never speak these truths to another's face*', or '*I will never preserve this wisdom in any form of writing*'.

So it is noteworthy that Pythagoras' teachings remained hidden from public view as he oddly taught trusted students only at night, always speaking to them from behind a closed curtain. Indeed, he gave only spoken instruction at all times. Pythagoras strictly honored his vows and passed on ancient secrets by conveying ancient knowledge orally and in ways that explicitly respected past promises to those who had initiated him.

Fortunately, one student of the “lover of wisdom” never made such vows to the Egyptian priesthood. Nor did that student ever promise secrecy to other guardians of priceless, ancient secrets.

And he or she took good notes....

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Students accepted into Pythagoras' Croton school potentially could pass through several curriculum phases over a 13-year period. The process was rigorous. And each student's 'graduation' from one phase to the next was earned based on individual traits and progress. This included acquiring learning, growing in wisdom, and developing core morality. Progression was never guaranteed.

Auditors who heard 'public' lectures of oral teachings were carefully screened. Those who were deemed to be trustworthy received further exposure to a range of fundamental topics in a three-year program of oral teaching. Those 'Phase 1' students were known as the school's "Akousmatikoi."

Akousmatikoi deemed to be worthy were then invited to take part in a deeper initiation for seven years as "Mathematikoi." Such 'Phase 2' students absorbed esoteric learning for the first five years in complete silence –never speaking a

PYTHAGOREAN SCHOOL OF ANCIENT WORLD MYSTERIES

Years	Curriculum and Status
3	<i>Akousmatikoi</i> (Auditors) were permitted to attend certain general lectures.
7	<i>Mathematikoi</i> (Students) were given a coded personality designation from 9 different Greek letters. They observed 5 years of silence, heard lectures, & studied diverse subjects based on mathematical/vibrational models. They progressed while adhering to private disciplines, including a daily meditation based on the first three 'letters' of Götte.
3	<i>Theoretikoi</i> (Advanced Students) continued certain disciplines and they absorbed and practised life values of the " <i>bios Pythagorikos</i> ." This was refined through stewardship and by advanced tutoring in applying systemic-mathematical models to many areas of understanding, including geography and cosmology.
-	<i>Elektoi</i> (Initiates) had progressed through the 13-year curriculum. Such graduates were accepted as being fully trustworthy in learning the most secret teachings. Iamblichus listed 235 men and women who had attained this status. From this advanced group, the " <i>Politikoi</i> ", as a subgroup, were chosen as stewards for others' affairs when needed.

single word- with their affairs stewarded by the most advanced initiates. During that period, they gradually began to think holistically, in numbers and systems. And they adhered to a daily, open-eyed meditation using the first three symbols in the flat version of post-Atlantean *Gotte* ‘alphabet.’

They also deeply absorbed an ancient pattern of nine core trait clusters that is known today as the Enneagram. In this respect, each student received a personal number between 1 and 9, inclusive. The students gained nonverbal insights that aided them in expanding into more sublime inner states while transforming their own human tendencies to contract into predictable limitations.

The original understanding was rich and full -rooted in sacred mathematics, the energies of creation, and bodily neurology- and part of a larger system that reflected core trait pattern nuances that students could embrace and transcend through conscious awareness. Today that system is only partially understood.²

When the *Mathematikoi* finished seven years with distinction, they could be invited into the final, three-year curriculum. Those more advanced students were known as “Theoretikoi.” Some reached the peak of becoming “Elecktoi” by dedicated practice of selfless values and their full initiation into ancient mysteries. And, amongst the “Elecktoi”, a “Politikoi” subgroup was entrusted with overseeing the stewarding of affairs for those in silence who were following behind on the path of contributing wisdom to the culture for one and all. This was the peak of spiritual development in the Croton brotherhood.

The men and women of this mystery school were known as a ‘Brotherhood’ of followers in the language of that time. This implied a family structure of equal siblings. Their learning program nurtured inner wisdom to be integrated into every moment in the flow of daily life.

² Indeed, the system is far richer and more profound than current psychological thinkers grasp. As such, it may well be an apt subject for future writing. In part, its blueprint illuminates patterns of mind-body interplay by revealing detailed maps of how the body’s physical and energetic centers interact, in a context of sacred mathematics, while clarifying paths for reaching states of highest individual expansion.

As students progressed through the school's stages, they received more potent esoteric information in every phase. Much like *the Nephilim* "Heroes of Old" who remapped an altered world, the Pythagorean Brotherhood practiced the moral value of living in a kindly, helpful and hurt-less manner. Their high path valued stewardship, utter trustworthiness, and *hostly* service.



That path was the "bios Pythagorikos" -*the august Pythagorean way of life*- that Plato described with such deep respect.

Initiates in the school knew far more about the cosmos and higher mathematics than could be summarized herein. For example, they knew that the Sun was a star among countless many and that it was progressing

slowly through its own life cycle. And that all stars were, themselves, suns formed from material elements that also existed here on Earth. They further learned that our Moon was a recent companion. And that it was a battered, lifeless sphere that merely reflected sunlight indirectly while lulling humanity to sleep.

They were taught that every planet was a globe, like Earth, and that each circled the Sun—but that all previously had done so in a precisely proportional manner from their outset of creation until the end of the previous epoch, which had involved huge changes. They also were aware that 12 planets had orbited our Sun in past times. And they heard limited recreations of the original "Music of the Spheres" from the old order of planets.

Pythagoras was said to hear and even ‘remember’ the sounds. (Does this suggest that he was a highly evolved soul who may have been a reincarnated Atlantean spirit?)

The healing notes of the Music were rooted in vibrational frequencies from sacred mathematics³ and actual patterns in creation based on true knowledge of the Earth and solar system. Yet the lower end of the scale required a key adjustment in that a note from a nonexistent planet in the Asteroid Belt circle was included to build the full chord.⁴

And did students learn about the high culture of Atlantis?

Yes, participants in the Pythagorean School were aware that a great southern continent previously had been the world center of a wondrous, high civilization. It had been home to an advanced, maritime culture in antiquity. As Chapter 1 recounts, Pythagoras called that society by a similar-sounding yet different name: “Antichthones”.

His use of that strange name is revealing.

“Antichthones” in those times was a clearly understood geographical term. In short, most ancient people erroneously believed the flat Earth to be divided into two equal, upper-and-lower sections with a torrid belt of equator running across the middle between ‘top’ and ‘bottom’. The upper, northern half (hemisphere) was their home of ‘known’ lands. But to all in that day, the

³ From Wikipedia, *The Free Encyclopedia*: “The Pythagoreans elaborated on a theory of numbers, the exact meaning of which is still debated among scholars. Pythagoras believed in something called the “harmony of the spheres.” He believed that the planets and stars moved according to mathematical equations, which corresponded to musical notes and thus produced a symphony.”

⁴ Our extended team has focused for years on recreating the mystical music known to Pythagoreans. And, we are nearing completion by deducing some still-missing mathematics. The original scale of tones –lost millennia ago– provided the generic formula for true vibrational healing in the ancient world.

The 156-note scale produces exalted chords that are strangely moving to hear and many will intuitively recognize. Per bullet #16 in Chapter 4, it is expected that a bonus soundtrack of meditation timing sounds will be released once the background work and acoustical engineering are completed.

commonly used term *antichthones* specifically denoted the bottom half of the Earth – unknown lands that lay south of the scorching equatorial divide.

Pythagoras' clear teaching affirmed that a great island continent's society had thrived in the Southern Hemisphere. This was quite obvious to students who knew the geographic truth. Namely, that our Earth is a round sphere and not a flat disk. But, the first philosopher also taught that dire, global events occurred about 11,500 BCE. He said that huge tidal waves, earthquakes, and volcanic activity had destroyed the exalted society living south of the equator on their home continent in *antichthones*. Yet some had survived thanks to a refuge in Egypt that protected them during those chaotic times of global disaster.

He said that advanced knowledge in that ancient world civilization had ranged from herbal medicine to mathematics to geography to astronomy. And their high wisdom knew the natural world to be based on numbers, which combined geometry, astronomy, art, music, nutrition, and personality into a grand and unified whole.

The first philosopher also taught that legacies of ancient wisdom had been protected in esoteric centers. But that the most advanced knowledge in such places had not come from any of the local cultures where he had studied. He cited Egypt as the main repository of astronomical, alchemical, mathematical, geographic and vibrational wisdom recreated by the high civilization that had been destroyed by a sudden, catastrophic worldwide flood.

In this context, he taught that the descendants of *antichthones*' survivors had built most of the monuments of the Giza complex, including the great pyramids and the Sphinx (rather than the native Egyptians who had been incorrectly credited). But he was adamant that the builders had been free initiates rather than slaves.⁵ Pythagoras taught that Egyptian pharaohs had simply adopted the great Giza monuments in fits of political pomp. But this occurred after their construction by descendants of Atlantean survivors. And

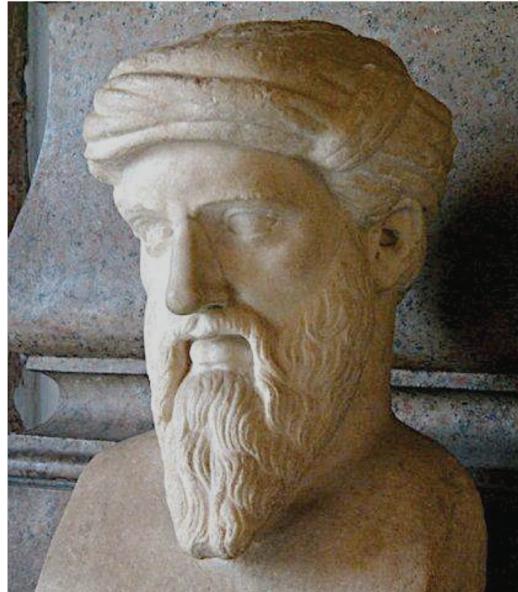
⁵ There is more discussion of this subject as well as some interesting material and footnotes in Chapters 16-22 of Volume II in this *GNOSIS ONWARD* series.

he maintained that the Giza plateau -along with other areas- hid many secrets that would someday be uncovered and revealed.

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And how did Pythagorean graduates apply their lengthy course of learning?

The School of Pythagoras had a lofty goal: To graduate 300 utterly trustworthy stewards from a 13-year program. This would have provided a moral foundation for recreating the Atlantean Council of 300 that is described in Volume I. Those individual graduates were intended to become benevolent, unseen helpers who would counsel leaders on shaping a civil society that benefitted one and all.



Eventually, it appears that at least 225 students reached the point of being able to provide such broader stewardship to serve their fellow citizens. And, as a Council of 100 aristocrats ruled Croton, it may be that key steps in Pythagoras' grand blueprint had begun to mature. Indeed, a shadow Council of more than 200 may already have begun guiding regional government from a moral perspective for the overall good of their homeland.

But there was a venomous uprising over aristocratic rule around 450 BCE. The rumor-mill churned. It was falsely claimed that the Pythagorean Brotherhood -which was slandered as the most elite of all the elites- was conspiring in secret to seize political control of Italy's southern regions.

So a frenzied group of vigilantes attacked the Croton school. It was led by a vengeful student who had been dismissed from ongoing studies due to moral immaturity. And the angry mob he led burned the center to the ground.

Surviving stories differ as to whether Pythagoras died along with many of his students. One version says that initiates acted heroically in giving their own lives to enable their teacher's escape.⁶

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Still, at least one *Elektos* provided a great service to humanity. He or she documented the school's teachings and practices in a private book. The graduate appears to have done so to preserve high wisdom in case of unforeseen disaster.

It was a wise move.

Over the centuries the *Elektos* student's private volume -or parts of it- would be hand-copied and recopied for storage and safekeeping in various sanctuaries of private knowledge. A passionate desire to locate hidden wisdom ignited in esoteric circles during the Renaissance more than a millennium later. So, the unnamed *Elektos*'s hidden trove of ancient wisdom may well have surfaced within the cloistered wisdom of such groups during that time.

Embers of interest were also smoldering over ancient materials potentially kept in the obscure libraries of various societies and orders. And such genuine documents might well have enriched those who revered the mystical nature of numbers.⁷

In this respect, one version of Pythagoras's student's old collection of notes was discovered in the late 1940's in the Middle East. And vital information appeared on the pages of that hidden, hand-written volume. The concealed book included instructions for the Croton mystery school's daily meditation upon the flat version of the first three 'letters' of *Gotte*, the ancient symbol alphabet. That quiet practice was said to lead to profound transformation in

⁶ William Arthur Ward said: "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."

⁷ You may wish to refer to the late Manly P. Hall's extraordinary work: *The Secret Teachings of All Ages*

those who adopted it as a 5-year discipline.⁸ The fascinating story appears in the next chapter.

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In this awesome time, we have left behind the 5th solar epoch and entered the new 6th Age. This Turning of the Ages of the Sun⁹ signals that it's now possible for each person's light to shine like never before in a brilliant, individualized manner.

Each of us is as unique as a snowflake. Gently embracing your own divinely endowed abilities in life will expand your personal and spiritual potential. And softly unleashing inner genius is vital for yourself and those you love.

Could this be a purpose that you already knew when you stepped into this dance of life?

⁸ *Per the material later in this Volume III:* The ancient focusing method has now been augmented with some support instructions that likely were available to those who practiced the Pythagorean way of life in ancient times. There are also some helpful, modern additions. All are recreated fragments of high wisdom that survived the destruction of Atlantis. In particular, daily adherence to the simple, open-eyed meditation is the core tool for re-connecting you with your highest soul intent in this lifetime.

⁹ These epochal matters are fully discussed in Volumes I and II of the *GNOSIS ONWARD* series.

Chapter 3

The Backstory of The Meditation's Modern Recovery

“Life leaps like a geyser for those willing to drill through the rock of inertia.”
-Alexis Carrel

In the late 1800's, Oscar Brunler was born and reared in rural England. He was traditionally educated with a doctoral degree in physics. At an early age, he began a research career to follow in his father's scientific footsteps, and it soon became apparent that the young Dr. Brunler was a passionate achiever.



Indeed, Oscar Brunler quickly proved himself to be brilliant in the 1920's and 30's. For example, he invented the underwater acetylene torch for repairing ships without any need for dry-docks. He also created the first enzyme-based laundry detergent—devising an underlying formula that remains in use today. Yet something was missing for Brunler. His real curiosity was in the area of human wellbeing and potential. So he enrolled in medical studies at the Sorbonne University in Paris. There he focused on psychiatry as he was intuitively gifted with unusual qualities of perception.

In Paris, Brunler met Dr. Maurice Bovis who was a civil servant using a measuring device that Bovis himself had invented—a tool that gave ratings for sealed wine and cheese, which sometimes go bad. And Bovis' device seemed to work flawlessly. Food products that he tested were certified as consumable when the machine indicated a number above a certain level. And any readings that suggested spoilage were later verified by further, random inspection. His machine was said to measure an unknown type of radiation related to purity or fitness for consumption.

The device's proven track record was an astonishing 100%.

In private, Bovis explained the real story to Brunler. The ‘testing’ tool appeared to be an impressive instrument with an elongated gauge from which a pendulum was suspended. But it was moved by the psychic powers of the operator who engaged his own trained, calibrated intuition to detect product fitness. Bovis’ machine was simply public window-dressing for using esoteric, ‘paranormal’ abilities in an official job! He further explained that, beyond foods, the same rating process could also assess aspects of human health.

Brunler followed Bovis’ coaching. He learned how to operate the device and began doing so as he obtained data from medical patients. And he ultimately collected such information from more than 40,000 subjects. Brunler then went on to become one of the most insightful psychic researchers of the 20th century and personally discovered that the same tool could also measure ‘soul wisdom’.

In the 1940’s the Brunler family moved from England to the Los Angeles area and Dr. Oscar Brunler continued with his unusual work. He called his North Hollywood facility the “Brunler Research Center”. As is often the case, several strange synchronicities had led Brunler to uproot his personal and professional lives. But Brunler’s private motive was to live closer to Max Freedom Long—a Huna researcher in Vista, which is in northern San Diego County. The two men had corresponded for some time.

In truth, they were much alike—deeply passionate and psychically gifted observers who were scientifically minded. And both had adopted an outward tone of objectivity to persuade others.

Long was an advanced healer as well as a gifted psychic. He carried out years of results-oriented experiments through a large number of dispersed people, who were all volunteer followers. Each member of the extended group patiently applied various techniques and reported individual results to Long, who then summarized the data and sent out mimeographed bulletins to the participants. The results from those systematic



experiments showed how recovered, ancient spiritual magic could be fine-tuned. So Long had urged Brunler to come to Southern California and synergize with his extended network of unorthodox researchers.

Long wrote in the style of a detached anthropologist. But he privately had been ordained as a Kahuna when visiting Honolulu's Bishop Museum and conversing in the office of William Tufts Brigham (1841-1926, in nearby daguerreotype image). Brigham, as the first Caucasian Kahuna, had urged Long to take on the mantle of his lonely mission: *Further recovering ancient magic.*



Max Freedom Long had agreed and then carried out his commitment with gusto for decades. In particular, he made much progress in fathoming clues embedded in the archaic Hawaiian language. It was a reservoir of Atlantean wisdom and ancient magic. In this respect, Long had independently developed pendulum methods for discerning several specific aspects of spiritual structure. These discoveries were adjuncts to Brunler's various readings. Long's dowsing permitted a skilled psychic to chart key soul qualities via the same Aka ('dark matter') threads that Brunler had used in psychic research on soul wisdom.¹⁰

After Brunler arrived in Southern California, he systematically compared Biometric Degree measures with Long's data set of soul readings. Both held a pendulum between the thumb and forefinger—rarely bothering with the public show of a plausible contraption.

Eventually, Brunler integrated his wisdom with Long's dowsing data, and Long appointed him as the Founding "Warden" -or guardian- of a *Huna Lore* called 'Psychometric Analysis.' It permitted a trained psychic to chart specific features in the evolution and functioning of each particular human soul—including seven spiritual features understood by archaic Hawaiians. And it represented an advanced 'psychology' that explained far more than any academic or research model before or since.

¹⁰ The fascinating story of how Brunler discerned the highly evolved consciousness of many great Renaissance artists is explained in the final third of Volume II in this *GNOSIS ONWARD* series.

That advanced system identified multiple aspects of the structure and operation of the conscious mind (*Uhane*) and in the unconscious mind (*Unihipili*), as well as soul wisdom shared among the three selves, which included the *Aumakua* (angelic high self). Further, the dowsing method could be used with any spirit, living or deceased.

And the two men applied it diligently, gathering and comparing thousands of such readings on people as well as plants and animals.¹¹

But the data later exposed two troubling patterns. Results showed that momentum in the spirit world was gathering in opposition to a bright human future.

First, unlike humans, animals are instinctual. They are animated by an unconscious mind-type spirit (*Unihipili*) and do not have a conscious mind (*Uhane*). And each animal species has a single Guardian Angel -which is called an "Akua" rather than "Aumakua"- who serves as spiritual overseer for the entire species group. But the two psychic researchers discovered that the *Akua* overseers for nearly every animal species had turned against the human race. (The only exceptions were dogs and cats.)

Brunler and Long therefore predicted that animal attacks upon humans would become more common during the decades to follow. The hostility toward our species stemmed from several factors: Callous cruelty, factory farming, human disrespect for other species' well being, and ingratitude for animal lives sacrificed to provide human food.

Second, beyond animals, an even more serious problem was detected as emerging. Both men knew that angelic *Aumakua*s follow a strict non-interference path. They oversee and steward individual lives by arranging 'coincidences' and synchronous events that may inspire wonder and provoke

¹¹ It is hoped that some aspects of that complex and uncannily accurate system will be presented in the next volume in this *GNOSIS* series. Currently, the working title of Volume IV is: *TOWARD AN AUTHENTIC SPIRITUAL PSYCHOLOGY*.

curiosity. Yet they never, ever interfere directly in the learning paths of individual souls unless the person -*acting through free will*- invites spiritual assistance.

But during the 1940's, Long and Brunler each discovered "Black Aumakuas." These were Dark Angels at odds with beings of light in the spirit world. And the newly detected, anti-Angels seemed to act upon uniform motives. It appeared that such spirits were increasing in number as well as boldness.

As a result, the possibility of global destruction had begun to emerge as one future fate for all of humanity.

Both men saw a looming crisis. And they were deeply alarmed. Collectively, humans stood on the brink of a potential abyss. But the chasm was invisible to nearly everyone. Yet it was unclear to both men what -if anything- could be done about it.

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So Long responded by forming the Telepathic Mutual Healing Group ("TMHG"). This was a far-flung group of individuals who transmitted a charge of *Mana* each night to the angelic realms via Long in the context of a specific prayer of protection. The TMHG prayer had elements of physical safety, harmony, health, and manifestation. Long received and then re-transmitted the accumulated *Mana* to the great group of guardian angels ("Poe Aumakua")—the spiritual beings who stewarded participants. Actual experience later proved that the protection did work, even in combat situations and plane crashes.¹²

Brunler, for his part, responded to the alarming Black Angel discoveries in his own way. He intuited that other ancient magic was still awaiting re-discovery. And his intuition was keen. So he moved in earnest to find methods for nudging human consciousness ahead by identifying rapid tools for effectively

¹² The mantle of protection worked flawlessly, and the group expanded. But Long had erred in serving as an intermediary *Mana* transmitter, who was implicitly essential to the prayer. The Group later disbanded. So, the great TMHG prayer of protection died with Max Freedom Long—for a time.

doing so. But, he wondered, what could those rapid tools be? Brunler began by researching a range of possibilities. In particular, he 'knew' that meditating on ancient mandala shapes could boost soul growth and strengthen human character.¹³ But there were many such meditations. And which mandalas might be key?

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Viola Petitt was one of Brunler's close associates in the Southern California Center. In 1947, she took a sabbatical to teach at the American University in Beirut. During that time, she pursued research for her doctoral degree (Ph.D.). Petitt was a brilliant and intuitive anthropologist. And Brunler privately had coached her on how to search for ancient wisdom during her two years abroad.

The 1940's were wonderful years in Lebanon. The country was a harmonious land of different faiths. And Beirut was known as the 'Paris of the Middle East.' In her research, the soon-to-be Dr. Petitt visited centers of cultural knowledge throughout the land. One of these was a Catholic monastery in the countryside.

There, among hundreds of library volumes, she found the very old, hand-written book that was mentioned earlier. The Latin text stated that the material in it was re-copied in the 13th century.

And the author identified him/herself via a code name as a member of an unknown brotherhood that post-dated Greece's heights.

¹³ From Wikipedia, *The Free Encyclopedia*:

"Mandala (Sanskrit *mandala* "essence" + "having" or "containing", also translates as "circle-circumference" or "completion", both derived from the Tibetan term *dkyil khor*) is a concentric diagram having spiritual and ritual significance.... They are also a key part of...meditation practices.

In various spiritual traditions, mandalas may be employed for focusing attention of aspirants and adepts; as a spiritual teaching tool; for establishing a sacred space; and as an aid to meditation and trance induction.

In common use, mandala has become a generic term for any plan, chart or geometric pattern that represents the cosmos metaphysically or symbolically, a microcosm of the Universe from the human perspective."

The book summarized knowledge and practices from the Croton mystery school that Pythagoras had founded. It also gave details of a daily meditation using three simple mandalas, which students had received in that esoteric ‘brotherhood’ of ancient world mysteries. Adherence to the meditation practice had begun at the start of their five years of absolute silence.¹⁴ Also, the hand-lettered text described the symbol meditation as bringing many benefits. Personal gains included greater wisdom, serenity, intuition, willpower, concentration, discerning intelligence, health, and spiritual attunement. So, Petitt hand-copied all the information in the amazing book. And she resolved to return with assistance to confirm the accuracy of every detail.

But when she did return, she found that the precious item was missing.

She then looked closely and could see a dust ring on the empty slot on the shelf where the book had been during her previous visit. This proved to her that the volume had been removed only recently. When she asked the monks about this, they denied the existence of any such book. They bluntly told her that she was mistaken. And they insisted that there had never been any work of that type in their library. Petitt replied that the monks were the ones who were mistaken. She told them she had inspected the volume personally. And that she even had copied down the information in it. At that point, her hosts became visibly upset. And they brusquely insisted that she leave immediately, while making clear that she was barred from ever returning. Petitt was dumbfounded. She wondered how such good-hearted people could be so protective of a half-millennium-old book. What did they need to conceal? And for what purpose?

Whatever the monks’ motives, seekers of wisdom from esoteric traditions know that similar reactions are typical among the many, splintered secret societies. Such isolated guardians preserve fragments of ancient wisdom. And they do react aggressively when non-initiates breach the gates. This is because

¹⁴ That had been the second phase of learning when initiates were first welcomed into the esoteric circle as *Mathematikoi* who observed silence while entrusting their affairs to stewardship by advanced initiates.

Protectors usually have taken a long-standing vow. Their mission has been a simple one:

*Preserving wisdom for some vital time in the future when the world will need it most.*¹⁵

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Viola Petitt was in correspondence with Oscar Brunler. She knew that his work on mandala shapes had been fruitless when she had departed. And her query blandly asked whether the new information she had discovered and copied could be useful. Dr. Brunler telegraphed an ecstatic reply. It simply read: "YES!"

So Dr. Petitt returned to Southern California to help in exploring her find. Like Brunler, she was gripped by an intuitive knowing. Her future husband, John Neal, also joined the project. And, in 1949, the small group launched a study to find out how the daily Pythagorean meditation would affect modern people.

To do so, the team recruited several willing volunteers. Before embarking on a large-scale study, they knew that their first step required honoring the Hippocratic Oath: First, Do No Harm. They therefore needed to be certain that no adverse effects would occur for those who adopted the strange-yet-simple 15-minute daily practice, which was unlike any known meditation. So, early data collection thereby began. The researchers settled into gathering information that showed whether there would be any ill results. And the small handful of volunteers in the initial study certainly felt better. Much better, in fact.

This first phase of noticeable improvement began appearing at the six-month point. But interviewers saw the subtle shifts as less than earth-shattering. Indeed, it could be argued that they were roughly in line with what one might expect if a person were simply to set aside a daily, quiet period for stilling the restless mind.

¹⁵ Access your internal truth meter (intuition) for a moment and ask: '*Has that crucial time now arrived?*'

So the team continued to watch and wait with high expectations. Yet the early stages of the process with a few volunteers seemed to suggest only mild benefits. And no magical changes occurred during the initial year of the daily meditation. So it appeared that the research might well be heading toward another dead end.

Still, an unfolding transformation was invisibly underway. And remarkable changes would only be obvious in retrospect. This would require larger numbers of participants and patient, steady accumulation of data over a period of years. Yet such astonishing discoveries would take some time.

Oscar Brunler died in 1952 from a bizarre radiation-poisoning episode. The data that had been collected by that early stage showed the ancient meditation brought no harm and might be somewhat helpful. But the work was far from finished.

A longer, larger stream of information was needed to reach valid conclusions about the mysterious technique. So, after Brunler's death, associates chose to continue with the research to a logical completion point. The group moved, changing its name to the "Biometric Research Foundation." The efforts were stewarded by John Neal and Viola Petitt, who had married and then continued as a spousal team. Eventually, they found that the initial 'guinea pigs' showed remarkable changes later in the third year and thereafter into the fourth.

So John and Viola Petitt Neal began to recruit more participants for a larger, long-term study. They carefully screened potential recruits. Those accepted were required to visit for in-person interviews every month and to be regularly tested with traditional assessment tools at the research center. (This was because the Neals could use the pendulum somewhat reliably thanks to Brunler's training, yet they were largely unable to transmit such reliability to others.) So, a lengthy process of collecting volumes of orthodox data thus began. Once again, the pattern of positive outcomes was clear. Many people subtly shifted at the six-month point. This was a crucial time in which cumulative benefits began to appear. While those positive changes were

obvious to skilled interviewers, such shifts remained invisible to standardized tests of mental functioning.

Yet, later on, something strange became apparent from data on the first year's results. This finding was a negative one. Yet it perversely proved the positive case. It concerned those who had stopped meditating after at least six months of committed adherence.

In short, dropouts suffered noticeably.

They reported deterioration in life quality, while blaming downdrafts on external circumstances. Interviewers recognized that such dropouts were reacting to life events with greater stress and negative emotions by responding to events less resourcefully. Indeed, the volunteers' lives looked to be the same as before—maybe even better. *But those who had quit always seemed to blame their negative feelings on external circumstances.*

Eventually, the researchers realized that participants gradually had gained enhanced capacities to cope. But quitters failed to realize that they were slowly losing many subtle, unseen benefits after abandoning the daily practice or adhering only occasionally. Indeed, they always failed to see that an erosion of inner resources was occurring. Such a loss of inner, personal gains was the real cause of perceived stress in one person after another.

Later, data showed that larger benefits appeared at 18 months and continued growing through the three-year point. But the researchers lacked an understanding of contraction-to-expansion dynamics from the Enneagram. (The ancient system that Croton initiates learned had not been publicized a half-century ago). Hence, they had no roadmap for grasping the diverse changes among the nine different core trait types. Psychological measures were based on notions of mental illness. So how helpful were these instruments in gauging vitality? In a word, useless.

But, in the fourth year of the process, something remarkable began to occur for those who had stayed with the daily practice. And at that point in time, it was

obvious to all that major shifts had occurred. Adherers to the meditation experienced profound inner changes as various stages of personal transformation initially gelled and later expanded to an astonishing degree. Yet, the greatest effects blossomed in years four and five as mentation expanded. For example, people suddenly became privy to direct knowing or gnosis with increased intuition as well as novel insights and, often, helpfully coherent dreams. And they became adept at directing internal will toward chosen actions. Even their health status improved, with fewer colds and flu episodes.

Most importantly, their soul wisdom also appeared to rise as if it were growing by several lifetimes in a short few years. The bottom line? Participants began expanding more fully into their inherent soul potential, which previously had been dimmed by internal constraints.

Dr. Oscar Brunler never saw the end results from that high path in the final years of his life. Perhaps his portion of a great mission was complete, as many fragments of a broken mirror had been gathered up. Brunler became incapacitated less than two years after the early research was launched – then died three years into the nascent meditation study. Long had been in private contact with Brunler and knew that an unfinished project was underway, but he was unaquainted with the associates who carried on at the relocated center.

Hence, Max Freedom Long erroneously assumed for decades that all work had ceased with Brunler’s passing. And Long remained unaware that the ongoing meditation project eventually yielded remarkable results.¹⁶

So for another four decades, priceless ancient wisdom continued to lay in oddly disconnected pieces – like an abandoned, partially-assembled puzzle.

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¹⁶ Indeed, the transplanted roots of the ‘Pythagorean practices’ finally became part of modern Huna lore when Kahuna Lani re-integrated them into his 1990’s teachings after the many years of painstaking, wide-ranging research work that we had undertaken together.



In the 1970's, I resumed a childhood project based on inner passion. The initial goal was diffuse but became clearer and more ambitious over time. By the early 1980's, my focus eventually became laser-like: *To gather esoteric information from a range of sources prior to the end of the 5th age in December 2012 in order to support humanity's transition into the looming 6th Age.*

So I continued to study science while figuratively scouring the world for obscure wisdom and hidden knowledge. In the 1970s this had involved learning more and

more about such things as the ancient system of nine core trait clusters—now called “the **Enneagram**.¹⁷” It was a mathematically-based ‘psychology’ system that Atlanteans understood and Pythagoras transmitted. I also became privy to the findings of Dr. Viola Pettitt Neal who was active in LA in the 1960s-70s but passed away in the early 1980's.

After Dr. Petitt's death, I followed the mutations as the core meditation practice was then stewarded by a co-author¹⁸ called Dr. Shafica Karagulla, a remarkable LA psychiatrist who synchronistically was aunt to George Noory of later media renown.¹⁹ A San-Diego-area student of Drs. Pettit and Karagulla ‘inherited’ at least some of the materials after Dr. Karagulla's accidental death, and that student apparently began calling the core meditation “The Balancing Program” before passing the practice on to one of Viola Pettit's former students, Billie Roberts, who in turn bequeathed it to a successive series of stewards.

However, at some point the meditation became misconstrued as being based on Sacred Geometry, and the Atlantean context was lost entirely. (Dr. Oscar Brunler's tragic death was the key reason for diminished understanding as time went on.)

¹⁷ *Through the Curtain* by Viola Petitt Neal, Ph.D. and Shafica Karagulla, M.D. is now out of print.

¹⁸ Mr. Noory is known for the long running **Coast to Coast AM™** radio program that often deals with astonishing and unusual topics that other media sources neglect.

Dr. Oscar Brunler and Max Freedom Long were both convinced that true wisdom and spiritual magic had come from an ancient, ‘lost’ civilization called Atlantis. Brunler was also aware of the *Gotte* alphabet—which is why he had responded ecstatically to Viola Petitt’s discovery in Lebanon. Both men understood archaic Hawaiian as well as vast amounts about the people who had spoken it after migrating from Atlantis to Egypt to Hawaii over many thousands of years.

One goal in my mission also became to contact any still-living people who had worked with either Dr. Oscar Brunler or Max Freedom Long. Over many years, this aim was regularly aided by astonishing synchronicities—beginning in French Polynesia during the 1980s and continuing onward for decades.

Still, it took until 1987 to locate the last student of Max Freedom Long. We met by ‘coincidence’ at a Whole Life Expo in San Francisco. And he became one of my long-time teachers as described in the early chapters of Volume I as well as the latter chapters of Volume II.

His name was Kahuna Lani (Kahuna Ho’anoiwahinenuho’alani), and he was the real deal. I knew him closely, absorbing what he did. And witnessed how he performed authentic, spiritual magic for which he always eschewed credit or compensation. He called it “walking in a sacred manner,” even writing a book on his insights.

Lani vaguely knew of several ‘unfinished’ research projects. But he had mistakenly believed, from information he had received via Max Freedom Long, that all research work ceased after Dr. Brunler’s death in 1952. Yet, he patiently pored through the mass of Atlantean-related material that I initially provided for his review. I asked him a simple question about whether the new information might be useful and requested a ‘yes or no’ answer. And, after almost a week, he finally replied to my question.

His emphatic voicemail message said: “YES! This is very strange. And very big. Get here as fast as you can!”

Together Kahuna Lani and I began reweaving the story that had unraveled with Brunler's tragic, avoidable death and Long's later passing. It took nearly a decade of intense efforts—with many dead ends. But we eventually brought the knowledge back into a harmonious circle via years of confirmatory research and data-gathering efforts, ultimately leading to this Volume III in the **Gnosis** series.

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The aim of this Volume III is simple: To empower each person in operating self-sufficiently, with free will and discernment, without the need for outsiders or experts.

Deep Breathing. The only 'pre-lesson' you need for using these tools involves breathing. Your respiration should be deep and from the diaphragm so the stomach expands. This is true whether you follow the meditation with a Huna prayer, your own visualization, or nothing at all. The steps are straightforward:

1. *Inhale* slowly, deeply and fully through the nose with the mouth closed.
2. *Pause* after the full inhalation for several 'counts' (at least 1-2 seconds).
3. *Exhale* deeply and fully through the mouth but more slowly than inhaling.
4. *Pause* after the full exhalation for a couple of 'counts' (at least 1-2 seconds)
5. *Repeat the cycle four (4) times* (inhaling, pausing, exhaling & pausing).
6. *Then, take a normal in-out breath* before initiating the next 4-breath cycle.

This way of accumulating life force was known to the old Hawaiians. Remember to give your *inner self* a pre-suggestion before starting: **Gently request that your system gather and hold the energy created via this deep-breathing process.**

So, that's it for preparation. And what follows next is the material you've been waiting for, beginning in Chapter 4.

CHAPTER 6

THE BUTTERFLY EFFECT:

CONSCIOUS USE OF EMPOWERING LANGUAGE

“Question: How can you tell whether people value themselves and how they treat themselves inwardly?”

“Answer: By noticing how they communicate with others.”

-Stanley E. Russell, Ph.D. (1926-2012), Huna Rapid Personal Growth Coach

There are two separate consciousness centers inside you. As Stan Russel taught, these “minds” are so different from each other that it’s like having two different people living in the same body.¹⁹

Your intellect is the conscious mind.

Its genius is sensory perception, rational thinking, sorting information, analyzing, and evaluating. It is adult-like and holds information for 15 seconds, or less—while depending on the unconscious mind to store memories and provide information. It operates using language.

Your inner child is the unconscious mind.

Its genius is intuitive perception, extrasensory radar, spiritual connections, emotional energy, and 24/7 bodily functioning. It remembers your every experience in life and provides information for the intellect’s activities. It operates using pictures, sound and feelings. The intellect is largely unaware of the inner child.

¹⁹ The late Stanley E. Russell, Ph.D. (1926-2012) was one of the core members of the author’s business team in the 1980s and 1990s. He was a sincere seeker who proved to be a brilliant and invaluable contributor in developing spiritually-based assessment methods and in systematizing amazingly simple, self-directed, personal growth tools—including the ones presented in this Volume III.

The charismatic yet disarmingly humble “Dr. Stan” was an early pioneer at [the Esalen Institute](#) (in Big Sur, California), an initiate and teacher in Huna, and an astonishingly effective Hypnotherapist. His wisdom, insights, communication skills, and rich –often self-effacing– sense of humor are all deeply missed by those who had the privilege of knowing him.

By contrast, the inner child is acutely, continually aware of the intellect. The slightest self-judgment can affect it—sending it into an invisible tailspin. This is because your inner child is prone to believe negatives while disregarding positives.

And that is why the common practice of repeating affirmations is largely impotent.

The relationship between your intellect and your inner child is the one relationship you will have throughout life. Divorce is not an option. You are bonded to each other in a deeply mystical way. And you are mutually dependent upon each other for survival and soul evolution.

Therefore, it is key for the intellect to learn a helpful, guiding style of inner conversation. One that enrolls cooperation from the intuitive self. This will develop a strong, supportive partnership that will serve you mightily.

Your inner conversations are lightening fast. So quick that they generally occur without the clarity of awareness.

But, sadly, most of us learned our style of rapid self-talk from authority figures. And we have usually absorbed and adopted an inner style that mirrors how we were treated by adults during our worst childhood moments.

What is the common result this early learning? *Inner Conflict and Emotional Unhappiness.*

Developing a more helpful inner style can serve us all well.

You can almost magically develop a new inner style by practicing specific ways of dealing differently with others. An external shift will naturally carry over to your inner conversations.

Efforting is unnecessary. It will slow your progress. So will over-intellectualizing the material below. *Instead.... Curiosity, passion and focus will serve you well.*

There are 10 suggestions below to assist you in this journey. Adopt them suggestions in your own time and your own rate. As you do, you will go through a natural learning process.... First, you will find yourself becoming more aware.

However, most people find it awkward to develop new habits. That's to be expected. And, at some point, you'll have a pleasant surprise. These brilliant-yet-simple guidelines will have become effortless habits.

As the insightful originator of *Hakomi Therapy*²⁰ wisely observed: **Consciousness is Fractal. And your consciousness will shift one choice at a time.**

Yet, this may be largely invisible to you. Changes that occur subtly, over time, usually seem minor in our minds.

Yet you will certainly notice more internal peace. And your relationships will become more authentic and fulfilling.

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Ten Simple Guidelines for Shaping Your Outer Communications by Shifting Inwardly:

Although adopting the tips that follow may seem awkward at first, these brilliant-yet-simple guidelines will soon become effortless habits:

① Clearly State the Outcomes You Desire

"I *don't* want to have more than one glass of wine tonight!" will often fail. And one's real aim will prove elusive as one drinks more.

²⁰ The innovative Dr. Ronald S. Kurtz (1934-2011), a colleague and dear personal friend of this *GNOSIS* series author. Visit this link: <http://hakomi.me>

Instead, affirm what you wish to be/do/have by stating it as a positive intention. *For example:* “It’s Friday and I’m looking forward to enjoying a glass of wine tonight!” will better support the real aim.

② Eliminate “not”

The unconscious mind is generally *deaf* to the word “not”, and it thereby absorbs a message opposite to the one you intend. (“I do *not* want to feel upset when I talk with him/her about this,” will lead one to feel –more than likely– upset.) In other words, “not” produces contrary, undesired results.

Instead, clearly affirm what you wish to be/do/have in a positive way per #1. (“I will discuss this concern calmly, wisely, and compassionately. He/she will appreciate it.”) The unconscious mind will respond well to positive clarity.

③ Stop “try-ing”

The unconscious mind hears “try” as a prediction of failure. (“I’ll *try* to call you back in 30 minutes” actually means you’ll likely call *later* for ‘good’ reasons.) “Try” unconsciously invisibly programs one’s best efforts to fail.

Instead Consider an Alternative for Yourself and Others: “I’ll aim to call you back *after* I get home *and* handle a few things. My best guess *at the moment* is that I’ll be able to phone in an hour or so. Would this work for you?”

④ Forget “why”

‘*Why questions*’ are often statements, opinions or judgments disguised as inquiries. (For example, “*Why didn’t you buy me that book?*”) In response, the other person may react defensively—regardless of whether he/she shows it. And the recipient of such communications feels unconsciously challenged to justify, explain, convince or evade with a tendency to offer rebuttal judgments. (“*Are you serious? Don’t you have enough books?*”)

The results from ‘*How come?*’ can be different when asked with real curiosity and a desire to understand. *For example:* “I’m interested, how come...? “Oh, tell me more....” can work wonders. Your unconscious mind loves to feel understood. And other people tend to respond with similar appreciation.

5 Adopt “Yes, and...” as an Awesome Reply

“*Yes, but....*” is a conversational habit that most people adopted from early-life authority figures. At an unconscious mind level, the inner child feels blocked, challenged, argued with, opposed, rebutted, and/or invalidated. This is why “*Yes, but....*” tends to elicit an inner defensive reaction that halts internal rapport and incites internal conflict.

Using “*Yes, and...*” will assist you in operating with greater ease. This also will enhance rapport with others as they feel that both their intent has been understood and their message heard. Hence, they will feel more listened to and seek cooperation with a conversational partner as communication flows.

6 Welcome Wishing!

“*Want & wanting....*” signify lack and lacking to the unconscious mind – with no specific point in time when some relief from lacking will occur. So, if you “want” to be happy, you will be more likely to stay contracted, thereby finding that the state of happiness you desire is mysteriously elusive. ‘Wanting’, like guilt, is hugely counterproductive.

I wish, seek, aim, intend, etc. to feel happy are excellent alternatives, as they will bring more of what you desire. And they invite self-responsibility, an added bonus.

7 Push Polarity Aside

Most people react to the mental ideas or emotions that arise in their inner conversations (a near universal human tendency). They then treat themselves just as they treat others. With the intellect disagreeing, and saying “no”, which produces internal conflict. Or even caving in to themselves with an acquiescent ‘okay’ – which is as dismissive as a cynical teenager responding with “whatever”. It short-circuits deeper levels of self-understanding.

Start by having internal curiosity about your own inner conversations. This will lead to improved inner rapport and partnership. You might well be surprised by the hidden dynamics lurking unnoticed! In this way, you eventually will find it easier to relate to others by reflecting in neutral words

what you understand another to be saying—without adding *rapport-stifling evaluation*. All parties will then feel more at ease. Like your unconscious mind, others enjoy being heard.

8 Muzzle Meddlesome Mindreading

Most people have a habit of reacting to another's presumed agenda without truly understanding it. They may then feel instant disagreement with (or quick dislike for) another's statements or actions. This pattern comes from your own *inner parent's* intellectual pattern of overruling the unconscious mind—*without ever realizing how diligently your well-meaning inner child strives to keep you safe*.

The alternative is, again, to have *curiosity* that gently assumes your unconscious, inner self has a simple-but-unseen positive intention. By doing so, you'll lighten up internally. And you will find it easier to focus on the positive intent to be discovered behind another's words or seeming 'position'.

9 Shed Sarcasm

Many people say the opposite of what they truly mean as a 'clever' communication tactic. In effect, though, this *often* is a disguised expression of judgment and hostility using a sardonic tone. Such covert methods of discharging unacknowledged, low-level anger—for which a person denies personal accountability or ownership—are insidious. (e.g., "Oh, that's just great!" in drily referring to an obvious or foreseeable mistake.) Although some cultures genuinely value 'dry wit', it is a different type of expression—*i.e., more like a humor 'art form' without the toxic undercurrent of hidden anger*.

Instead, consider saying precisely what you mean. For example, "I dislike..." or "That was avoidable...." There is considerable wisdom in the old-fashioned expression: "*Say what you mean and mean what you say.*"

10 Vanquish Victimization!

Without ever realizing it, many people view life from an unseen victim mindset. And there is ample 'evidence' that seems to prove their sad stories to

be true by ‘unmasking’ life as a flat earth of helpless circumstances. Moreover, victimhood tales are ‘verified’ widely – by family, friends, the media, lawyers, government officials, therapists, religious authorities, and the greatest communication tool (and gossip device) ever invented: THE INTERNET.

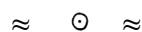
At victimization’s core, there is a ‘powerless consciousness’ that manifests as finger-pointing and excuse-making rather than 100% self-responsibility. An entire book could be devoted to this topic. It is a vast subject. Researchers refer to this mindset feature as perceived “Locus of Control”. It is a generalized ‘meta-feature’ that can span a spectrum from external (*attributing power to outer circumstances*) to internal (*holding an inner view that one is fully responsible for one’s experiences in life*).

You will gain by focusing on your own thoughts and language. It helps to feel authentic curiosity about spotting tendencies that deflate your personal power to participate in life. If you are unblinkingly honest with yourself, you might be surprised to discover what you will find.

It usually works best to start with something simple. For example, one of the most common expressions of powerlessness and implicit victimization pertains to perceptions of limited time. People often lament: “No, of course I didn’t get that done.... *I just didn’t have time!*”

Yet the obvious truth is that every person on Earth has a full 24 hours to allocate during *each and every day* of life. Our activities and schedules flow from individual choices –*whether conscious or reflexive*– in valuing certain courses over others. So, consider an alternative statement like this one: “No, I had other priorities to focus upon.”

With awareness and wise communications, you may ultimately discover a hidden truth: *People invisibly limit themselves by habitually surrendering personal power in daily life.* In other words, we have met the wizard and she/he is each of us.... So you might consider banishing the ‘blaming habits’ as well. It is a stealth enabler that feeds victimization perceptions and deters people from empowering themselves. Banning blame and vanquishing victimization will produce personal payoffs; namely, you will be rewarded by subtly enhanced internal peace, which will eventually enrich your connections with others.



A CLOSING COMMENT. Volume I describes some specific aspects of life in Ancient Atlantis as preserved in various fragments of esoteric lore. In that high society –which Pythagoras described as ending cataclysmically about 13,500 years ago– there was a dramatic public event every fourth year. It was known to those people as their “Pau Day”.

Atlanteans were deeply aware of celestial movements, so they inserted an extra calendar day on a systematic basis. That *Pau* day every four years kept the calendar in sync with our planet’s solar rotation. There were just as many days as in our current calendar over each four-year period: 365, 365, 365, and 365+1.

The *Pau* was marked by a vast party – a grand celebration after another 1,460 days had passed. It was a festive day during which every relationship became spiritually equal in a great holiday of mirth and mingling.

On the quadrennial *pau* holiday, everyone passionately celebrated as equals. People avidly shared excitement about each other’s progress. And their sense of humor was cosmic and buoyant – without the hostile, sarcastic patterns so common today. Since all individuals were implicitly recognized as being in charge of their own *evolution in soul consciousness*, any misguided notion of victimization was simply unfathomable.

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On the surface, there seems to be nothing ‘earth-shattering’ about these 10 simple guidelines for re-shaping your Outer and Inner communications. *There is one guideline for each finger; you can patiently practice adopting a new one monthly.*

And, while our team has tested many such techniques, the 10 presented herein have been repeatedly verified as bringing greatest benefits to the most people. Many have reported that implementing these suggestions over time eventually empowered and transformed their consciousness in unforeseen ways.

Remember, you will make this shift *only once*. And you’ll never be able to return to former limitations. *So, enjoy the journey!*

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