



Be Glorious

Newsletter of the of the Order of Paladins

Volume I, Issue I

May I, 2014

Dates to Remember:

- Quarterly Reports due June 21st
- New moons May 28th, June 26th, July 26th. Full moons May 14th, June 12th, July 11th
- Beltaine May 1st
- Litha June 21
- Lughnasad August 1st
- Canada Day July 1st
- Independence Day July 4th

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Creating Your Own Reality *by Cassandra*

New beginnings are as exciting as they are terrifying. So much is possible; we have the ability to create the life we want, not the one that was necessarily handed to us. Given a blank canvas, how many of us focus on what could go wrong, rather than what could go right?

In my experience, I see many people complaining about what is wrong in their lives, things they wish were different, how someone or something wronged them or how they would be happy if only a certain situation were in place. What I don't see is any of these people getting up off their butts and doing anything about it. Are you one of these people?

Imagine what life was like in the late 1800s. Even in that age of technological wonders, the idea that man could fly was

considered preposterous. The common thought was that if man was meant to fly he would have been born with wings. That was their reality and had been for thousands of years. That all changed in July of 1901 with the Wright brothers at Kitty Hawk with their glider,

*Our intention
creates
our reality*

and 1903 with the success of powered flight.

I'm not saying that you need to go out and create an airplane from scratch—far from it! However, if you want certain things in your life, if you want

to bring a situation into being, then *do* something about it.

Chris Hatfield, the Canadian astronaut, in his autobiography "An Astronaut's Guide to Life on Earth" says the in the NASA program, they planned and practiced what they would do if things went wrong ... so they could self correct and continue on. They weren't expecting failure, but they were planning for it, *and still moving forward*. That is the key. You have the ability to paint that wall, get that new job, run that 5k, change your outlook, *and you know what to do if you get off track*.

Surround yourself with that which you wish to be.

If you want happiness in your life—be happy!

What are you going to spend your energy on—or whom?

Spear Season

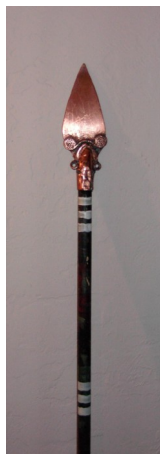
This is summer, the season of fire, starting at Beltaine and including Litha, the summer solstice.

The Spear is a phallic symbol, and the celebration that marks the beginning of this summer season - Beltaine - is a celebration of sensuality and life. This is the time when energy is running high and hot, when it's time to "get 'er done."

Spear season was considered the campaigning season for warriors in ancient times, a time when the weather was most conducive to following through on actions and achievements, whether they be driving cattle to their summer pasture, nurturing that which you have planted and watching it grow, or moving forward on your campaign of conquering something in your life that needs changing or achieving.

So what's your battle plan?

"Real
Copper
Spear"
fashioned
by Rick
MacKai





Lord Kerr Cuhulain,
Preceptor General

*"The scholar
does not
consider gold
and jade to be
precious
treasures, but
loyalty and good
faith."
Confucious*

Kerr's Korner - Energy Work by Kerr Cuhulain, Preceptor General

Many people go through life oblivious to the universal sea of energy surrounding them and even unaware of the life energy flowing through themselves. They lack the sensitivity to the currents of energy surrounding them which would allow them to tap into them. The energy surrounding you can affect you in many ways, so it makes sense to develop the ability to sense it, to read it, to screen it, to use it.

It is necessary for you to develop a sensitivity to chi in order to use it or deflect it. This is what the ancient practice of Qigong or Chi Gong is all about. Many people approach me wanting to know how to build up defences or what kind of armour to put on to defend themselves against negative energy. I teach them that they don't need battlements and armour. What they need to learn is how to "swim". That is to say, instead of walling yourself off from the world to try to keep the bad stuff away, you learn to make your way through the currents of energy, tapping into the currents of energy that you want and deflecting the negative currents that you don't. Defence against negative energy is not so much a matter of putting up shields: rather it is a means of becoming "slippery" so that the negative stuff can't touch you. In order to do this, you need to start by learning how to sense and read that energy around you.

The problem with putting up wards or psychic walls is that it doesn't just keep out the bad stuff. It also keeps the good stuff out of reach. You really don't want to do that, because there are many benefits that arise out of those

positive energetic connections. There may be fearful things out there, but it is better to face those fears head on and deal with them.

Your existence depends on a constant flow of energy within you, yet most people are oblivious to the energy within as well. Sensitivity to the flow of energy within is part of maintaining a healthy body, yet many in the Western world make no effort to do so. These people, disconnected from the energy within and without are then mystified by conditions that overwhelm them, conditions they could easily control if they had this energy awareness. Learning how to see and direct the energy within you will help you to maintain a healthy lifestyle. Learning how to recognize the external energy will allow you to read the currents of energy around you and "swim" through them, refueling from the positive currents, avoiding the negative whirlpools, and steering a productive course through life.

This ability to navigate and use the currents of energy is known as wu wei in Chinese martial and medicinal arts. Wu wei means "non doing" or "empty action", which may sound confusing to someone in the Western world. Wu wei refers to the ability to "go with the flow" of the universe around you. Athletes refer to this as "being in the zone", where timing and form is perfect and seemingly effortless. An ancient Taoist saying tells us to "forget yourself and follow the Tao", which means to follow the natural flow of events in which you find yourself. If you teach yourself the ability to sense the energy without and within you can do just that: go with the flow of

energy.

I've been following the Wiccan path for over four decades now. This path has certainly shown me and others in my spiritual community that everything is connected to everything else. It has taught me what one can do if one claims their power and uses their will to direct energy. Other Neo Pagan spiritual paths teach basically the same thing. We recognize our connection to the energy around us and our ability to do magick and healing with it, just as they do in Eastern cultures. However, many in the Neo Pagan communities still experience a disconnect from that universal energy without and within. This disconnect comes from the ceremonial magick that so many who share my Wiccan and similar paths inherited from our founders. In that system energy is treated as separate from us and is controlled through an approach that views the universe as a machine that is activated through the use of the right words, sounds, actions, and timing. Ceremonial magick teaches one to invoke or evoke external powers, enticing or forcing them to obey the magician and treating power as something essentially out of reach. The source of power is seen as originating outside of the magician or energy worker, seen as being external and elusive.

I rejected this external system decades ago, becoming a steward of universal energy. My power does not come from dominating a universe that is external to me, it comes from mastery of a universe that is part of me. It isn't about dominating outside forces, it is about directing energy with my will, giving birth to reality using the en-

Approach of the Storm - by Emerald Rain

Ionic Orgasmic Sky
Electric Fingers Clutch the Air
Ions Dance Free so Unaware

Moans of Distant Thunder
Seduce the Hills
Building Power, Breaking Wills

Bold Wind
Undresses the Trees
Leading Barren Tops to their Knees

Beckoning Lonely Clouds to Seize
The Storms Momentum without Hesitation
Quiet Earth Waits in Anticipation



(Energy Work - continued from page 2)

ergy within and without. I don't need magical weapons, sigils, talismans, or wards to protect me from nastiness and negativity. My will prevents negative things from touching me.

Full realization of this connection led to me first diverging from the mainstream of Pagan religion, because martial arts taught me the Eastern way of thinking about energy. Like Neo Pagans, practitioners of T'ai Chi and Qigong believe that everything is connected to everything else. Unlike many Neo Pagans they do not treat energy as being separate from them. Indeed, Asian schools have created elaborate systems to help their students understand the deep connections with energy, how to sense the currents within and without, and how to use these currents. One of those Asian schools is Qigong. Qigong consists of two words: The first, chi or qi, means life energy or breath, and the second, gong, means skill. So Qigong is the skill of developing life energy. In short, energy work. It is this approach that I incorporated into my practice of Wicca, greatly simplifying my practice while enhancing my power.

In the 17th century philosopher René Descartes summed up his Cartesian philosophy with the

statement "I think, therefore I am". This statement tends to set the mind apart from the physical body and the energy around it. In Eastern traditions the approach can be summed up by the statement "I feel, therefore I am." This allows one to encompass everything around us, which is essential if you intend to do energy work. A large part of what I'm trying to teach in this book is ways of reconnecting with the world



around you, ways to feel that energy within and without.

There is an old martial arts adage: "Chi follows I" (pronounced Chee follows Yee). "I" is intent and "chi" is energy. I've adopted this as my definition of magick: Energy follows intent. If you understand this, you can accomplish anything. Another old Chinese adage tells us "No I, no Chi". If there is no intent, there is no energy. In other words it is your mind and your intent that directs chi. There is an old Zen adage, "munen muso," which means "where there is no inten-

tion, there is no thought of moving." In order to utilize energy, you must use your intention or will. So part of what I want to do in this book is to show you meditation exercises to develop your will to make it easier for you to move chi around as you want it to.

There really isn't such a thing as negative energy. Energy isn't intrinsically good or bad, it simply is. It is the use that you put energy to and the intent that you attach to energy that makes it good or bad. So when people talk of "negative energy" they are really talking about energy with hate or anger or other destructive emotions attached to it. Strip these emotions away and the energy is harmless. What harms most people isn't "negative energy", it is dealing with the baggage that comes along with this energy. The true problem most people in the Western world have is a surplus or lack of energy within. In other words, an imbalance of energy. Difficulties dealing with unwanted energy or seeking needed energy is what defeats most people.

Loyalty by Cassandra, Chancellor General

When we think of loyalty with generally think of the traditional three: given to a person, a thing, or a concept. You can be loyal to specific *people* such as a friend or a partner, to an employer, or to a teacher, among others. Many people are loyal to certain *things* such as brands (look at the rabid Mac users!), positions (the President, the Queen) or *concepts* (such as religious or philosophical). If you look at your own life you will see various levels of loyalty to the people, things and concepts around you. Have you ever really considered where your loyalty is, to what degree, and why?

When I was 18 years old, I finally had a name for what I knew that I had been for years - pagan. I soon refined it even further to Wiccan. I even went so far as calling myself a witch, but only in the deepest, most private places in my soul. It was an incredible relief to me to know that, among other things, I wasn't crazy.

It's been a long and bumpy ride since then. I've read enough books to fill a small bookstore. I've written and published articles. I've studied with half a dozen people. I've been a part of numerous groups. Things change, people change and our practice changes. But one thing I've always been is loyal to *myself*.

I imagine you're scratching your heads right about now, wondering what the heck I'm talking about. Loyal to myself? Huh? Let me explain.

Like many things on this Wiccan path we follow, I see loyalty as a three-fold concept; loyalty to the physical, loyalty to the mental, and loyalty to the spiritual. Each one has played a key component in my choices, and helped me to find my way here.

Loyalty to the physical is pretty basic for me. I have to do what keeps my body safe and healthy. Those crazy Christians who handle snakes? Not so healthy. Following a path that espouses treating one's body like a temple - much more my speed. I actually learned how to meditate while doing Tai Chi, an exercise that was suggested to me by one of my previous teachers. With Wicca we start off our practice using tools for everything, until we reach that point where we realize (spoiler alert!) that we are the tools. For my body to be the best tool it can be and give me the best service and results, I need to treat it well. Every time I've lost sight of that the rest of my life has suffered. Loyalty to the physical allows us to open ourselves up to the mental and spiritual.

Loyalty to the mental for me is absolutely essential. Just like the rest of my body, my mind needs exercise. It needs to move and grow and exercise. I need to read, to create, to discuss, to debate. While studying previously with different groups I had been given a long list of books that I "should" read, without allowing me to incorporate the knowledge into our practice. Working with this Order is the first time that I had been encouraged to find what fit, to mix-and-match, and bring it all to the table for the rest of my brother and sister warriors to inspect and dissect. Finding what works is the key

here, and we are not bound by any imaginary lines drawn in the sand. We borrow freely from those who have walked before us and crafted tools that work. Our job is to find them and utilize them.

Loyalty to the spiritual is what ties it all together. Everything that I do, everything that I say, and everything that I think and feel all feed my spiritual journey, which in turns fuels everything in my life. Without being true to my soul and the connection I feel there with the earth around me and the flows of energy that have always washed against me, my whole life would be a lie. The Order of Paladins helps me give voice to the strength in my soul. The precepts have helped give words to what I know in my heart is solid. Lord and Lady, look at the tool I have fashioned, and honed, and utilize in your service.

Walk the walk.



New Requirement for Mastering - The Quest

There is a new aspect to the Order being introduced: **The Quest.**

As a review for those of you who are mentoring, here are the three cycles in the Order's training.

The first is the *Uathach Cycle*, where you leave the mundane world and start down the Warrior path and discover yourself, becoming a Squire.

The second is the *Scáthach Cycle*, where you learn what to do with this knowledge and become a Knight.

The third cycle is the *Aoife Cycle*, where you return to the mundane world to help others down this path, becoming a Master.

To assist in this transition back to the mundane world

and establish a habit of service which exemplifies the example that we of the Order wish to set for those around us, the new requirement is for Masters candidates to choose a quest: a project, a great work, a service that can be engaged in to assist the community.

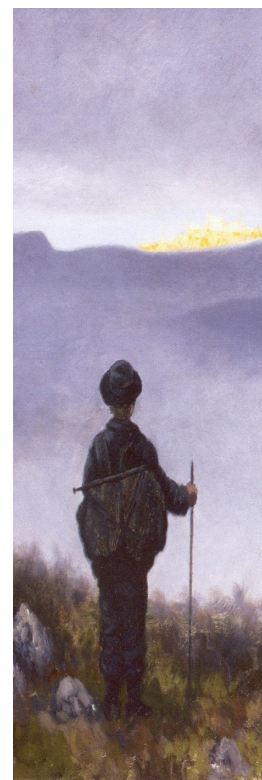
Examples of such service include chaplaincy work, inter-faith projects, public service work, volunteer work, etc. This could be a project or enterprise that the candidate is already engaged in, or it could be

something new. There are no limits, so encourage your students to be creative!

Candidates for Mastering must register their proposals for their Quest with their Chancellor prior to their Mastering Ritual to ensure that it meets the standards required.

Lesson 19 has been updated to reflect this change, so please take this opportunity to review the lesson.

As always, your feedback is appreciated.



The difference between a black belt and a white belt, is that she kept getting back up.

Stagnation by Cassandra, Chancellor General

Coming out of the winter doldrums is a slow, sometimes painful process. Growth begins again, we stretch toward the light and think about what we wish to accomplish in this coming season of growth. For a number of us, that includes our studies in the Order.

I have a student who has been stalled at a certain lesson for quite a number of months now. I don't push, I don't berate. We all grow and learn at our own rates. However, Newton's First Law of Physics relates just as much here as it does in the laboratory; *an object at rest stays at rest and an object in motion stays in motion with the same speed and in the same direction unless acted upon by an unbalanced force.*

When we get stalled in our studies, quite often because we come to a concept that we find difficult, it's easy to just let everything grind to a halt. Sure, you tell yourself that you're just thinking about it, trying to decide what it means to you, or how you want to approach it, but let's be honest with ourselves, shall we? You just don't want to face it!

We've all been there. Repeatedly. When you try to avoid something, it's generally because it's painful or it scares you. Human nature generally encourages us to run away, to protect ourselves. Whatever it is, it can't be worth the pain and effort, right?

One of the most difficult things we are tasked with in the Order is to run toward that which scares us. When we are uncomfortable it means we are investigating our boundaries, something that we should be doing on a regular basis. We don't give ourselves any room to grow if we keep our minds and emotions penned up, confining ourselves.

Beliefs change, thinking changes, boundaries change as we become more knowledgeable about ourselves and the world around us.

Whether we choose to keep those boundaries where they are or re-write them, that can only be ascertained when we regularly check the fencing. Until that happens all you're doing is stagnating.

Generally what is required is that an "unbalanced force" be applied. These forces can be just about anything, and generally different for everyone. May the energy that I've put into this article contribute to *your* force and encourage you to move forward into growth.

Be glorious!

*Iron rusts from disuse;
water loses its purity from stagnation ...
even so does inaction sap the vigor of the mind.*

Leonardo da Vinci

Preceptor General:
Charles E (Kerr Cuhulain)

Chancellor General:
Caroline L (Cassandra)

Inspector General:
vacant

Secretary General:
vacant

Treasurer General:
vacant

Be Glorious!

CURRENT MENTORS

Lord Kerr Cuhulain
Lady Cassandra

Precept & Chivalric Code for this Season

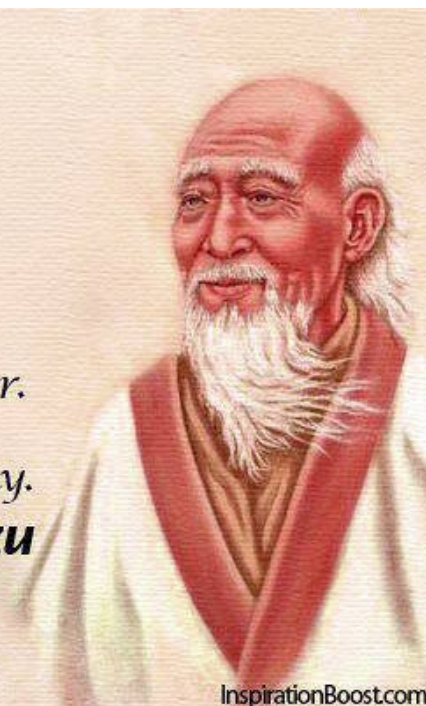
Precept—You create your own reality

Chivalric Code—Loyalty

The Order of Paladins defines warriors as those who make fearless and objective inventories of their personal characteristics and then use this information to take control of their lives. They are also expected to uphold thirteen warrior precepts and strive to integrate chivalric values into their actions both inside and outside the Order. Precept/Chivalric Code essays can provide support with all of the above. Current guidelines suggest that students reflect upon how that month's Precept and/or Chivalric code applies to their lives. Where do they hit the mark consistently? What are areas for improvement? What does the Precept mean for them? What steps will they take to live a principle more fully. The student then completes a one page self-reflection essay based on the Precept and/or Chivalric Code and submits this to their mentor.

*Watch your thoughts;
They become words.
Watch your words;
They become actions.
Watch your actions;
They become habits.
Watch your habits;
They become character.
Watch your character;
It becomes your destiny.*

Lao Tzu



InspirationBoost.com

Contributions Wanted

Have you got a technique that you would like to share with the members? How about an experience or situation from yourself or one of your students? We want to hear from you!

Photo contributions, book reviews, or any other information you'd like to share are welcomed as well.

If you'd like to see your words in print here in Be Glorious, forward your article to cassandra_ca@yahoo.com no less than two weeks before the scheduled publication date to ensure inclusion.

The next publication is set for Lughnasad (August 1st), so please have your submission in no later than July 15th.



**Release your inner creativity -
we want your submissions!**

