

MYTHWORKS

presents

ALPHA BABES

Women of Mythic Significance

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STRUCTURE OF MENTAL/THOUGHT PLANES

DIVINE MIND

Formless, as in not grounded in the 3-D world. The highest realm man can theoretically reach. Concepts. Pure Consciousness.

ABSTRACT MIND

Abstract Thought Forms still in perfection, not distorted by personality, culture, time and space.

CONCRETE MIND

Accessible Thought which can be worked out with the Emotional and Physical bodies into (respectively) fluid and solid form.

The Concrete Mind then has three layers:

THE REACTIVE MIND

Half-mental/half-emotional reactions of automatic response based on backgrounds of family, education, religion, authority, etc. Ideas are seldom registered here and if they are, are considered false. Reactions to new ideas are fear and antagonism.

Irrational conduct determined by the environment.

THE ORTHODOX MIND

Less emotional, more logical, open to new ideas which don't threaten the orthodox foundation and come from recognized authority. Cannot relate separate fields of thought. No synthesis.

Argumentative, procrastinating, builds illusions.

THE IMAGINATIVE MIND

Not dominated by its own past or environment. Flexible. Contemplative. Synthetic. Imaginative. Artistic. Can re-use old ideas in new ways.

Torn by the dichotomy of angst and joy, realization and failure = the pairs of opposites.

EXPRESSIONS ON THE MENTAL PLANE

Each of the seven planes of the solar system [physical, emotional, mental, intuitional, spiritual, monadic, divine] are composed of seven sub-planes.

The middle layer of each plane is called its "Heart" and is that pivot point where the preceding and proceeding planes touch in and from which they emanate.

The Heart of the Mental Plane is where the life of the Soul enters the mental plane. Below it then are the next three. We can recognize them by their products.

4th sub-plane/Heart = Soul enters Mental Plane w/access to Abstract & Divine Mind.

5th sub-plane = meaning

6th sub-plane = geometry, structure, symbol

7th sub-plane = language, concrete mind

Compare the above to the sub-planes of the physical:

5th = gasses: electrical

6th = liquid: neurochemical, axons

7th = solids: cellular

ADAPTING THE MENTAL PLANE TO HIGHER FREQUENCIES

The Path of Initiation suggests a Clearing Process for the person wishing to achieve higher realms of thought:

1. Cleanse the lower mind of all old ideas, traditions, etc. which are constricting but retain those essential to physical health and growth.

2. Reassess orthodox concepts of standards and values, going higher into the abstract thought behind them and work from that higher concept of Truth.

3. Remove self-imposed limitations to the growth of consciousness.

AJNA FOCUS MEDITATION

Sit comfortably in an upright position with eyes closed and begin to breathe deeply.

PHYSICAL BODY RELAXATION

Take a deep breath and fill the legs with light, all the way to the toes. Breathe out and release all tension, relax the muscles of the feet and legs.

Take a deep breath and fill the cavity below the diaphragm with light and a sense of well-being. Breathe out and release all tension, relax the muscles of the stomach and the lower back.

Take a deep breath and fill the chest with light and a sense of well-being. Breathe out and release all tension, relaxing the muscles of the chest, the shoulders, and the back.

Take a deep breath and fill the arms with light, all the way to the tips of the fingers. Breathe out and release all tension, relax the muscles of the hands, the arms, the shoulders.

Take a deep breath and sense light swirling around the neck and throat in a counter-clockwise direction. Breathe out and release all tension, relax the muscles of the throat, the neck, the shoulders.

Take a deep breath and fill the entire head with light. Breathe out and release all tension, relax the muscles of the neck, the base of the tongue, the jaws, the muscles of the ears, the scalp, and the muscles behind the eyes.

Breathe deeply and fill the entire body with light. Breathe out all remaining tension and knowing that it will obey, command the physical body to be completely at rest, in a state of perfect well-being.

EMOTIONAL BODY CALMING

Now tighten your attention up to the frequency of the Emotional Body. See the emotions as a body of water. Observe the ripples, the turmoils, the patterns of the emotions.

Know that you are not your emotions: you are a consciousness which has emotions. Recognize that you share the emotional body with that of humanity; that some emotions in your field may not belong to you. Know that all of humanity has access to the emotional field.

Begin to calm the emotions via your conscious will. See the pool of water becoming still and calm. Do not suppress the emotions, but calm them. The emotions are the power-factor of manifestation: you want them ready when necessary, but always under your conscious control.

As the emotions become calm and tranquil, begin to see that they reflect the higher energies. The surface becomes as a mirror, capable of perfect reflection.

MENTAL BODY POISE

Knowing that your emotional body is now calmed and reflective, tighten the focus of your attention and move up to the frequency of the Mental Body.

Consciously perceive the mental body, your thoughts, the thoughts of others, the thoughts of humanity past and present. See the lines of connection, the geometries of relationships, the progressions of thoughts. See the places where thought patterns are snarled, obscure, or exerting undue influence.

Know that you are not your thoughts; you are a consciousness which has thoughts. Recognize that you also share the mental field with all of humanity and by the awareness and control of your own thoughts you can affect the mental body of humanity.

Begin to arrange the thoughts into order and poise. Perceive and create proper relationships.

Lovingly order the mental plane to become alert and aware.

THE AJNA FOCUS

Knowing that your mental body is poised and alert to the higher energies, tighten the focus of your consciousness and move into the Ajna Centre. Perceive it as a small golden sun in front of the forehead.

Take a deep breath and bring all consciousness remaining in the physical body up into the Ajna.

Take another deep breath and bring all consciousness remaining in the emotional body up into the Ajna.

Take another deep breath and bring all consciousness remaining in the mental body up into the Ajna.

Completely focused in the Ajna Centre, know that you have perfectly integrated and balanced the three-fold instrument of your persona: the physical, emotional, and mental bodies.

Now holding your focus in the Ajna Centre, turn your attention upward to receive the insights and energies of the overshadowing Spiritual Soul.

Hold in that receptive stillness for a while, knowing yourself in the Ajna Centre as “receptive to the higher alignment; causative to the lower alignment”.

Now still holding the Ajna Focus, relax the attention slightly. Take a deep breath, and return to the here and now.

A QUICK VERSION

Take a deep breath and relax the physical body into a state of complete well-being.

Take a second deep breath and calm the emotional body into a state of perfect reflectivity.

Take a third deep breath and arrange the mental body into a state of perfect poise and attention.

Take your position in the Ajna Centre. Turn your attention upwards and become consciously receptive to the higher alignment. Hold your focus as the neck of the hourglass: “receptive to the higher; causative to the lower”. Slightly relax the attention into the here and now.

SUGGESTED PRACTICE

As a daily morning focus, this is great. It’s also a good before-sleep calming device.

As you begin to shift your focus of awareness from thinking of yourself as a personality with a soul to a soul expressing in this time and place as a personality, you might pick a key-word and every time you hear or speak that key-word, place yourself in your Ajna Centre.

You will eventually begin to sense the shifts in frequency as you move around from Emotional focus to Mental, to the balanced integrated Ajna Focus. That awareness will make it all the easier to find and hold the Ajna Focus.

Remember that the icon for this Centre is the Warrior Prince Arjuna in his chariot. It’s being pulled by three horses: the physical, emotional and mental bodies all going in the same direction at the same speed. The Chariot Driver is the god Krishna. Symbolically then, the persona [Arjuna/Ajna] is being directed by the overshadowing spiritual soul and it uses the three-fold body to accomplish its service in the here and now.

A salutation of the Wisdom teachings which embodies quite well the Ajna Centre is - “LOVE, LIGHT, & POWER”.

ALPHA BABE QUALITIES

WISDOM, COURAGE, COMPASSION - Pallas Athena

CAPABLE, INTELLIGENT, ADVENTUROUS - Isis, Diana, Athena
They OPEN AND SECURE NEW FRONTIERS

INTEGRITY & LOYALTY - Brunhilde, Isis

-- as a leader, forgo the search for blame and take up responsibility

DISCRETION

Don't give away your own secrets.

Don't give away others's -- don't gossip.

Contrary to popular promotion of intimacy, Americans in general tend to be sloppy with their emotions, their intimacies, and their secrets. And that's one of the major complaints by men about women. And by women about other women.

Don't talk about your personal life. "My personal life is my personal life." Sec State Madeline Albright

When you open yourself up to people emotionally, you open yourself up to people emotionally. Solar Plexus stuff. Stay in Ajna.

"I think that we do a great disservice to ourselves as citizens, by constantly invading the privacy of public people, because what happens then is that the public person becomes more and more on guard, less real, more hollowed out and you don't see the person that you originally saw." Hillarie Clinton

ADAPTABILITY & TOLERANCE OF AMBIGUITY

The Heisenberg Uncertainty Principle, Schroedinger's cat. Not either/or but both/and. Chinatown: My mother, my sister,

Truths are always Paradoxical. Remember the Zen Koans which are designed to warp you out of your orthodox thinking.

SENSE OF HUMOUR & SENSE OF DIGNITY

NEVER COMPLAIN, NEVER EXPLAIN. LISTEN. CONTROL.

Don't whine. [except to close friends]

Don't emotionally blame others, give facts of observation.

“The first commandment is you can't quit. The second commandment is you can't cry.” Linda Obst, Producer of **THE FISHER KING, SLEEPLESS IN SEATTLE**, and author of **HELLO, HE LIED**

DETACHMENT & HARMLESSNESS

UPHOLD THE GOOD, THE TRUE AND THE BEAUTIFUL not the nice, the comfortable and the pretty - Pallas Athena

DEFEND THE WEAK AND THE INNOCENT, not the lazy and the stupid. They RIGHT WRONGS. - Pallas Athena, Boedicea, Joan of Arc

INDEPENDENCE - TOWARDS CONSCIOUS INTER-DEPENDENCE

GROUP CONSCIOUSNESS - GREATER GOOD GREATER NUMBER

We must drop our tribal chauvinisms and identify ourselves and others as individuals participating in the experience of Humanity as a whole.

CONSCIOUS CREATIVITY - for results that are INTELLIGENT, SELF-INDUCED, and PERMANENT

NOBLESSE OBLIGE = SELFLESS LOVE AND GIVE-BACK

-- privilege involves responsibility

-- to be a proper conduit of higher power, judiciously applied

HOLOGRAPHIC VISION

-- look for others' motivational centres, then hold a higher one

-- study fractals, chaos & complexity theory for patterns & systems

SELF-IMPOSED DISCIPLINES - DIETS, EXERCISE, WORDS, THOUGHTS, EMOTIONS, BEHAVIOUR, STUDIES, PERFORMANCE

-- set an ideal of your true best self in your mind as a template

-- begin and end your day by stating aloud your purpose

However, remember what Nietzsche warned - “Beware when casting out your demons you cast out the best part of yourself.”

COURTESY, POISE, ETIQUETTE AND MANNERS -

“...she must combine the seductive wiles of the courtesan with the unapproachable majesty of the virgin goddess, holding these attributes in tension so long as the powers of her youth endure. For when youth and beauty have gone, she will find that the place-between once occupied by tension, has become a wellspring of cunning and resourcefulness.”

Frank Herbert DUNE

FOCUS & CONCENTRATION - like a laser

“Set favourable conditions and strike decisively in all that you do.”

Major Art de Groat, US Army

CLEAR THINKING, COMMITMENT, CONFIDENCE, CALMNESS

“To see clearly is poetry, prophecy, and religion -- all in one.”

John Ruskin

CURIOUS, SKEPTICAL MIND - Pallas Athena

-- the price of freedom is eternal vigilance. We are now in the Battle on the Mental Planes so this is even more vital

-- don't buy into censorship. Taste - yes. Censorship - no.

REVERENCE FOR THE 'ONE LIFE' IN ALL THINGS

-- don't support separatism in any form

-- invoke from higher, evoke from outer

-- namaste

INTUITION & INSPIRATION

Instinct, Intuition, Inspiration

Intuition not just a girl thing.

From Dr. Linda Seger's book *When Women Call the Shots* Pamela Jaye Smith is quoted on intuition: “knowing without any so-called factual evidence. It's listening to the little voice inside of all of us, paying attention. It's a kind of internal sight, the ability to read a situation. Intuition has been devalued, yet many men in the military have said that the quality they always use in combat is intuition. It's a big, big thing for the warrior.”

ENTHUSIASM

-- encourage Alpha-ism in others

JOY

-- support the Arts

SUGGESTED READING

AGE OF UNCERTAINTY, THE - Charles Handy

BACKLASH: THE UNDECLARED WAR AGAINST AMERICAN WOMEN - Susan Faludi

BEAUTY MYTH, THE - Naomi Wolf

CONCERNING THE SPIRITUAL IN ART - Wassily Kandinsky

CONVERSATIONS WITH THE GODDESSES - Agapi Stassinopoulos

DESCARTES' ERROR, Emotion, Reason and the Human Brain - Antonio R. Damasio

EROTIC SILENCE OF THE AMERICAN WIFE, THE - Dalma Heyn

ESOTERIC HEALING - Alice Bailey

ESOTERIC PSYCHOLOGY I,II - Alice Bailey

FAIRY TALES - Oscar Wilde

FRANCES MARION AND THE POWERFUL WOMEN OF EARLY HOLLYWOOD - Cari Beauchamp

GOLDEN BOUGH, THE - Sir James Frazer

GREEK MYTHS, THE - Robert Graves

HOLOGRAPHIC UNIVERSE, THE - Michael Talbot

HONEST COURTESAN, THE – Margaret F. Rosenthal

INITIATION - Elizabeth Haitch

INNER DRIVES – Pamela Jaye Smith

LANGUAGE OF THE GODDESS, THE - Maria Gimbutas

MAN AND HIS SYMBOLS- Edited by Carl Jung

MAN, GRAND SYMBOL OF THE MYSTERIES - Manly P. Hall

MARRIAGE SHOCK - Dalma Heyn

MYSTIC SPIRAL, THE Journey of the Soul - Jill Purce

MYTHWORKS – Alpha Babes

MYTHOLOGY - Bullfinch

MYTHOLOGY - Edith Hamilton

**NATURAL WOMAN, NATURAL MENOPAUSE - Christine Conrad & Marcus
Laux, N.D.**

**ORIGIN OF CONSCIOUSNESS IN THE BREAKDOWN OF THE BICAMERAL MIND,
THE - Julian Jaynes**

**PURSUIT OF LONELINESS, THE American Culture at the Breaking Point - Phillip
Slater**

REVIVING OPHELIA Saving the Selves of Adolescent Girls - Mary Pipher, Ph.D.

RUBAIYAT OF OMAR KHAYYAM - Edward Fitzgerald

SCIENCE OF THE SACRAMENTS, THE - C.W. Leadbeater

SECRET LANGUAGE OF SYMBOLS, THE - David Fontana

SECRET TEACHINGS OF ALL AGES, THE - Manly P. Hall

SEX AND YOGA - Elizabeth Haitch

SYMBOL & SYMBOLIC - Schwaller de Lubicz

SYMPOSIUM - Plato

TEMPLE IN MAN, THE - Schwaller de Lubicz

WHEN WOMEN CALL THE SHOTS - Dr. Linda Seger

WHITE GODDESS, THE - Robert Graves

WINGED PHARAOH - Joan Grant

WOMEN IN WORLD POLITICS - Dean Barbara Nelson, UCLA School of Public Policy

WOMEN LIVING SINGLE - Lee Reilly
