

# QUARTERLY

SPRING 2020  
VOLUME 95, ISSUE 2

*Spiritual Astrology Series: Aries*

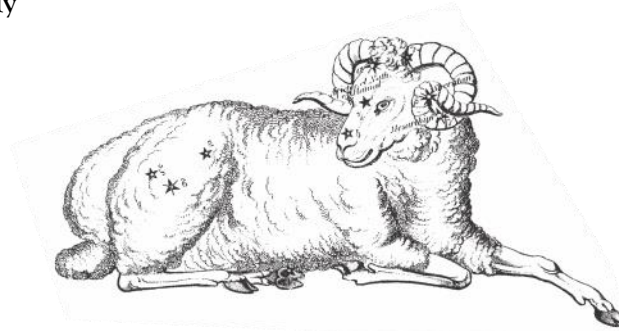


## Aries in the Quest for the Life of Spirit

Getting Ahead Spiritually

Margaret Dissinger

Aries is born of Mars, its ruling planet. Signified by the ram, it is on one hand bellicose and always butting its head; and on the other is being sacrificed throughout the ages to one deity or another cause. There seems to be no real middle ground for Aries: warrior or sacrificial lamb. In facing this dilemma for the search for spiritual mean-



ing, I was inspired to look at the archetypes represented by the Hero's Journey.

Our stories give our lives meaning. The repetition of story and myth throughout the ages has

taught us the absolute value of the stories of the conquering heroes. It is within this archetype that we are to find the direction to use our Aries energies toward our spiritual

*(Continued on page 4)*

## Spiritual Astrology:

Aries – I AM

Scenza

In the grandest sense, the Zodiac is a cycle, and therefore has no beginning or end. Just as a circle, all points on the circumference are equidistant from the central point, thus representing

equality of purpose and value. Applied to the symbolism of the Zodiac, no sign or date in the year is more important than any other; if any one of them were lost, the circle itself would be broken, and therefore cease to exist. Hence, in the broadest

sense, the Zodiac has no beginning or end, but plunges endlessly through the infinite cycles of time.

Still, from our human perspective, it makes sense to have an initiation point. We humans

*(Continued on page 5)*

### Inside this issue:

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### Special points of interest:

- Aries by nature is self-centered...enlightened Aries works for the common good so that the true liberty of Universal Welfare is realized.
- The Sun "dies" at the Winter Solstice ...Constant in its devotion to the notion of cyclical time, the Sun does not perish forever, but begins to incrementally fight its way back, as the daylight hours ever so slightly begin to lengthen once again.
- Students working on Course XIII, *Mundane Astrology*, can find the Cycle Charts that they need for the exam in this issue of the Quarterly.



# The Stellarian Honor Guard

For the period between October 1, and December 31, 2019

Regular Contributors form the solid foundation from which The Church of Light can grow. This column honors those who financially support the work of spreading the Religion of the Stars. Guardian Angels contribute more than \$500 in a quarter. The Stellarian Honor Guard includes those who contribute between \$100 and \$500 per quarter. We are grateful for your generous contributions to The Church of Light.



*“The heart that gives, gathers.”*

—Tao Te Ching

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**Editorial**

## New Beginnings...

By Margaret Joscher, President

As we embark on the new astrological year, we fittingly begin our new series on Spiritual Astrology by exploring the sign Aries. In this issue, Margaret Dissinger relates the energy and initiative of Aries to the classic Hero's Journey. Scenza delves into how the increase in light and the symbolism of the lamb correlates with Passover and Easter observances. Radine Ramsey profiles member, author and Order of the Sphinx Advisor, Alicemarie O'Neill, and we welcome our new contributor, Shawn Bailor, who takes a look at the US 2020 Cycle Charts and some key aspects.

Sprinkled throughout this publication you'll find tidbits regarding the wonderful work of some of our volunteers who contribute their resources in supporting the Church's mission. Thanks to our members' generous donations for Response Day, we were able to purchase a new printer and other needed equipment. An unexpected, but welcome, estate bequest at year-end also enabled us to replace our plumbing, which as these projects often do, ballooned from a small project into a big one. On page 18 you'll find more details and a photo of our intrepid plumbing warriors, Phil and Andrew, hard at work.

One of the key projects we currently have underway is the development of an online curriculum, The Academy of Hermetic Arts. We have a small team of volunteers uploading the 21 BofL courses and exams to a web-based learning software system. Our goal is to go-live sometime this year and we'll announce the date once we have successfully collaborated on the best chart to launch the web site.

Our auxiliary group of Hermeticians, The Order of the Sphinx, has grown to 55 members. As in the past, the Order will be sponsoring our 2021 Convention, planning for which will begin in a couple of months. If you have any suggestions for Convention or would like to be a speaker, please contact me: peg@light.org. The Order is also conducting an interesting and lively review and discussion of the lessons and Award MS. For those of you working on becoming a Hermetician, it's good to know that there is life after Course 21.

Wishing all of you a spring full of renewal and hope....





## Aries Quest for the Life of Spirit (continued from page 1)

growth. The most enduring stories for every culture are those in which the hero/heroine goes forth on the quest to save the day, save another, defeat the dragon or the invading force. It is the primal energy of the first sign of the zodiac, our dear Aries, that embodies the energy that pushes the seeds out of their earthly home and the hero out onto the path of the quest. The process of the quest demands that the protagonist face challenges and come to own all the shadow material that is represented by the challenges and sacrifices which face him or her. In order to advance, a person must acknowledge and assimilate the character defects and find ways to transmute that negative energy so that it becomes a conduit for the strength and courage necessary to know him/herself completely. In order to do this, we must focus on the TRUTH about ourselves. It is only by continuing our honest search for self-knowledge that we can do the work necessary to build a spiritual body. Aries by nature is self-centered; however, an enlightened Aries exhibits the qualities of self-sacrifice and works for the common good so that the goal of the true liberty of Universal Welfare is realized.

Physical power, intensity, direct action, courage, sacrifice, chivalrous, challenging, daring, blood lust, passion, combative, dauntless, and aggression is just a short list of the words used to describe Aries. Aries is likely the first out the door to protect the inhabitants, and the last one to come back in demanding honor and rewards for the heroic effort. Aries is impulsive, headstrong and rash. How are we to find spirituality in these

qualities that are so attached to our shadow material: all that which must be assimilated in order to move forward in the spiritual life? We cannot deny that energy which in its purest form has at its core the urge to protect and save that which we love. We must know who we are at our very core of being, and we must assimilate all that may seem dark and unwieldy in order to become our very best and most spiritual self. In facing ourselves, we absolutely face the Divine within our souls.

Life bursts forth in Aries. Mars rules the sexual organs, our urge to procreate, and following our instinct to protect that which has been created. We use the feminine energies provided by the Moon as an antidote to transcend and transmute the more negative expressions of Mars. If we go back into the list of words above and read them with the love we have all seen come from our Aries friends and family, we see the key to our spiritual growth of the planets and key points in Aries as it applies to our personal horoscopes.

It is especially important to stay cognizant of major and minor progressed aspects in Aries. Because of the spiritual work we have done, progressions in Aries provide us with amazing opportunities to take this creative and powerful force for creation to start new projects and get new inspiration for those projects which need a boost. It's all about mindset, and transmutation of energy. Recently during an Aries major progression, (which I have to admit, I had not been tracking closely enough) all hell

(Continued on page 5)

*“Aries has been given the  
Key phrase, I Am, on  
account of those born under  
this influence, more than  
other people, viewing things  
from the standpoint of  
Individual survival and  
expression.”*

— C. C. Zain

Course 7, Spiritual Astrology

broke loose in my head: sinus infection, dental issues, a fall that left me with a permanent dent in my forehead. The moment I hit my head so dramatically, I took a hard look at my chart, saw what was happening, and began to apply the alchemical and practical steps to avoid complete chaos. As always, I asked myself, "How can this be used for my spiritual growth?" then began to write and act, using the tools in my spiritual toolbox.

A reminder here that you all have that same toolbox and those same tools. With this series; however, we'll add another important tool: meditation. In previous articles there has been a practice repeated of recognizing involved aspects and progressions, journaling about them and perhaps making art around them. Now let's add a meditative component.

## Spiritual Astrology: Aries — I AM

(continued from page 1)

are used to conceiving of the world and our experiences within it as having beginnings, middles, and endings. This notion of linear time is well embedded with the human psyche and often serves us effectively in describing our universe, though it is important to always remember the non-linear, cyclical nature of time, for it appears to be a closer approximation of the true nature of this universal construct.

The Western Tropical Zodiac is said to begin with Aries, which finds its point

For Aries, simply write the glyph we use in astrology on a half-sheet of paper and look at it. Take 5-10 deep and slow breaths while gazing at the sign, clearing the mind of all thought. You might repeat the number "one" as you inhale and "two" as you exhale, or you might even chant with each inhalation, "I Am" and repeating those words on the exhale. Begin by setting a timer for two minutes, but increase the time as you can stay more focused. At the end of the meditation or later, you may realize that some sort of inspiration around this meditation has come to you. Please be sure you write these down in your Spiritual Journal.

This is your quest; this is your life to be lived in truth and love; this is your opportunity to live that life of spirit here and now.

So Shall It Be

Copywrite 2020, Mountain Crone, Edcouch, TX

of initiation with the Vernal Equinox. In fact, it would not be at all in error to conceptualize the Zodiac itself as a symbolic representation of the annual circuit of the Sun. Metaphorically, the Sun is "born" at the Vernal Equinox, when the day and night are exactly equal in length, moving in the direction of increasing daylight. The Sun in its annual circuit achieves its zenith at the Summer Solstice, when the day attains its longest period, while the night suffers its shortest duration. From this point

(Continued on page 6)

*A pure heart open to the  
Light will be filled with the  
very essence of Truth."*

—Rumi





forth in the Zodiacal year, the Sun attenuates in strength. The forces of darkness first threaten to overtake the Sun at the Autumnal Equinox, when day and night are once again equal, but this time moving in the direction of diminishing day and augmenting night. Finally, the Sun “dies” at the Winter Solstice, when the Sun reaches the nadir of its annual movement, with the longest winter night finally overpowering the most passing period of daylight.

*“In this language of universal symbols [employed by the ancients] the winter half of the circle, in which the darkness exceeds the light, is representative of our physical world and its obscuring clouds of misconceptions. The spiritual world, and the spiritual life, are referred to the summer half of the celestial circle.”*

— C. C. Zain

Course 7, *Spiritual Astrology*

Constant in its devotion to the notion of cyclical time, however, the Sun does not perish forever, but begins to incrementally fight its way back, as the daylight hours ever so slightly begin to lengthen once again. At the Vernal Equinox, the Sun wins its way back to equality of strength, after which the cycle begins again, moving endlessly on in a cosmic measure of the changeable expression of the changeless.

Aries, then, traditionally marks the initiation of the cycle of the Sun. In many astrological environs, it is depicted by a ram, but Zain astutely surmises that it is more the symbolism of the lamb – sweet, unblemished, untarnished, young, innocent, and unsure – that applies here. This assertion is further strengthened by the fact that Pesach, the Passover celebration of the Jewish people, paradoxically involves the protection and assurance offered by the sacrifice of the purest, most gentle of the Zodiacal animals.

The Passover story is first described in the Biblical Book of Exodus. According to Sarah Gray, writing on behalf of [www.time.com](http://www.time.com), The Pharaoh, fearing

that the Jewish people were becoming too numerous, enslaved the Jewish people and declared an edict that all male children were to be killed. Baby Moses is saved by his mother, floated down the Nile in a basket, where he is discovered by Pharaoh’s own daughter, and then raised in the Egyptian court. After killing a slave master, Moses flees to the desert, and discovers a burning bush through which God reveals Moses’ mission: to return to Egypt and free the Jewish people from their captivity (<https://time.com/5188494/passover-history-traditions/>).

Moses returns to Egypt, approaches Pharaoh and asks that he let the Jewish people go. Each time that Pharaoh refuses, God sends a plague down upon Egypt. The tenth and final plague is the most terrible: the death of all the first-born children in Egypt. In order that they might be safeguarded from this apocalyptic event, the Jewish people mark their doors with the blood of a lamb. The plague passes over these households, safeguarding the Jewish children, and giving the holiday its moniker (<https://time.com/5188494/passover-history-traditions/>).

The Passover story is obviously and justifiably a story of great import and significance to the Jewish people, but they are not the only people to incorporate the symbolism of a sacrificial lamb in order to mark the transition from a world of darkness into a new realm of light. Christians also celebrate the sacrifice of the blood of the Lamb in the Easter story of Jesus Christ. In both cases, the universal symbolism is similar: a hero leads people from a world of shadows and

(Continued on page 7)

darkness into a new world of light through sacrifice and devotion.

Symbolically, the Passover and Easter celebrations mark the time of year when the Sun transitions in its long struggle from the winter half to the summer half of the year. It is a time of great and jubilant celebration, when the Sun finally reigns victorious over the forces of darkness. It represents figuratively the movement from the physical plane of suffering and death to the spiritual plane of joy and everlasting life. Critically, in order to effect this transition, the hero is most decidedly not brutish and domineering; rather, it is through the hero's innocence, purity of heart, and willingness to sacrifice all – even up to the gift of life itself – that a new age of light is ushered in. Jesus does not argue or fight his way into heaven, but demonstrates a door which can only be walked through by purity of heart and innocence of purpose. Verily, whether it is the humble,

faithful Moses asking Pharaoh to let his people go, or the ultimate sacrifice of Jesus' very life to demonstrate his devotion to God's purpose, the only way to transition from a more brutish existence to a more elevated plane of action is through the slaying of the ego on the altar of the soul. In order to live in the fullest sense, we must first die to self. Such a mission is never easy to achieve, and will inevitably have moments of setback, but it is the intention to sacrifice one's selfish motives that makes the life eternal possible. Zodiacally, the lamb, symbol of innocence, purity, and gentleness of heart, heralds a new day of eternal life, through which it becomes possible for light to triumph over darkness, for goodness to overcome the myriad forces of evil.

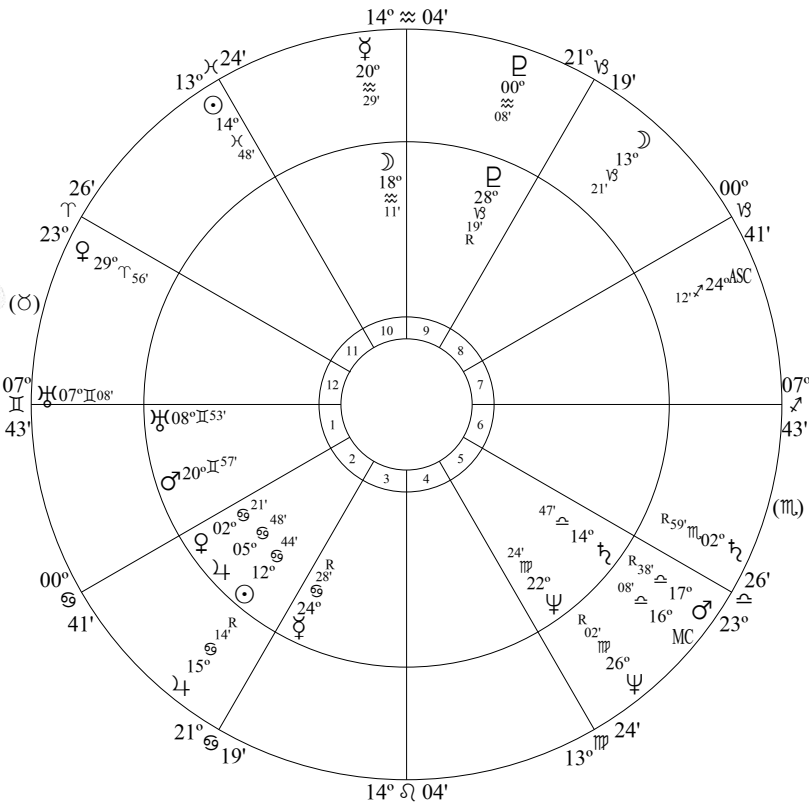


*"The important thing is this: to be ready at any moment to sacrifice what you are for what you could become."*

— Charles Dickens



Photo by Brett Sayles from Pexels



**USA Chart**

July 4, 1776, 2:14:43 a.m. LMT Philadelphia Pennsylvania, 39N57 08; 75W09 51  
 Progressed to March 19, 2020 using Standard Progression Rate

**Mundane Astrology**

**2020 Cycle Charts**

Shawn Bailor, Hermetician

“MUNDANE ASTROLOGY is the science of the influence of the heavenly bodies as they affect the world, nations, cities, communities and other groups of people. Any organization of individuals functioning under a common governing authority constitutes an entity. As such it attracts to itself fortunate and unfortunate events in a manner quite similar to that in which like events are attracted into the life of man.”

— C. C. Zain,  
*Mundane Astrology*

In the Spring edition of the Quarterly, it is tradition to make space for Mundane Astrology, which is one of the oldest branches of astrology recorded. We can trace it back to at least 1800 B.C. You might think that “mundane astrology” sounds ordinary and humdrum, but it is truly fascinating to study. Mundane Astrology is the science that examines the influence of the planets on countries, cities, and communities. The birth chart for a country indicates the general character of that populace.

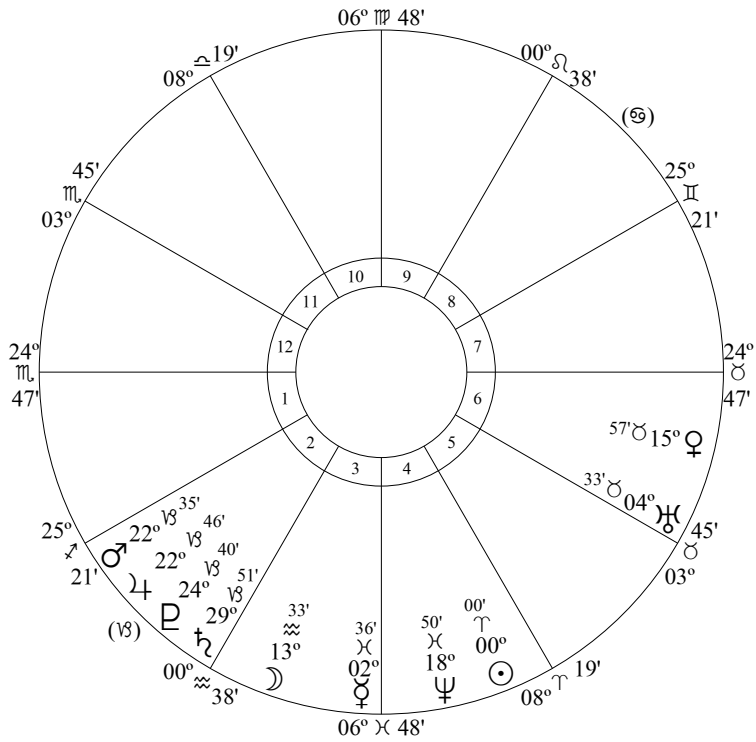
Students who are working on Course XIII, *Mundane Astrology*, can find the Cycle Charts that they need for the exam in this issue of the Quarterly.

**Major (Secondary) Progressions:**

A helpful way to describe a progressed chart is “a-year-for-a-day.” This method starts from the birth date of a city, nation, or political figure and takes each day that follows to represent one year of activity. For example, to predict the astrological trends for the United States, the astrologer takes its birth date, July 4,

*(Continued on page 9)*





**Sun Cycle, Washington DC**

March 19, 2020 11:49 PM EDT Capitol Building, 38N53 24; 77W00 34  
 Data source: US Naval Observatory MICA Program



"SUN-

In thought, politics. In business, executive work and administration. In politics, bosses and the ruling class."

"...what the year holds in general in each of the twelve departments of life may be read from the twelve houses of the Sun Cycle chart. It thus serves the purpose of a natal chart for the year, for the place where erected, and should be read in all details almost precisely as if it were a person's birth chart. The only difference in such reading is that, because it relates to national or municipal affairs, some of the houses attain a peculiar significance."

— C. C. Zain,  
 Mundane Astrology

(Continued from page 8)

1776, and erects a chart for the 244th day of the U.S. and compares it to the planets in the birth chart. In Mundane Astrology, the progressed aspects of a country's birth chart are considered more reliable than transit aspects.

**The USA Progressed Chart**

C.C. Zain timed the birth chart of the United States on July 4, 1776, at 2:14:43 a.m. LMT, in Philadelphia, Pennsylvania. The chart features the Ascendant at 7 degrees Gemini 35."

Venus square Pluto progressed – peak power 5/25/2020:

Venus rules artists, social matters, musicians, marriage, places of culture and refinement, fashion, prosperity, and tends to attract events that affect wom-

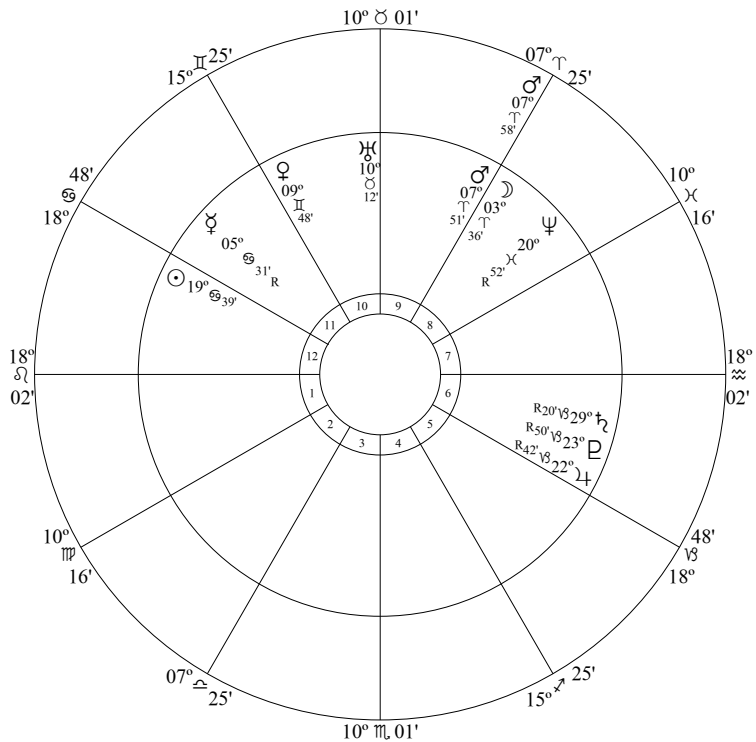
en. C.C. Zain says that "Pluto is never milk and water. He always is either strongly for the right or strongly for the wrong."1 Depending on the harmony or discord, Pluto can rule everything from cooperation, spiritual attainment, and positive group experiences or the activities of compulsion and conformity.

The square aspect between Venus and Pluto indicates the possibility of being manipulated through the affections or intimidating those who express kindness and tenderness.

Obstacle influences are present in several of the houses.

Progressed Venus is in the 12th house and co-rules the 12th house with Taurus intercepted. The discord may bring

(Continued on page 13)



**Mars Cycle, Washington DC**

July 11, 2020, 7:19 AM EDT (12:19 GMT) Progressed to July 11, 2020  
 Capitol Building, 38N53 24; 77W00 34 Data Source: Table of Planetary Phenomena 2nd Edition

**"MARS—**

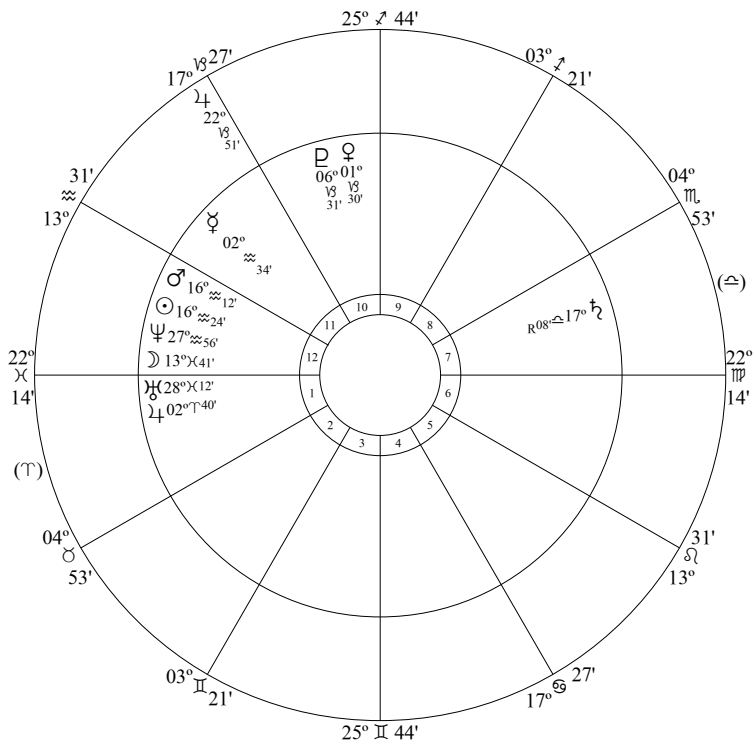
*In thought, mechanics. In business, manufacturing and the military profession. In politics, militarism.*

**"JUPITER—**

*In thought, religion and philosophy. In business, finances and commerce. In politics, capitalism."*

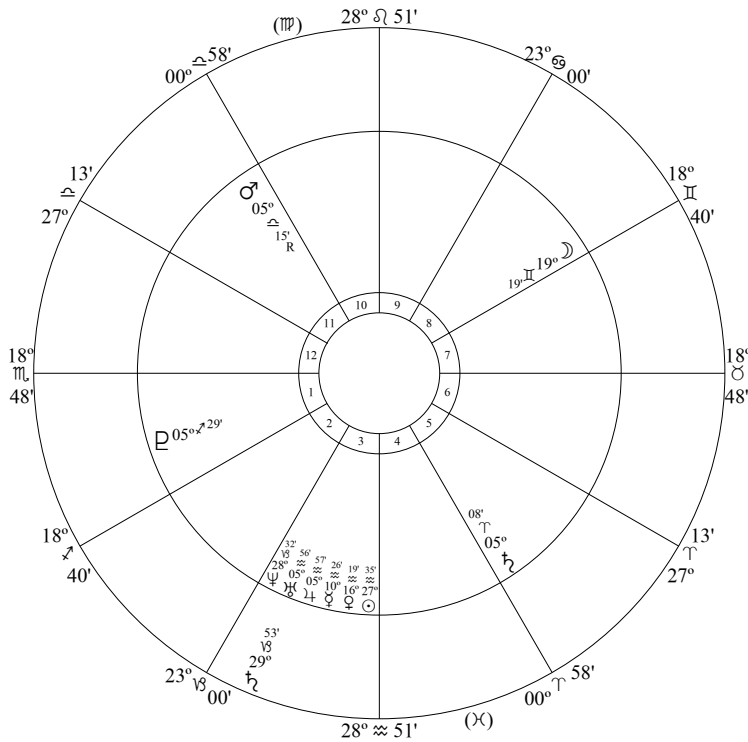
— C. C. Zain

Course 13,  
 Mundane Astrology



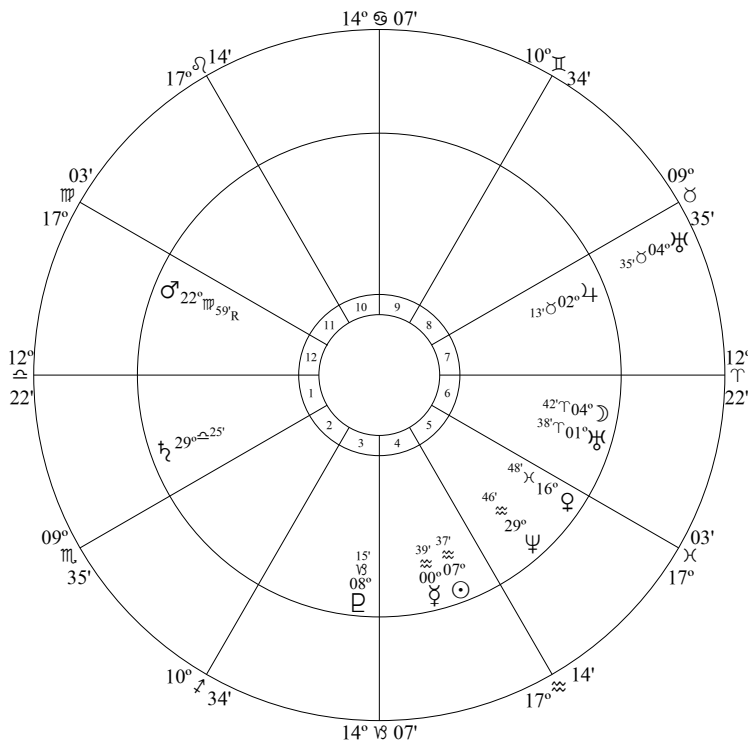
**Jupiter Cycle, Washington DC**

February 5, 2011, 8:48 AM EST (13:48 GMT) Progressed to March 20, 2020  
 Capitol Building, 38N53 24; 77W00 34 Data Source: Table of Planetary Phenomena 2nd Edition



**Saturn Cycle, Washington DC**

February 16, 1997, 12:27 AM EST (5:27 GMT) Progressed to March 20, 2020  
 Capitol Building, 38N53 24; 77W00 34 Data Source: Table of Planetary Phenomena 2nd Edition



**Uranus Cycle, Washington DC**

January 27, 2012, 10:42 PM EST (3:42 GMT, January 28, 2012) Progressed to March 20, 2020  
 Capitol Building, 38N53 24; 77W00 34 Data Source: Table of Planetary Phenomena 2nd Edition



"SATURN—  
 In thought, orthodoxy. In  
 business, land and basic  
 utilities. In politics,  
 conservatism, the farmer and  
 the miner.

"URANUS—  
 In thought, the occult and  
 ultra progressive. In business,  
 invention and unusual  
 methods. In politics, the  
 radical element."

— C. C. Zain

Course 13,  
 Mundane Astrology



**"NEPTUNE-**

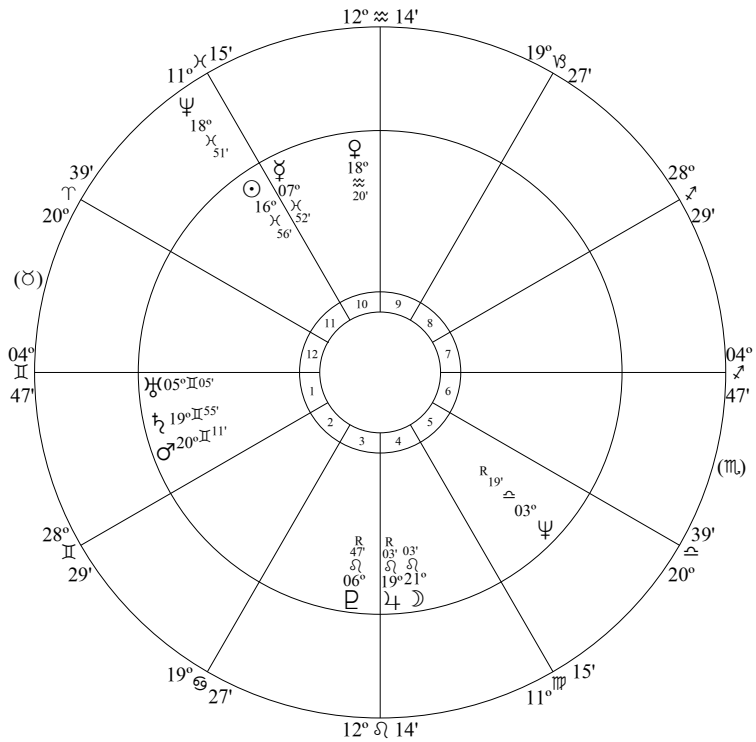
*In thought, the mystical and psychic. In business, promotion and stock companies. In politics, the ideal.*

**"PLUTO-**

*In thought, spirituality or inversion [turning upside down], and the influence of invisible intelligences. In business, group activity, either for the selfish advantage of the group or for universal good. In politics, compulsory cooperation."*

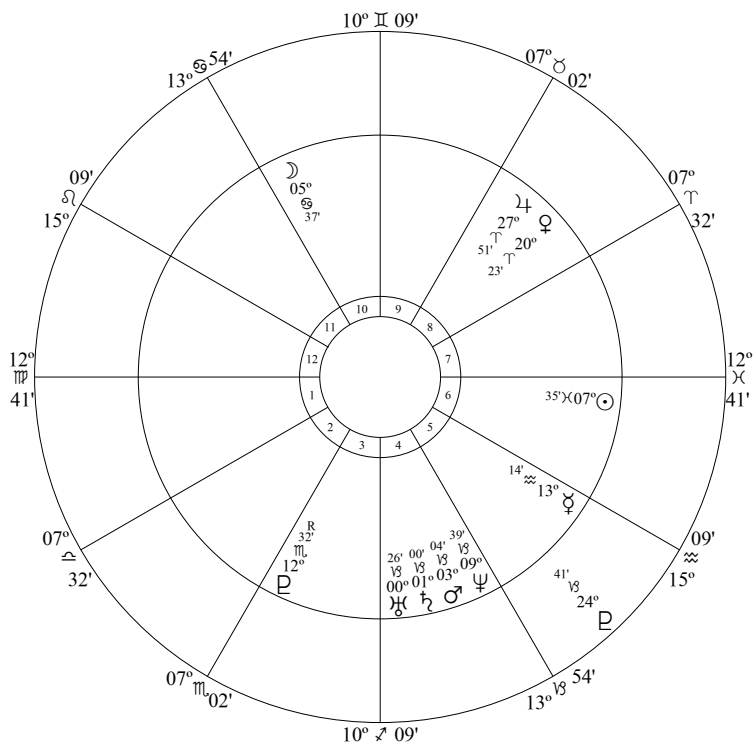
— C. C. Zain

Course 13,  
Mundane Astrology



**Neptune Cycle, Washington DC**

March 7, 1944, 11:06 AM EWT (15:06 GMT) Progressed to March 20, 2020  
Capitol Building, 38N53 24; 77W00 34 Data Source: Table of Planetary Phenomena 2nd Edition



**Pluto Cycle, Washington DC**

February 26, 1988, 6:18 PM EST (23:18 GMT) Progressed to March 20, 2020  
Capitol Building, 38N53 24; 77W00 34 Data Source: Table of Planetary Phenomena 2nd Edition

(Continued from page 9)

scandals, disappointments, or suppressing public money.

Venus in the USA birth chart, located in the 2nd house, rules money, spending habits, the stock exchange, commercial affairs, and banks. The discord may bring loss of money, wasting the finances of the United States, or heightened risk for lending institutions, and commercial ventures.

Venus also rules the 6th house of work, employment, service to others, employees, civil servants, nutrition, and illness. The discord may tend toward unpleasant working conditions or disease.

Alchemy Applied –  
Discordant Venus square Pluto:

Although the energy is discordant, it has the potential to be constructive if the populace reconditions their thinking into pleasant thoughts, protecting the less fortunate, and creating beautiful places to socialize.

Sun trine Jupiter progressed –  
peak power 8/22/2020:

The Sun trine Jupiter indicates vitality and favor through foreign affairs. Power urges and philosophical ideas result in careful political moves and goodwill for all people.

Progressed Sun in the USA progressed chart is in the 11th house of allies, Congress, and foreign ambassadors. Progressed Jupiter, natal Jupiter, and natal Sun are in the 2nd house of money, banking, and wealth. It portends con-

tinued confidence in President Trump's handling of the economy and generally a favorable time for a promotion at work or to start a business.

Courage will influence the Sun's rule of the 4th house of environmental issues and Jupiter's rule of the 7th house of foreign policy.

## Sun Cycle Chart

We erect a Sun Cycle chart each spring based on the starting point in Tropical astrology. The "turning point" is when the spring equinox marks the entrance of the Sun into the sign of Aries on about March 20 in the northern hemisphere and September 22 in the southern hemisphere.

The Sun Cycle chart is considered the natal chart for that year and place, which we have calculated using Washington, D.C. It gives an overview of events likely to happen during the year. For brevity, we will use Astrodynes to guide most of our observations.

The first impression when looking at this chart is that every planet is below the horizon, indicating a year where astrological influences tend to be kept from the public. Earth element is abundant in the Sun Cycle chart, but there is only one planet in an air sign.

Ascendant/Most powerful/  
Most Harmonious:

The Scorpio Ascendant represents the people of the United States and is the most prominent point in this chart. It indicates strong emotions and a passion for good health.

(Continued on page 14)

*"Thought cells receiving a new supply of energy from the temporary stellar aeries of progressions are stimulated into unusual activity.*

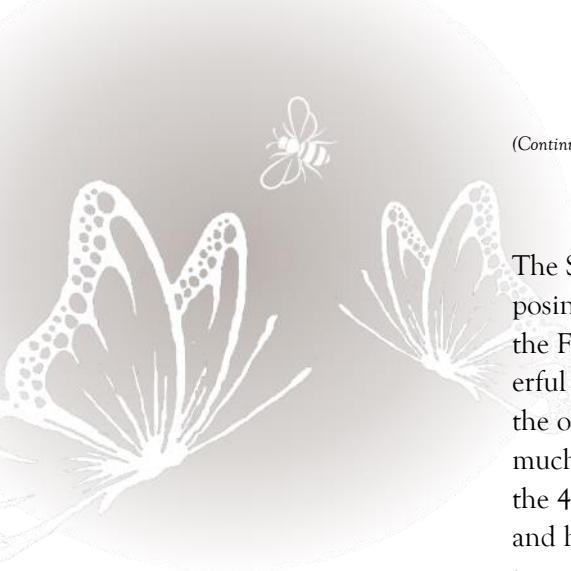
*Working from their four-dimensional plane this unusual activity attracts events into the life.*

*According to the original composition of the thought cells and the discord or harmony of the energy added to them as mapped by the progressed aspect, do they feel beneficent or malignant."*

— C. C. Zain

Course 13,  
Mundane Astrology





(Continued from page 13)

### Sun

The Sun is in the 4th house of the opposing political party. C.C. Zain says, "if the Fourth house and its ruler are powerful and harmonious, it indicates that the opposition to the party in office has much power."<sup>2</sup> Pisces is on the cusp of the 4th house, and both are powerful and harmonious. It will be interesting to see if the Democratic party gains momentum following President Trump's impeachment and acquittal.

### Moon

The Moon represents the family and home, the food industry, and everyday people. Astrodyne power is weak and mostly discordant for the Moon and her co-occupant, Mercury, in the 3rd house. Displaced and nutritionally challenged populations may feel it takes an effort to express their opinion.

#### Alchemy Applied – Discordant Moon:

C.C. Zain's teachings in cosmic alchemy and the principle of Freedom from Want instructs us to encourage private and public programs that create economic opportunity and personal wellbeing for all its citizens. The discordant

3rd house demonstrates a need to listen to those with fewer tools to communicate their needs.

#### Most Discordant – MC:

Mercury is applying an opposition to the Midheaven and is discordant in the 3rd house. He rules the 10th house of honor and the 8th house of the national debt. The MC acts as a broadcasting station, and the discordant energy can be problematic when it is fussy, critical, and quick to point out someone else's faults.

#### Alchemy Applied – Discordant MC in Virgo:

The challenge is to become less cerebral when it accomplishes nothing collectively. Applying Jupiter qualities, we should strive to build up others through faith and optimism.



"In a cycle chart the only planet that progresses and forms aspects to the other planets is the planet for which the cycle chart is erected."

— C. C. Zain  
Course 13,

Mundane Astrology

<sup>1</sup> *Mundane Astrology*. Chapter 2.

<sup>2</sup> *Mundane Astrology*. Chapter 9.



## Stellarian Stories

### Alicemarie O'Neill: The Formula

Radine Ramsey



Kay Redfield Jamison has written quite elegantly about the blessings and curses of bipolar illness in her books titled *An Unquiet Mind*, *Touched with Fire*, *Night Falls Fast*, and *Nothing was The Same*.

While Jamison is quite well-known and deserving of much credit for her bravery in writing about her own struggles with bipolar illness, The Church of Light is blessed to have one of its own shining stars. Alicemarie O'Neill has been a Church of Light member since 2007. She embodies the Church of Light spirit because she brings light to where the darkness of depression resides.

"O'Neill is a survivor of four major manic depressive (bipolar) episodes/breakdowns in twenty years. Through this journey, together with her education and professional experience, *The Formula*, was born. A former mental health counselor and advocate, O'Neill has an astrology and spiritual counseling practice in Hawaii."

She was first introduced to *The Sacred Tarot* in the 1990's and immediately fell in love with it because she believes that it is meaty and has no wasted words. *The Sacred Tarot* remains her favorite Church of Light book. O'Neill did not consider joining the Church because, "I am not a church person, nor am I a group person. I have Uranus on my Ascendant. When I finally decided to commit, I decided to study the courses."

*The Formula – Seven Steps for Healing From Depression and Manic Depression* is the International Selling Book that she has created. *The Formula* sells in the categories bipolar depression; depression; pathologies; mental health and counseling and psychology in Germany, Canada, Mexico, Australia and the United States. Thus far it has sold approximately 4,500 copies.

O'Neill has the courage to share with the reader her own struggles in hopes that she will be able to help readers to change their own behavior. She believes that the stigma of having a mental illness is still there and thinks that perhaps the stigma is less than it was 20 years ago.

"Most people know someone who is suffering from a mental illness. Indigent people react differently and treat mental illness as a spiritual condition. The person is embraced and given honor. They are seen as being more of the

(Continued on page 16)

"We are stars wrapped in skin - The light you are seeking has always been within."

— Rumi



*(Continued from page 15)*

spirit world than most. And they are given important spiritual work to contribute to the community. We could learn a great deal from these cultures.”

O’Neill believes that Mental Alchemy saves her every day. “My two strongest and most discordant planets are Mars and Saturn. I have spent a great deal of time throughout my life being of service, helping others, feeding people, and mothering (Moon antidote to Mars).”

“With my tendency towards depression, my best energies pull me toward art, movies, sunsets and beauty (Venus antidote to Saturn). When working with clients, I tend to recommend translating the Mental Alchemy into action, deeds, and service. I have found when changing behavior is enjoyable, the affirmations supporting the actions are greater appreciated and understood.”

O’Neill found out at a young age that she had a talent for counseling. “It made me feel good to help others. It was not until years later that I learned about my discordant Mars. By the way, just because I had an intuition early in life doesn’t mean that Mars didn’t cause me trouble. How could it not? Learning to transmute discordant Mars and Saturn, studying Zain, has been a huge blessing! It is still a daily practice. The affirmations I cite in this book have morphed into prayer. That way they are easily included in my day.”

If a friend or loved one is suffering from mental illness, O’Neill is traditional in her approach. Her initial advice is

to have the person go to a medical doctor, psychiatrist, or psychopharmacologist. She believes that a diagnosis is necessary in order to treat the condition. “In my book I emphasize the importance of stabilizing. Medication is often necessary for stabilizing. In my work, I have often accompanied a client to a doctor’s appointment. I found it takes the panic out of a situation.

“Another alternative is to sit with the person and create a list of symptoms with questions like: ‘You seem very sad. Can you tell me how that feels?’ or ‘Tell me how I can help you.’ It is very important to give the person voice. Let them unload if they will and write the symptoms down. If they will go to a therapist, give them a ride. Make it easy for them to get help. Just a show of support and companionship can de-escalate a situation, and they will not feel so isolated and alone.”

In the past 10 years, the number of therapy dogs and service dogs has increased. It is common to see dogs in grocery stores, restaurants, and other public places. O’Neill believes that these dogs are our earth angels.

“Imagine being mentally ill since childhood. Everyone treats you differently, maybe excludes you from activities. You feel lonely. You feel different, and not in a good way. You may feel unlovable, strange. And you blame yourself, though you would be different if you could.”

“Then you are given a service animal. The dog gives unconditional love. He/she is supportive. They know when an

*(Continued on page 17)*

*“There is a light seed grain  
inside. You fill it with yourself,  
or it dies.”  
—Rumi*

(Continued from page 16)

anxiety attack is brewing, for example. They know when you are having flashbacks, as in PTSD. They are with you through a cycle of depression or hanging from the rafters in mania. They are trained to be with you and react to your situation in the most practical, loving manner. Service animals can be trained to detect when their human is about to have an epileptic seizure, a heart attack, and more. Our service animals truly are angels!"

O'Neill added that if a service animal should approach you without their human that you should follow them. "Their human may be having difficulty, and they've come to you for help. Also, do not pet or play with a person's service animal. It is distracting and confusing for them. They are not a pet."

"Therapy animals, on the other hand, are usually giving hands-on comfort and love. Whether in hospitals, hospice,

schools, nursing homes and more, they are to be petted, talked to, and hugged by all. And the animals know it and love it. Their audience is very appreciative."

The Church of Light would like to express appreciation for Alicemarie's work in developing a Formula for healing by studying the material and applying it to her personal and professional practice.

Alicemarie's book, *The Formula*, is available for purchase from The Church of Light. The cost is \$14.95, plus \$6 for shipping.



*"Some books leave us free  
and some books make us  
free."  
— Ralph Waldo Emerson*





# Membership Room

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## Thank you to our Volunteers!

MM Dissinger – Quarterly Contributor

Peter T (Scenza) – Quarterly Contributor

Jimmy McDonnell – Editorial support for Quarterly and other projects.

Janet Johnson – Order of the Sphinx, Conference Speaker,  
CofL Facebook Page



These are just a few of the many who help us do so much.

**If you have a skill you'd like to share, let us know!**

*"To find joy in work is to  
discover the fountain of  
youth."*

— Pearl S. Buck

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## Phil Aragon and Andrew Sanchez: Our Playful, Perfect, Plumber People...



Here is what Veiga has to say about their work:

“Good news!

“Phil and Andrew are done with the job. All faucets are replaced, toilet and sink replaced in the bathroom with new guts for shower and support on bath tub. All pipes in the house are new and two of the access panels were put in with frames and handles and all were painted with paint from the garage. Ceiling panels were replaced. All garbage was removed. Kitchen sink has a back splash and garbage disposal.

Toilet in the bathroom was replaced and support beams reinforced. House was left cleaned up and garbage removed.

“I’m very proud of the work these guys did!”



# Congratulations to Our Newest Hermetician!



Shawn Bailor



*"Alone we can do so little;  
together we can do so much."  
— Helen Keller*

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## WE'RE HAVING AN AUCTION!

Since the announcement of the “Auction” in the Winter Quarterly we replaced the printer. What a difference in efficiency and ease of use for the staff!

We also completed the plumbing repair project avoiding a possible disaster in the basement where the library is housed!

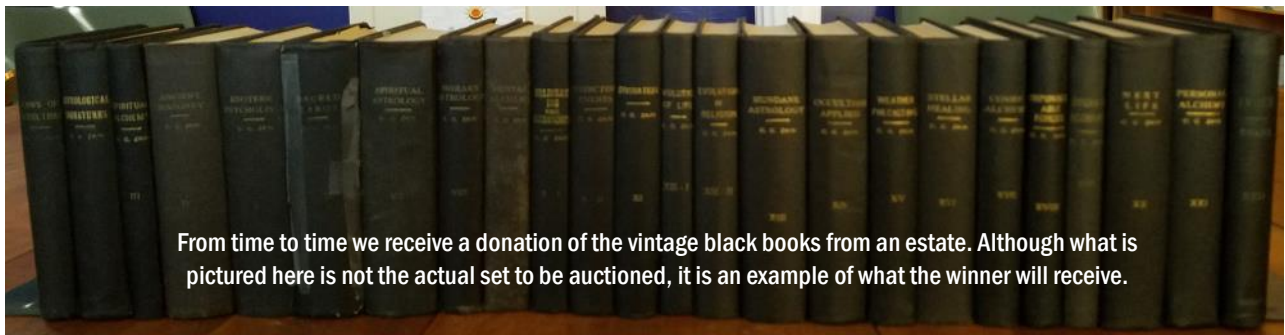
We were able to move forward with these projects because of Anonymous donations from some of our members and a generous gift from the Bonnie Rae Fesler Estate (Abbyville, Kansas). Thank you Bonnie Rae and Anonymous!

We also took a giant step forward to solve the problem of internet security by replacing one the aging computers and retiring the another one. We are now on the “Gold Plan” with our IT manager which includes advanced security and unlimited service during regular business hours. Now we’re tasked with building up the coffers to absorb the additional \$500 monthly charge for beefed-up internet security.

**Luckily, some of our Members are organizing to raise funds by hosting an Auction on eBay.**

**BE ON THE LOOKOUT** for an announcement of the date...

One of you can win a coveted complete set of the original black books.



From time to time we receive a donation of the vintage black books from an estate. Although what is pictured here is not the actual set to be auctioned, it is an example of what the winner will receive.



THE CHURCH OF LIGHT

2119 Gold Avenue SE  
Albuquerque, NM 87106

Where Science and  
Religion Are One

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## The Church of Light Vision For the 21st Century

### **OUR MISSION:**

To promote Universal Welfare and the exaltation of humankind through the teaching and practices of the Religion of the Stars as outlined in the writings of C.C. Zain.

### **GUIDING PRINCIPLES:**

A loving Cosmic Intelligence, of which we are all a part, whose infinite goodness guides us through undeviating natural law.

A Divine Plan manifests through progressive evolution in which each soul has a unique and important role.

A soul is completely moral when to the maximum extent of its abilities it adheres to the universal moral code: Contribute Your Utmost to Universal Welfare.

The realization of the soul's Mission and the attainment of Self-Conscious Immortality is the goal toward which each soul moves.

Love is the way to life. Unselfish Love alone makes immortality possible.

Through the proper exercise of one's mentality using Directed Thinking and Induced Emotion, it is possible to control one's own life and destiny, both here and hereafter.

Astrology is the Golden Key that unlocks the door to understanding the Soul's true character and potential.

The safe development of extrasensory perception (Extension of Consciousness) is the best tool for realizing each individual's mission in the Divine Plan and for verifying the survival of the soul after death of the physical body.

Religion is the sister of Science, and it evolves by incorporating new information as it is discovered and verified.

### **OUR VISION FOR THE 21ST CENTURY:**

We are a powerful force for good and for spiritual enlightenment and expand the reach and experience of our members because:

We provide reliable and verifiable information regarding the nature of the soul and its relationship to Deity and other life forms;

We seek out reliable and verifiable information regarding life on higher planes of existence, especially in regard to the transition we call death and the nature of the next life;

We develop increasingly advanced tools and training in astrology, extrasensory perception, directed thinking and induced emotion toward the end of maximizing each person's happiness, usefulness and spirituality;

We promote the importance of the four essential freedoms: Freedom from Want, Freedom from Fear, Freedom of Expression and Freedom of Religion;

We build a sense of community and spiritual purpose which uplifts and inspires our members to Contribute Their Utmost To Universal Welfare.