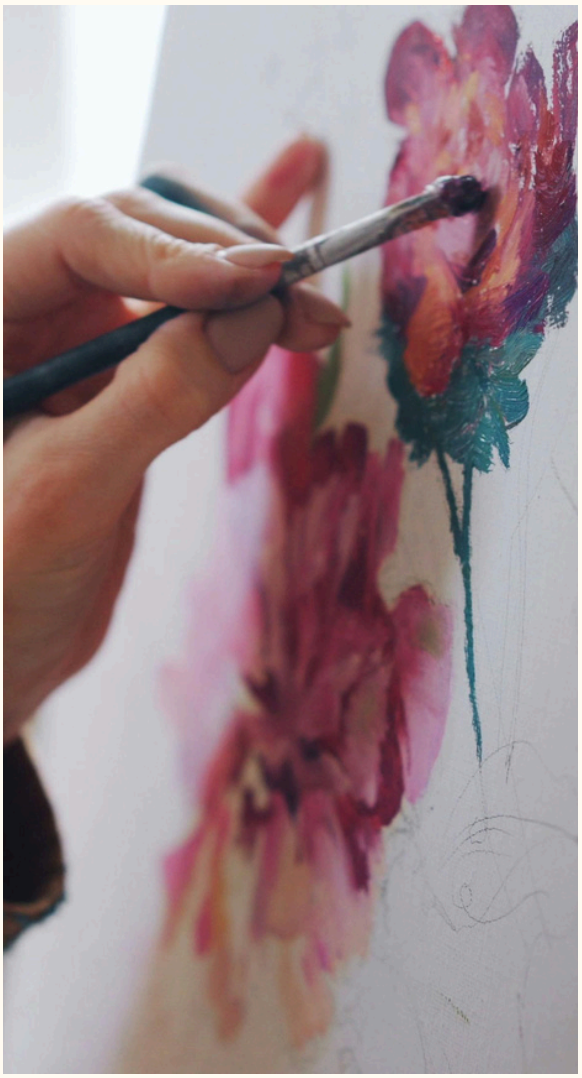
CDHR
Monthly Newsletter



OPENING LETTER

Dear "Artist"

You do not have to pick a side every five minutes. You can be grateful and annoyed. Hopeful and tired. Ready and terrified. You can love something and still know it has to change.

Apparently, being human comes with very poor filing systems.
Not everything belongs neatly under good, bad, stay, leave...
Some things make more sense when we stop forcing them to choose a box.

Maybe the point is not to perfectly categorize everything.
Maybe it is simply to become a little better at holding more than one truth at a time.

Only love,

"The road up and the road down is one and the same."
- Heraclitus

ARCHETYPE OF THE MONTH

TEMPERANCE

Temperance is the archetype of right mixture. The seeker learns here that healing does not come from choosing one side over another, but from becoming the vessel in which two opposing truths can meet without destroying each other.

In Hermetic Qabalah, Temperance is Samekh (ס), the support, whose sign is Sagittarius, the mutable fire. Samekh is the path between Yesod and Tiphareth: between Moon and Sun, image and center, dream and the self that can give the dream a form. The lunar does not disappear in the solar. It learns how much light it can carry.

The Golden Dawn called her the Daughter of the Reconcilers, the Bringer Forth of Life. In its older image she mixes fiery water with fluidic fire: the lion and the eagle, heat and moisture, desire and reflection, are brought to the same vessel. Alchemy understood that the opposites cannot simply be placed beside one another. They must be cooked together until each gives something of itself to the other and a third substance appears.

The one who crosses this threshold learns that integration is not the disappearance of contradiction. It is the making of a vessel large enough to hold contradiction without breaking. Nothing essential is amputated. Fire remains fire, water remains water, but each becomes capable of something it could not do alone.

MORE ABOUT TEMPERANCE

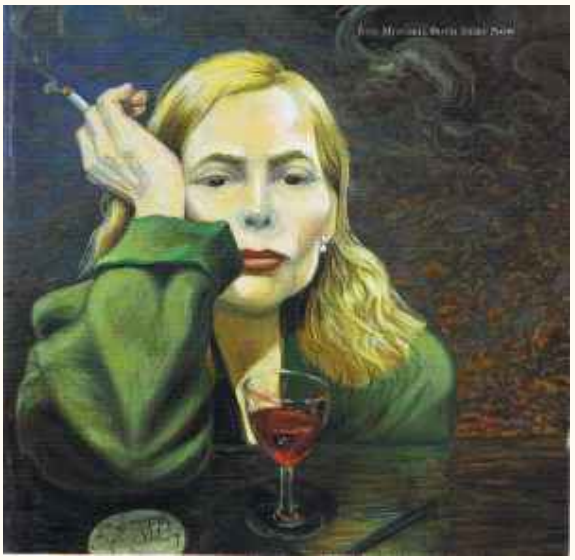
If you want to dive deep into Temperance , explore how you play it out in various aspects of your life, its symbology, power and how you can bring this powerful energy to your life you can check out our mini seminar on Temperance by just clicking the button on the right.

TEMPERANCE SEMINAR

> The opposite of every truth is just as true!
> - Hermann Hesse

SONG OF THE MONTH

BOTH SIDES, NOW by Joni Mitchell



Both Sides, Now is often heard as a song about disillusionment. But there is something more interesting happening inside it.
Mitchell moves through three things we are very good at believing we understand: clouds, love, and life.
First comes enchantment.
Then experience interrupts it.

Clouds are beautiful until they obscure the sun. Love is magical until it becomes complicated by departure, performance, disappointment and self-protection. Life is full of dreams until living begins to revise the dream. But the second vision does not simply replace the first.

Joni herself described the song in terms of opposing ways of seeing: reality and fantasy, enchantment and disenchantment.
And still, after looking from both directions, certainty does not arrive.
That is what makes the song so much deeper than a simple loss-of-innocence story. Experience has not taught the narrator what clouds, love or life finally are. It has taught her that neither of her perspectives is large enough to contain them.

Here's some beautiful lyrics from the song:

> Oh, but now, old friends, they're acting strange
> And they shake their heads, and they tell me that I've changed
> Well, something's lost, but something's gained
> In living every day

"Opposites are complementary."
- Niels Bohr

STORY OF THE MONTH

THE CHURNING OF THE OCEAN OF MILK

(HINDU STORY RE-TOLD)

Long ago, the devas had lost their strength. Vishnu told them that to recover it, they would need amrita, the nectar of immortality hidden in the great Ocean of Milk.
But the devas could not obtain it alone.

So they made an uneasy alliance with the asuras, their ancient rivals.
Together they placed Mount Mandara in the ocean as a churning rod and wound the great serpent Vasuki around it as a rope. The devas took one end, the asuras the other, and they began to pull.
Back and forth they churned the ocean.

Before the nectar appeared, a deadly poison called Halahala rose from the depths, threatening all creation. Shiva drank the poison and held it in his throat, which turned blue.
Then the churning began again.
One by one, treasures and divine beings emerged from the ocean, including Lakshmi, goddess of fortune.

At last Dhanvantari, the divine physician, appeared carrying a vessel of amrita.
The asuras seized it, but Vishnu took the form of Mohini and persuaded them to let her distribute it. She gave the nectar to the devas, restoring their strength.
And so the nectar of immortality was finally brought out of the ocean, but only after gods and demons had pulled the same rope, and poison had risen before the treasure they were seeking.

PONDER ON THIS

- What are the symbols in this story?
- How is this story related to Temperance archetype?

We'd like to hear your perceptions! You can send them us via e-mail:
cdhr@thegrandedaringadventure.org

> "Temperance and courage, then, are destroyed by excess and defect, and preserved by the mean."
> - Aristotle

THE MOVIE OF THE MONTH

ARRIVAL

The central danger in Arrival begins with a very human mistake.
We want the unknown to declare itself quickly.
Friend or enemy.
Gift or threat.
Weapon or tool.

Louise Banks understands that language does not always cooperate with these clean divisions. At one crucial moment she says:
“In many cases one thing can be both.”

That sentence could sit at the centre of the entire film.
The humans want translation to produce certainty. Louise understands that translation requires relationship.

Before you can decide what another being means, you have to enter their system of meaning. You have to resist projecting your own fear onto an unfamiliar word long enough to discover what else that word might contain.

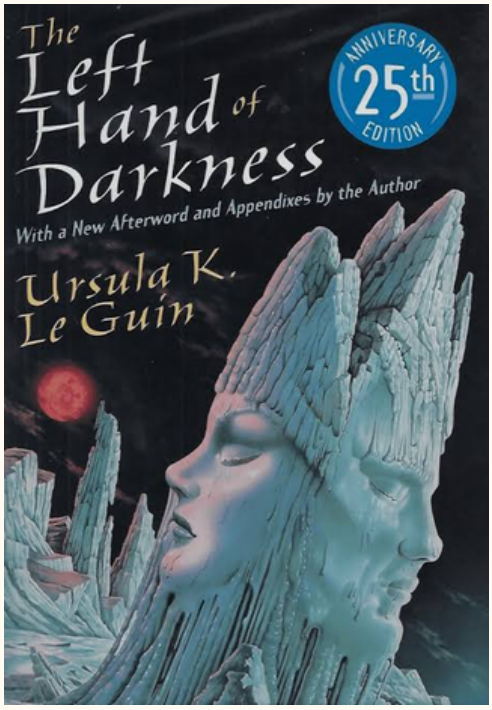
The language of the heptapods eventually does something even stranger: it changes the consciousness of the person learning it. Louise does not simply acquire another vocabulary. Her experience of time itself begins to change.
The medium transforms the one who receives it.

> Louise Banks: Let's say that I taught them Chess instead of English. Every conversation would be a game. Every idea expressed through opposition, victory, defeat. You see the problem? If all I ever gave you was a hammer...
> Colonel Weber: Everything's a nail.

“In the middle of winter I at last discovered that there was in me an invincible summer.”
– Albert Camus

BOOK OF THE MONTH

THE LEFT HAND OF DARKNESS by Ursula K. Le Guin



On Gethen, Ursula K. Le Guin removes one of the divisions through which Genly Ai has always understood human beings.
Male.
Female.
The people he encounters cannot be permanently placed into either category.
At first, Genly keeps trying to translate them back into the binaries he already knows.

The problem is not simply that Gethenians are unfamiliar.
The problem is that his categories have become invisible to him.
He mistakes the structure of his own mind for the structure of reality.
This is where The Left Hand of Darkness becomes far more than a novel about gender.
Le Guin repeatedly asks what happens when an opposition we thought was absolute turns out to be relational.

During the crossing of the Gobrin Ice, Estraven shares the Handdara teaching:
“Light is the left hand of darkness and darkness the right hand of light. Two are one.”

Here’s a great line from the book:

> “... Yes, There's really only one question that can be answered, Genry, and we already know the answer. ... The only thing that makes life possible is permanent, intolerable uncertainty: not knowing what comes next.”

“True words often appear paradoxical.
- Lao Tzu”

HEALING

CONTRADICTIONS

You may not need to decide which part of you is right.
There may be two people inside you who have been arguing for years.
One wants to leave. One wants to stay.
One wants to be seen. One wants to disappear.
But what if healing is not the victory of the better part?

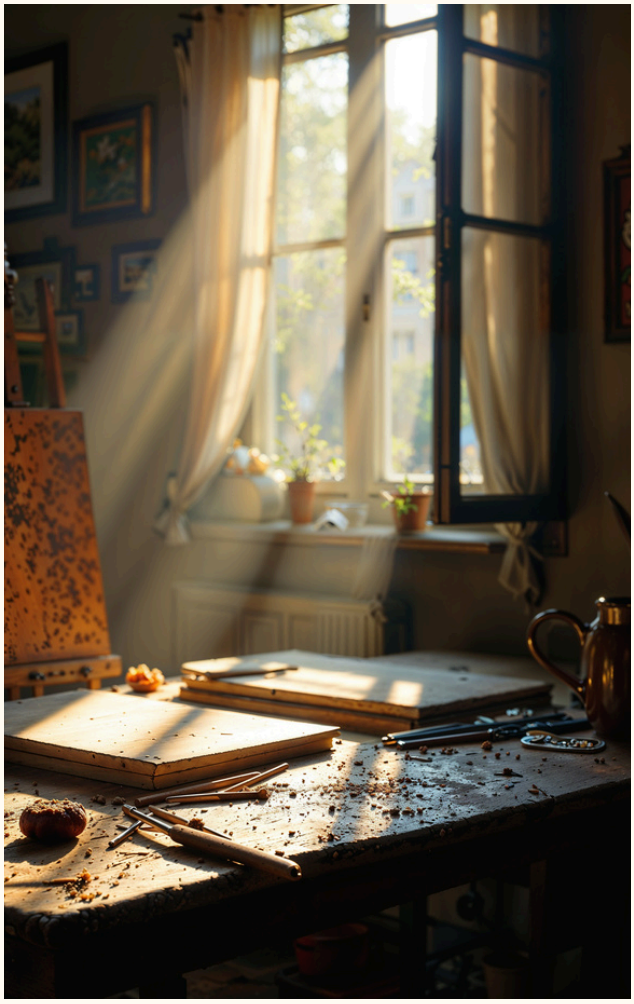
This is one of the reasons alchemy became such a powerful language for inner transformation.
The old alchemical formula solve et coagula describes a movement of dissolution and coagulation: something is broken apart, separated, circulated and then recombined in a new form. Princeton's alchemy collection describes it as a continual cycling between fixed and volatile forms, through which a new substance can emerge.
Sometimes the structure must loosen. Solve. Loosen what has been fused together.
Then look at what remains.

Then comes coagula. Not rebuilding the old identity. Building something that can contain more truth than the old one could. This is the third thing. Something you could not see while those were your only choices.
“That which is above is like to that which is below.”
You do not become whole by eliminating every contradiction.
Wholeness may require becoming large enough to contain contradiction without immediately acting it out.

Would you like to discover more on healing? Click the button on the right to check out our courses.

COURSES

“Without Contraries is no progression.
- William Blake”



CLOSING LETTER

Dear "Artist",
You are allowed to be a contradiction.
You can miss something and not want it back.
Be afraid and still go. Forgive without forgetting. Change your mind without calling the old version of you an idiot.

That is not inconsistency.
That is life refusing to stay conveniently organized.

So when two truths show up at the same time, you do not always have to make them fight it out.

Sometimes you can pour them into the same cup.

See what they become.

Only love,

If you want to share your perceptions or you have questions you can send us an email, see the address below:

cdhr@thegrandedaringadventure.org

UPCOMING EVENTS

ESOTERIC TRAINING - 1

THE FOUNDATION TO ALL ADVANCED WORK

"Who am I? Why am I here? Is this all there is to Life? This is not how I imagined my Life would be. I have done everything I was told that would give me a good Life. I followed the success principles, career and relationship advice. I have been to many courses but some things do not seem to be moving, changing, evolving. I have succeeded in some, and failed in some, maybe failed in more. What is wrong with me?"

Awaken dormant aspects of your consciousness that are required for manifesting and experiencing a Life of Adventure, Romance, Magic, Joy, Fulfillment and Celebration.

Join us for 7 sessions filled with fun and laughter as you discover the amazing being that you truly are.

Dates: 16, 18, 19, 22, 23, 25, 26 November
Time: 20.00 - 22.30 TR (8pm - 10.30pm TR) / 7pm-9.30pm RSA

For Details / To Enrol contact us at:
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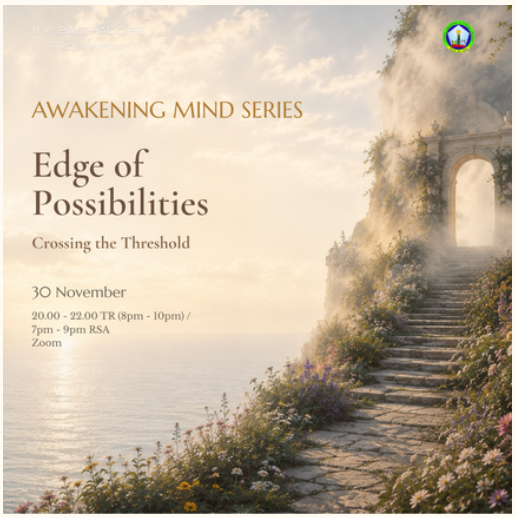
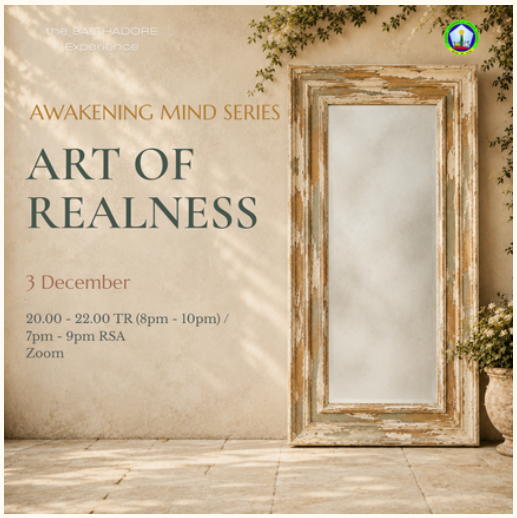
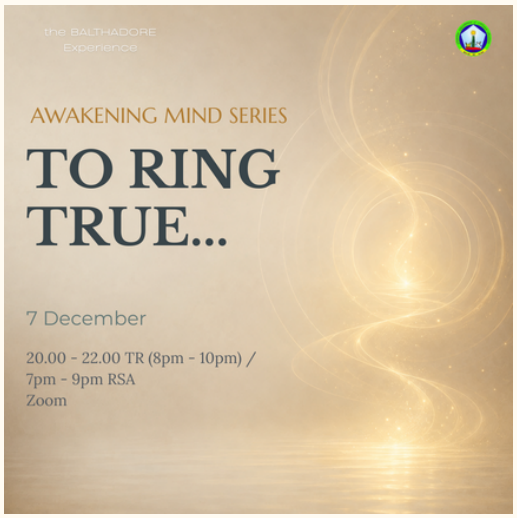
UPCOMING EVENTS

AWAKENING MIND SERIES

In this series we will explore the shifts in consciousness in our World and in Ourselves.







Seminars in Awakening Mind Series:

Edge of Possibilities - Crossing the Threshold - 30 November

The Art of Realness - 3 December

To Ring True... - 7 December

For Details / To Enrol contact us at:

cdhr@thegrandedaringadventure.org

UPCOMING EVENTS

THE WORLD ADVENTURE

ONLY FOR MAPMAKERS WITH UNBENDING INTENT TO MANIFEST A BETTER WORLD

Take the next step as an Advanced Metaphysician to have a profound influence on your world.

Join us for a unique journey somewhere in Asia in May 2027.

Listen your heart and if your heart demands you responding, request enrolment ASAP!

For Details / To Enrol contact us at:
cdhr@thegrandedaringadventure.org

WHAT'S NEW ON THE STORE?

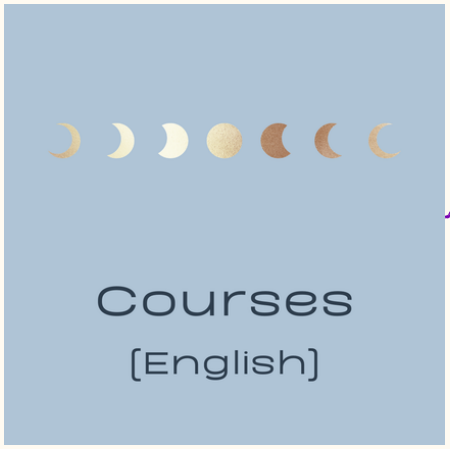
P.S. Please check the online store for language options, for some courses you'll see 2 options; English Only & English with Turkish translation.

Temperance

Explore Death archetype, its symbology, how it plays out in various aspects of your life.

SEE DETAILS

HAVE YOU CHECKED THE OTHER COURSES ON THE STORE?



Courses in English

These are the courses offered in English only.

SEE DETAILS

Türkçe Tercümeli Kurslar

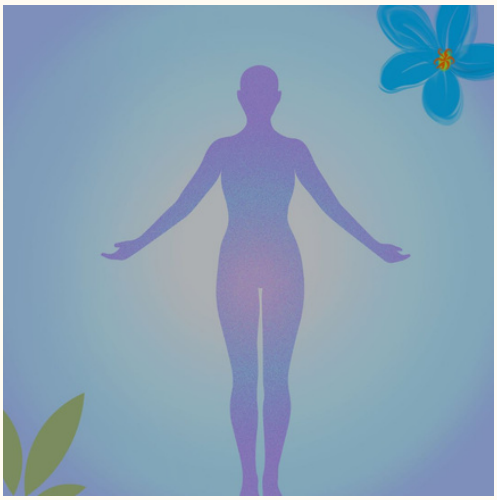
Bu kurslar İngilizce-Türkçe tercümeli olarak sunulmaktadır.

DETAYLARI GÖR

SEE ALL COURSES

THE GRANDE DARING ADVENTURE

If you have enjoyed this newsletter, we share much more great stuff on our website.
Below you can see the categories you will see on the website!
Don't forget to check it out!



Healing

Your body constantly tells you what's happening in your life and what's a good point to look at. Can you hear it?

Stories of Wisdom

Stories tell much more than the story itself for the ones who have the eyes to see and ears to hear.

Free Audios

Here are some free audios from our great seminars! We hope to see you on the next one!

Monthly Newsletters

From what to read to what to watch to whatever inspires us!

Community Sharings

Our community shares amazingly wonderful things. You can find them here!

Blog

Who can guess what's coming next?

VISIT NOW