



Tea with Your Mentor

FIRST CONTACT: Beginning the Conversation

~ for Your Name Here ~

by David Tresemer, Ph.D.

www.StarWisdom.org



Tea with Your Mentor

FIRST CONTACT: *Beginning the Conversation*

by David Tresemer, Ph.D.

www.StarWisdom.org

I would like to make a connection for you that may be very helpful in your life. I would like to introduce you to a mentor who is connected with you personally. As the author of this approach, I plan to explain what a mentor truly is, then lead you through nine steps on how to connect with your mentor. This letter includes useful steps for how to benefit from the bounty of a mentor. Don't rush to the end. Knowing the name could become another factoid in your already busy life. That would waste a good opportunity. Take your time to read through the steps here. For something this serious, there's no rush. I also recommend that, for the present, you keep the information to yourself. I will explain why later.

What is a Mentor?

A mentor is someone with more life experience than you have had, someone who has greater skills than you do in some areas, and someone who is warmly interested in your life. He or she is quite happy to hear about your life and to

assist where possible. Your mentor says in word and deed, “How can I help?” Sometimes you have to know what kind of help you need. Sometimes the mentor guides you even in that – showing you the path that you may have lost.

A mentor is a unique role, different from a parent or a sibling or an employer or a friend. They are often more distant than these others, but that doesn’t mean they don’t know you – perhaps not in the details of your life, but in the essence. They can come in at just the right time in your life. Then you realize that they have tracked you, they know you, they are warmly interested, and they don’t want you to be a certain way. Sometimes a person has had a teacher at school who has served as a mentor. Sometimes an uncle, aunt, or grandparent, serves as a mentor. Sometimes people put the photograph of an inspiring individual – living or deceased – on a wall of their home, thus invoking the powers of that person to assist in negotiating life’s quagmires. The most successful mentors become mentors because they are interested in you – warmly interested. They understand you. And they give great advice.

Usually a mentor is a living person, older and more experienced. A mentor can also be someone who has passed over the threshold separating the living from the dead.

These Mentors are Special

The mentors in this project are special – they have all passed over the threshold of death, some of them quite a few years ago. They are characterized by three important traits:

- a.) They are connected to you personally – in ways that I will explain in the next section.
- b.) They are public individuals with terrific strength of character, in one of many fields of human endeavor – from science to philosophy to business to politics to religion to music to painting....
- c.) They died before you were born.

How is the Mentor Connected to You?

To answer this question, I have to give you a picture of death and birth. It elaborates the approach that you can find in the writings of many spiritual teachers who have investigated these things. I won't quote all of those sources, but will mention at the end some references in case you would like to study this more thoroughly. For some readers, these may seem to be wild ideas. I will simply recommend at this stage that you read along to understand the approach, and give it a try. This introduction will explain quite a bit about why I think your mentor is an important connection between you and the heavens.

Let's take the example of Florence Nightingale, the famous nurse of the Crimean War who helped wounded British soldiers. During this time she developed a very different approach to nursing and medical care based on observation of how the treatments were going, rather than only on tradition. She became famous for walking through the makeshift tents of the wounded at night holding a lamp, giving encouragement to the wounded: "The Lady with the Lamp." Years later, when she took her last breath, she lifted up her life's harvest into the heavens. As the generous Sun always amplifies what comes in and what goes out from this Earth, her gift – for that is what we carry at the end, the gift that we have created over the course of our lives – was amplified through the Sun at the moment of her death, and into the stars behind the Sun. She lifted up her gift through one of the 360 gates into the heavens. Something of Florence moves on to new vistas, and something remains as an energy-pattern in this gate.

Why 360? There are 360 degrees in a circle, something that the great teacher Zarathustra taught nearly three thousand years ago. (Zarathustra devised the system of measuring space – 12 x 30 degrees in a circle – and time – 12 divisions of our clock into 30 x 2 minutes each – that we use today.) I think of the 360 degrees of the heavens as actual gates, as this one pictured, through which Florence Nightingale brought her contribution – everything she learned in her life. Spiritual beings on the other side received this contribution with gratitude.



This reception by the angels – for this introduction, I will summarize all the different kinds of spiritual beings as “angels” – helps the one passing into the next steps of development. Yet an important part of the Florence Nightingale – her life’s work, her personality, her quirks and her admirable qualities – remains in this particular gate.

The New Birth – Yours!

Spiritual traditions agree that a human birth gives a precious opportunity for development of one’s soul. You came in through one of the 360 gates, the one where the Sun was located in the heavens at your first in-breath. The gates are organized as thirty qualities within each of twelve signs, ranging from the Ram (Aries) to the Fishes (Pisces). $12 \text{ signs} \times 30 \text{ degrees} = 360$ for the whole circle. A particular quality or flavor lives in each of the 360 gates. I have researched and summarized the “theme” for each of the 360 gates, as well as the “milieu” for the particular sign.

The picture gives a sense of coming through a gate in the first breath of birth, from starry worlds into the physical world of trees, houses, clouds, and the rest of it.



What do you find in that gate? If you were born with the Sun in the same star-location as Florence Nightingale's last breath, then during your birth process you passed the personality of Florence Nightingale, experiencing the imprint of her essence and the harvest of her life. She could become a mentor for you.

There are others there too, other strong personalities that have left their mark – represented in the picture by one fellow in a toga, suggesting a strong personality from Roman times.

Indeed, many people have taken their last breath through the gate through which you were later born. In *SECOND CONTACT / Meeting the Challenge*, I go into that more deeply. For now, we can simply say that this project concentrates on those individuals who have made a more powerful impression – who have developed their abilities or powers or skills or desires much more publicly than the rest. These are people about whom we know much more in the

public record than the many who live their lives simply or in greater seclusion, and have gone quietly through death. I have often found when working with mentors that they have died with a sense of unfinished work, and there is a desire on their part to continue that work – through the ones who pass them by on their way into the world, through the newborns, that is, through you!

What is a Star-Date?

I am trying to put you in touch with those influential individuals who died in the same star-gate through which you were later born, that is, the place where the Sun lay against the same background of the heavens for both your birth and the mentor's death. This is not the same as a calendar date. I call these placements of the Sun "star-dates."

For example, the Sun lies exactly on the influential star Aldebaran, the "Eye of the Bull," in the constellation of Taurus, what I call the Life Star, on the calendar date of May 31, 2012. A person born on that day will have the beneficial influence of Aldebaran throughout the life, as well as the beneficial contacts with the mentors arrayed at that gate. However, because of a slow wobble of the earth in relation to the stars, the alignment of Sun with Aldebaran moves in relation to the seasons upon which our more familiar seasonal calendar is based. For a few decades in either direction from 2012, May 31 is the calendar date. The conjunction of Aldebaran and the Sun occurs in the year 1932 on the calendar date of May 30. In 1732, it occurs in Austria on May 27. However, in the United States (and the rest of the British Commonwealth), in 1732 that alignment occurs on May 16. Why? Because most European countries had changed from the Julian calendar to the Gregorian calendar, but not the United Kingdom (not until 1752). One more date: The connection of Sun and Aldebaran occurred in 30 CE (current era, or AD), that is, the time of Christ Jesus, on the calendar date of May 6.

The wobble has been termed "the precession of equinoxes," which means that the equinoxes that mark our first day of spring and first day of autumn – March 21 and September 22 – slowly move in relation to the starry background over time. Very slowly – one degree every 72 years. The dates of the seasonal calendar which we find in our diaries point us to the march of the seasons from

year to year. However, I am interested in star gates, the actual location of the Sun in relation to the starry heavens. In astrology, this is called the sidereal approach rather than the tropical approach. In *THIRD CONTACT / Touching the Stars* of the mentor study, I introduce the stars connected to the different gates. For now, we can say that we are most interested in the facts of where the Sun lies in relation to the stars, because that's where the impressions are made by mentors and picked up by you.

Here's another example. If you were born on the calendar date March 5, 2012, you would have the wonderful Agrippa von Nettesheim as a possible mentor. But he died on the calendar date February 15. How can there be a connection? For two reasons: 1.) because of the precession of the equinoxes, which between 2012 and 1535 would have made a difference of nearly seven gates (seven degrees), and 2.) because a different calendar was in use at that time, the Julian instead of our present Gregorian calendar. The star-date remains the same – the Sun between 20 and 21 degrees of the Waterman (Aquarius) seen sidereally – though the calendar dates differ.

This illustrates why it has been challenging to pull together an accurate dataset of those who have died, and how you have to be careful to make the connection to the right mentor. Even the same date in the same year can throw you off as different regions of the earth calculate their calendar dates differently, and there are always two dates operative on the planet at any one time.

Please be cautious about the dates that you find in encyclopedias or other sources of dates. We have been careful to adjust the dates so that we match people with the mentors most closely related to you. That's why we ask you for your birth date and, if you have it, time of birth – to get you the *most accurate* connections with the heavens.

Your Solar Cross

Tea with Your Mentor is part of a larger project called the Oracle of the Solar Cross. For each degree of the 360 degrees of the heavens – twelve zodiacal signs and thirty qualities within each – I have researched what occurred there, and arrived at the model shown in the diagram below.



You come through the gate of the Sun above, the Sun streaming the intelligence of the stars behind it to you. You stand on the Earth below, which is the star-gate directly opposite. You raise your arms to the horizons at east and west, and you thus form a cross of vertical and horizontal, meeting at your heart. This is the Solar Cross.

In the Oracle of the Solar Cross, you learn your Sun gate degree, and the theme that lives there. I will give you a shortened version of that theme later. You can also learn the themes at your Earth Gate (your foundation, what you depend upon), West Gate (what you've mastered and is setting in your life), and East Gate (what is coming more into prominence, what is rising). This information comes either through a reading with a Reader in Star Wisdom, or through the CDs that come with the Solar Cross product, with approximately an hour on these themes and commentaries upon them.

Where do the themes from the degrees come from? Guided by a comment from the philosopher Rudolf Steiner that the daily events in the life of Christ Jesus closely reflected and tracked the celestial world, I have researched those daily events and arrived at a theme which appears in long form in the Oracle of the Solar Cross, and short form in the Tea with Your Mentor materials. For the non-Christian, I can explain it this way: We use the life of Christ Jesus to define

an example of an initiate who lived in intimate resonance with the whole cosmos. These deeds in relation to the stars demonstrate a pattern that we may all embody at some point. You can get a much longer description of this research method in my book *Star Wisdom & Rudolf Steiner* or, somewhat shorter, at the www.StarWisdom.org website.

Summary of This Approach

A possible mentor for you is one who died with the Sun in the same place in the heavens where the Sun was at your birth. Both occurred at the same star-date. The alignment with the stars makes a gate, through which the mentor passed out of this world, and you passed in. A mentor has lifted up his or her life's harvest into that same stargate of the heavens. You passed by the developed energy pattern of this person when taking your first breath of air – through that same gate. Thus you have an imprint from the personality of the mentor. It is for you now, as an adult, to work actively with this relationship.

It seems completely reasonable that you should have an encounter with a mentor who knew you when you were born. I would like to introduce you to one of your mentors, which I will do after describing how you might have tea together.

A Skill That You Will Need: Imagination

I have already given you some pictures to work with – the lifting up of one's life's harvest into the heavens at death, the newborn's coming through a gate from the heavens into the world. At our website, www.StarWisdom.org, we have posted videos about this connection. We can take you some steps along this path. Then it's up to you. Your chief ally will be your powers of imagination.

Can imagination be trusted? – yes, too often true imagination is dismissed as fantasy, but it forms the foundation for all creativity. Do you concoct it out of nothing? – no, true imagination contacts what the senses do not see nor hear, the unseen creative forces of the world. Do these really exist? – yes, when you have had true imaginations, you become convinced that they are unmistakably true. You can train for true imagination by making things up, that is, fantasizing. Then

you can train yourself to open to the enormous resources of the unseen worlds that can be seen through your imagination.

The aboriginal peoples understood that the creators dreamed the world, and that this dreaming is active and ongoing: One can enter the dreaming at any time. If respectful, one can co-create the dreaming with the dreamers who are imagining everybody and everything.

Our present technological age has substituted many images for imagination. One can learn from the abundance of other images, but then must set out on one's own. As my daughter explained, when deciding to go read a book rather than watch TV, "The pictures are better." Her imagination was active.

To benefit from a meeting with a mentor, you have to find a way to imagine that meeting – imagine the truth of it. This introduction demonstrates the truth of the relationship. You must make that truth operative for you. You may have to reduce your consumption of images (television, movies, computers) for a time in order to get your own imagination going again. And remember, imagination is not only for visual pictures. It relates to any of your ways of knowing beyond the senses. Our media culture overemphasizes the visual, but some people experience more vividly through hearing, and some through touch, and some through clear knowing. Most scientific discoveries have come through following the pictures (or sounds or knowings) of imagination. You can learn to cultivate these skills through meditation, through prayer, through paying attention to your dreams.

It's true. Imagination and its related skill of intuition is easier for some people than for others. However, several studies have demonstrated that everyone can learn these skills. I like the term "imagineering," as it suggests a sense of exploring or adventuring, and it's a verb, an active changing opening to new experiences.

Steps Toward Having Tea with Your Mentor

[[So ends our introduction so you can get a sense of the background. The remainder of the letter goes through the steps very carefully – with Florence Nightingale as an example – and then with the specific mentor whom we would like to introduce to you...]]