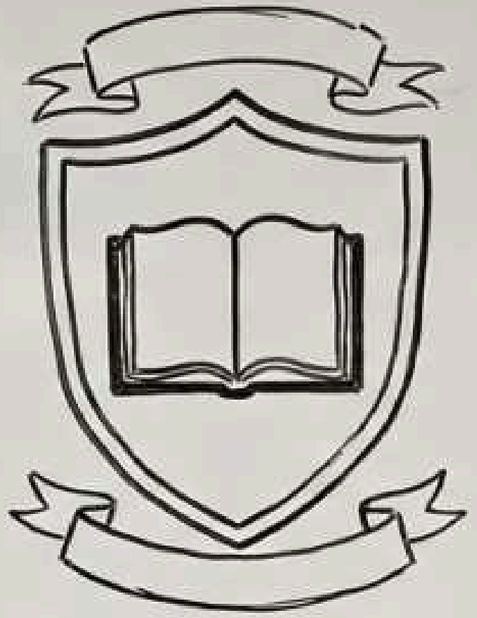


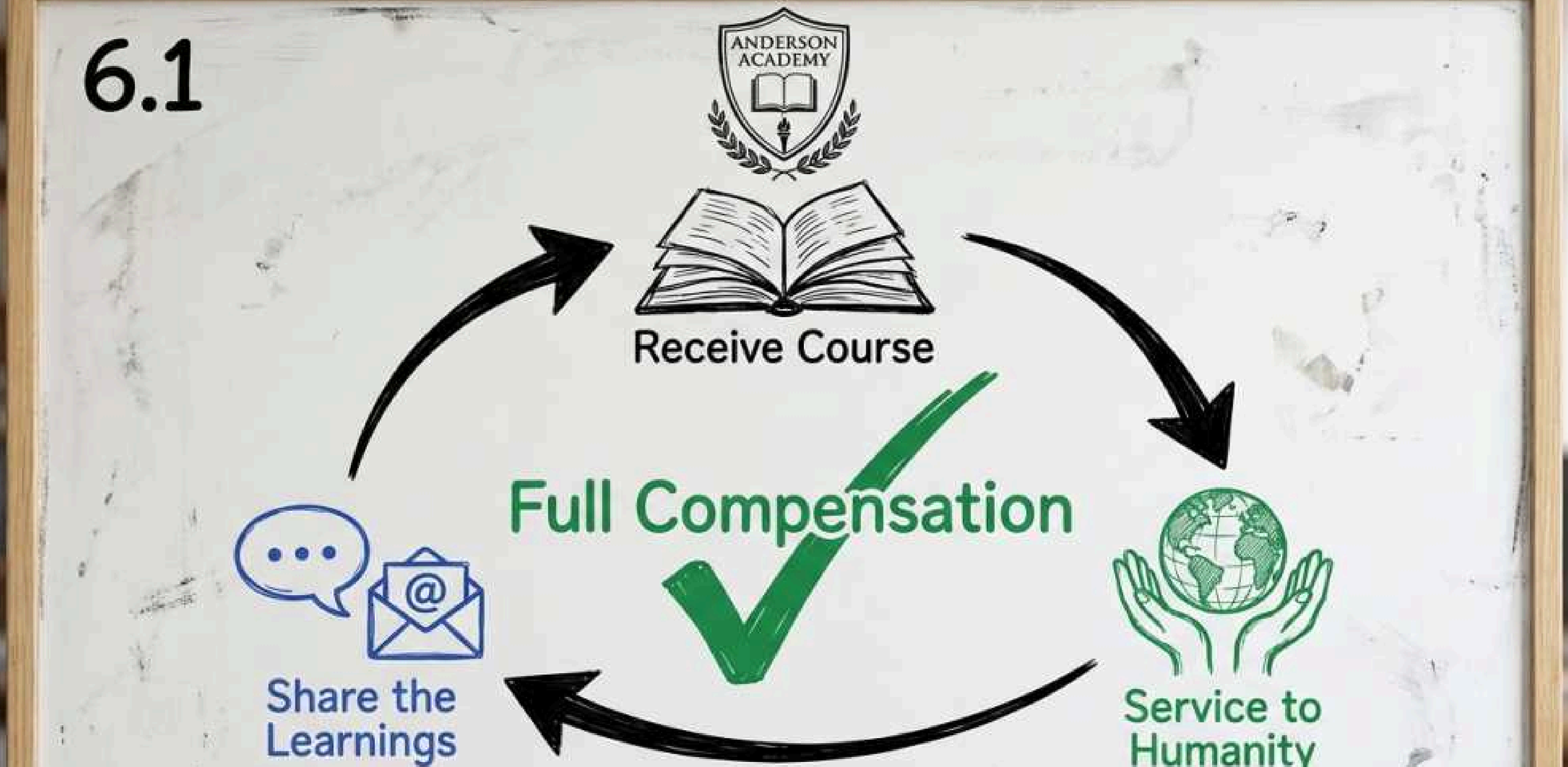
PHIL 480 B

The Book of Wisdom, Volume III

LECTURE 6: PRACTICE, AND EVALUATING THE BOOK

An esoteric psychology course synthesis and academic evaluation.

6.1



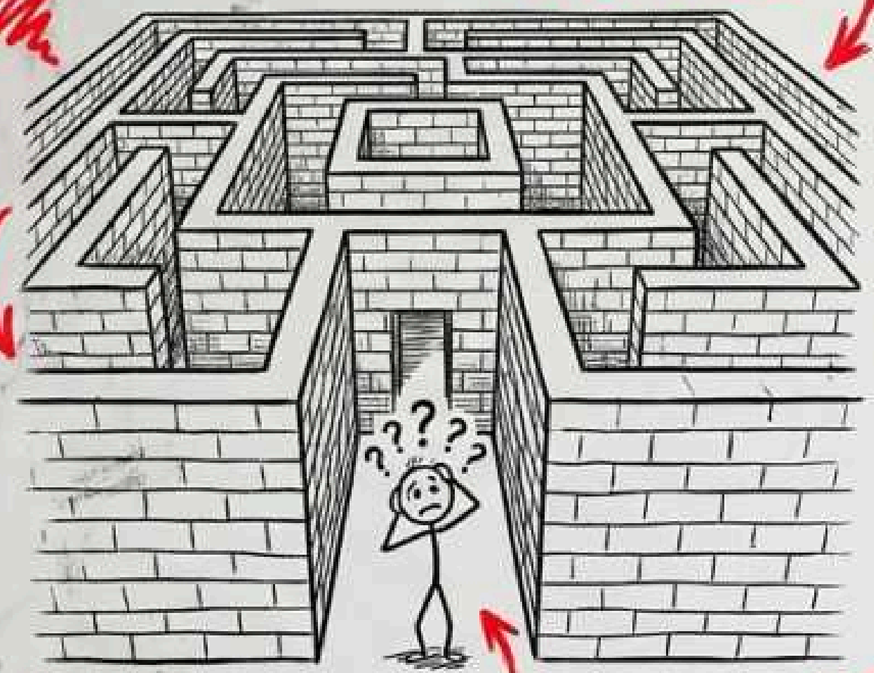
Pay It Forward.

Contact: garyanderson@mail.grokbot.com | X: @garyanderson

6.2

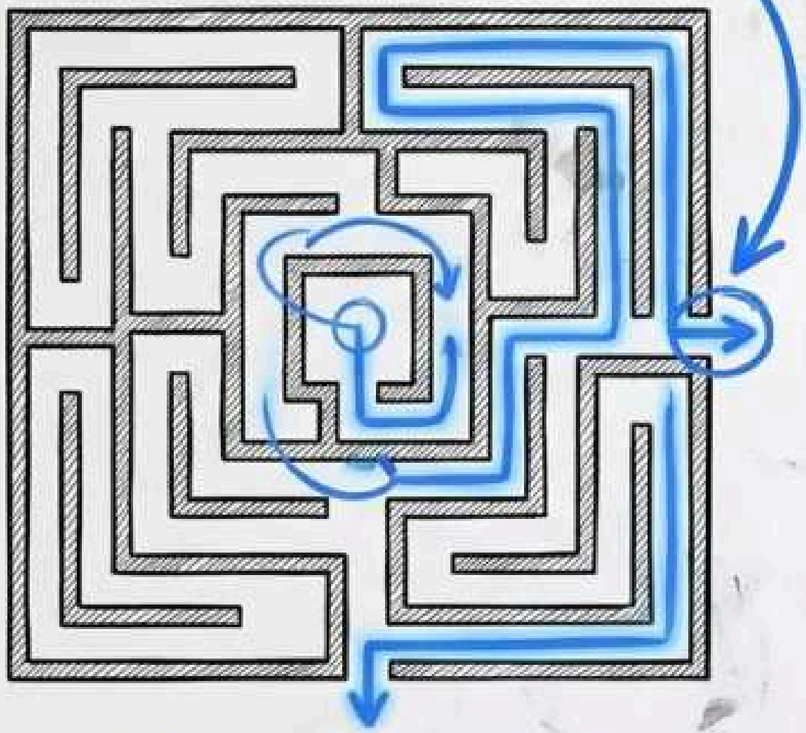
ANDERSON ACADEMY

Lost in the Activity



Sees only the nearest walls.

Conscious Separation



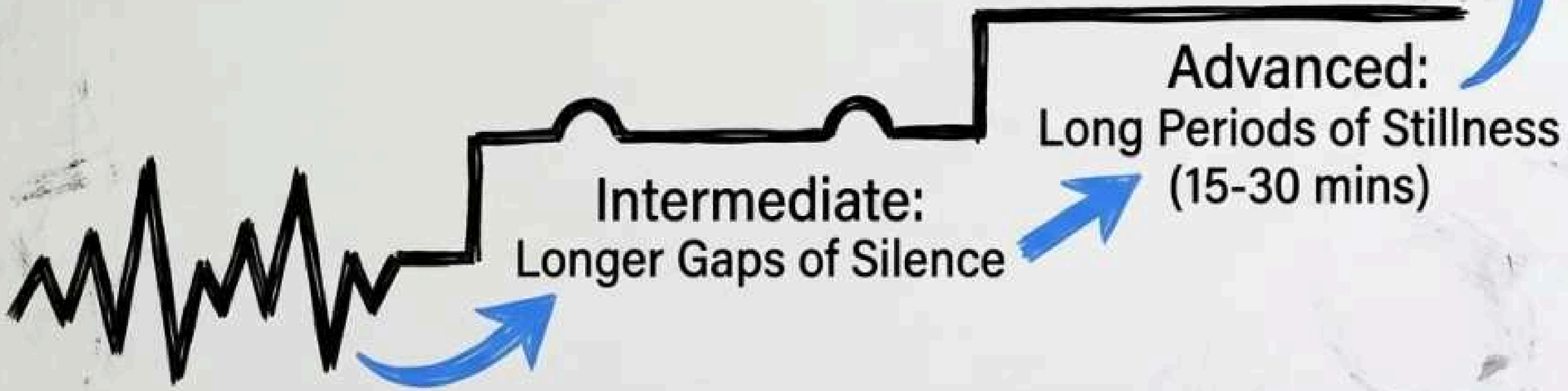
The Higher View.

Meditation creates the space between the observer and the mind.

6.3

ANDERSON ACADEMY

Thinking with the Higher Mind
(Deliberate thought from a state of calm)



Beginner: Recognize & Return
Noticing thoughts without following them.

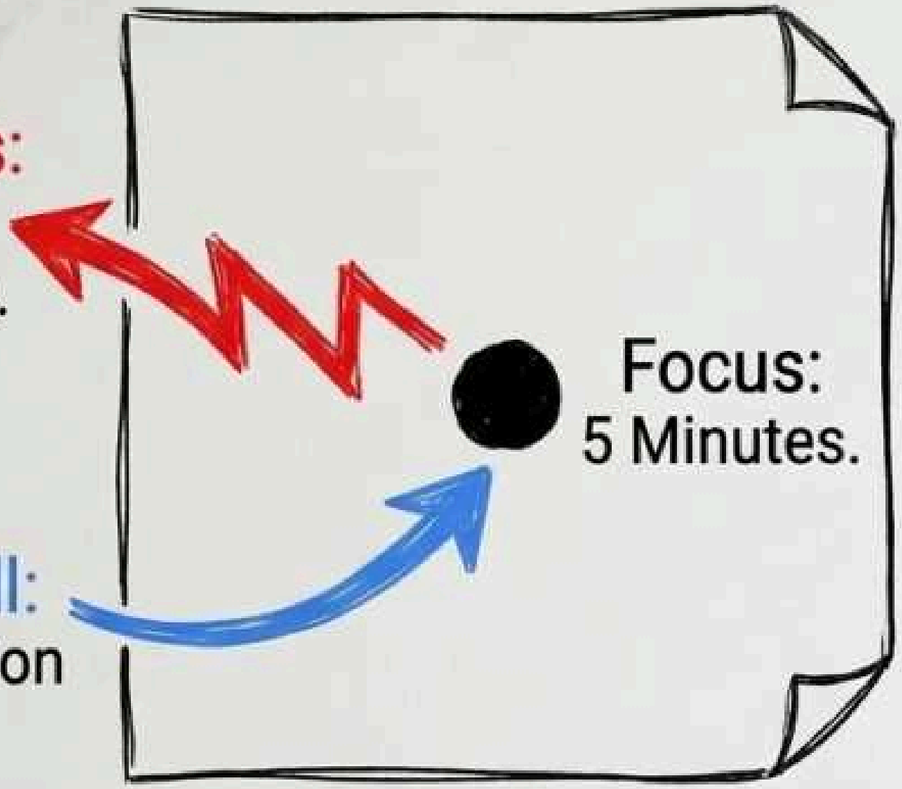
Intermediate:
Longer Gaps of Silence

Advanced:
Long Periods of Stillness
(15-30 mins)

6.4

ANDERSON ACADEMY

10-20 seconds:
Mind offers reasons to stop.



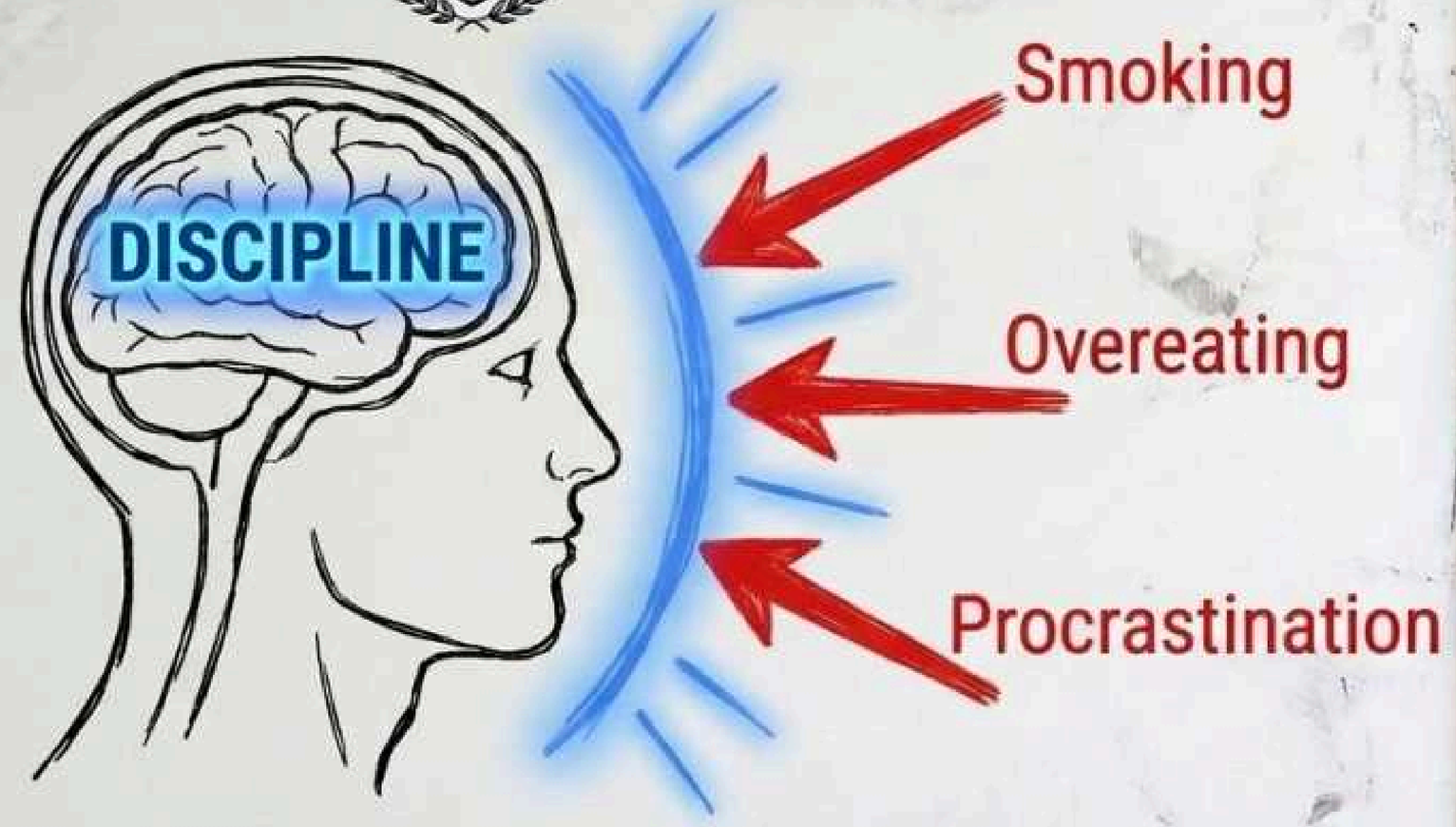
Focus:
5 Minutes.

The Act of Will:
Returning attention without strain.

Willpower is the expression of the spirit.
Build it through concentration.

6.5

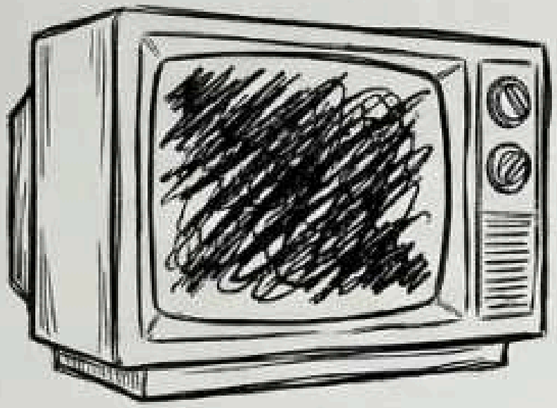
ANDERSON ACADEMY



The goal is not to get good at meditating, but to change the relationship between awareness, thought, and action.

6.6

ANDERSON ACADEMY



Streams of Thought



You hold the remote.
What you repeatedly
watch programs you.

ANGER / URGES / INNER CRITIC

What are you defending?
What do you hope to give me?
Are you helping or hindering?

Question your own parts.

6.7

ANDERSON ACADEMY

The Conscious Person	The Unconscious Person
✓ Self-aware	✗ Identified with mind
✓ Chooses thoughts	✗ Reactive
✓ Distinguishes ego from guidance	✗ Proud
✓ Takes responsibility	✗ Distracted
✓ Observes emotions	✗ Blames others
✓ Humble & Self-governing	

6.8

ANDERSON ACADEMY

KNOWLEDGE → **UNDERSTANDING** → **ACTION** → **WAY OF LIFE**

Mere information — Applied internally

"You do not have a soul,
you are a soul."
– C.S. Lewis

Often wrongly credited to him!

6.9

ANDERSON ACATJEMY

Symbols of Kingship
(Throne, Crown, Sceptre/Orb, Chariot)

The 4 Bodies
(Will/Fire, Thought/Air, Emotion/Water, Action/Earth)



The Observer
(Behind the Mind)

Battle for the Will
(Inner voices, habits, thought forms)

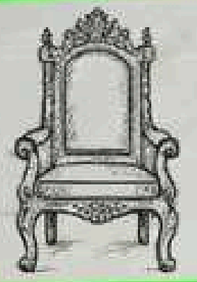
The Unconscious
(Dreams, Alchemy, 2-way relationship)

The grand summary:
An inner hierarchy demanding conscious alignment.

6.10

ANDERSON ACADEMY

Strengths Dashboard



The Unified Model

Offers one clear, consistent model. The single guiding question: Who is on the throne right now?



Accessibility

Exercises are concrete, free, and psychologically safe for most.



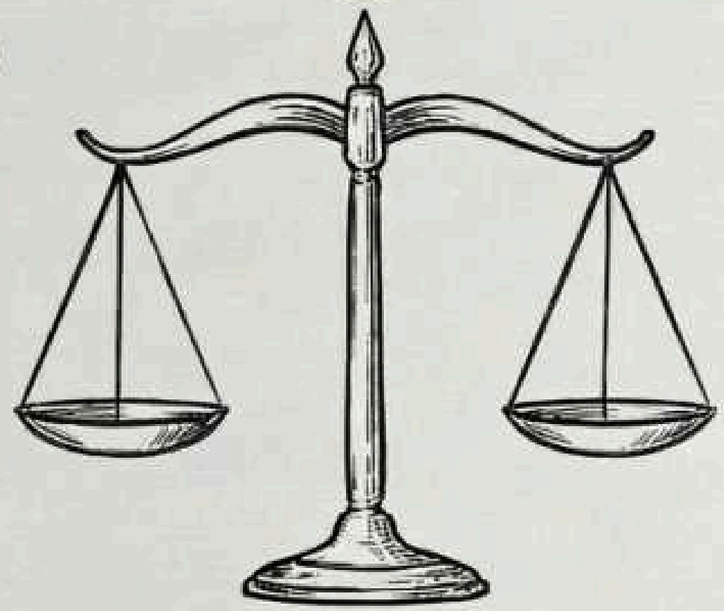
Behavioral Focus

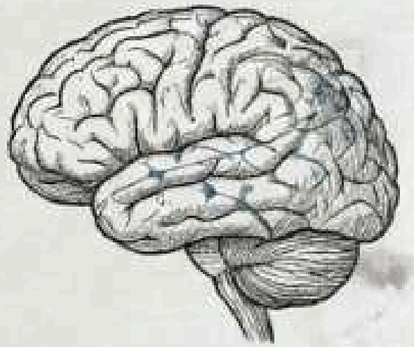
Demands real-world change. Inner work must manifest in how we treat others. Rejects simple repression.

6.11

ANDERSON ACADEMY







Esoteric Claim:
Noticing thoughts without obeying them.

Modern Science:
Metacognitive Therapy & trigger planning.

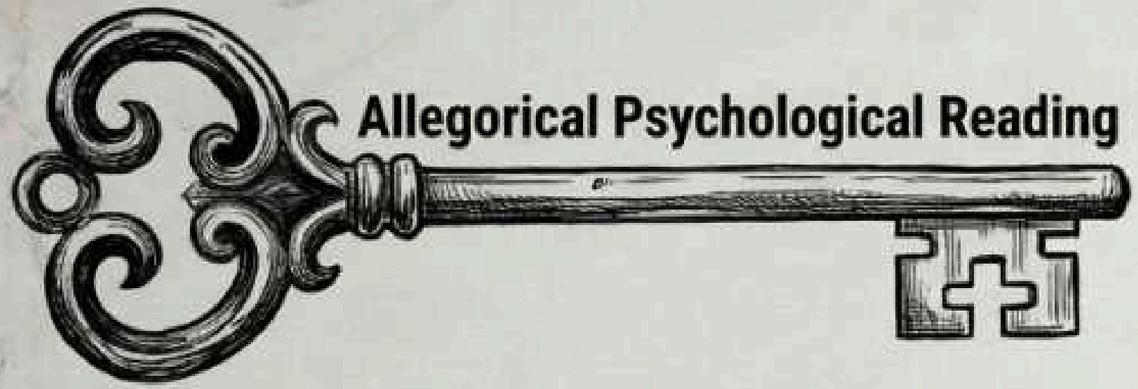
The Goyal et al. (2014) Review

Finding: Moderate empirical evidence that meditation programs effectively help manage anxiety, depression, and pain.

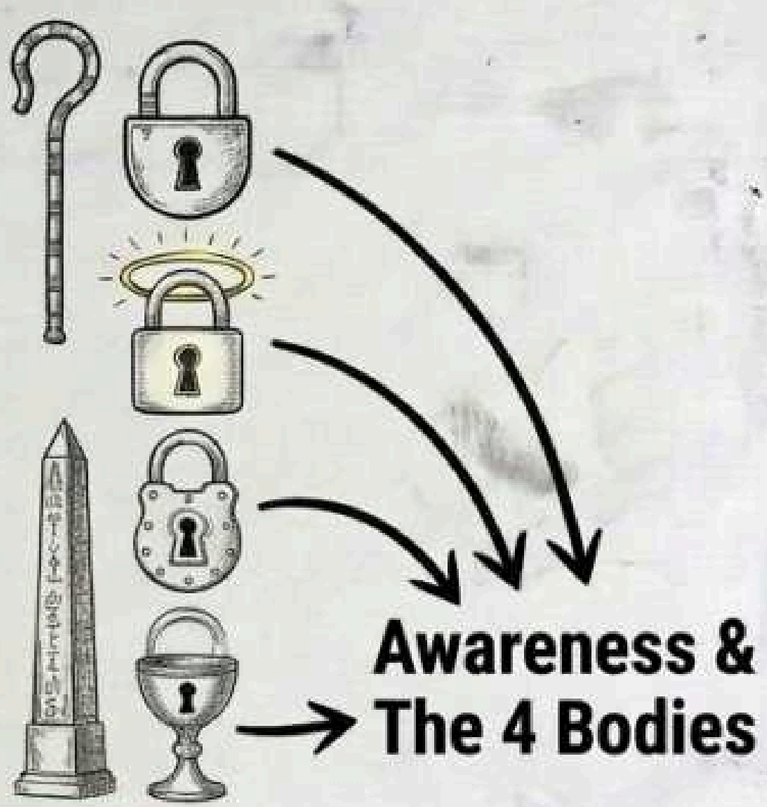
Despite its esoteric framing, the foundational psychology tightly aligns with well-studied clinical approaches.

6.12

ANDERSON ACADEMY



Allegorical Psychological Reading

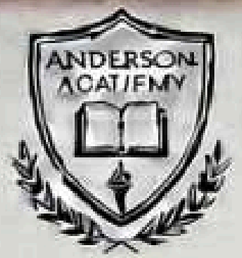


Awareness & The 4 Bodies

The Flaw: A reading method that can ***never*** **fail** tells us more about the reader than the symbol itself.

Historical Erasure: The book rarely acknowledges when its psychological overlays overwrite actual historical meanings.

6.13



~~**Kingdom = King + Dome** (Head)~~ Suffix "***-dom***" means **realm/condition, not dome.**

~~**Temple** (Head) = **Templum** (Sacred place)~~ From Latin ***tempora***, unrelated to sacred sites.

~~**Discernment** = Root "Mens" (Mind)~~ From suffix ***-mentum***.

~~**Heart = Earth**~~ Only an anagram in modern English, not universally valid.

Wordplay makes for great memory aids, but it is not historical evidence.

6.14

Requires Evidence (Metaphysics)

- Astral/Etheric bodies as literal matter
- Chakras as physical centers
- The universe mirroring thought forms
- The primacy of consciousness (asserted, not argued)
- Emerald Tablets of Thoth is a modern 20th-century text, not ancient.

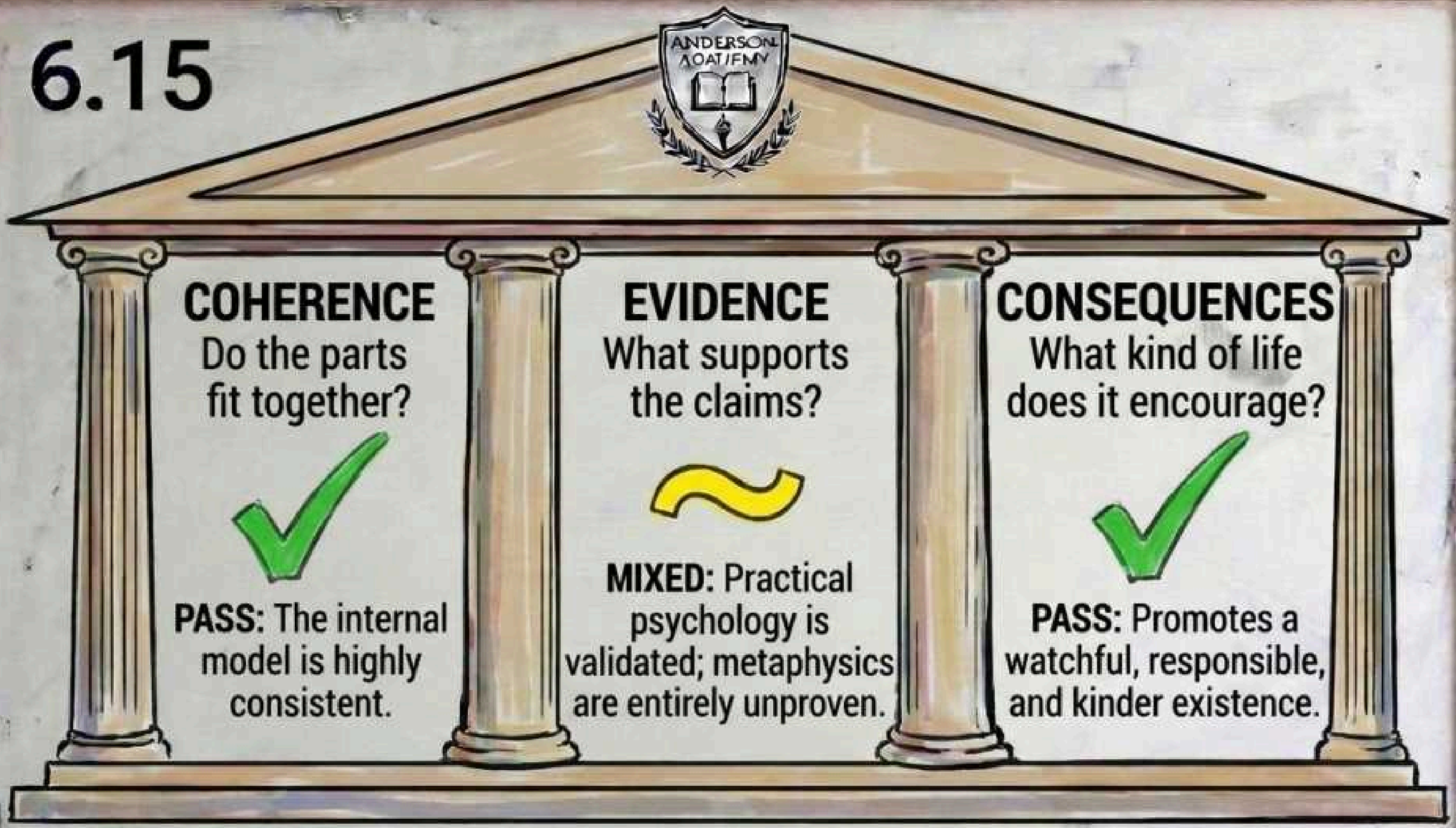
Requires Professional Help (Clinical)

A model built purely on willpower risks dangerous self-blame.

- Addiction
- Clinical Depression
- Severe Anxiety

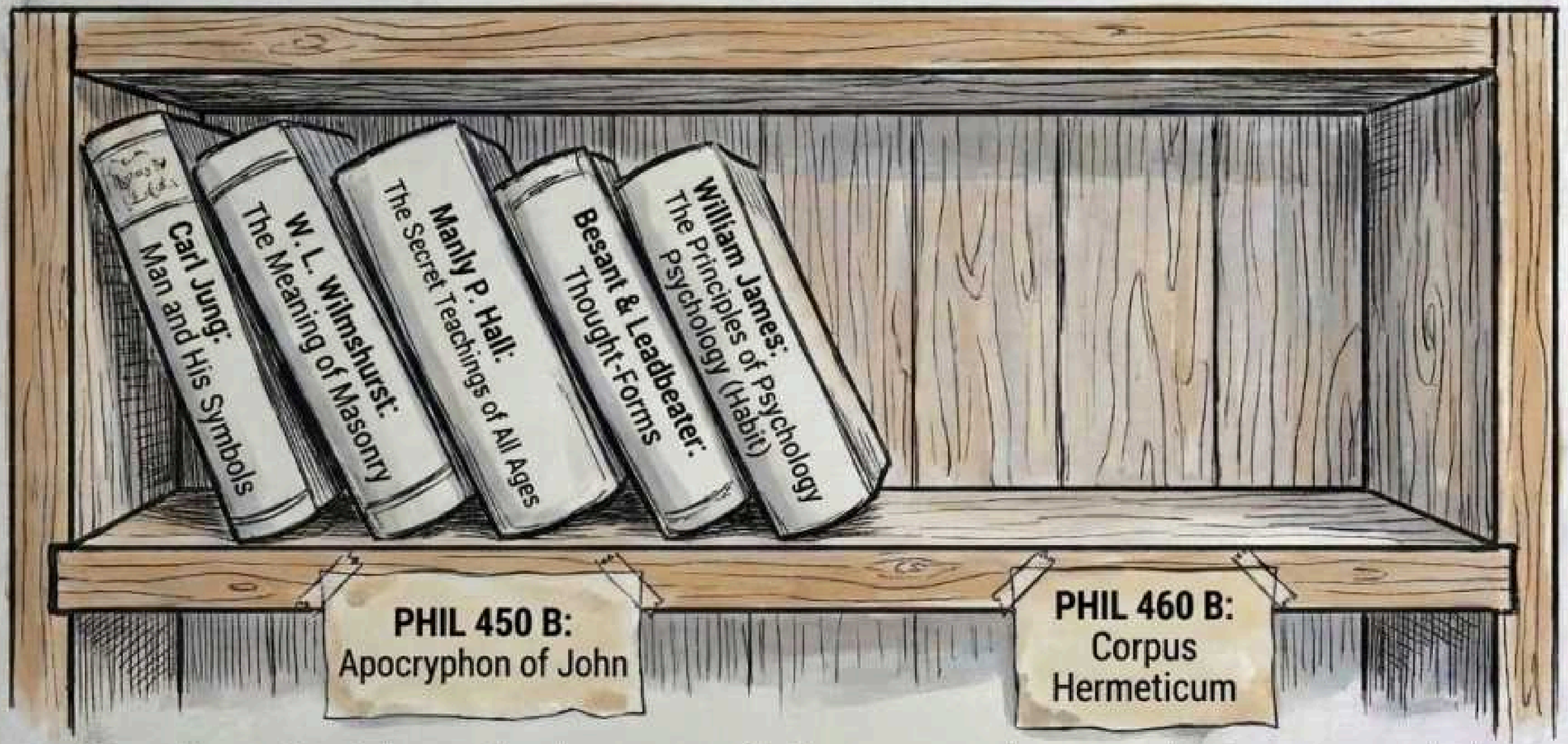
These conditions demand professional intervention alongside personal effort.

6.15



A book can pass one test and fail another. Noticing which is half the work.

6.16



Tracing the historical roots of the esoteric psychology model.

6.17

Thank you for studying this course. If you found it useful, please remember the contract: Pay it forward, serve humanity, and tell us what you learned.

Gary Anderson

Email: garyanderson@mail.grokbot.com
X: @garyanderson

