



Implementing Ancient Knowledge to Focus

MIND, ENERGY

BY AMBER D. BROWNE

As the summer season gets underway, and the sunlight lasts a little longer each day, we would be wise to embrace this extra illumination in our lives. Additional hours of daylight give us more time to focus on what we want out of this life. Summertime is not only great for a little vitamin D, relaxation, and self-reflection, but it is also the perfect time to refocus the mind on personal and professional goals.

I have recently reflected on my goals and am taking steps to create the life I believe I am destined to live.

My first book, *The Little Book of Hermetic Principles: Heal Your Energy, Seek Enlightenment, and Deepen Your Understanding of Your Mind, Body, and Spirit*, was published by independent publisher Ulysses Press in March 2022.

As I researched, interviewed experts, and wrote the book, which focuses on the ancient teachings of Hermes Trismegistus and the seven Hermetic principles popularized by *The Kybalion* in 1908, I began to look inside myself to determine how I could improve certain areas of my life.

What could I do differently to improve aspects of my personal and professional situations?

Through the advice and guidance included in the book from experts ranging from professors and therapists to a master personal trainer and Reiki master, I learned how to develop a deeper understanding of my mind, body, and spirit.

This process is a constant work in progress, and I often refer back to the book for gentle reminders about how I can implement these ancient teachings into daily life to ultimately focus my energy on what is important and develop a more mindful way of thinking.

The Hermetic Principles Explained in *The Little Book of Hermetic Principles*

The Little Book of Hermetic Principles delves into seven fundamental truths attributed to Hermes Trismegistus and outlined in *The Kybalion*. Perfect for beginners, this little book breaks down timeless wisdom into easily consumable chapters and gives actionable tips on how to change one's own life for the better according to the Hermetic principles.

The Little Book of Hermetic Principles includes expert tips on meditation, music therapy, exercise, nutrition, prayer, crystals, astrology, nature, and so on, to help readers foster a better understanding of reality, how the universe works, and the interconnectedness of everything.

1. The Principle of Mentalism:

All is mind; the power of the mind

The Hermetic principle of mentalism focuses on the power of the mind. *The Little Book of Hermetic Principles* provides guidance on how readers can implement this principle into daily life to develop a growth mindset, improve brain function



through exercise, manifest reality through visualization, and find meaning and symbolism in everyday occurrences.

If perception becomes reality, we must be willing to be more mindful about what we want out of this life. We should take this moment in time to refocus our energies and possibly change how we perceive things in order to improve our experience.

2. The Principle of Correspondence: As above, so below

The Hermetic principle of correspondence relates to different planes of existence including the material world, the mental plane, and the spiritual plane. The following is an excerpt from the book.

Meditation and prayer can help guide those wishing to gain a higher consciousness to become more self-aware and learn to control their thoughts, emotions, and physical response. If you can reach a higher plane and continue to develop control over your emotions in order to ‘rise above’ a situation, you will begin to let the negative pass below you.

3. The Principle of Vibration: Everything vibrates; the power of energy

This chapter of *The Little Book of Hermetic Principles* focuses on healing energy through nutrition, breathwork, spending time in nature, and more. Information from several experts including Jenny Parten, Reiki master and medicine woman, is shared in the book.

“Everything is a choice, and we often don’t realize that. We think that life just unfolds before us, and then we just have to deal with the cards that are handed to us. It’s not like that at all,” Parten explains. You can control vibration by taking conscious actions and making conscious choices about what type of vibrational frequency you engage in and support.

4. The Principle of Polarity: Everything is a degree of its opposite

Within the chapter regarding the Hermetic principle of polarity, experts share insight on how to incorporate this principle into daily life through



therapeutic support, crystal work, and more.

The Hermetic principle of polarity states that everything is just a different degree of its opposite. The following is an excerpt from the book explaining that these various degrees of opposites are based on perception.

Darkness is the absence of light, cold is the absence of heat, and so on. There is no absolute within the principle of polarity, just varying degrees. It's all relative.

5. The Principle of Rhythm: The pendulum of life swings

The chapter about the Hermetic principle of rhythm includes the benefits of gratitude, music, and serving others. The following is an excerpt from *The Little Book of Hermetic Principles* regarding the principle of rhythm.

Throughout life, people experience the good with the bad. Each day has ups and downs as people experience the emotional pull of other people and of events.

According to the Hermetic principle of rhythm, whatever happens during one day, one week, one month, one year, and so on, will fall back into balance as the pendulum swings.

6. The Principle of Causation: Everything is either a cause or an effect

The Hermetic principle of causation describes how events are linked through cause and effect. Every cause has its effect, and every effect has its cause. The following is an excerpt from *The Little Book of Hermetic Principles* regarding causation.

Everything a person experiences throughout life shapes who they become. Many choose to learn and grow from their experiences, while others may find themselves stuck in ill-favored patterns. If you can truly discover what caused certain feelings or actions, then you can have more control over effects and future events.



7. The Principle of Gender: Masculine and feminine energies exist in all

This chapter offers guidance on how the reader can develop different characteristics such as assertiveness or empathy and enhance creativity. An excerpt from *The*

Little Book of Hermetic Principles follows.

According to the Hermetic principle of gender in *The Kybalion*, everything has both masculine and feminine qualities. These qualities are not biological characteristics, such as sex organs or the physical body of a man or woman, but more the character traits of the person, the energetic qualities that the person exudes.

Mystical Teachings of Hermes Trismegistus and More

The mystical teachings of Hermes Trismegistus, who is often referred to as the father of astrology and alchemy, are also reviewed in *The Little Book of Hermetic Principles*. Readers will learn more about the traditional and modern

studies of astrology and alchemy, as well as how to see magic in everyday life.

An overview of Trismegistus' history and credited writings including *The Corpus Hermeticum* and *The Emerald Tablet* are included in the book.

We Are All Connected

With the constant bombardment of negativity on TV, social media, of life itself, it is important to stay true to ourselves and learn to become more aware of our connection to one another and the universe.

It is important to stay focused on our life experience and do what it takes to accomplish our personal and professional goals.

From the words of Founder and Publisher of *Spiritual Life Magazine*, Nayaswami



Kamala, “I wanted to create work for people who care, that would matter to them, that they could actually use to make a difference in their lives.”

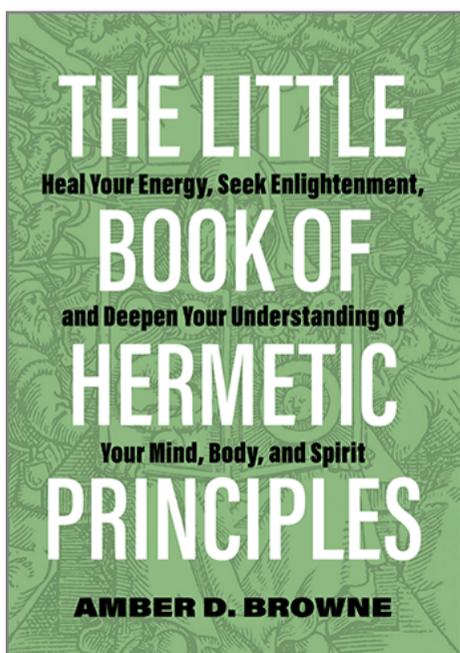
This quote from the *Spiritual Life Magazine*’s Manifesto speaks to me in so many ways. My goal for *The Little Book of Hermetic Principles* is to share information and make a positive difference in the lives of others. Trismegistus’ teachings provide insight into how we are all connected and how inside, each

of us, is a spiritual connection with God, the Source, the Good, the Creator, the Universe, and so on.

I truly believe the opportunity to write this book was meant to happen for me at this moment in time. In today’s society, everyone is dealing with struggles. I think sharing this ancient philosophy and offering guidance will help others become more aware of their realities and how they can develop and improve in whatever areas of concern they may have.



Look inside ↓



As a young teen, **AMBER D. BROWNE** discerned her passion for the written word and for sharing information. After acquiring a BA in mass communication with a minor in history from Texas State University, Browne spent much of her career researching and reporting Texas news for radio. She later branched out as a freelance writer and editor for local magazines, and her desire to share her journalism experience led to a seven-year stint in junior high education as an English language arts/reading and media teacher. Browne works as a freelance writer, editor, and voiceover artist and resides in the Dallas-Fort Worth Metroplex with her husband and their two children.

For more on Browne’s written work, visit

www.amberdbrowne.com

and follow her on social media @amberdbrowne.