

WEEKLY MESSAGE: December 10, 2020



CŌSOLARGY INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

HEAD OVERSEER'S WEEKLY MESSAGE



December 10, 2020

We continue with the lengthy review of the commentary on the

Seventeenth Saying of Jamil with The Man continuing to discourse to his disciples at the ancient Kahuna healing temple on the island of Oahu on concepts of self-awareness.

The Seventeenth Saying (Part 5)

“Let us return to the idea of self-awareness, the self which we measure ourselves by. Man believes he is a person and an individual; he thinks, ‘Am I going to be immortal? Am I going to be happy? Am I going to be successful?’ That is only one portion of his being speaking or thinking. This is his ego speaking; that part created by his culture or civilization. The animal man cannot speak; that is, organs, glands, nerves, cells, blood, or brain. His organism remains mute. It is only a level or a degree of self-awareness that says ‘I.’ In fact, the individual does not even know all the various entities that exist within him or her on the material, biological level, on the spiritual level, on the psychic level, on the emotional level, and on the mental level. There are hundreds of entities and intelligences within a person.

“So who is the ‘I,’ or what is the self? Man is nothing more than any other animal. He consumes specific kinds of food to prevent these kinds from becoming dominant in the ecosystem. He breathes oxygen, a process which in itself contributes to the functioning of the ecosystem. He defecates to fertilize the earth. He is actually being used to keep the planet alive. Man is like a microcosm keeping and sustaining this planet. In a manner of speaking, we are all valves of energy exchange.

“Again, what is the self? If you, the self that is talking to me now, were to be imprisoned in the frame of a bird, you would think like a bird. You would be automatically taken over by an instinct that would tell you how to hunt for a worm or for a cereal grain, how to find a mate, how to gather twigs to make a nest, when to mate, when to lay an egg, and how to take care of the young. It would not be you, it would be instinct. And what is instinct? It is a frequency to which you are

attuned. If you see yourself as a radio receiver, you may see that you may be only attuned to a certain frequency, and that is all you can hear. If you were suddenly put into the body of a snake, the great 'you' would become that snake, and that is all you could become because that biological organism only allows you to think within the ability of that nervous system and brain.

“‘The sun, like other living things, is connected to other stellar systems and receives its energy from these systems. It is not self-generated. It is a carrier of intelligence and information. The sun is so vastly superior to terrestrial bodies that we cannot compare it to a person or animal. That means that the sun is a living creature which is more intelligent than we are. This is very difficult for Western minds trained in Western science to accept because Man, in his arrogance, truly believes he is the most sophisticated creature alive. Our religions tell us we are sophisticated, not our sciences. Science belittles Man. It limits his life span, and sickens him as it is sickening the planet. And this is not to be critical of science, but only to point it out as a limited discipline. Religion tells us that we were made in the Image of God. We do not know what God looks like. He certainly does not look like our transitory material body. In reality, we have secular religions that tell us little about our spiritual nature, our true image. Only a revealed religion teaches us of our true spiritual nature and how to awaken it properly in order to transcend our material nature.

“‘Once we become spiritual beings, we are then made in the Image of God. When we begin to think and function on the level of spiritual Consciousness, we go beyond what the mind conceives, beyond what the physical senses perceive. Once we are projected into the sun and the stellar systems, we transcend the limitations of the material planet. We are then influenced by other intelligences, particularly by the intelligence of the sun itself as a living being, and by those

other suns to which it is linked. To be sure, the sun is a valve for energy exchange, just as is Man on a much smaller scale. But the sun is not a mechanical object. Knowledge of our religious science is so far advanced, so far beyond that of our popular, secular religions and churches, that it is difficult for us to explain it.

“‘The Consciousness of a man like Jesus, the Consciousness of a Moses, the Consciousness developed by the great prophets of times past, was so vastly superior to that of theologians, scientists, economists, politicians, statesman and businessmen of the world today that they cannot be compared. The reason most of the great religious leaders never wrote about what they knew was that there was no way to put it into the written word. There was no way to tell people about it because it is beyond the reasoning powers of the mind to grasp its message as conveyed by a written or spoken language. Once one develops Consciousness, one is transported beyond the range of the mind and senses. One becomes allied with the higher intelligences of the sun and beyond, and of those spiritual intelligences beyond everything material; in other words, we become allied with other dimensions and intelligences which are more akin to God. If we conceive ourselves to be only animals, only as material creatures, then we limit ourselves. We become no more important than a squirrel or an elephant or a dinosaur. We can perish the same as so many species did if we do not keep pace with the environment, or if the environment changes.

“‘Because this planet will go on living, it can go on living without Man. If it starts to die, Man can go, and other systems, perhaps plants and microorganisms can keep the planet alive on a more simple level. The planet itself has a purpose in the cosmos. If we think in terms of the planet as being a smaller living organism within the structure of a greater living organism, as a small electron spinning around the nucleus of the sun, the solar system itself being a small atom of a greater living organism, we can see ourselves as rather

insignificant. To discover the purpose of the planet and of the material universe as a whole, we must enter into the realms of a greater intelligence and go beyond our material minds and bodies which pass away after a short life. The sun and its intelligence level are the means which can make this possible.'”

Again, if I may be of any personal service to you, please do not hesitate to contact me.

Very truly yours in Light+,

Gene



“Intuitive Consciousness and Attaining It”



“In many temperaments of the unstable or artistic type, the intuition of the Absolute becomes ungovernable: it constantly breaks through, obtaining forcible possession of the mental field and expressing itself in the ‘psychic’ phenomena of ecstasy and rapture. In others, less mobile, it wells up into an impassioned apprehension, a ‘flame of love’ in which the self seems to ‘meet God in the ground of the soul.’ This is ‘pure contemplation’: that state of deep [orison](#) in which the subject seems to be seeing, feeling, and thinking all at once. By this spontaneous exercise of all his powers under the dominion of love, the

mystic attains that 'vision of the heart' which, 'more interior perhaps than the visions of dreams or ecstasy,' stretches to the full those very faculties which it seems to be holding in suspense; as a top 'sleeps' when it is in a fast spin. ... This act of contemplation, this glad surrender to an overwhelming consciousness of the Presence of God, leaves no sharp image on the mind: only a knowledge that we have all been lifted up, to a veritable gazing upon that which eye hath not seen." ~[Evelyn Underhill](#)

Artistic Types

I would first like to disagree with Ms. Underhill in lumping together the artistic and unstable types. While it is true that some great artists have been mentally unstable, I think they are a minority. Most artistic types are perfectly sane. But they do tend to be more sensitive than the average person, and they may well be what makes them artists. Maybe she meant autistic types and the book has a typo. In any case, she is correct in saying that the intuitive power generally comes to people in one of two ways, and affects each type differently.

Ungoverned Intuitive Consciousness

When intuitive consciousness breaks through to one without being sought, or without being understood, it may do it in a forceful and undesirable way. It may cause unexplained joy and ecstasy, or it may cause fear of something for no known reason. In more extreme cases, it may cause such psychic phenomena as a type of speaking in tongues where the person suddenly starts speaking in a language they do not know. Or it may cause a person to levitate, or glow with an inner light. Many think such phenomena is desirable, but it is rarely useful when uncontrolled.

In the case of unexplained fears, it may be useful but isn't always. We have all heard the stories of people who suddenly felt that they should skip a flight they were scheduled to

take, or a cruise they were supposed to go on, and later the plane crashed or the ship had an emergency at sea. That is all great. It is a good thing those people get that warning. But what you never hear of is the people who suddenly became fearful and canceled their flight or their cruise, and nothing happened. While I haven't done a scientific study on it, I bet such people outnumber those who got a reap premonition by at least ten to one. So this type of intuitive consciousness is unreliable when not developed with discipline.

[Read the entire article online at spiritsun.net.](https://spiritsun.net)

Original article posted by HAROLD BOULETTE on November 21, 2020

“Gerald Pollack: The 4th Phase of Water”



In this video, learn a bit about how the structure of EZ water builds from light.

One of the most discussed topics at EU2013: The Tipping Point was the electrical component of biology. One of the conference speakers who shared new research was Gerald Pollack, a professor of bioengineering at the University of Washington.

Dr. Pollack studies structured water, a relatively unknown fourth phase that his team has found to be a common component of life as we know it. In this interview, he discusses new findings that hint at an electric function of this crystalline water that may be related to photosynthesis, but within the human body.

[Watch the video posted online February 2, 2013 on YouTube.](#)
[\(3:07\)](#)

link submitted by Robert Petrovich

NOVEMBER 2020: Intercession & Memorial Services



NOVEMBER 2020

4

David Maske and his Family
Kaylea Dowling
Dr. Eugene Ubawike

7

David Maske and his Family
Kaylea Dowling
Dr. Eugene Ubawike
Suzie Riggins †
Richard KuchenbacherRev. Mother Carol Ann Crabb †

14

Craig Bergland

Monel Shah
Sandra Fernandez
Rev. Mother Ileana Isfan †
William and Yesenia Larsen †

25

Viviene Marcsik
Anita & David Wyled

28

Viviene Marcsik
Anita & David Wyled

† indicates Memorial Prayer

Services for the Week of December 19, 2020



Saturday, December 19, 2020

10:00 AM COMMUNION

Chapel of The Holy Child

RR Gene Savoy Jr

Lector: RC Robert Petrovich

Cantor: Rev. Barbara Whitney

Reader: Sabrina Savoy

Sunday, December 20, 2020
7:05 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:15

Gate: 6:50

Sunrise: 7:20

RR Gene Savoy Jr.

Concelebrants:

RC Robert Petrovich

RC Ted Staver

RC Peter Foust

Assistant: Rev. Barbara Whitney

OPEN-AIR COMMUNION

Church of the Races of Man Rev. Greg Klinedinst

Church of the Americas Dea. Radheka Patel Savoy

Church of the New Covenant Dea. Gary Huss Jr

Wednesday, December 23, 2020

12:00 NOON COMMUNION

Chapel of The Holy Child

RC Ted Staver

Friday, December 25, 2020

7:02 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:15

Gate: 6:50
Sunrise: 7:17
RR Gene Savoy Jr.
Concelebrants:
RC Robert Petrovich
RC Ted Staver
RC Peter Foust
Assistant: Rev. Barbara Whitney

9:00 AM PRAYER & FELLOWSHIP
Chapel of the Roses
Service suspended due to Christmas-Epiphany Vigil

“Vibrational Healing with Sonatherapy®”

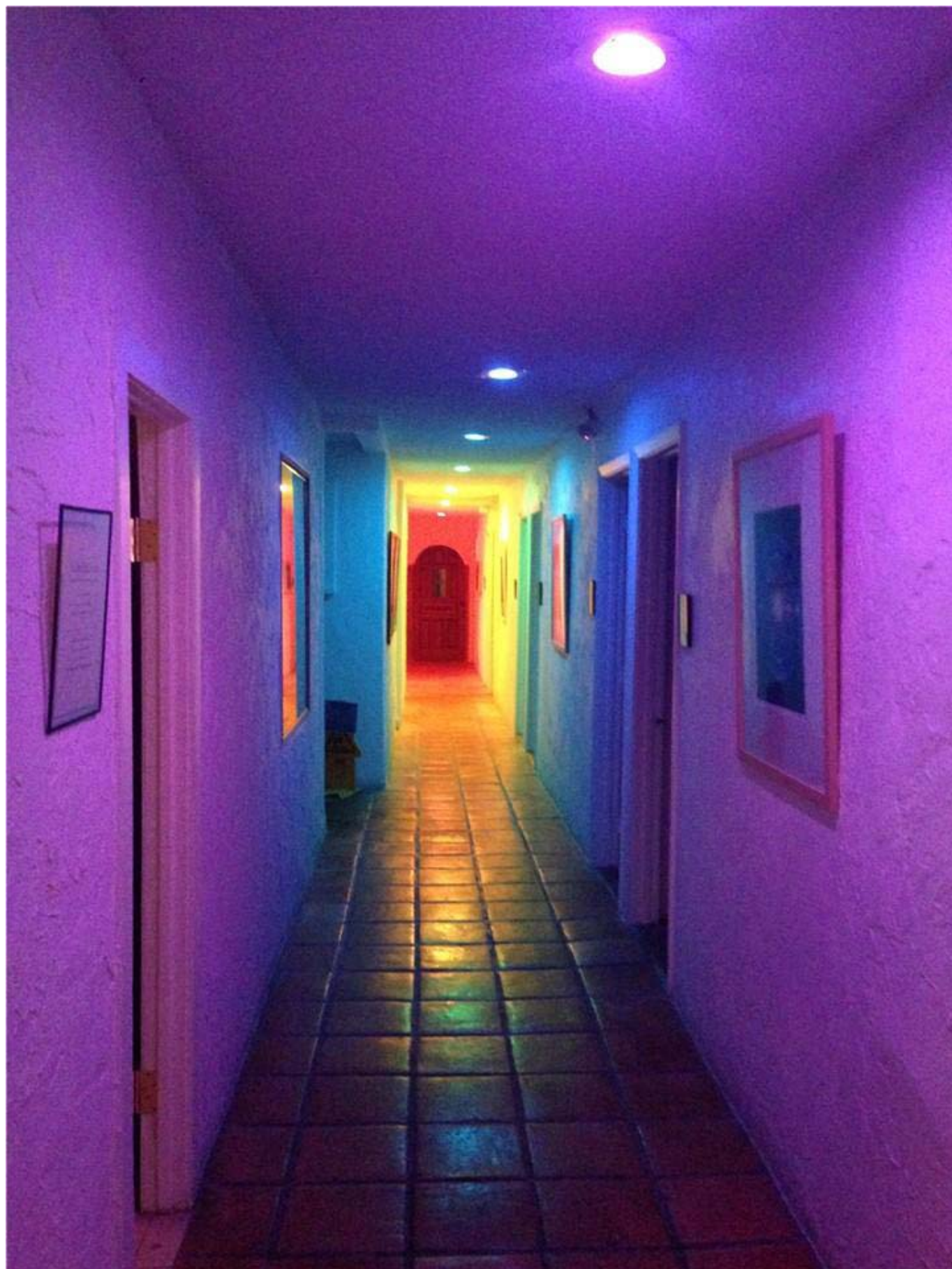
By Paul V Young and Dr Gary R Buchanan © 2020

Editor's note: The following article was put together jointly between myself and Gary Buchanan during 2020, following my visit to the healing center late last year.

Sadly, Dr Buchanan passed away at the age of 72 at his residence at Steamboat Hot Springs in Reno, Nevada in the

early morning of October 16, 2020.

The article is published here in his memory, with respect and gratitude for his life of service.



Are you aware that the vital life-force energy proceeds from, and is dependent upon, wave fronts of light and sound (photons and phonons) for its existence? Your life energy can become disharmonized when your system is out of balance, manifesting in any number of physical ailments.

A welcome remedy is to be found in the form of **Sonatherapy®** which, having its technology based scientifically on sound and vibrations, reduces this dissonance and helps boost and stabilize the body's vital energies. With the use of acoustic wavefronts called *Sonations*, programmed around the holistic needs of the individual, a Sonatherapy treatment invariably results in improved health, both physiologically and psychologically.

Based in the USA, Sonatherapy has affiliates in Japan, South Africa, Dubai, Israel, Europe and Britain. While there are no Sonatherapists practising in Australia as yet, they do offer a one-year online Training Course which is primarily directed toward students with a background in alternative healing, therapy or medicine, but is open to all interested parties. (See contact details at foot of this article).

Sonatherapy has its headquarters in Reno in the high desert of northwestern Nevada, at the Steamboat Geothermal Hot Springs. Steamboat is a nationally recognized historical landmark that was given its name by Mark Twain. The springs are known to have been enjoyed by early pioneers of Nevada in the 19th century when a sixty-foot geyser was a major attraction. In 1861 a 34-bed hospital was constructed at the site to treat patients using the natural healing properties of the hot springs.

The founder and driving force behind Sonatherapy is Dr Gary Robert Buchanan, whose first passion has always been in music as a conductor, composer and teacher. He is also certified in Cymatic Therapy and is part of a global network, which includes his Japanese colleague, Yukinori Matsushita. They

conduct monthly on-line 'self-healing sessions' with clients around the world. In-residence, Dr. Buchanan has treated hundreds of clients and compiled a myriad of successful case studies over the past two decades.

The use of sound and vibration as healing techniques dates back to antiquity. Notably, Pythagoras and his successors taught and employed music and sound therapy at the Temples of Asclepius in ancient Greece. The present-day modality continues that tradition by combining sound, light, colour, water, sacred geometry and subtle energies, and is fast becoming recognized as the healing technology of our time, and of the future.

The facility at the *Steamboat Hot Springs & Healing Center* in Reno consists of an outdoor hot pool, steam room, dry sauna, individual massage rooms and private mineral tubs. The first thing the visitor notices once inside the complex is the hallway leading to the treatment rooms, which is bathed in all the colours of the rainbow by overhead lights. Each light unit is wired with the *Sona-Lite* system that places sound (or music) on the light beams (modified Li-Fi). The frequencies/music are not heard, although the effect upon those beneath the beams, while subtle, is real and measurable.

Temperature-controlled geothermal hydrotherapy is offered in the ample-sized tubs, and clients presenting for Sonatherapy treatment are encouraged to first bathe in their waters, so that the body is warm and moist prior to initial inductions. Sonations are also sounded in the baths and pools for increased absorption (sound travels 4.3 times faster in water). The unique geothermal water of Steamboat Hot Springs contains: calcium carbonate, magnesium, sodium sulphate, sulphur, lithia, soda, and a high level of silica. (The only water known to be comparable is found at Cajamarca in Peru).

In Dr Buchanan's Sonatherapy treatment rooms, the client may not be familiar with all the electronic gadgetry on his desk,

but will find the ambience immediately soothing as they notice the line of chakra-coloured lamps on the ceiling in a row above the sound-table.

In therapy, sound arrays are applied to form wave fronts directly upon and within the body and its enveloping morphogenetic fields for healing. The sound array may help stimulate areas of low energy, lack of sensitivity, or weak physical strength. It may also aid in self-healing functions. Specially designed *Wave Front BIOresonance™* combinations are utilised to nurture the individual's inherent vibrational processes and functions at their 'optimal' or 'signature' rates. The key to such acoustical combinations lies in the fact that the Sonations are synergetic, as well as coherently harmonic, and are readily absorbed by the body and its enveloping quantum fields.

Light and colours are also applied during the non-invasive therapy sessions – using light organ attachments – with the light pulsing and panning in synchronicity with the audio signals. This pulsative approach allows for dramatically greater absorption of irradiations. Applicators (stereo speakers or transducers) are placed at the area lacking in energy, for example, at the solar plexus. The sound is never loud, as it only needs to be “felt.”

For the technically-minded, Dr Buchanan eschews the use of digital sound in favour of analogue technology. The frequencies applied vary according to the needs of the individual, however the range of 90 to 111 hertz is notable for being the range that releases endorphins in the brain; 40 hertz is often the frequency intoned in Buddhist chants and is favourable for certain applications.

Acoustic footbaths are sometimes part of the Sonotherapy treatment. During such a session, the Sonations are also played through the water and synchronized with the light and colour applications, in a very precise manner.

Each treatment generally lasts one hour or less. More time is needed when geothermal bath and/or consultation with staff physician are added in. Adjuncts might include sessions with aura colour reading, relaxing on the sound table while receiving further light/colour irradiations, or other tailor-made treatments.

Conditions that are treated typically include bones, nerves, muscles, and joints; inflammation, pain, and circulatory problems; organic, respiratory, and digestive disorders; simple strains, fractures, bruises, along with skin conditions; and a host of common ailments that conventional medicine rarely addresses. Post-surgical sessions can also speed the healing of wounds, reduction of scar tissue, and restoration of movement. All kinds of issues, including arthritis and gout, for example, are treated with good outcomes.

In addition to Sonatherapy, Steamboat Hot Springs offers a full menu of healing services, such as therapeutic massages (including those using CBD oil and promoting lymphatic stimulation), detoxifying mud wraps, exfoliation scrubs, and Ayurveda consultations.

Steamboat Hot Springs & Healing Center in Reno and Sonatherapy® are both subsidiaries of **Cosolargy® International**, which has been introducing students to the arts, sciences and technologies of its System via a global training program since its inception almost sixty years ago.

The philosophy behind the Cosolargy teachings is that all life is engendered, sustained, and eventually transmuted by wave fronts of Light emanating from our parent Sun. The Sun is the master Cymatic organism in our part of the galaxy, constantly pulsing and emitting complex patterns of photon and phonon waves. Cosolargy incorporates sun-gazing (photo-syntotics); light, sound and colour irradiations; activation of the third-, fourth-, and fifth-dimensional fields, all of which lead to

increased absorption of what are known as Information Factors contained in the solar and cosmic fields.

Certification in Sonatherapy®

Steamboat Healing Centre offers Certification and Training in the technologies and treatments of Sonatherapy. Those interested should contact Dr. Gary Robert Buchanan in the United States (Cymatics Sonatherapy <gary.buchanan1011@gmail.com>). Students who would like to set-up a home system, or who have a professional background and/or practice (such as physician, nurse practitioner, chiropractor, massage therapist, sound healer, or other) into which they would like to include elements of Sonatherapy are eligible for immediate “basic” certification.

During the training course students will use the Analog Box program that accompanies the text, *SONA: Healing with Wave Front BIOresonance™*, as their main application system on the computer. (Programs and files are designed for Windows XP, 7, 8, or 10. MAC users can download “Virtual Windows” online). By the end of that year, students will have compiled a complete library of Sonations applicable for most general conditions.

For more information about the one-year Training Course in Sonatherapy, visit:

<http://sonatherapy.com/certification-training/>

The basics of Sonatherapy may be found in three books authored by Dr Gary Robert Buchanan: *SONA: Healing with Wave Front BIOresonance™* (2008); *Sonatherapy®: Healing with Light, Color, Sound, Water & Subtle Energies* (2012); *Vibrational Healing: Wave Front BIOresonance™ and Sonatherapy®* (Ebook) (2019). Some of these are available on Amazon, or directly from Dr Buchanan, via the Sonatherapy website.

To learn more about the organizations mentioned here, visit:

Sonatherapy: <http://sonatherapy.com/>

Steamboat Hot Springs & Healing Center:
<https://steamboatsprings.org/>

Cosolargy International: <https://cosolargy.org/>

Disclaimer: Sonatherapy® is not meant to replace any other medical or diagnostic system. Rather, the technology is designed to provide complementary assistance in more rapid and complete healing of conditions, which in many cases traditional and alternative approaches do not address.

Paul V. Young is a freelance writer who blogs at SouthernSunlight.com. He is a certified practitioner of Reiki, NLP and LOA and a Rosicrucian. He is the authorised representative of Cosolargy in Australia and may be contacted at AustralianEsoteric@gmail.com

Dr Gary R Buchanan is an internationally recognized composer & conductor. His qualifications include H.S. & BM, N.C. School of Arts; MFA, Univ. of N.C.; DMA Can., Univ. of WA.; Hon. DMA, Queensland Conservatorium, Brisbane, Australia. Director Wave Front BIOresonance™ Research & Development, Steamboat Healing Center; Cosolargy® International Ord., Admin., Lect.



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**WEEKLY MESSAGE: December 2,
2020**



CÔSOLARGY INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

HEAD OVERSEER'S WEEKLY MESSAGE



December 2, 2020

“We have been told in the sacred scripture of our church that Man has two natures. Ancient scripture declares that Man has two spirits. One is influenced by Dark beings. The other spirit is related to the Light. Therefore, Man has a dual nature. One nature strives after intellect; this nature motivates secular science. It strives after knowledge of the material world. It uses knowledge for power and for control

over others, or for gain, and not necessarily for its own good or the good of the world or for the cosmos as a whole. It is this nature that is causing the illness of the sun. The spiritual nature strives after knowledge of God, and the desire to express a higher nature, to serve God and humankind, to make the world Good. This nature sustains the spiritual or Good side of the sun. So, when we speak of the sun becoming diseased, we see it is due to Man's Dark nature opening the gates of the fourth-dimensional creatures which can bring about the death of the sun.

“‘The great schools that bred adepts of the spirit and taught them how to reflect to the sun to keep it from becoming ill are gone. As a consequence, there is no earthly agency to combat the fourth-dimensional creatures. And there is no way for beings of Light to aid humankind, or to gain access to the material world, because the adepts are a vanishing race. Thus, our sun is dying, which will result in the death of the planet.’

“The Third Mariner asked of The Man saying, ‘When we speak of the sun as a living being, can we say that it possesses, as does Man, a self-awareness or self-consciousness? Or is the sun just a valve, a mechanical thing, that distributes energy in accordance with God's Will and laws of the interstellar system? Could we perceive the sun to be a living being, like Man as a human being, with self awareness or self-consciousness which distinguishes Man from the lower animals?’

“And The Man answered his Companion of the Way, saying ‘We think in terms of Man as being the highest creature on the planet, which is true. This is not because he is the strongest, the fastest, the most aggressive, or even the most beautiful. It is because he possesses intelligence. This intelligence is what sets Man apart from the animals. The secular scientist stresses Man as being intelligent, and sets him apart from the animals. Yet, our medical sciences often call Man simply an animal. This contradiction on the part of

secular science is the point that most spiritual adepts find strange.

“‘As an animal, Man is inferior to many animals. The elephant lives longer than Man, as a general rule. Parrots and turtles can live longer than Man. How does one measure who is the most important, the most sophisticated, or the best animal? By size, by speed, by strength, by long life? If a turtle lives to be one hundred and fifty years old and a man lives to be seventy, why is a man greater than an animal? He is not. It is his intelligence that sets him apart from the animals, not his animal body.’”

Again, if I may be of any personal service to you, please do not hesitate to contact me.

Very truly yours in Light+,

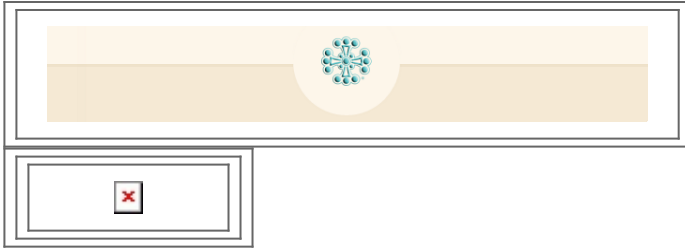
Gene

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“Immortality of the Phoenix and Soul”



“Both [Herodotus](#) and [Pliny](#) noted the general resemblance in shape between the phoenix and the eagle, a point which the reader should carefully consider, for it is reasonably certain that the modern Masonic eagle was originally a phoenix. The body of the phoenix is described as being covered with glossy purple feathers, while its long tail feathers were alternately blue and red. Its head was light in color and about its neck was a circlet of golden plumage. ...

“The phoenix was regarded as sacred to the sun, and the length of its life (500 to 1000 years) was taken as a standard for measuring the motion of the heavenly bodies and also the cycles of time used in the Mysteries to designate the periods of existence. ...

“The phoenix (which is the mythological Persian Roc) is also the name of a southern constellation, and therefore it has both an astronomical and an astrological significance. In all probability, the phoenix was the swan of the Greeks, the eagle of the Romans, and the peacock of the Far East. To the ancient mystics the phoenix was a most appropriate symbol of the immortality of the human soul.” ~[Manly P. Hall](#)

Phoenix, Eagle, and More

Hall notes that the phoenix is probably the source of the Greek swan, the Roman eagle, and the Persian Roc. He doesn't mention the Native American firebird, which resembles the phoenix more closely than and of the others mentioned. I think the idea in most, if not all of these sacred birds, is that they represent the human soul. When the phoenix rises and flies toward the sun, it is a hint from the ancient mystery schools on the process for awakening and developing the spirit and soul. The immortality of the phoenix comes from the part of the legend that says that when the phoenix does die after 500 years, it is reborn from the ashes. That is a simplification of the original story, but it is the most

important part. The phoenix never truly dies, just like the divine-human soul.

[Read the entire article online at spiritsun.net.](https://spiritsun.net)

Original article posted by HAROLD BOULETTE on October 30 , 2020

Cosolargy Newsletter 2020 Issue 11: November



COSOLARGY INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

COSOLARGY NEWSLETTER November 2020

Greetings!

Welcome to our monthly bulletin with information of interest to friends of Cosolargy International. In this issue we bring you up to date with current and future events and provide a little background on our founder, the late Gene Savoy Sr, and his explorations into solar cultures, along with some uplifting words of inspiration.

If you are curious about the solar techniques and activities of our Community, contact us by using the Contact Form on the [Cosolargy International website](https://www.cosolargy.org). It will be forwarded to the appropriate representative for your area.

In these trying times, if you would like to have a prayer said for you or others, click the Prayer Request button at the end of this newsletter.



The Origins of Cosolargy

From 1957 until 1971 Gene Savoy, in company with members of the school, conducted a grand exploration program of the Andes and the Amazonian jungles in Peru, Ecuador, Colombia, and Brazil. It was during this time that many ancient cities and temple sites were recovered from the mantle of growth that had covered them for centuries. These exploits were recorded in *Antisuyo—The Search for the Lost Cities of the Amazon* (New York: Simon & Schuster, 1970); *Vilcabamba—The Lost Cities of the Incas* (London: Robert Hale, 1970); *On the Trail of the Feathered Serpent* (New York: Bobbs-Merrill, 1974), all authored by Gene Savoy. CBS News recorded his explorations in a one-hour documentary, and the major magazines and newspapers of the world reported the remarkable findings. Other manuscripts covering this period are

presently in press, having been withheld from publication. The published stories were restricted to the archeological, anthropological, and historical significance of the expeditions. No mention was ever made of the Community's inner work, because the reporters were never informed of it.

- Extracted from the book, *The Emerging New Christianity and the Secret Church at Work*, © 1975 by the International Community of Christ.

Subscribers to the [Cosolargy.org](https://www.cosolargy.org) web site receive this monthly newsletter.

[Click here to read or download this issue.](#)

Rev. Mother Carol Ann Crabb Passes into the Light, Memorial Service Held



[Link to obituary in the Reno Gazette-Journal](#)

Reverend Mother Carol Ann Crabb (June 30, 1944 – October 24, 2020) passed away at the age of 76 at an assisted care facility in Reno, Nevada. The Reverend Mother Carol Ann Crabb passed into the Light on Saturday, October 24, 2020 in the late morning while the Community was in the middle of performing the memorial service for Reverend Canon Gary Buchanan. Reverend Canon Ted Staver performed an Anointing of the Sick for Carol on October 23rd, the day before she passed away. Rev. Staver performed the rite alone since only he had clearance to visit her at the care facility because of pandemic restrictions. An Anointing of the Remains of the deceased was performed by Bishop Gene Savoy Jr. on October 27th in the presence of the Sacred Overseer and special friends

A Memorial Service was held to celebrate her life on Saturday, November 7, 2020 at 11:00 a.m. in the Chapel of the Holy Child. In attendance were members of the Reno Church Community. Family members were unable to travel due to the Covid-19 pandemic.



The eulogy, delivered by Rev. Canon Ted Staver, recounted her life in the Community and the events previous to the forty-five years she had spent in residence that had led her to the spiritual life and prepared her for it:

“Carol’s nature was to keep a daily journal at least up until two years ago. It was interesting going through some of her journals. At first I felt that I was invading her privacy. But then it dawned on me, as I kept reading, Carol was the type of person that got things done. Benjamin Franklin once wrote “well done is better than well said” and this quote reminds me of Carol. She was a person of few words, but her actions said it all. As I was going through her journal I came across a resume that she wrote before coming to Reno and I thought you might be interested in knowing some of the things she did before coming here, so I’d like to share that.

“She attended the State University of New York at Buffalo where she earned a B.A. in Philosophy with a minor in Anthropology. Then she went on to Syracuse University and earned her Masters Degree in Library Science. From there she went on to become the librarian at Jefferson Community College, where she advanced to assistant professor. I believe that during that time frame, possibly in her spare time, she became the Assistant Director of Religious Education at the ALL Souls Unitarian Church in Watertown, New York. Later she became the chairman of the Religious Education Committee teaching Sunday school at various age levels, also doing presentations to adults and children on decision-making and sermons to congregations. She was the coordinator of “Life Center,” a non-profit organization for teenagers through adults for personal growth. She was also involved in camp counseling. Carol authored and co-authored four publications in the field of library science. She mentioned that she was a member of the Kripalu Yoga Society (which is a Hatha Yoga practice) and she did mention to me that it was her yoga

teacher that suggested she check out this Church.

"I have a letter from Carol's journal where she is writing to friends describing her journey to Reno. So I'm going to let her tell the story. Here is an excerpt:

Dear family and friends,

Spring is here. Daytime is warm and the trees are delicate with new green. Forsythia has been blooming for weeks along with some pink blossoms and now the lilacs are out. Reno is pretty in the spring, there are many trees, shrubs, and even green grass (if the constant watering continues). The river and little lakes in the parks have ducks, geese, and even seagulls. This time of year makes me think of New York City. I've been there several times in early Spring and was delighted with the new life coming forth. We have had little snow the past two winters. For a long time I anticipated snow, to see a real winter, and I missed it. Then after reading about my hometown Buffalo and next to home town Watertown, I have gotten over my need for snow.

When I first arrived in Nevada, Labor Day of "75", I rented a little trailer in a modest park of less than twenty families. My home was accessible by the north interstate, then a secondary road, and finally a dirt road which appeared to go nowhere. From my front window I could see only sage brush, desert, and mountains. At night the sky was clear with stars hanging down close to me and the coyotes would sing. Mornings I would walk in the desert before the sunrise; such stillness I have never known.

It doesn't rain or get cloudy very often. The air is clear and dry and light at this altitude. The sunshine is intense and the city has a crisp clean look. Many days all year round have a special spring feeling.

As I drove west across the Eastern states on a super-highway a year and a half ago, I began to think the country is all

much the same. Suddenly at a point in Western Nebraska, with a sharp click in my head I registered the sight of wide open nothing. It continued for miles, open grass plains – not a tree, house, or sign. I felt disorientated, without reference points or protection. I held the steering wheel tighter and focused on my destination. The next day I was high in the mountains and my uncertainty changed to awe at the rocky heights close around me. All the way to Reno I felt the power of the desert and mountains, wild and compelling.

I have lived in five places in Reno. “Camping out” in the trailer. For the winter a shared luxury studio high in the Arlington Towers overlooking the neon casino lights. In the Spring a modest place with a companion sympathetic to simple living – natural foods, candles, herb tea, and sleeping on the floor. In mid-Summer, an unfurnished apartment of my own, the first to live there. I sold the Saab and enjoyed walking to work. Just after acquiring a few pieces of furniture, I moved to the Church Rectory.

This is a unique modern structure designed by the former owner. Four stories high, built on a hill with a wide panoramic view south of the city. From the window of my room I look out over a broad valley and mountains still spotted with snow. The building has a steel roof, stucco walls the peachy color of sunset, a courtyard and balconies. No walls inside or out appear to be at right angles. My little room has five walls of various lengths and a triangular closet. The living room is two stories high with a tall fireplace and a stairway from a balcony on the upper level.

Besides the Rectory, there is an office suite in the Arlington Towers. No church buildings, for the members are all over the United States as well as some in Canada and other countries. The number in Reno is relatively small, most of them full or part-time staff. The office is a center to distribute books to the public and present instruction to students enrolled through printed lessons, tapes, and

seminars. My department is public services, (a name I chose, as my library friends will recognize). I handle inquiries, orders, large mailings and other contacts with interested persons as well as some work related to students also. It is interesting to note the wide range of persons who take an interest in the Community. Just to think of some of the various people I deal with in my work: professional men and women, young people of the new-age style, retirees, factory workers, housewives, orthodox Christians from liberal to conservative, some from Pentecostal groups, persons schooled in the Jewish faith, those who have never gone to church, and a number who have spent years exploring schools of self-development.

“I would like to mention that aside from being Reverend Gene Sr’s research librarian, as things progressed Carol also taught in the Parochial School. She did precepting for new students and there is a two-page list of other duties she performed, so she was pretty busy.



Carol Ann and Lawson Crabb with the late Bishop Gene Savoy Sr. on their wedding day in 1991

"In 1991 Carol married Lawson Crabb. He was a Southern gentleman-type of man. After the wedding they moved down to Steamboat Hot Springs. Lawson played the bass, Carol enjoyed playing the violin. Both were dedicated to the Church and had a lot in common with each other. It was a good match. She loved him. Then in April of 2000 Lawson passed away. The years following, Carol's journals reflect a series of ups and downs.

"One of my fondest memories of Carol is when she moved out to the Sanctuary. We had an RV out there that wasn't being used that much so in 2010 Carol was asked if she would like to move into it. I found the place in her journal where she is pondering it over. Some of her friends said she should jump on it and others, it would be a big mistake. One of her main concerns were the neighbors (that would be myself and Reano).

After going back and forth trying to decide, she finally consulted the I Ching. The I Ching assured her the timing was right. I think it was around the middle of February that she spent her first night. The weather wasn't too bad, low 30's. And then about four days later we hit a cold spell. The temp dropped down into the teens at night and things quit working, like the heater and then frozen water pipes.

"I would check in on her every morning to see how things were going. The second day I went up to check on her, the temperature in the motor home was something like 21 degrees, I asked, "Why didn't you call me?" And she said "Oh, I just put on my ski outfit and zipped up in my sleeping bag." Keep in mind she still had her apartment in town she was 66 years old and kind of frail. She could just as well have said "I'm going back to town and when you get things working right call me." We were concerned about her, but trying to talk her into going into town was not an option. She wouldn't do it. I didn't know Carol that well at the time, but in retrospect it was part of her nature, She liked the challenge. She enjoyed working together with me to figure out how to make it work so she could stay out there. And over a three-day period we did get the bugs worked out. So that little story is a testimony to her grit and perseverance. That same year Reano passed away and in November we decided that Carol needed to move into Reano's apartment. So every thing was working out. Carol got a nice apartment and a green house. The following Spring she was in the green house from sunup to sundown. She loved gardening. She would often call her sister Ruth and they would spend hours talking about their gardens and exchanging ideas. So the I Ching was right. She was happy out here. Incidentally there was an entry in her journal about the neighbors, turns out we were pretty nice guys after all

"Aside from the fact that she once referred to me as "a couch potato," Carol was a gentle soul, and she brought to the Sanctuary a sense of order.

“This affirmation was a favorite of hers and I think it reflects her disposition:

Desiderata

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story. Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.”



Carol Ann with Sung Cha Staver and Jamila Savoy circa 1981



Carol Ann at her residence at Steamboat Hot Springs in the early 1990s



Carol Ann performing a service at the Red Rock Consecrated Sanctuary circa 1982

A reception followed at Bishopstead on Carmel with food prepared by Reverend Noriko Roy, Deacon Radheka Patel Savoy, and Olympia Huss.



[Link to obituary in the Reno Gazette-Journal](#)

Obituary Text Posted in the Reno Gazette-Journal and Mason

Valley News

Carol Ann Crabb

1944-2020

Reno – Carol Ann (June 30, 1944 – October 24, 2020) was born in Buffalo, New York to Estella and Howard Heavener. She was raised with a brother, Robert James Heavener, and two sisters, Ruth Ellen and Edna Mae. She was a sensitive and caring individual with a nature to educate, as shown in her choice of Library Science as a means to aid researchers in all fields of study. She received her Bachelor degree in Arts and Philosophy from the State University of New York at Buffalo, with two years at Syracuse University, and went on to receive her Master of Science, Library Science degree from Syracuse University.

Carol Ann was Assistant Professor for seven years in the area of Librarian for Readers Services at Jefferson Community College, instructing and providing assistance and tours for both students and visiting librarians. She had authored and co-authored four publications in the field of Library Science by 1974 when she chose to join the faculty of the International Community of Christ, Church of the Second Advent, accepting the position of Chief Librarian at the Jamilian University of the Ordained Library in Reno, Nevada in 1974. She later went on to teach Library Science at the Jamilian Parochial School. She became invaluable as the personal librarian to the Head Bishop of the Church, the late Most Right Reverend Gene Savoy, Sr., aiding his research in religious and cultural studies and in many other areas. Carol Ann was instrumental in the education of the late bishop's son, the Right Reverend Gene Savoy, Jr., who now heads the Church.

She was ordained into the ministry of the International Community of Christ in December 1974 and served on the governing board of the Church. She met and married the

Reverend Lawson Van Buren Crabb. Together they were appointed Rectors of the Church of New Qumran at the Red Rock Consecrated Sanctuary where they served together until his passing in April 2000.

Carol Ann was preceded in death by her sister, Edna Mae Heavener, and is survived by her brother, Robert James Heavener, and her sister, Ruth Ellen Heavener and also three nephews, three nieces, four great nephews, five great nieces, and two great great nieces.

A Memorial Service will be held on Saturday, November 7, 2020 at 11:00 a.m. at the Chapel of the Holy Child of the International Community of Christ, 643 Ralston, Reno, NV. A reception will be held immediately following the service at Bishopstead, 2025 La Fond Drive. In lieu of flowers, please send a donation to the International Community of Christ for the planting of trees at the Red Rock Consecrated Sanctuary in her memory.

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