

“Take in the Sun While You Can”



The Coronavirus pandemic is assaulting our health, disturbing our peace of mind and forcing us to question values and priorities. For some it will challenge their core beliefs.

Among the many news items that hit my inbox today was an article urging everyone to get out in the sunshine to absorb some vitamin D and brighten our mood, in anticipation of a possible lockdown, confining us all indoors for a while. In fact I shared a story on social media last week titled “Coronavirus and the Sun: a Lesson from the 1918 Influenza Pandemic” (read the article [HERE](#)) which included the line, *“sunlight is germicidal and there is now evidence it can kill the flu virus.”*

The Coronavirus has also given many of us pause to take stock

of our life values. When faced with our mortality, we tend to reflect on our spiritual beliefs and re-examine those non-material goals that we may have said we've been too busy to follow through on, up until now.

I see on social media today that a number of New Age teachers are proclaiming this virus as the advent of a new awareness, while others fear it heralds an apocalypse. The pandemic affects both rich and poor alike – though there are concerns the gap of inequity could actually widen in its aftermath.

We each ask our own existential questions: Why has the virus come at this time (particularly for those of us in Australia who have just been through bushfires, droughts and then, for some, floods). Or, how can this be happening to me? Who or what is responsible for creating the problem, and why?

Then comes the uncomfortable inquiry into our authentic selves. Were we truly fulfilled and inspired by what we hitherto considered to be 'normal' life? How much time have we been spending doing what we love? Have we repressed our inner passion, getting caught up in the hectic and often meaningless pursuits of modern life? Have we given away too much power to negative forces?

At a time when many are doing physical exercises to stay fit while cooped up indoors, and others find activities to relieve the mental tedium and depressing circumstances of isolation, some of us turn to 'spiritual exercises.' The main point I would like to make in this blog is that it is never too late to pursue the path of self-realization.

[Read the entire blog article by Paul Young posted online March 30, 2020 at SouthernSunlight.com.](#)

“Sunrise Energizes even when Cloudy”



“Even in cloudy weather you should go out before the sunrise and concentrate your thought in the direction of the rising sun. The clouds only obscure your sight of the rising Sun, but its energies penetrate through them. No external force is able to counteract the solar energies. That is why I recommend all anemic and weak people go out half an hour

before sunrise, to perceive the early solar energies. The dawn gives a man such energies which no other power is able to give him.

“If someone is indisposed, let him take a sunbath: if he has lost his energy, let him stay longer under its shine; if he cannot decide how to work, let him go out under the sun rays to warm up.

“If between the energies of the Sun and the energies of your organism a proper exchange takes place, you would always be healthy.

“The greater the quantity of gold in the blood, the healthier is man. Sickesses are due to insufficient quantities of gold in the blood. In order to increase this gold, man should lead a pure and noble life. Gold is the symbol of the Sun, of vitality, of health and purity.” ~[Biensa Douno](#)

Cloudy Sun Gazing

Many sun gazers think they should not sungaze when it is cloudy. That may be fine if it is cloudy only one day in ten, but if it stays cloudy for several days at a time, you need to practice your techniques, even through the clouds. You should not skip several days in a row or your energies will be reduced.

Concentrate Your Thought

Douno is correct in saying that we should concentrate our thoughts when we do sungazing. But what thoughts we concentrate is even more important than the mere act of concentration. They need to be positive thoughts, loving thoughts, universal thoughts. Best of all, they should be thoughts of linking your spirit and soul with the spiritual sun. That is far more important than just getting energy from the physical sun. Visualize yourself entering the sun ,becoming one with it. Even when you can't see it, you know it

is there.

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

Original article posted by HAROLD BOULETTE on JANUARY 3, 2020

Services for the Week of April 4, 2020



Saturday, April 4, 2020
10:00 AM COMMUNION
Chapel of The Holy Child
(SUSPENDED DUE TO COVID-19 VIRUS RESTRICTIONS)

6:00 PM 130TH PANNUCHES MEAL RITE

Rectory-Abbey *

RR Gene Savoy Jr.

* Private Service due to Covid-199 virus restrictions

Sunday, April 5, 2020

6:31 AM SUNRISE DIVINE SERVICE

Cathedral Church of the Americas

Leave: 5:45

Gate: 6:20

Sunrise: 6:46

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

OPEN-AIR COMMUNION

(SUSPENDED DUE TO COVID-19 VIRUS RESTRICTIONS)

Wednesday, April 8, 2020

12:00 NOON COMMUNION

Chapel of The Holy Child

Rev. Dorothy Kubiak

Friday, April 10, 2020

9:00 AM PRAYER & FELLOWSHIP

Chapel of the Roses

Rev. Mary Foust

WEEKLY MESSAGE: March 30, 2020



CÔSOLARGY.INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

HEAD OVERSEER'S WEEKLY MESSAGE

**March 30, 2020**

I trust you and your family are well, safe and healthy. Due to the extraordinary circumstances facing the world at this time, we feel it prudent to postpone this year's annual Convocation of Ministers and Consociates, which was scheduled to take place in September. We are rescheduling for early June 2021 around the sacred date of Second Advent Pentecost, which always falls on June 6th in our calendar. Therefore, please reserve the dates of Tuesday, June 1 through Sunday, June 6 of next year.

The early Christian Community, especially that Community under the leadership of James the Just, the brother of Jesus, met annually at the Community's center in Jerusalem during the first week of Pentecost – the holiday known in Judaism as the Feast of Weeks. This is described in the Clementine Recognitions and Homilies written in the 3rd century CE.

It is most important for us to join together at our Center here in the high desert of northwestern Nevada with residents and non-residents from around the world for the benefit of all. There is great power in the solar liturgics and solar practices and techniques we perform and employ both individually in Community and collectively in assembly, especially at the Red Rock Consecrated Sanctuary. Our special and unique liturgy – not practiced anywhere by anyone in the world – aligned with the Powers and Forces of Light serves as a strong antidote against the Powers and Forces of Darkness.

It is important for us to remember that we are in an era of new dimensions of awareness and Consciousness. The System and The Teaching in which we are all involved is greater than any one of us, however, the need in the world right now of our spiritual presence is greater than ever. That role will be increasing and becoming more important and evident as time goes on and more uncertainty befalls society and the world at large in these times of troubles, as described in The Community's Prophecies and Revelations.

The time has come for us to assume our rightful place in the world. This will be the focus and mission this year and the theme of next year's gathering: to inform people in greater numbers about Cosolargy and the Community of Cosolargy; to reveal more publically our views – whether they be on climate change, the changes taking place in the Sun (both physical and spiritual), and the cosmic battle between the Powers and Forces of Light and Darkness that are playing out throughout physical and spiritual dimensions, including here on Earth. Now is the time for us to come out of our shell.

In the meantime, I will be in weekly communication with you via my weekly messages. If there is anything you need or questions or concerns you have, please feel free to reach out to me. Stay safe, healthy and positive, and be sure to reflect daily to the Sun of Righteousness. Be mindful of your spiritual evolution and your spiritual Consciousness, and see yourself as a part of the fulfillment of Prophecy.

We will resume our review of The Secret Sayings of Jamil next week with Saying Thirteen.

Yours in Light+,

Gene



“House of Fire in the Realm of Matter”



"A Messenger in a vision saw people locked up in a house of fire and bound with fiery chains, lying in a flaming ointment. He asked them, "Why can't they be saved?" "We did not desire it," they told the messenger, "but we got this place of punishment. It is the outer darkness, and we are in it."

"Soul and spirit came into being from water and fire. From water and fire and light came the attendant in the bridal chamber. Fire is chrism. Light is fire. I am not referring to flame, which has no form, but to another kind of fire, whose appearance is white, which is luminous and beautiful and gives beauty."

"Truth didn't come into the world naked but in types and images. Truth is received only that way. There is rebirth and its image."

"They must be reborn through image. What is the resurrection? Image must rise again through image. The bridegroom and image enter through image into truth, which is restoration. It is right that those who don't have it take on the name of the father and son and the holy spirit. But they have not done so on their own. If you do not take on the names for yourself, the name "Christian" will be taken from you. You receive them in the oil of the chrism, the aromatic unction of the power of the cross. The messengers called this power "the right and left." You are no longer a Christian but Christ.

"The lord did everything through mystery: baptism and a chrism and a Eucharist and a redemption and a bridal chamber.

"The lord said, "I came to make things below like things above, and the outside like the inside. I came to join them in one place. He revealed who he is through types and images." ~The [Gospel of Philip](#)

House of Fire

The destructive house of fire is the material world that we live in. It is a house of fire because it operates in a constant self of self-destruction mixed with creation. Some think this is how it should be, but it isn't. God doesn't create things and beings only to destroy them a short time later. What God creates is permanent; not consumed by fire, disease, or rot. This means that the house of fire is not a creation of God. It is a creation of what the Gnostics call the Demiurge. And since it was not created by the One Perfect Consciousness that is God, it is defective and self-destructive.

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

Original article posted by HAROLD BOULETTE on DECEMBER 31, 2020

“Covid-19 & the Sun: a lesson from the 1918 Influenza Pandemic”



Fresh air, sunlight and improvised face masks seemed to work a century ago; and they might help us now.

When new, virulent diseases emerge, such SARS and Covid-19, the race begins to find new vaccines and treatments for those affected. As the current crisis unfolds, governments are enforcing quarantine and isolation, and public gatherings are being discouraged. Health officials took the same approach 100 years ago, when influenza was spreading around the world. The results were mixed. But records from the 1918 pandemic suggest one technique for dealing with influenza – little-known today – was effective. Some hard-won experience from the greatest pandemic in recorded history could help us in the weeks and months ahead.

[Read the entire article by Richard Hobday, author of the book *The Healing Sun*, posted online on the NexusNewsFeed.com](#)

link submitted by Paul Young

“Did Ancient Man See a Different Sun?”



“The parent star of planet Earth holds a strange and special place in countless ancient traditions around the world. The celestial body identified as the Sun in myth, religion, ancient astronomies and rock art routinely bears no resemblance at all to our familiar Sun. For decades, comparative mythologist Ev Cochrane, as well as his colleague Dave Talbott have worked to reconstruct the natural events that produced extraordinary mythical patterns. It is their conclusion that in the relatively recent past, in the era of pre-history, a period of instability in the inner solar system brought planets within close proximity to planet Earth. In this episode, Ev begins the investigation of the question, Did ancient man observe a different Sun than our Sun today?”

[Read the entire article posted online November 1, 2019 on YouTube. \(10:00\)](#)

link submitted by Robert Petrovich

Services for the Week of March 28, 2020



Saturday, March 21, 2020
10:00 AM COMMUNION
Chapel of The Holy Child
(SUSPENDED DUE TO COVID-19 VIRUS QUARANTINE RESTRICTIONS)

Sunday, March 29, 2020
6:40 AM SUNRISE DIVINE SERVICE
Cathedral Church of the Americas
Leave: 5:45
Gate: 6:20
Sunrise: 6:55
RC Ted Staver
Concelebrant: RC Robert Petrovich
Assistant: Rev. Barbara Whitney
Organist: RC Gary Buchanan

OPEN-AIR COMMUNION

(SUSPENDED DUE TO COVID-19 VIRUS QUARANTINE RESTRICTIONS)

Wednesday, April 1, 2020
12:00 NOON COMMUNION
Chapel of The Holy Child
Rev. Michael McIntyre

Friday, April 3, 2020
9:00 AM PRAYER & FELLOWSHIP
Chapel of the Roses
RC Robert Petrovich

WEEKLY MESSAGE: March 25, 2020



CÔSOLARGY INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

HEAD OVERSEER'S WEEKLY MESSAGE



March 14, 2020

Since my last communication to you a week ago, much has changed in the world. This is a good time for Reflection and Inflection and striving to be more Christ-like as The Child, Jamil, exemplified. These words from the Twelfth Saying describe his demeanor in some detail.

The Twelfth Saying (Part 4 of 4)

“And then the Third Mariner said: ‘You have stated in the First Sayings that Jamil came to show us the Life of Righteousness, and if we would but imitate The Child in The Path or the Way of The Child, we would begin to understand the spiritual words which he spoke. And possibly it is a misunderstanding on the part of myself, and other members of the Community, when we talk of the Path of The Child or the Way of The Child, because we are so often faced in this world, especially in light of this last Saying, with the difficulty of extricating ourselves from the world. And that seems to involve a decision that requires a great deal of maturity, contemplation and self-analysis. To assume the innocence of a child while trusting in a community that is sophisticated and intellectual is one that appears conflicting. And again, possibly that is a misinterpretation of the phrase ‘the Way or the Path of The Child.’ How can people who are forced to make a spiritual decision to leave the world and enter Community life be certain that they are reaching the right conclusions? Does one assume the innocence of a child or one of maturity? What is the balancing factor that we must use to determine what is proper to do with our lives?’

“And The Man answered the mariner saying: ‘We can analyze the question from two positions. First, was Jamil just a child?

The answer is 'no' – he was more than a child. Second, was the Child a divine being of Light, the Word of God incarnate within the image of a child – a great illuminated being of Light, Christ come in the form of a child? I would say the second is the case.

“The Child symbolizes innocence, goodness, trust, love, and kindness, of great degree. But The Child also represented severity, righteousness and an unbelievable goodness. It might be said that if it had not been for his parents and the house that we provided for him, he could not have endured in the world because he was a little child. That is a logical assumption. On the other hand, if he would have been left entirely alone in the world he could have lived very well – in the fields with the animals. I remember when he was only a few months old he went to the beach for the first time. He was but a baby, but he could lie in the Sun all day without being burned. Turtles came out of the sea to his feet, birds from the air came to him, he communed most innocently but openly with all living things. He ate very little food. He lived off the Light of God from the Sun and from some inner power which we do not understand. In that respect he is a great example to us – for he demonstrated to us how to be Christ-like.

“His judgement of people was severe. He did not allow people to touch him who were angry, people who were exploiting other people, the rich people who were mistreating the Indians of Peru on the coasts and in the Andes. The people who were living at the expense of others, he would not allow them to touch him.

“If anyone were to abuse a person in his presence, he was very quick to protect that person. He was righteous, and just. He did judge people very much. He could not and would not tolerate injustice. He would not tolerate people who would do harm to children, who would do harm to old people, those who were rude or abusive in their actions to others. He would always defend those people. One time he was communing with

God, looking at the Light of the Sun. He was in another world. I asked him a question, He didn't respond. I asked him again, he didn't respond. And I insisted that he listen to me. And he turned his gaze upon me, and his eyes were as the Sun. And I was held spellbound by the luminosity and brilliance of the eyes. There was no judgement or pain in the eyes, only a great Light, and I was held suspended by that Light, unable to move for some time. And when he had finished he turned to me, his eyes softened, and he put his arms around me. This was no child.

“Jamil taught by example; by the way he walked the fields, by the way he communed with nature, by the way he had a power over animals, by the way animals and insects came to him. His attitude toward people, poor people, Indians, old people, blind people, all kinds of people – was one of benevolence and love. They were all extremely important to him. He knew they were righteous people who were abused by others. They must have been kind, good mothers, or good fathers. And he simply recognized that goodness and blessed them. He would come up and touch them with his hand and sit on their lap, or take their hand and walk with them. In other words, he gave goodness for goodness, and blessing for blessing. But to wicked and unrighteous men he turned his face. He would not tolerate them.

“So he did judge the world as a child judges without doing any harm to anyone. He just turned the Light of his face. How can we follow that example? How do we use it to make a decision to leave the world and come into The Community? It is a difficult decision. But then what does the world offer? Very little. Jamil can be likened unto Saint Frances of Assisi in his childlike nature. Saint Francis was a very enlightened person who was teaching the world through example and through humility. He swept churches to keep them clean, he picked up scraps of paper because they might contain the Holy Word of God. He gave example to priests in humility. He demonstrated

meekness to his father who was a wealthy man. He gave his cloak to a poor man who would ask him.

“There comes a time in every person's life when they must trust God. Jamil, above all things, was trusting. He believed in God. He believed in the Light. He lived God. He lived the Light as no one I ever saw alive. He was totally trusting. We mortals sometimes lose our trust. We have to have money in the bank, properties to insure our security. It is reasonable in the world of materialism it is to be assumed that we should think that way. If Christ were to ask us to give up all things and follow him, it would be very difficult, as it was difficult for the Hebrews. A few simple fishermen, righteous men, simple men who were trusting, followed him. Jamil teaches us how to trust God. We must have faith in God and in the Sun of Righteousness. And, as Jesus taught, to trust God who takes care of the birds in the air. They do not worry where they are going to get their food from one day to the next. Are we not more important than the birds in the fields? God will take care of the righteous men who trust God as did Jamil. If we believe that the Sun of Righteousness is the Messiah promised by God, that we are living in an age of Light, then all will be well. If we believe that amongst ourselves, and if we emulate that faith and trust that Jamil exemplified, and if we accept him as our patron, the little messenger who showed us the way of faith and hope, then we will, as a Community flourish. But we cannot expect people, as indicated in the Twelfth Saying, to live with one foot in the world and one foot in The Community, living half there and half here. That kind of person cannot instill faith and hope in us. We can teach those people, and give them time to make their decision. But once a person places faith and trust in the Light, then that person must withdraw from the world. We must maintain a communion with God. We must put our faith in the Sun of Righteousness and allow His Word to incarnate within our being and, above all, trust a higher power than the world. Then we will be taken care of individually and collectively.

“‘I believe that above all things Jamil demonstrated the importance of trust and faith. When Jamil was passing out of the world he had total faith and total belief that he was going back to God. He knew exactly what he was doing. And it was shattering to me because I wanted him to remain in the world. I did not want him to leave. I was his father of the flesh, and I needed him with me. But he was going about his Father’s business in a way difficult for a mature man or woman of the world to accept. People are naturally skeptical, cautious, wary of the world. So, for us to live the life of an innocent child is indeed a difficult task. But this is what has been demonstrated and this is how we must live. This is why the unity of The Community is so important – because we draw our faith and our hope and our trust from one another in Christ. Together we make up for our own individual deficiencies or lack of faith or trust or hope. I do believe that if we had a Community during the days of Jamil, as we do now, perhaps he would have remained with us longer. We could have nourished and sustained him with our love and with our Light and with our maturity. But in those days there were too few of us to provide for a Christ being in the world. Therefore, I would answer your question by saying that each person must make his or her decision while placing their faith and trust in God. and believing that what we are doing is right.’

“And when he had finished speaking these words, The Man bestowed gifts of gem stones to each of the mariners to celebrate the giving of the Tenth, Eleventh and Twelfth Sayings on the Ship of Light.”

You will be hearing from me soon on plans for the next annual Convocation, and next week we will begin our review of the Thirteenth Saying. In the meantime, stay safe, healthy and positive!

Gene

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to Help
Pay for
the New
Website](#)

[Visit
cosolargy.org](http://cosolargy.org)

“Travel Nevada: 22 Reasons to Hightail it to Steamboat Hot Springs”



STEAMBOAT HOT SPRING'S NEAR RENO NEV.

Steamboat Healing Center has partnered with Travel Nevada to promote northern Nevada. For this Valentine's Day, they are collaborating on a Virginia City promotion: VALEN-TWAIN'S DAY in honor of Mark Twain.

Travel Nevada just posted an article about Steamboat on their Facebook page as well as their website: "22 Reasons to Hightail it to Steamboat Hot Springs, 'Cause Baby, Something's in the Water | Sydney Martinez ."

"If anybody is after a good solid off-grid soak, you better believe it's us. With more natural hot springs than any other state in the damn country, saying it's easy to become obsessed with checking every last one off the list is the sexiest truth we love to tell. But, maybe you've already picked off all the wild ones and are looking for a different sort of soak? Mapping 'em out, spending every last waking minute chasing them down is a type of adventure rush that's hard to describe, especially for you ol' pros, but what about jumping on the freeway and 20 minutes later, BOOM! You're in the type of hot water people have been raving about and coming to since before Nevada became Nevada? Ain't no shame in that game baby, especially if it involves unwavering devotion to chakra-fied mental and physical wellness, "volcanic healing waters" loaded down with all the right minerals, and our boy Mark Twain. Does it get better than a wellness-centered soak with a side of history? Rookies or veterans, read on for 22 reasons why Steamboat Hot Springs should be at the tippy top of your hot springs game this season."

[Read the entire article on their web site at travelnevada.com.](https://travelnevada.com)