Once You Start on the Path of Spiritual Development, Stay on It

“Now that thou hast taken these names upon thee of good, modest, true; of emfrwn, sumfrwn, uperfrwn; take heed lest at any times by doing anything that is contrary, thou be but improperly so called, and lose thy right to these appellations. Or if thou do, return unto them again with all possible speed. And remember, that the word emfrwn notes unto thee an intent and intelligent consideration of every object

that presents itself unto thee, without distraction. And the word emfrwn a ready and contented acceptation of whatsoever by the appointment of the common nature, happens unto thee. And the word sumfrwn, a super-extension, or a transcendent, and outreaching disposition of thy mind, whereby it passeth by all bodily pains and pleasures, honour and credit, death and whatsoever is of the same nature, as matters of absolute indifference, and in no wise to be stood upon by a wise man. These then if inviolably thou shalt observe, and shalt not be ambitious to be so called by others, both thou thyself shalt become a new man, and thou shalt begin a new life." ~Marcus Aurelius

Emphrōn, Symphrōn, Hyperphrōn

Aurelius is making a little wordplay here with the last three adjectives in Greek which are emphrōn, symphrōn, and hyperphrōn. This is the translation in more modern English of that sentence.

"If you ever get to call yourself good, moral, honest, conscientious, amenable, and dignified, never exchange them for other labels or lose them. He is warning people that once they achieve such an honorable description, they take care not to lose it or violate it.

This doesn't apply only to those attributes listed by Aurelius, but to all improvements made as part of your spiritual growth path and techniques, including the development of humility, and love for all.

Return to Them Again

Here, Aurelius is saying that if we should stray from the path of truth, justice, humility, and love, rather than quitting in frustration, we must make every attempt to get back on the path. While we shouldn't brush it off as meaningless, we should also not give up too readily when we stray. For the

vast majority of people, the path of spiritual development is often two steps forward, one step back, rather than a steady path forward. Partly, this is because the forces of darkness try so hard to pull us away from the Path of Light.

Intent and Intelligent Consideration

Here, Aurelius is telling us that one thing we can do to help prevent us from straying off The Path is to think out each thing before we do it carefully. Ask ourselves if it is what a peaceful, loving person of humility should do. If not, don't do it. Some modern Christians would say, "Ask what would Jesus Do?" That would be good advice if they actually knew what Jesus would do, but they have made it clear that many of them have no idea what Jesus would do, only what their favorite preacher would do, and those preachers are rarely true representatives of the teachings of Jesus. By now we should all know that the true path to God and salvation is through humility and love, as well as Solar techniques, so by simply asking ourselves if the thing we are about to do or say meets those criteria, we should be heading in the right direction. Eventually, most of us develop our intuition well enough that it helps keep us from straying.

Pain, Pleasure, Death, and Indifference

Aurelius says that pain, pleasure, death, and indifference are "in no wise to be stood upon by a wise man." So he is advising us to avoid doing anything that brings pain or death to others and to avoid being indifferent to the pains and difficulties of others, even strangers. Pleasures may seem out of place here, but there are different kinds of pleasures, and Aurelius is warning us not to take pleasure in things that are mostly physical in nature, such as overeating and sexual indulgences. It is not so much that such things are bad in themselves, but that we tend to get attached to physical pleasures and then they easily distract us away from the spiritual. The ancient spiritual teachers warned that becoming attached to physical

things tends to slow down, if not stop, our spiritual progress. And it provides openings for the dark beings to attack and manipulate us. So as Marcus warns, do not be ambitious, and become a new man or woman.

The image used to illustrate this post shows Marcus Aurelius granting clemency to prisoners rather than having them put to death, so he practiced what he preached.

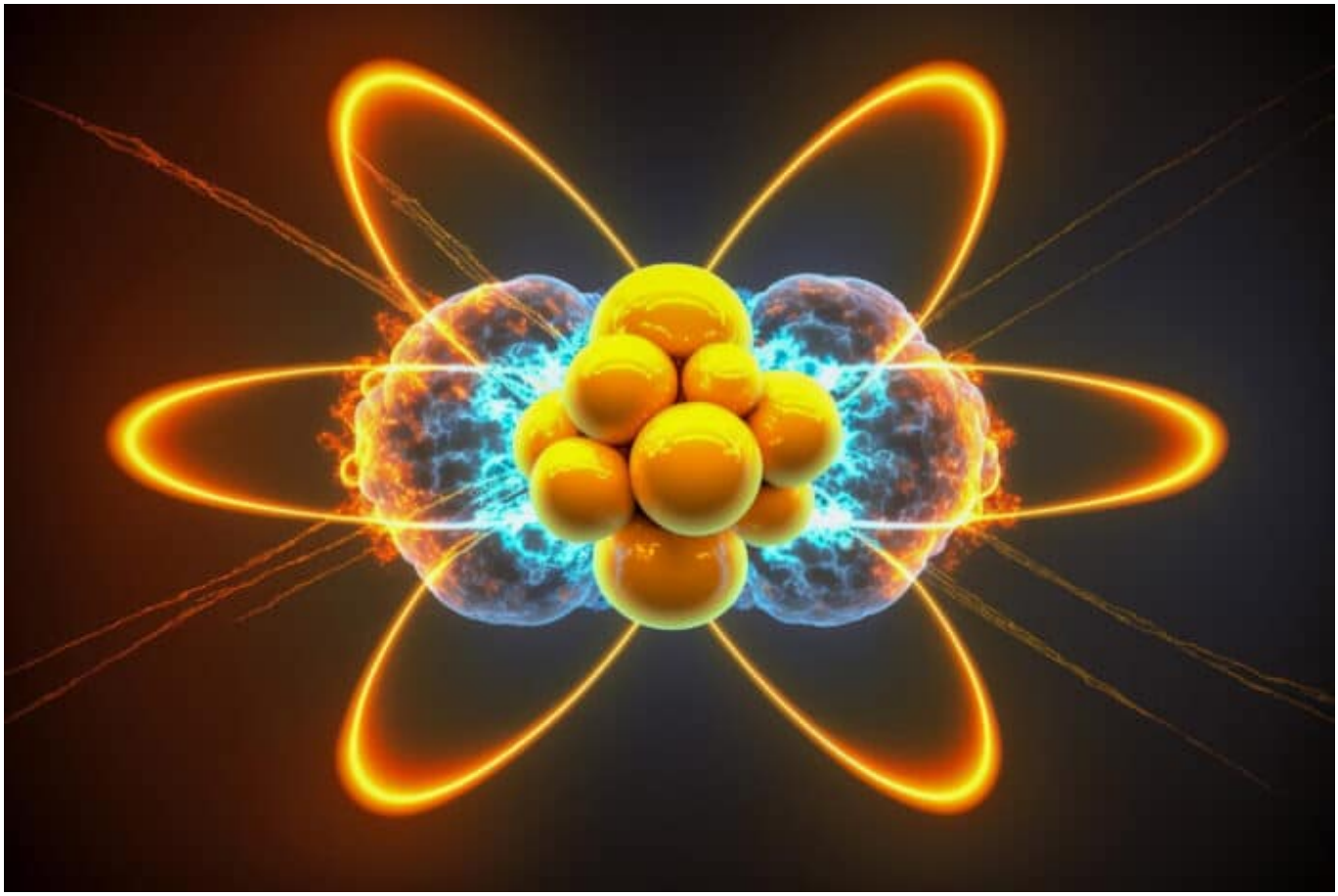
“Quantum Light Experiment Proves Photosynthesis Starts with a Single Photon”

The process that powers much of life on Earth, photosynthesis, is so finely tuned that just one photon is enough to kick it off.

Scientists have long suspected that photosynthesis must be sensitive to individual photons, or particles of light, because despite the way it dominates our days, the sun's light is surprisingly sparse at the level of individual plant cells. But only now, with the help of quantum physics, have researchers been able to watch a single packet of light begin the process in an experiment described on June 14 in the journal *Nature*.

Click here to read the full article.

“A new type of atomic nucleus discovered”



Researchers have succesfully produced a previously unknown atomic nucleus with 85 protons and 105 neutrons. In an experiment performed in the Accelerator Laboratory of the University of Jyväskylä, Finland, the researchers produced 190-Astatine, the lightest isotope of astatine.

Astatine is a fast-decaying, hence is a rare element. The new isotope was created by fusing 84Sr beam particles with silver

target atoms. Using the detectors from the RITU recoil separator, the isotope was found among the products.

Click here to read the full article.

“Decades-long bet on consciousness ends – and it’s philosopher 1, neuroscientist 0”

From *Nature*: *"A 25-year science wager has come to an end. In 1998, neuroscientist Christof Koch bet philosopher David Chalmers that the mechanism by which the brain's neurons produce consciousness would be discovered by 2023. Both scientists agreed publicly on June 23, at the annual meeting of the Association for the Scientific Study of Consciousness (ASSC) in New York City, that it is still an ongoing quest, and declared Chalmers the winner."*

Click here to read the full article.

Services for the Week of November 11, 2023

Saturday, November 11, 2023
10:00 AM COMMUNION
Chapel of The Holy Child

RRF Gene Savoy, Jr.
Lector: Rev. Francine Petrovich
Cantor: Rev. Mike McIntyre
Reader: Dea. Stephan Fuelling

Sunday, November 12, 2023
SUNRISE DIVINE SERVICE
Cathedral of the Americas
Note: Daylight Saving Time ended this morning
Leave: 5:30
Gate: 6:15
Service Starts: 6:30
Sunrise: 6:45

RRF Gene Savoy, Jr.
Concelebrants:
RF Robert Petrovich
Rev. Bruce Kanzelmeyer
Assistant: RM Barbara Whitney

OPEN-AIR COMMUNION

Church of The End Times *RF. Ted Staver*

Church of The Christian Churches *Rev. Mike McIntyre*

Wednesday, November 15, 2023
12:00 NOON COMMUNION
Chapel of The Holy Child,
Rev Shinobu Fuelling

Friday, November 17, 2023
9:00 AM PRAYER & FELLOWSHIP
Chapel of the Roses
Rev. Noriko Roy

OCTOBER 2023: Intercession & Memorial Services

OCTOBER 2023

4
The People of Ukraine
Kiyomi Sonoda †
Umeko Kuraoka †

7
The People of Ukraine
Kiyomi Sonoda †
Umeko Kuraoka †
Taylor Martin †
Brody Mrkvicka
Amanda Black
Nickolett Montanez and her family

11
The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East

14

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East

18

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East
Gary Silverman †
Darla Waterman

21

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East
Darla Waterman

25

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East
Brenda Foster †
Teru Sonoda †
Cody Rollins

28

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East
Brenda Foster †
Ryuichi Saitou
Cody Rollins

† indicates Memorial Prayer

The Vital Life Force that comes from the Spiritual Light

“The belief that nearly all diseases have their origin in the invisible nature of Man (the Astrum) is a fundamental precept

of Hermetic medicine, for while hermeticists in no way disregard the physical body, they believed that man's material constitution was an emanation from, or an objectification of, his invisible spiritual principles. A brief, but it is believed fairly comprehensive, resume of the hermetic principles of Paracelsus follows:

There is one vital substance in Nature upon which all things subsist. It is called, archeus, or vital life force, and is synonymous with the astral light or spiritual air of the ancients. In regard to this substance, Eliphas Levi has written, 'Light, that creative agent, the vibrations of which are the movement and life of all things; Light, latent in the universal ether, radiating about absorbing centers, which, being saturated thereby, project movement and life in their turn, so forming creative currents; Light; actualized in the stars, animated in animals, humanized in human beings; Light, which vegetates all plants, glistens in metals, produces all forms of Nature and equilibrates all by the laws of universal sympathy—this is the Light which exhibits the phenomena of magnetism, divined by Paracelsus, which tinctures the blood, being released from the air as it is inhaled and discharged by the hermetic bellows of the lungs' (The History of Magic)

"This vital energy has its origin in the spiritual body." ~Manly P. Hall

Invisible Nature of Man

While Mr. Hall equates the "invisible nature of Man" with "the Astrum," I find that Astrum is derived from Latin, and means a star. So he is saying, I believe, that man gets his invisible nature from the stars, or from a star, which could only mean the Sun. While that is not exactly correct, it is true that the Light referred to later in the quote does reach us through the sun, and the most spiritual frequencies of it from the Spiritual Sun.

Another note: spirits are invisible to the physical senses, but not to the spiritual ones, so awakening the spiritual senses allows us to “see” spirits on another level.

Material Nature an Emination from Spirit

In a sense, it is true that the material body is an emanation from the spirit, but not because spirits set forth to generate physical bodies. It is because, the false god, the Demiurge, created the realm of matter by altering some of the spiritual realm. As a result, we can say that everything material has some spirit within it and behind it, and it is the goal of all true spiritual development to return that which is material back to its original state as spirit.

Vital Life Force

Paracelsus calls the Vital Life Force, “archeus”. The definition I found online says that the Archeus is a term that “generally refers to the lowest and most dense aspect of the astral plane which presides over the growth and continuation of material life. In short, it is the link between matter and spirit.

When I look up Vital Life Force, I find several similar definitions that basically say it is a vital essence (or energy) that animates all living things. Wikipedia relates it to the Ayurvedic “prana” which permeates reality on all levels. The most interesting part of this definition is when they add that “prana is sometimes described as originating from the Sun and connecting the elements.” So we can say that the Vital Life Force is that which generates life, feeds and maintains life, and encourages the existence of life.

Of course, some of the more materialistic definitions laugh at the concept, such as this from The Free Dictionary: “A hypothetical force (not physical or chemical) once thought by Henri Bergson to cause the evolution and development of org anisms”

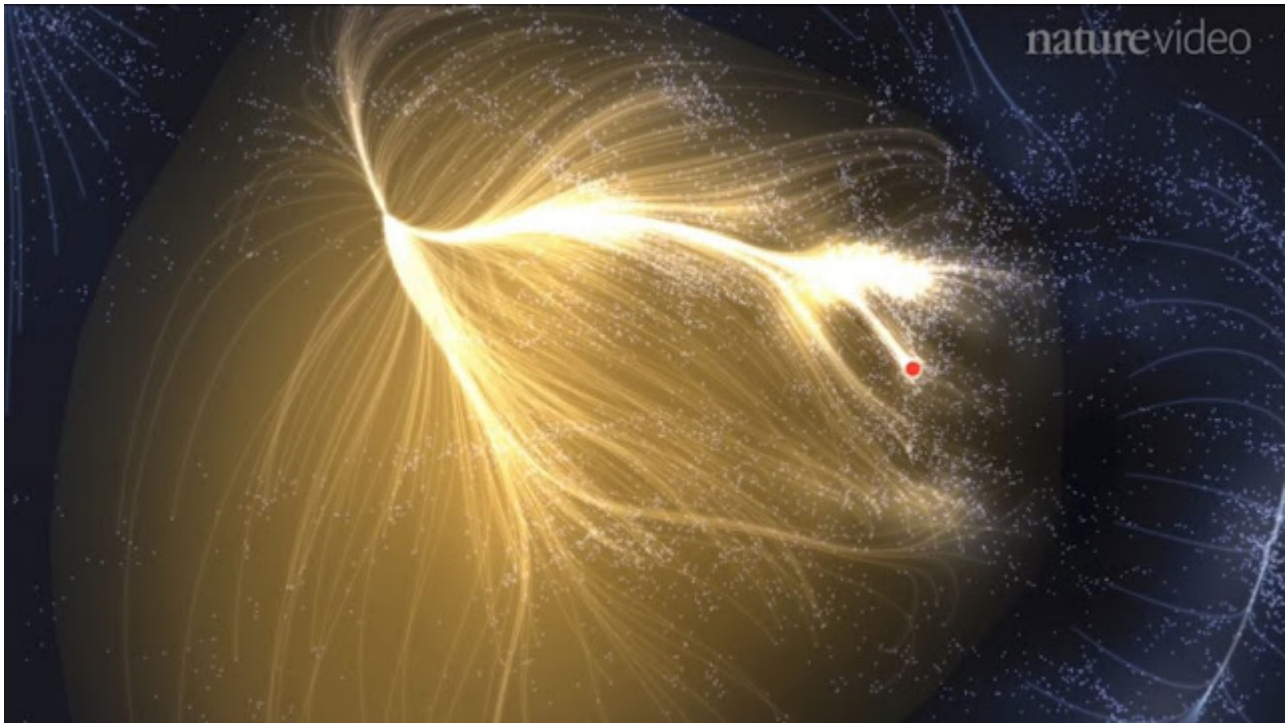
Creative Vibrations of Light

There are indeed creative vibrations in light. Both physical and spiritual light generate life on one level or another. Physical light is responsible for material life. Plants are the most obvious as they live almost entirely on light and water. Animals get light directly from the sun, but also indirectly from plants that they eat. Man also gets physical light for his physical body, but humans are also capable of taking in spiritual Light from the Spiritual Sun for their spiritual Self. Even without trying, we take in a little spiritual Light, but to fully awaken and develop our Spirits, we need to take in more spiritual Light by seeking it and accepting it in Love and humility. Spiritual Light will not flow to greedy and arrogant individuals.

Phenomena of Magnetism

We know that magnetism is not a force that is found in light, but when Paracelsus said that it was, it was at a time when magnetism and electricity were considered the same thing. While the two are related, magnetism and electricity are not the same. So I think Paracelsus was saying that light is responsible for electricity. While that is not true either, there is some connection. We know that electricity can produce light under certain circumstances, and light can produce electricity at times. But It may be that Paracelsus was trying to say that Light gives us the “electricity” or “magnetism” of the Vital Life Force, so to strengthen and extend our life, we must turn to the Light.

“Astounding Revelation Unveiled: Mapping 8,000 Galaxies amidst Billions Yields an Extraordinary Discovery!”



Embarking on a cosmic journey of exploration, our growing realization of the universe’s enigmatic nature becomes evident. A striking example lies in our quest to comprehend the vastness of galaxies. Astonishingly, the precise count of these celestial entities remains elusive, despite a widely held belief that approximately 200,000 billion galaxies grace the expanses of the known universe. Our quest for knowledge unfolds against the backdrop of boundless mysteries, urging us to unravel the secrets that lie beyond.

Click here to read the full article.

“The naked eye can already see Andromeda, the galaxy that will collide with the Milky Way in the future”

Our Milky Way galaxy and its larger neighbor, Andromeda, are moving towards each other at a speed of 113 kilometers per second due to gravitational forces. While the actual collision is expected to occur in 4.5 billion years, their outer layers have already started to merge.

Click here to read the full article.

“Milky Way shines in new ‘ghost particle’ neutrino image”

We’ve all seen photos of our Milky Way galaxy as a beautiful band of stars stretching across the night sky. In addition to views of the Milky Way in visible light, astronomers have

shown us our home galaxy in other wavelengths of the spectrum, from radio waves to gamma rays. On June 29, 2023, a team of researchers using the IceCube Neutrino Observatory in Antarctica released a new image of the Milky Way … a view never seen until now. It's the first image of our galaxy in something other than electromagnetic radiation. This image captures the galaxy with neutrinos, or *ghost particles*.

Click here to read the full article.