

“ ‘Megalopolis’ of 60,000 Ancient Mayan Structures Found”



“Archaeologists in Guatemala have uncovered an unprecedented network of 60,000 ancient Mayan features such as palaces and elevated highways, according to an exclusive report by National Geographic. The discovery is being called a ‘megalopolis,’ and suggests that we’ve been vastly underestimating the sophistication of the Mayan civilization at the height of its power 1,200 years ago.

“Researchers owe the breakthrough to the cutting-edge remote sensing method Light Detection and Ranging, better known as LiDAR. Usually taken aerially, LiDAR recordings channel light into laser pulses that measure the distance from the air down to a given point on the surface of the Earth, according to the National Oceanic and Atmospheric Administration.”

[Read the entire article online at msn.com.](#)

[Read a second article on the discovery and go through a](#)

[gallery of the actual LiDAR images with captions at nationalgeographic.com.](#) >

link submitted by Gene Savoy Jr.

First Sunrise of the Year



It is tradition in the Far East to view the first sunrise of the year. It is for good fortune and happiness in the new year. In recent years past, my wife and I would view the first sunrise together from atop our apartment building. We were

usually there alone and enjoyed it together in prayer. We have since moved from that apartment and had an addition to the family, so we decided to do it a bit differently coming into 2018.



We found a place about 2 km away that was a mountainside near a college. There would be no school that day so we thought it would be perfect. The morning of, as we drove in that direction, it was clear that others thought that location was perfect as well. There was traffic leading to the one road up the mountain. It got so bad at one point I thought we may miss the crowning of the Sun over the horizon. We finally got halfway up and decided not to risk driving higher and parked at the next available spot. The view would be just as good since there was nothing blocking our view. When we got out of the car the blistering cold hit hard against any bare skin that was uncovered. It did not stop us or the hundred or so of others who found that same location. We rushed to a good

viewing spot and I noticed a few buses pulling in that had brought in loads of other people as well.



I began taking pictures and trying to ensure that my wife and newborn son were as warm as they could be. The weather was below freezing. Finally the big moment was soon to arrive, and everyone stared and waited. As soon as a spark of sunlight glanced above the horizon the crowd let out an “aaahhh” as did I. Just then, a short older Korean man rushed past me, barely halting before possibly tumbling down the edge of the section of the mountain we stood on, and he clapped his hands together and began to pray. I held my wife a son and said a prayer as well.



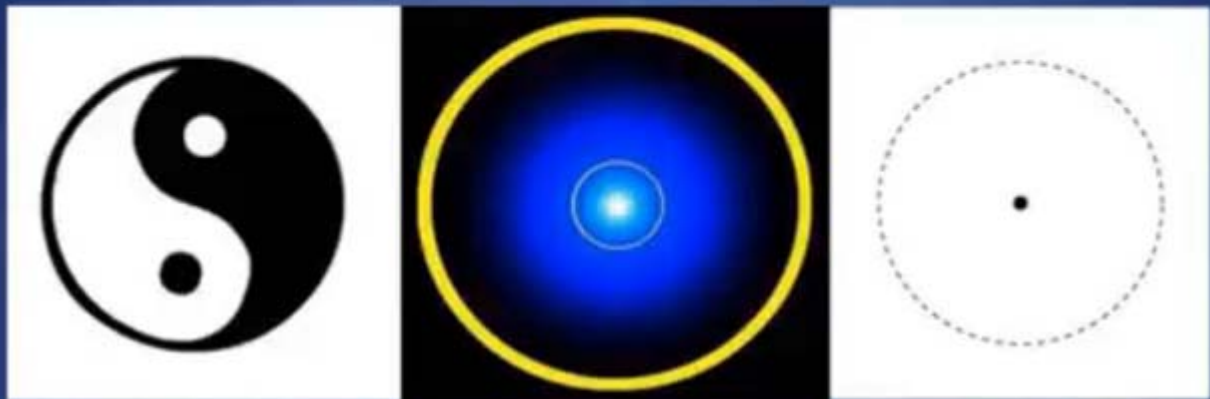
It was amazing to watch a sunrise with so many others there. If only they knew the true beauty and benefit of doing this all the time, the world would be a different place.

by Frank Gadson

Gary Buchanan Speaks on Archetypal Images of Sound &

Light

Archetypal Imagery:



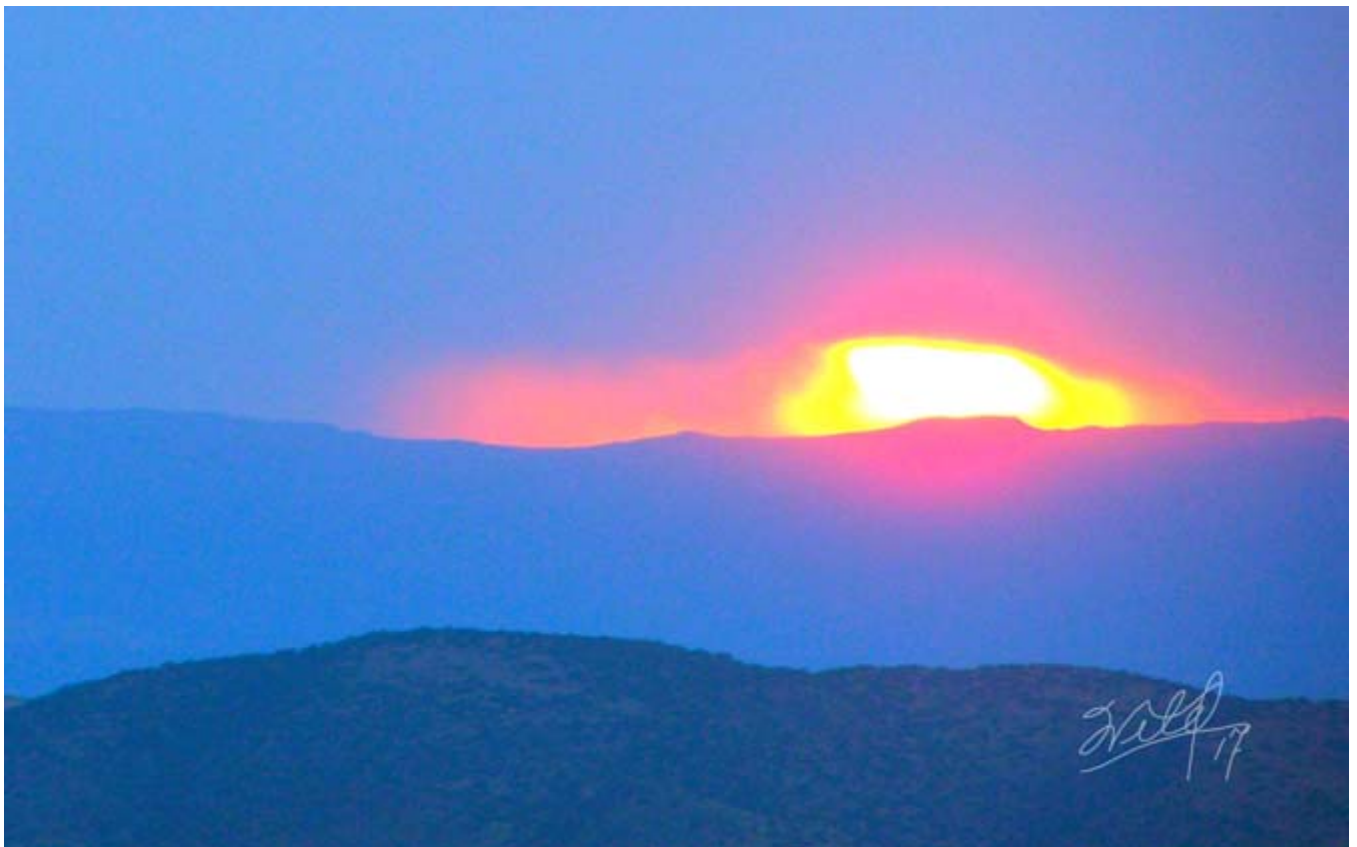
An archetype can be defined as a communication, pattern or behavior, or prototype (model) which may be emulated – that is, an active form or function that is replicated, imitated, mirrored, or that engenders similar patterns of form and/or function. Such replications are said to be “canonic” in that they occur with mathematical regularity and often in “chains.”

The 2017 international Sound Healing Forum was hosted by Cosolargy International in Reno, Nevada, September 8-10. The main presenters included Dr. Karl Maret, Bruce Kanzelmeyer, Master Yukinori Matsushita, and Dr. Gary Robert Buchanan.

Dr. Buchanan, Director of Wave Front BIOresonance Research & Development at Steamboat Healing Center, presented this lecture on “Cymatics, Sonotherapy, and Cosolargy: Archetypal Images of Sound & Light.” The presentation was a reprise of the same talk given to the International Light Association at the Annual Conference in Fort Lauderdale, during May, 2017.

< [Watch Gary Buchanan's Cymatics, Sonatherapy, and Cosolargy lecture online on YouTube \(55:21\)](#) >

2017 CONVOCAATION: Photo Gallery by Roger Weld





























2017 Convocation Scheduled



Sanctuary sunrise 2016 Convocation PHOTO: Stephan Fuelling

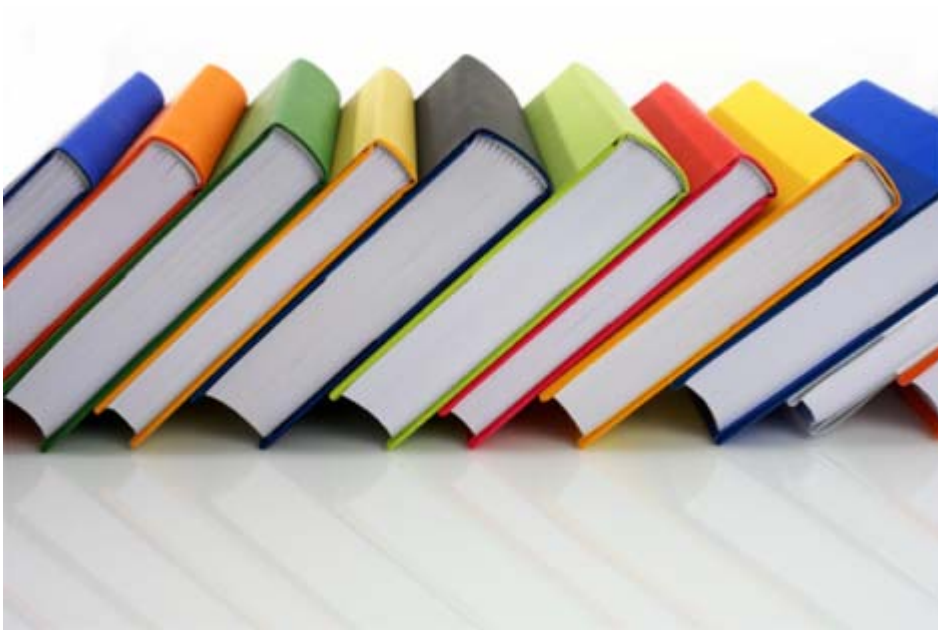
The 2017 Convocation is opening this week. The schedule is available for review or download and printing below. Please check the agenda carefully. There have been changes made since last week.

[2017 Convocation mini-agenda](#)

[2017 Convocation long agenda](#)

We hope to see you there!

Book Reviews Needed





Fellow Consociates,

There are many ways in which we can engage in outreach for the community and we should all do some of them. One way is writing for the Communique and the Cosolargy blog. Sometimes we cant think of anything to write about though, so we have a suggestion.

We have all read many spiritual books as Academy students in Cosolargy. Most of us have read many other spiritual books on our own. Sometimes we find a book that is particularly interesting and fits in well with the teachings of Cosolargy.

If you have read such books, we would like to know about it. Write a review of the book that we can post on the Communique and possibly the Cosolargy Blog as well. Don't worry if you are not a writer. We can take your notes and rough draft, and smooth them out for you. Keep in mind that blog posts should be at least 300 words long. You might also want to include an illustration, probably the cover of the book.

This constitutes a form of outreach because the more content we have on the website and the more diverse the authors, the more people we attract to it. Since the website is our primary way of getting new leads, it is important to make it successful.

Email your submissions or questions about the project to

Harold@cosolargy.org or

Robert@cosolargy.org

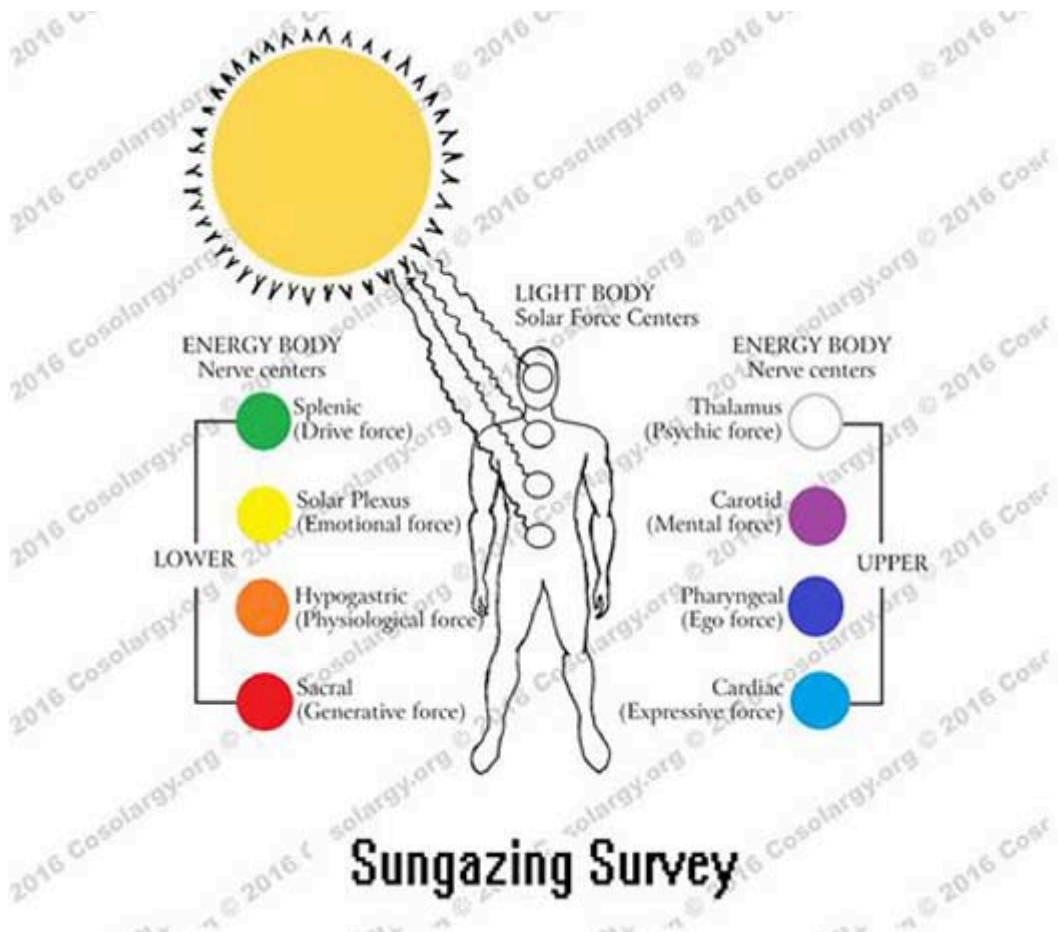
Or see [the Submissions page on the Communique](#).



COSOLARGY.ORG

Sungazing

Survey Results: Summer 2017



A twenty-item Sungazing Survey on *Cosolargy.org* elicited responses by posting a link to the survey on several Facebook sites four different times, from May 2017 to July 2017. Some respondents did not respond to every single question, which accounts for percentage anomalies in the results.

Fifty-six people responded to these Facebook posts, none of whom indicated any association with Cosolargy. Thirty-two were male. Twenty-four were female. About a quarter of the respondents had been sungazing for less than 6 months, and almost

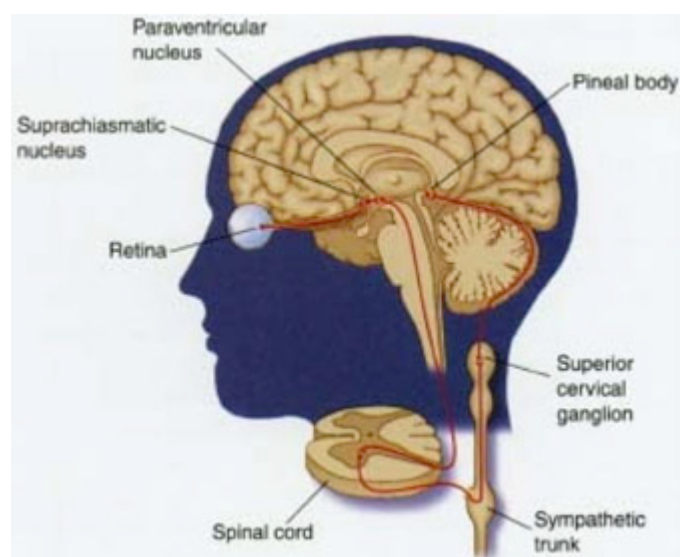
20{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} for more than five years.

Reports of Physical Changes:

Two-thirds reported a decrease in sleep.

84{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} said there was a reduction in their caloric intake.

These responses are interesting because they both relate to functions of the hypothalamus.



The hypothalamus is located at the ventral base of the brain directly above the pituitary gland. This structure is quite small, only 4 grams, taking up about 0.5{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} of the volume of the entire brain. It is often divided into ten areas,

associated with functions including: **hunger**, thirst, thermogenesis, sexual activity, goal-seeking behavior, endocrine functions, and influencing activity in the parasympathetic nervous system. Orexin is also produced in the hypothalamus. Orexin is associated with vigilance and **wakeful states**: people who suffer from narcolepsy seem to have a deficient orexin-system and respond positively to pharmaceutical orexin. You can read more about this fascinating hypothalamic structure and its association with sunlight at: [“Sunlight: Oxytocin and Orexin”](#)

These responses are also interesting because only about 90{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} of neural-retinal information is dedicated to image construction. Some of the retinal information has projections to the brainstem area, where blinking and some saccadic eye

movements are mediated. Retinal projections also reach the superchiasmatic nucleus (SCN), a collection of neurons that make up part of the hypothalamic structure. The SCN is the first stop for optical-neural information in the retinal-hypothalamic pathway.

During sungazing sessions, people reported the following:

Breath suspension:
32{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909}

Time disassociation:
50{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909}

Symbols in or around the sun:
30{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909}

Double suns:
59{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909}

Sun changing from dark to light:
64{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909}

In reporting all of the phenomena in this survey, almost 25{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} said it would be advantageous to have a teacher who had learned from others who practiced the art and science of sungazing for generations. 25{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} also reported knowing more than three sungazing techniques.

Most sungazers had perceived the sun to change colors:

41{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} reported one color change

11{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} reported perceived the sun in two different color changes

16{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} said they had seen the sun to appear in three or more different colors

(The color choices provided were: red, blue, green, and violet .)

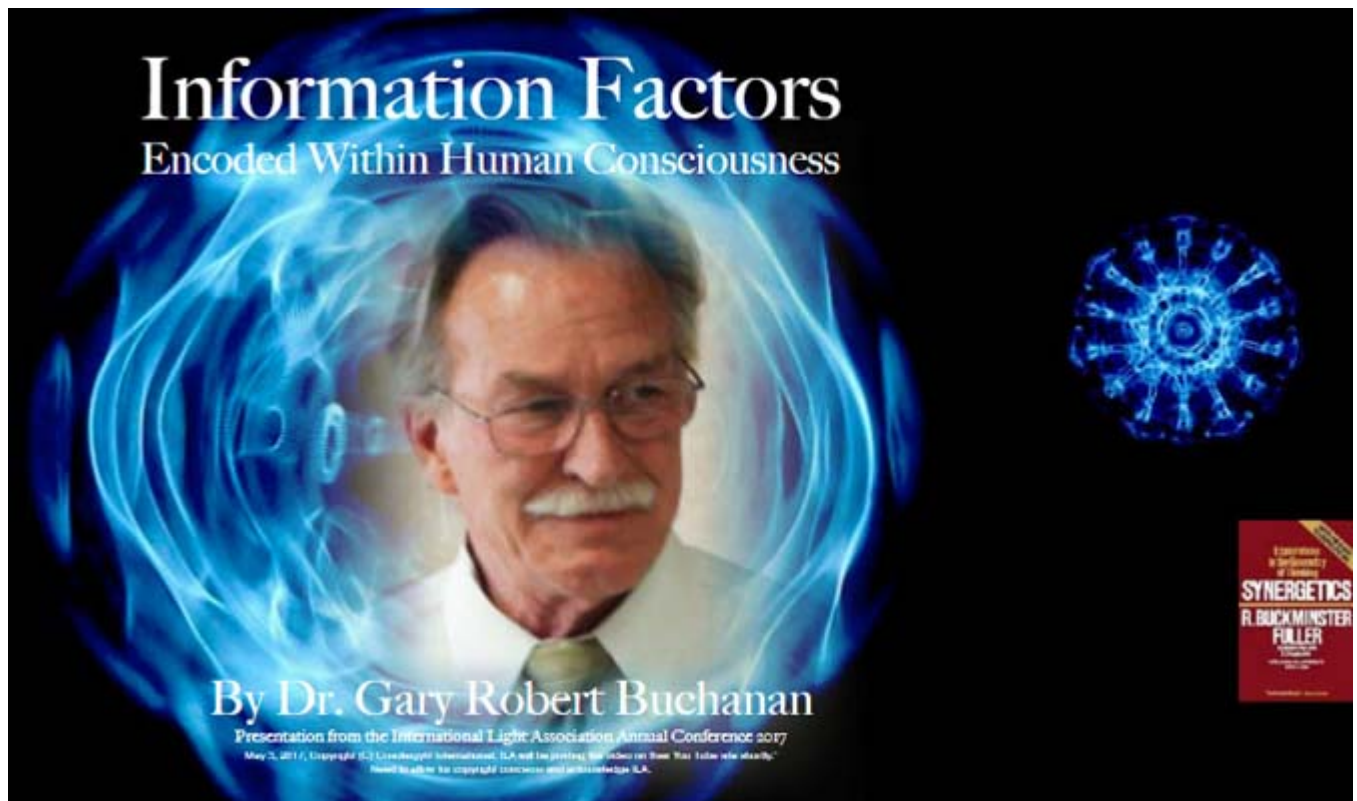
Negative Repercussions:

Two of the fifty-six participants felt their eyes were harmed as a result of practicing sungazing.*

** These people were not following the methods taught in Cosolargy.*

reported by Michael McIntyre

“Information Factors Encoded with Human Consciousness”



The July 2017 edition of the online magazine *Science to Sage*, titled "Symbolism Language Creation," holds an article written by Dr. Gary Buchanan: "Information Factors Encoded with Human Consciousness." Follow the preliminary link below to see the article.

[Read the article on pp. 4-17 of Science to Sage at issuu.com.](http://issuu.com/sciencetosagemagazine)

>

A second article is in the works.

The full link for the magazine is <http://sciencetosagemagazine.com/>.

A Look at El Cardonal



El Cardonal cactus on Baja property.

The Church has recently made arrangements to purchase 2.5 acres of beachfront property in Baja California Sur, Mexico to establish a Cosolargy Center there. It is hoped that this

center will serve as the headquarters for Cosolargy International in the Spanish-speaking world. The proposed name for the center there is "The Retreat at El Cardonal: Health, Healing & Wellness Center."

The property is located in the beautiful area of El Cardonal, a 25-minute drive north of Los Barriles on the east coast of the peninsula on the Gulf of California (Sea of Cortez). A parcel map of the property shows three elongated beachfront lots on the east, one back lot to the west, and an L-shaped access easement. The property has been purchased and the Charter and the documents for the Mexico corporation have already been completed. (Links are provided below.)

[View PDF of Mexican Incorporation papers](#)

[View text of Apostolic Charter for Cosolargy Internacional, A.C. \(Mexico\)](#)

During the last week of April Bishop Gene Savoy Jr visited the area again with several purposes in mind: to 1) close the property land purchase; 2) meet with property owners adjacent to us; 3) meet with local and state government officials; 4) talk to the contractor and architect about design plans for the project; 5) meet with doctors in the area who may be able to help us with the concept of a retirement facility. Gene's nineteen-year-old daughter Sonya accompanied him to get her citizenship and see the scope of the project with an eye to helping out sometime in the future.

While visiting the property, Gene took a number of photos of the property and of the views from the property in different directions. We are sharing some of these in the gallery below

so that those of you who have not yet visited the property can get a sense of its location and environs.

VIEWS OF THE PROPERTY



View from the property to the west



Western view of the property



Northern view of the property



Northern view of the property



View from the property to the north



Sunrise view to the east

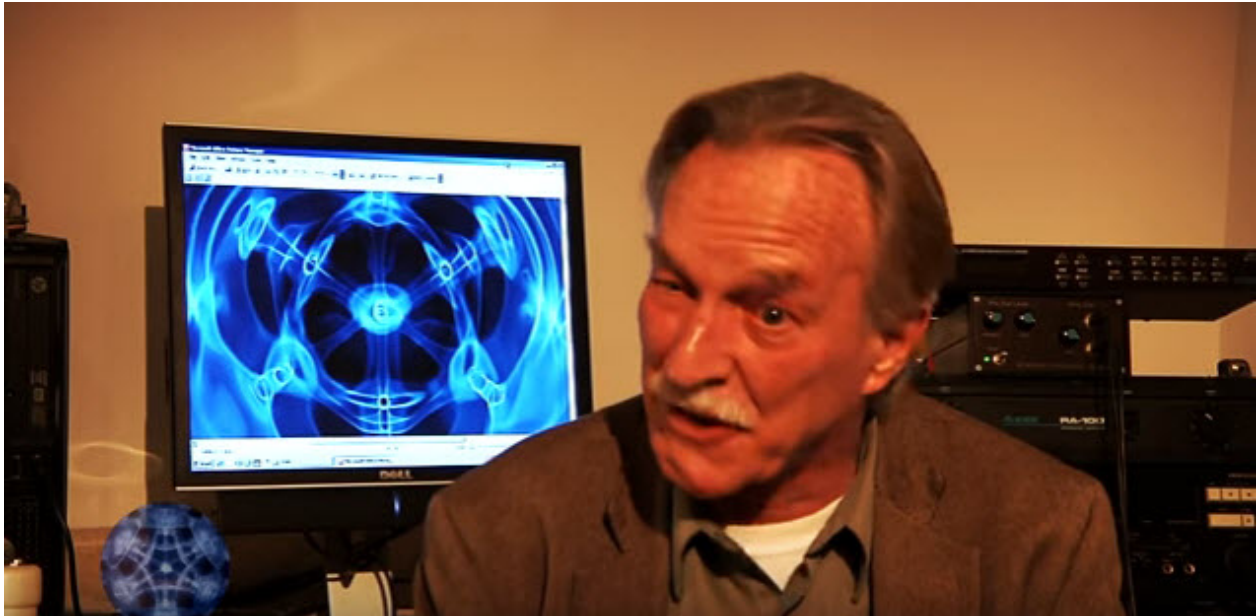


Eastern view of property



View from the property to the south

Gary Buchanan “Alone with His Thoughts” on Cymatics



Gary Buchanan "Alone with My Thoughts" interview

Gary Buchanan is featured in "Cymatics with Gary Robert Buchanan," episode 21 of a series of film interviews on Healing with Frequency and Sound made by Adam Abraham. This is a 50-minute film interview recorded earlier this year at Steamboat Healing Center.

In the film, Gary discusses the principles of vibration, light, and sound that underlie Sonotherapy, and some of the dramatic improvements he has seen or facilitated. The film also contains some nice drone footage of Steamboat and even some of Red Rock Consecrated Sanctuary.

In the film Adam Abraham of the International Light Association visits the Steamboat Healing Center and Spa, in Reno, Nevada, and talks with Gary Robert Buchanan, DMA, Director of Research.

"The center is one of the few places in the world that offers Sonotherapy, a non-invasive approach that utilizes sound, color, light, water and subtle energies," say Adam. "Biological vibrations that have been meticulously captured in analog form and scientifically proven beneficial to the body

and its energetic fields help restore discordant and disrupted information patterns.”

The video has just been released in conjunction with the online magazine Science to Sage. which will be running two upcoming issues on Gary Buchanan’s presentation to the International Light Association in Fort Lauderdale on May 3, 2017. While Gary’s presentations will be the lead stories, the two-part series will be on Sonatherapy and the underlying archetypal science as well as a full layout on sun-gazing, ancient religions, and the International Community of Christ, Red Rock Consecrated Sanctuary, and all of us “sun-gazers.” And there will be LOTS of photos.

[Watch the interview with Gary Buchanan published Jun 27, 2017on You Tube \(49:45\).](#)

The Community Communique will provide links to the magazine articles as soon as they are available.

Sonatherapy

<http://sonatherapy.com/>

Steamboat Healing Center & Spa

<http://steamboatsprings.org>

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Adam’s Blog: Thought For Food

<http://phaelosopher.com>