

“HELIOCENTRICITY: Highway to the Sun” by Paul V. Young



Copyright © Paul Vernon Young 2015

[NOTE: A shorter, edited version of this article appeared in the magazine Atlantis Rising (issue #110, March 2015, under the title “Life on the Sun?”). The magazine edited out Paul’s reference to some false “news” he had picked up from TheOnion.com, which until then he hadn’t realize was an online spoof magazine! The version of the article that appears here is new. It incorporates the original article that appeared on Paul’s website (<http://www.solarancestor.com/heliocentricity.html>) with the corrections made regarding the fictional “news” Paul had picked up from TheOnion.com.]

Solar Secrets from RA to NASA

When NASA revealed, in 2012, that it had identified portals called ‘X-Points’ that link the magnetic field of our planet to that of the sun in an uninterrupted path[i], there was little coverage in the mainstream media. Then a year later when scientist Vladimir Dzhunushaliev and his co-authors postulated that there were wormholes connecting our sun to

other stars in the galaxy[iii] it likewise didn't gain much attention. At the same time newspaper reports started appearing of UFOs approaching the sun[iii], followed by a flurry of You Tube videos during 2013/2014 featuring strange activities around the solar rim[iv]. While we all acknowledge that life on earth could not exist without the light and warmth our sun provides, most would merely consider it to be a giant ball of fire with no solid surface, a body hostile to any life-form that got too close to it. But could we be on the verge of exposing the 'secret life of the sun?'

Our forebears on every continent held that their earliest 'gods' and kings had descended from the sun, with some believing the solar orb itself to be a deity. It may be tempting to dismiss the inventors of language and writing and the builders of the Pyramids, Stonehenge and other megaliths around the globe, as superstitious simpletons, but scratching the surface of old myths and legends can reveal lustrous gems of truth at their core. Considering our modern-day understanding that everything in our solar system, from the planets' stony soil and water to our flesh-and-blood bodies, has its origins in the sun, it's not merely poetic to state that we are 'children of the sun,' or that we belong to it. Seeing the sun in a new light, so to speak, poses challenging questions about our heliacal connection which address our true origins and ultimate destination.

□ Earthly life cannot exist without the sun – does it also nurture our psychic selves – is it the source of our vital life force?

□ Could the sun support fire-based life-forms as suggested by NASA researchers?

□ What's behind the recent surge in popularity of Sun-gazing, or 'Eating the Sun?'

□ Do other-worldly beings dwell on the sun and use the X-Points to connect to earth, and wormholes to reach other stars?

- What is the nature & construction of the sun? Does this massive ball of plasma have a solid surface of iron?
- What do old religions & myths reveal about the sun and why were so many ancient stone monuments aligned to its movement?
- What do NASA and other agencies know about the 'highways to the sun?' Why are we observing so much UFO activity around it?

Solar Secrets

Can life exist on the sun in any form? According to the satirical website TheOnion.com, the answer is yes. Though written as a parody, and clearly not intended to be taken seriously, a story which appeared in 2013 spoke in a curiously believable way of “fire-based life forms” that have evolved in their own super-heated environment. Referring to a nonexistent study supposedly published by NASA, a fictional lead investigator Dr. Steven T. Aukerman wrote, “With a surface temperature of 10,000 degrees Fahrenheit and frequent eruptions of ionized gases flowing along strong magnetic fields, the sun is the first star we’ve seen with the right conditions to support fire organisms, and we believe there is evidence to support the theory that fire-bacteria, fire-insects, and even tiny fire-fish were once perhaps populous on the sun’s surface.”[v] In a curiously plausible way, the writers concluded, “there are numerous logistical, moral, and ethical questions to resolve before scientists could even begin to entertain the possibility of putting fire-people on the sun”.[vi]

As strange as it may sound, there are serious researchers who think the idea might be more than a joke.

The Unseen Source

But isn’t the sun just a gigantic gaseous ball of fire? No,

there is much more to it than that. The 'gas model theory' of the sun began with Galileo, who observed it through a relatively primitive telescope. Today, the Yohkoh, SOHO, Trace, RHESSI, Hinode, Stereo and Geos satellite programs give us new eyes and, thanks to the work of cutting-edge researchers combined with images obtained from NASA and Lockheed Martin, we know that Galileo was just seeing the photosphere, a liquid-like plasma substance made of neon that covers the outer layer of the sun. Below the photosphere is a denser stratum composed of silicon plasma, which in turn surrounds the rocky iron transitional layer. This hard and rigid ferrite surface rotates every 27.3 days. According to researcher Michael Mozina, "Dr. Charles Bruce and a number of other scientists have already demonstrated the electrical nature of the sun's activities and have put forth solid surface theories of the sun based on predictions that are supported by direct observation". [vii]

Our earth has very real connections to the sun, even if they are not visible to the human eye. The sun has its own atmosphere surrounding the photosphere, consisting of the chromosphere and the corona. It ejects solar winds and the charged ions of its plasma interact with our planet to shape our magnetosphere, under the protection of which life on earth has developed. Then there are those places where the magnetic field of earth connects to the magnetic field of the sun, which we will talk more about shortly. In addition, the very life force that animates us, known by some as Chi or Prana, has its origin in the sun. According to Indian lore, "(F)or our planetary system, the sun is the source of Prana. Likewise, in the course of Pranic healing, Prana may be most effectively availed of through the rays of our sun since the highest concentrations of Prana are found in sunlight. Prana is the life of oxygen. However, this life force is more subtle than oxygen. Just as photosynthesis occurs in plants, a bioluminescence occurs in our bodies through the focused absorption of sunlight whereby we inhale and ingest the

salubrious rays of the sun through the medulla oblongata...”[viii]

Indeed, there has been a modern-day resurgence in the old Egyptian practice of sun-gazing. Practitioners, who generally stare at the sun for anywhere from a couple of minutes to half an hour in the evenings, say it provides nourishment and energy and facilitates physical healing as well as literal enlightenment of the consciousness. What is behind this re-awakening of our real connection with the sun?[ix]

The Sons of the Sun

Volumes have been written about the ancients who were alleged to have come down to us from the sun, with the Egyptian sun god Ra being most popularly recognized. The founders of most faiths that exist around the world today are accepted as being ‘human’: Moses and Jesus, the Buddha, Lao Tze and Confucius, Mohammed and Zoroaster are all considered beings of flesh and blood, while the beings who existed prior to the second millennium BCE are relegated to the realm of ‘myth’. Nobody today discusses the historic personalities of Ra and Osiris, Apollo and Helios, Mithra and Sol Invictus or the Hindu Surya as being actual entities, because we have decided they must be allegorical rather than real characters. Someone we do accept as a living historical figure was the Pharaoh Akhenaten, who initiated sweeping changes to Egypt in the fourteenth century BCE and founded a mystical tradition that survives to the present day. He introduced monotheism and worship of the Aten, which he equated with the solar deity Ra, but elevated above the status of the previously revered ‘small-g’ gods.

Every subatomic particle and cell in your body had its source in our sun. The material nature of the universe is based on light and photons, while the cosmos has another non-material aspect to it – let’s call it the ‘celestial nature’ – which is

the intelligent life force. The former is the creation of the latter, which bursts into material existence via the stars. In our case that star is Sol, our father sun. This truth was understood by Akhenaten but was not welcomed by his subjects, who abandoned the whole concept in favour of their preferred tradition of multiple 'small-g' gods after he died. We owe both our physical being and our intangible vital life force to the sun, which explains the unbreakable solar connection that many of us are re-awakening to in this post-2012 Aquarian age. The earth was formed by accretion out of the solar disc and we ourselves are made of solar matter. The father sun is the source of our heat, light and life. Might it be our destiny to return to it?

Highway to the Sun

In March 2015 NASA will launch four spacecraft called MMS (for Magnetospheric Multi Scale) whose mission will be to find the openings to portals connecting the magnetosphere of earth to that of the sun.[x] NASA already know that these portals exist and have dubbed them X-points, or electron diffusion regions, formed by the connection and disconnection of the two magnetic fields, explosively releasing energy via a process known as a magnetic reconnection. They do not reach right down to the surface of the earth, but open out tens of thousands of kilometres away in our magnetosphere, forming an uninterrupted pathway to the sun, 150 million kilometres away. Is it possible that physical spacecraft could be transported from the sun to a point so close to earth, in an instant? Many of these X-points are unstable and open up only briefly, while some are sustained and boast great yawning openings.

As noted by Arjun Walia on the 'Collective Evolution' website, "It's funny, because there is a lot of evidence that points toward the sun being a giant star gate for the 'gods' to pass back and forth from other dimensions and universes. [...] As far

as scientists can determine, these portals aid in the transfer of tons of magnetically charged particles that flow from the Sun causing the northern and southern lights and geomagnetic storms.”[xi] The MMS craft will be tasked with locating the portal entrances and giving us a three-dimensional view of the whole process.

NASA says these X-points are a fundamental process that occurs throughout the universe. “By studying reconnection in this local, natural laboratory, MMS helps us understand reconnection elsewhere as well, such as in the atmosphere of the sun and other stars, in the vicinity of black holes and neutron stars, and at the boundary between our solar system’s heliosphere and interstellar space.”[xii] So not only do we have a highway from the earth to the sun but also, they suspect, interstellar portals connecting our star to other stars in the galaxy. Author and researcher Chad Stuemke believes that we are now beginning to see the whole picture of cylindrical wormholes that connect stars to each other, with portals from our sun to earth and, most interestingly, to certain sites around the planet that act as gateways to these wormholes.[xiii] The location of these ‘sacred sites’ or vortexes and how to access them is the subject of various other studies and articles. It is worth considering here whether these wormholes might provide passage for UFOs that appear in our skies and also act as highways for non-human entities traveling between the sun and earth.

Solar UFOs, ETs and IDs

If carrying out an online search for accounts of UFOs coming from, or hovering around the sun, one is likely to be overwhelmed by the volume of information available. For a beginner, typical examples may be found in the archives of the website ‘UFO Sightings Daily’.[xiv] Over the past two years there have been an astounding number of videos posted to You

Tube showing unidentified craft around the solar disc, some of which appear to have a tentacle-like connection to it, as if 're-fuelling.' Seldom is the possibility considered that these craft might have actually originated from the sun or that life-forms could live on the solar surface. We simply think it's too hot and inhospitable, so our observations are distorted by the limitations of our current knowledge.

This wasn't always the case. In the 2nd century, Lucian of Samosata first speculated about life on the Sun in his 'True History' and much later, in 1602, Tommaso Campanella wrote about a utopian solar civilization in 'The City of the Sun.' In 1795 William Herschel, the prominent astronomer who had discovered Uranus, published his essay 'On the Nature and Construction of the Sun and Fixed Stars,' describing his theory of populated societies living on the lower surface of the sun, surrounded by two layers of clouds. An opaque lower layer shielded the solar inhabitants from the heat and light of the glowing upper layer, thought to be similar to the earth's aurora. He speculated that dark spots on the sun were openings in its atmosphere and, as it turns out, this year we have seen pictures of the large square black hole near the sun's 'south pole.' [xv]

Is the phenomenon of unidentified mobile objects traveling to and from the sun a new one, or has it been going on for millennia but only come to our attention now by way of our modern technology? The most notable common feature of recent online reports is the sheer size of the observed craft: anywhere from 100km across to the width of earth. [xvi] To keep this in perspective, if a hollow sun was filled up with spherical earths, 960,000 would fit inside; if calculating actual volume and these earths were squashed in with no wasted space, then 1,300,000 would fit inside. Is it possible that the 'Planet X' postulated by the late Zechariah Sitchin could emerge from the sun itself at regular intervals, then return back to it? While many researchers and writers such as

Sitchin, Eric Von Daniken and Giorgio A. Tsoukalos prefer to focus on the hypothesis that 'aliens' must be flesh-and-blood beings, a more insightful approach is the consideration of other-worldly life-forms as inter-dimensional – 'ID' rather than 'ET.' The term ID describes any discarnate being whose energy field vibrates at a different frequency to our own physical bodies and does not exclude spirits, elementals or angels. In fact descriptions of angels by witnesses throughout history are quite often compatible with the terms 'fire-body' or 'light-body'.

A Magnetic Re-Connection

Since pre-historic times humankind has built monuments that are aligned to the movement of the sun and religions worldwide have held, at their foundation and core, the sun and beings who descended from it: Ra, Aten, Sol, Helios, Perseus, Mithra, Surya, Ri Gong Tai Yang Xing Jun and Amaterasu. Noting the words of Plato in Laws 898E, "The sun's body can be seen by any man, but his soul by no man," the author David Fideler points out, "One thing we know for certain is that, in the Pythagorean and Platonic schools of Hellenistic Alexandria, the sun came to be regarded as the doorway linking together the sensible and intelligible spheres, the material and spiritual orders of existence." [xvii] When Constantine installed Christianity as the official religion of the Roman Empire in the 4th century he incorporated much of Mithraism's ritual into it, virtually making Jesus the 'Son of the Sun.' One of the seven Mithraic degrees aspired to was 'Heliodromus the Sun-Runner'.

Solar archetypes appear to be imbued in our collective psyche. Worldwide historical legends attest to our heliacal origins and today there is a surge in accounts of UFOs, ETs and IDs coming from the sun, accompanied by speculation that they may be utilizing the X-points as portals. Our physical bodies,

like all matter in our solar system, are from the one source – the sun. Do our ethereal bodies have their source in the spiritual sun? Universal mythology infers that humans are the result of otherworldly beings genetically modifying primitive hominids and then breeding with them, followed by the fall of the Cro-Magnons who later regressed and interbred with the Neanderthals. The memory of this fall is embedded in the DNA of modern homo-sapiens and its product is behind the sprouting of so many religions who offer us the remedy of ascension. Were the ‘gods’ from the sun?

Obviously we cannot return to the sun in our physical bodies, even if we manage to locate the earthly vortex openings to the solar highways. Could our creators from the heliacal source be reaching out to us now as they have always done? The riddle posed by mystics throughout the ages is how to avoid endless rebirth by being born anew; how to experience death before dying. NASA may know the secrets of outer space, but we need to learn the secret of incubating our luminous solar bodies and that is the great challenge – a lesson we can effectively learn from our sun-running teachers and watchers, by looking back to the great solar disc and heeding the messages. It is our first small step on the sun that will be one giant leap for mankind.

“Ramses looked straight at the sun. The golden disc did not burn his eyes [...] Still the young monarch’s gaze remained fastened on the shining orb that lit up the firmament and created the day [...] The young king understood that he would never have anything to fear from the sun whose earthly incarnation he was. Communing with it, he would be fed by its energy.” Christian Jacq’s historical novel, *RAMSES, The Temple of a Million Years* (1998) p.194 Simon & Schuster Ltd.

FOOTNOTES:

[i] See
http://www.nasa.gov/mission_pages/sunearth/news/mag-portals.html#.VEicGckYjec

[ii] A number of his papers can be referenced at <http://arxiv.org/find/all/1/all:+AND+Vladimir+Dzhunushaliev/0/1/0/all/0/1> although a more user-friendly summary is found at <http://www.chadstuemke.com/article/connecting-with-the-wormhole/>

[iii] The Daily Mail 25 April 2012,
<http://www.dailymail.co.uk/sciencetech/article-2134916/The-Icarus-spacecraft-Mystery-Nasa-sun-watching-satellite-captures-UFO-surfing-hellish-surface-sun.html>

[iv] On-line searches turn up many such videos, e.g.:
http://www.wanttoknow.info/ufos/ufo_sun_nasa_video

[v]
<http://www.theonion.com/articles/scientists-theorize-sun-could-support-firebased-life,34559/>

[vi] Ibid.

[vii] <http://www.thesurfaceofthesun.com/>

[viii] Quoted from
<http://timesofindia.indiatimes.com/life-style/Life-force-energy/articleshow/7593991.cms>

[ix] For further information see the “Eat the Sun” trailer on You Tube <http://www.youtube.com/watch?v=ZM9iDdkKZ7M> and other linked items that appear beside it.

[x] <http://mms.gsfc.nasa.gov/>

[xi] See
<http://www.collective-evolution.com/2013/03/08/nasa-discovers-hidden-portals-in-earths-magnetic-field/>

[xii] http://www.nasa.gov/mission_pages/mms/#.VFmBF8m0QgQ

[xiii]

<http://www.chadstuemke.com/article/connecting-with-the-wormhole/>

[xiv] Main page: <http://www.ufosightingsdaily.com/>, For a typical story see: <http://www.ufosightingsdaily.com/2013/09/wormhole-or-ufo-near-ours-sun-on-sept.html>

[xv] See A Square Hole in a Round Sun, <http://www.dailygrail.com/Forteana/2014/5/Square-Hole-Round-Sun>

[xvi] E.g. <http://ufosightingshotspot.blogspot.com.au/2013/10/giant-ufo-coming-out-of-sun-oct-24-2013.html>

[xvii] Jesus Christ Sun of God by David Fideler, Quest Books (1993) p.39

“Crystals: Tools for Modern Cosolargists” by Ryan Anderson

*Presented at the 2016 Cosolargy Forum
September 9, 2016
Monastery Gardens
Red Rock Consecrated Sanctuary*



Ryan Anderson presenting "Crystals: Tools for the Modern Cosolargist"

Hello everyone, my name is Ryan Anderson.

I am a student of Cosolargy, and have been coming out to Red Rock since 2009. Today, we are going to dive into the fascinating world of crystals.

The word *crystal* is derived from the Greek word *krystallos*, which means, "frozen light."

How many of you have experience with crystals?

I see a lot of you raised your hands.

For those of you that did not raise your hands, you may have a closer relationship with crystals than you think.

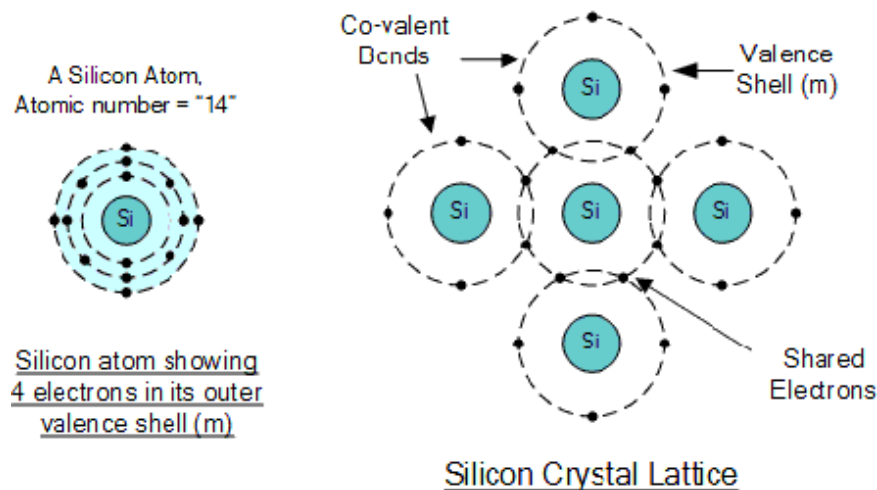
Whether we are aware of it or not, humans who are integrated into the modern world of technology utilize crystals in some

sense every day.

The chips in our cellular telephones are comprised of the element Silicon, which is the same element that makes up a quartz crystal.

Same goes for solar cells or solar panels, laptop computers, lasers, even the chips in our vehicles, are made up of laboratory grown crystals from the element Silicon.

Silicon is the 14th element on the Periodic Table, and is one of the fundamental constituents of the universe. It is one proton heavier than aluminum, one proton lighter than phosphorus.



Silicon

Silicon is readily available, all over the world.

It is one of the most abundant elements comprised within the earth's crust.

Scientists have come up with simple and reliable ways of growing silicon into perfectly structured crystals, which is one of the primary technologies in modern computer chip manufacturing.

Recently, scientists at England's University of Southampton,

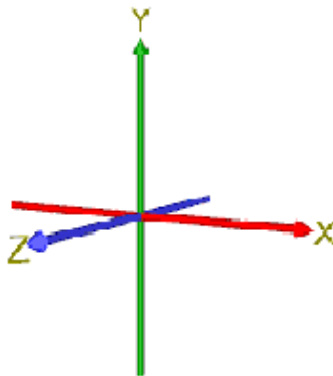
have successfully demonstrated the ability to record and retrieve optical data from crystals, using what they call... get this... **Five dimensional laser technology**.

They are calling their project the 'Superman' memory crystal:
<http://physicsworld.com/cws/article/news/2013/jul/17/5d-superman-memory-crystal-heralds-unlimited-lifetime-data-storage>

The five dimensions I am referring to aren't exactly the dimensions that come up in Cosolargy, science fiction films, and some physics.

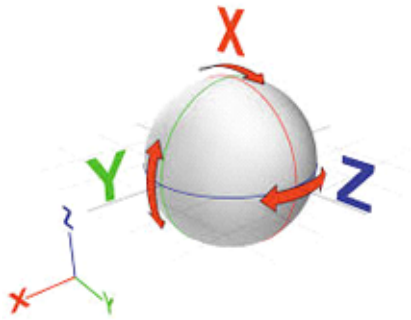
Let me see if I can explain this to you:

The first 3 dimensions referred to in this technology are the x-axis, the y-axis, and the z-axis.



X-axis, Y-axis and
Z-axis

The 4th dimension in this technology is axis orientation, which is the plane or planes in which the crystals can be rotated or moved.



X, Y and Z rotation

The 5th dimension in this technology is the amount of the intensity of Light that the laser can deliver to the crystal.

This technology stands to provide a way for humans to store data in massive quantities, for a practically unlimited lifetime.

Using this technology, the scientists were able to record 360 terabytes of information onto fused quartz discs using ultra-rapid pulses from lasers.



Scientists are able to record 360 terabytes of information onto fused quartz discs using ultra-rapid pulses from lasers.

The data recorded using the laser produces short and intense

pulses of light – on the order of one quadrillionth of a second each – and it writes the file in fused quartz. Reading the data back requires pulsing the laser again, and recording the polarization of the waves with an optical microscope and polarizer.

So, to break this down into the simplest of terms, light is being used to store and retrieve information from crystals.

This is not really surprising, based on some of the things we have learned in the system of Cosolargy.

I see some striking similarities between these scientific techniques, and some of the techniques that we as Cosolargists use to absorb and reflect sunlight.

For example, I mentioned that scientists are recording data onto crystals using short and intense pulses of light. This technique, is quite similar the blinking technique.

It is also similar to the thatch technique.

It is similar to the technique we use for looking at the sun through the leaves of a tree being gently blown by the wind, or by looking at the reflection of the sun in the ripples of a water source, like a lake or pond.

It is the same basic concept: pulses of light being used to send and receive information.

So, let's take this a step further.

We understand that crystals have the capability to store massive amounts of information. Many of the crystals that we see in rock shops, or have in our homes, were formed tens of millions of years ago, deep within the earth, by immense amounts of heat and pressure. These crystals, being formed deep within the ground, have been exposed to subtle vibrations from moving tectonic plates and low frequency sound waves from the pulse of the earth. So one could conclude, based on our understanding of their ability to store information, that crystals, in a sense, contain the vibrational memories of the Earth.

So, how do we access that information that is stored within crystals?

Perhaps, in a fashion similar to modern day scientists, we access can access the information using pulses of Light from the Sun, only using our eyes, and our brains, as the computer processor, and receiver of information.

Crystals can be used as an intermediary between yourself and the Sun for many of the techniques you have learned throughout your studies of Cosolargy.

It is quite simple to place a crystal on a stand or a table, and position yourself in a place where the sun is reflecting off of one of the faces into your eyes.

It is also possible to simply hold the crystal in your hand and position it to reflect into your eyes. While these methods are basic, and do not really require a demonstration, there is another way to optimize the polarized light of the sun reflecting off of, or through, a crystal.

What I really want to familiarize you with today is how to use crystals to produce saturated colors.

When a color is fully saturated, the color is considered to be in its purest and truest version.



Original
picture



50{1fa2ef75e2e
78439128d99df0
3acfe1d8ee3047
374abe3d4676fe
3470ff8b909}
saturation
applied

When you look at the trees right here [at the Sanctuary], and you see the green leaves, that is not true green. It is a combination of many different wavelengths, and the result is, well, greenish.

Even when you look at a rainbow in the sky, the colors you perceive are not saturated colors, because the atmosphere between you and the rainbow creates distortion.

One could presume that the colors we see in nature are not pure colors, but they are a degeneration of Light.

Perhaps some of you have experience with crystals throwing off saturated colors, or maybe you have used prisms to achieve the same effect, or perhaps you have seen the phenomenon before and were unaware of what was happening.

My first experience with saturated color was about 8 years

ago, and was purely by chance.

I had a small, clear quartz crystal sitting in the middle of my kitchen table, left there randomly from the day before.

It was sometime in the afternoon when the sun was a bit lower in the sky.

The sun was shining in through a window in the kitchen and hitting the crystal that was sitting on the table.

I was walking from my living room to my front door, and as I walked by the kitchen, I glanced over at the crystal, and into my eyes was reflected one of the most brilliant and colorful flashes of Light I have seen.

I stopped in my tracks, and backed up a little.

I saw the colors again, but as I moved too far back, they were gone again.

After a bit of fussing with my position, I was able to figure out exactly where to stand to see the wonderful colors that were emanating from the crystal.

Every color of the rainbow was visible, in very pure form. From where I was standing, I was seeing some of the most vivid blue Light I had ever seen in my life.

The more I leaned to the left, the colors shifted from blue, to vivid green, to electric yellow, then orange, and finally red.



The more I leaned to the right; the colors I would see would go back up the scale, all the way past blue into indigo and violet. It was a very small window.

If I leaned too far either direction, the colors would disappear.

I stood there for a long time, moving side to side, fascinated by the vividness of these colors.

The colors were celestial and other worldly, and produced within me strong feelings of excitement, peacefulness, joy, and gratitude.

I had seen nothing like this before in the physical world.

This now makes a lot of sense to me, because I have learned that **saturated colors do not occur in nature.**

I left the crystal on the table in the same place, and the next day, around the same time, the sun would shine through the window and into the crystal and produce the same vivid colors.

Since then, I have played done multiple experiments with crystals to achieve the same effect.

It really isn't too complicated, it just requires a bit of patience and some moving around.

Firstly, to expedite the process, an optically clear crystal, like this one, is ideal.

This is an optical grade quartz crystal from a recent find in Columbia.



Optically clear crystal



Optically flawed crystal

I have found in my research that crystals with optical qualities will throw off saturated colors more easily and effectively than crystals that are cloudy or have inclusions.

There are many optical grade crystals available to purchase online or at your local rock shop.

Some of the more affordable and easily attainable crystals for this exercise would be optical calcite.

So, what you want to do, is take your optical grade crystal, and stand near a wall outdoors.

From here, you hold the crystal up in the air and position it so the sun is shining through it and reflecting Light onto the wall.

Crystals have many faces, so you will see many different beams of polarized light shining onto the wall through the crystal.

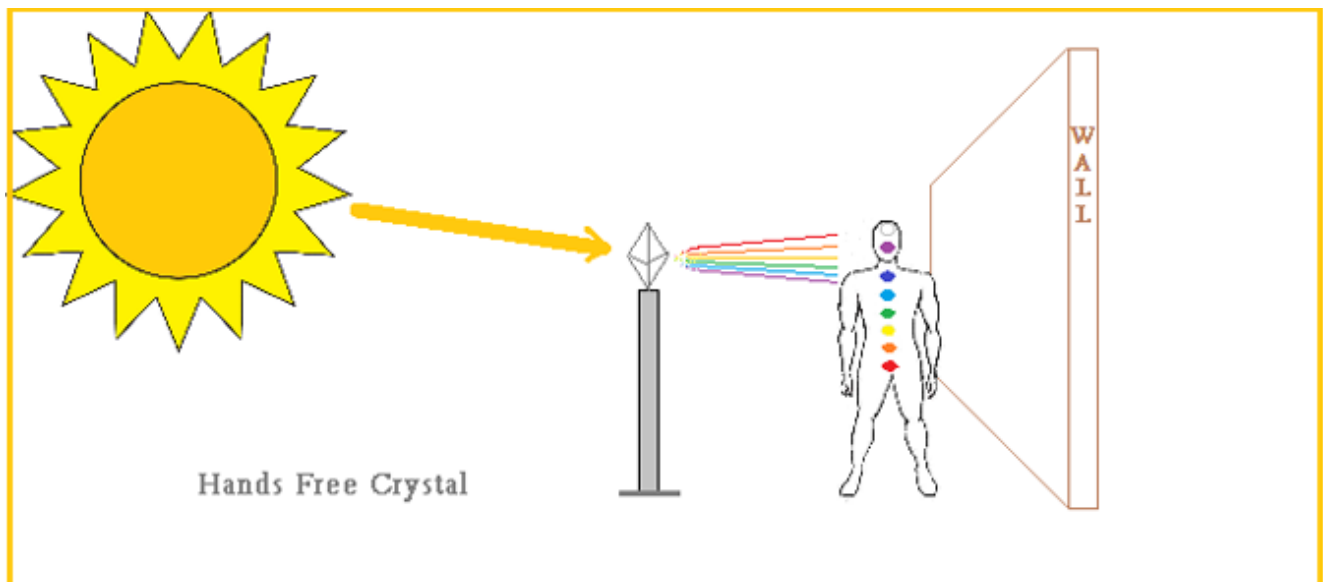
Once you have found the right way to hold the crystal so it reflects on the wall, you want to slowly turn or rotate the crystal in either direction, until you see something special. What you will see is a full spectrum rainbow reflecting out of the crystal onto the wall.

Once you have found the proper way to hold the crystal to where it is reflecting the rainbow of colors onto the wall, you will want to use some kind of a stand or table to hold the crystal in that position.

Ideally, you want the saturated colors to be reflecting at eye level, that way you can stand there and do your techniques peacefully, without having to worry adjusting the crystal.

Sometimes, if it is later in the day, you have to hold the crystal a lot higher have the colors reflect at eye level. Morning or evening when the sun is lower in the sky is most ideal for this exercise.

Once you have your crystal in place, and it is reflecting saturated colors onto the wall, position yourself between the crystal and the wall, so that the saturated colors are now shining into your eyes.



Position yourself between the crystal and the wall, so that the saturated colors are now shining into your eyes.

From here, you can get acquainted with the saturated colors. You can figure out which way to lean to see each individual color.

Once you have this system in place, you can proceed to do any number of solar techniques you have learned, hands free.

It will be helpful, once you figure out exactly where you need to set your crystal to achieve this effect, to mark down the time of day, and take note of the position of the crystal on the stand or table.

You should then be able to come out the next day and position the crystal in the same manner, around the same time, and more easily find where the saturated colors are reflecting.

I would like to note, that for centuries, people have been fascinated by prismatic effects producing these saturated colors. A similar technique was done in the 1600's by Sir Isaac Newton. It is recorded that he made the first prism discoveries, while he was developing a telescopic lens. He covered the window in his room to darken it.

He cut a slit in the window cover so only a tiny beam of light was allowed in.

He then put a prism in front of the beam of light, and noticed a rainbow on the opposite wall.

He concluded that light is a mixture of all of the colors and the prism separated them into red, orange, yellow, green, blue, indigo, and violet.

As the light travels from the air to the prism, it slows down as it enters the prism.

If light enters the prism at an angle, this slowing makes it change direction, as well as speed.

The bending of Light is called refraction, and is determined by the wavelength and the angle the light hits the surface of the prism.

Each color has a slightly different wavelength, so the colors are dispersed at different angles according to their respective wavelengths.

Interestingly enough, it is possible to put another prism in the path of the colored rays in such a way that they will emerge from the second prism as a beam of white light, and the light beam will have returned to its faster speed in air.

The thatch technique we learned about in the academy texts, which involves spreading your hands open and waving them in front of your eyes while looking at the sun, can also produce saturated colors.

Using crystals to reflect the saturated colors is just a quick way to achieve the same goal.

Some Cosolargists are familiar with saturated colors, as they can be present while experiencing having 5th dimensional experience or vision.

I believe it is important for all of us to familiarize ourselves with these colors, to know what they look like, and feel like, as they can be useful in recognizing when we are having a 5th dimensional experience.

So, in front of me is a table of crystals. In a moment, I would like everyone to feel free to come over and have a look at what's here.



Crystal display

There are crystals on the table from all over the world, including South America and Africa, but most of them are local, from California.

Feel free to pick them up, hold them, whatever you want.

But first, to take to topic of crystal memory one step further, let us consider this final idea.

Crystals, spending most of their existence in the ground, have been subjected to the pulse of the earth for millennia.

We can presume, from what we know about the memory and storage capabilities of crystals, that they contain subtle information from of our planets past.

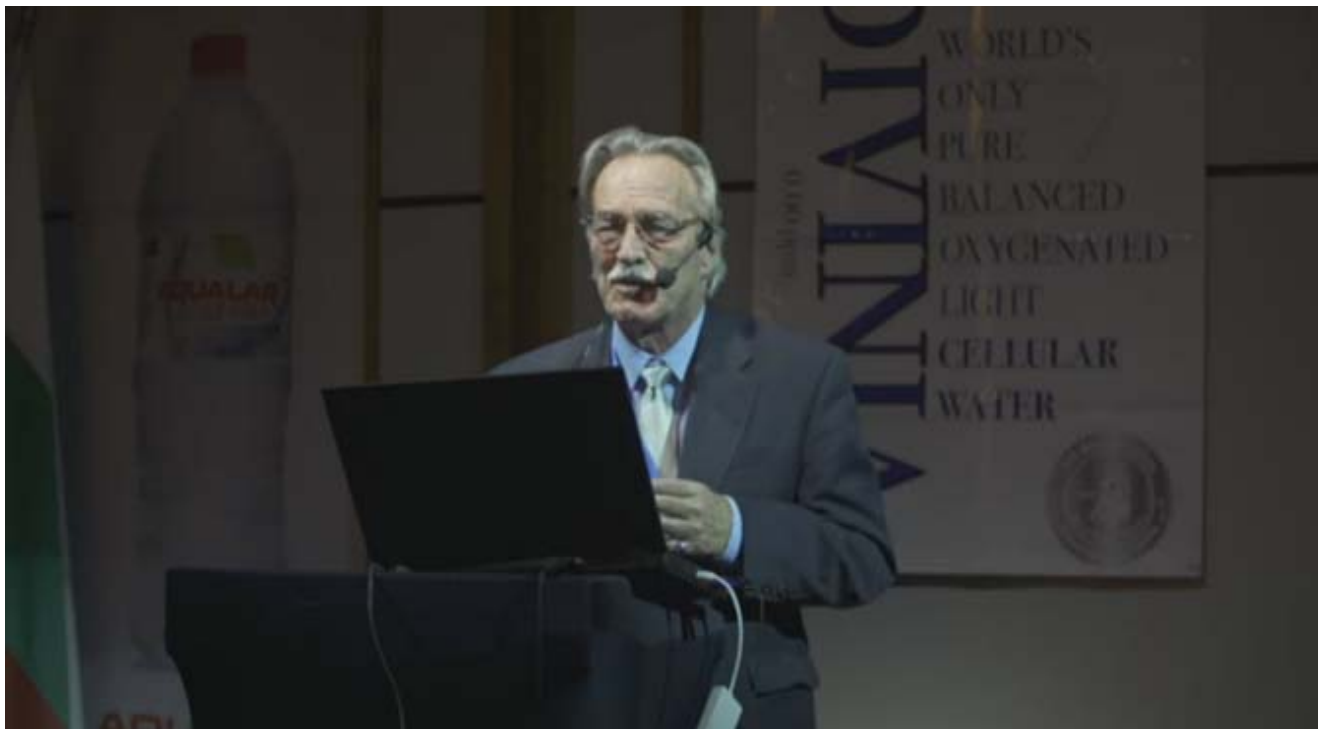
Could it be possible, that we, as humans, could use crystals, to reflect the Light of the Sun into our eyes and download the terrestrial memory stored within said crystal?

I believe, that using the Light of the sun, it is possible to process the geo-information stored within crystals. In the same manner we process intelligence factors from looking at the sun.

I would urge each of you to do your own experiments with crystals, play around and saturated colors, and record your data.

– written and prepared by Ryan Anderson

**Gary Buchanan back from
international water
conference**



Gary Buchanan presenting at the 11th Annual Conference on the Physics Chemistry and Biology of Water

The report on Gary Buchanan's participation at the Eleventh Annual Conference on the Physics Chemistry and Biology of Water is in! Gary expressed great appreciation for being invited to present and said he truly enjoyed meeting and sharing with all the other presenters. You will find details in the links below.

Gary Buchanan spoke on the final day of the conference, Sunday, October 9, 2016. His talk served as a kind of summation or roundup of the topics spoken about during the week-long conference. You can watch his entire 22-minute talk on the October 9th live stream produced for the conference from 1:42:45 through 2:15:43 on the video recording. Also of interest is the talk of John Reid, one of Gary Buchanan's colleagues and research partners, which directly precedes Gary's on the October 9th live stream.

[Watch Gary Buchanan's talk at the Conference on the Physics Chemistry and Biology of Water on the October 9th Live Stream \(from 1:42:45 through 2:15:43 on the video recording\).](#)

[Read or download the formal paper of Gary Buchanan's presentation at the conference on Scribd.](#)

[Watch the Water Conference interview with Gary Buchanan on YouTube \(1:34 minutes\).](#)

Now back home in Reno, per the advice of Gerry Pollack, organizer of the conference, Gary plans to undertake some pH analyses of the Cymatic wave fronts in water at his Steamboat Healing Center office to determine the variations of EZ on the surface and within the underlying bulk.

[Visit Gary's web site at \[www.sonatherapy.com\]\(http://www.sonatherapy.com\).](#)

[Check out a video or two on Gary's You Tube "Sonatherapy" channel.](#)

[Watch Gary Buchanan's conference talk on Gary's You Tube "Sonatherapy" channel \(35 minutes\).](#)

Gary Buchanan Speaking at International Water Conference



Reverend Canon Gary Buchanan will be in Sofia, Bulgaria October 6-9, 2016 to speak at the 11th Annual Water Conference. He will be speaking along with Dr. Gerald Pollack, an old colleague of his who has gained fame in recent years for his theory of fourth-phase water, and who is chairing the conference, and along with several Nobel Prize laureates. Rev. Buchanan's work on Sonotherapy and his use of water to form archetypal cymographs made him a candidate for speaking at this prestigious international conference. In fact, his cymographs have gained so much interest that the conference organizers are using his cymographs on their Facebook page and throughout their newsletter.

Use the links below to find more information on the conference and to follow the conference live or streaming on Facebook.

Follow this link to the web site of the 11th Annual Water

Conference:

<http://www.waterconf.org/>

Follow this link to the participants list where Rev. Buchanan is listed, and where you can read more about his research and the talk that he will be presenting at the Water Conference:

<http://www.waterconf.org/participants-materials/2016/>

Here is the link to the Facebook page where you can follow the conference live or streaming:

<https://www.facebook.com/waterconf/>

Rev. Buchanan will be speaking from Sofia, Bulgaria on Sunday, October 9, 2016 from 10:10-10:45 AM, which translates to 12:12 AM October 9, 2016 – 10 hours earlier.

His talk is titled “SONATHERAPY®, CYMATICS, AND PHONON CHAINS: The Healing Potentials of Sound in the Body’s Vicinal Waters.”

Convocation 2016 Photo Gallery



Rt. Rev. Yukinori Matsushita, Bishop of Japan, performs Communion Service at Red Rock Consecrated Sanctuary

Photos by Shinobu Uwataki and Stephan Fuelling

**Wellness Sessions
*Steamboat Hot Springs Healing
Center & Spa***



Front entrance to Steamboat Hot Springs Healing Center

September 9, 2016

Sunrise Divine Service
Concelebration
Church of New Pentecost



Sunrise at Church of New Pentecost



Sunrise scene from the Church of New Pentecost



Scene at the Church of New Pentecost

Breakfast ***Open-air Refectory***



Breakfast gathering after Sunrise Service



Helena Savoy inspects a rock during breakfast

Cosolargy Forum: Morning Session

Monastery Gardens Ambo

Red Rock Consecrated Sanctuary



Audience gathers for morning session of Cosolargy Forum



Rev. Francine Petrovich monitors morning session at the Cosolargy Forum



Ryan Anderson presenting "Crystals: Tools for the Modern Cosolargist"



Crystal display



Attendees view crystals on display



Rev. Canon Robert Petrovich presents "The Odes of Solomon for the Second Advent"



Rev. Ron Theriault presents "Near Death Experiences: Glimpses into an Ultradimensional Reality"

Cosolargy Forum: Afternoon Session

Chapel of The Holy Child



Rev. Harold Boulette presents "A Biography of Jakob Boehme"



Rev. Michael Tamburello presents "Tuning the Body: Archetypal Sitting Postures"



Rev. Canon Gary Buchanan presents "Sonatherapy, Cymatics and Phonon Chains"

September 10, 2016

LAKE TAHOE EXCURSION
Lake Tahoe, Nevada



Lunch at Jake's on the Lake



View of lake Tahoe from Jake's



On the beach at the Hyatt Hotel, Incline, Nevada

September 11, 2016

**Sunrise Divine Service
Concelebration**

Cathedral Church of the Americas

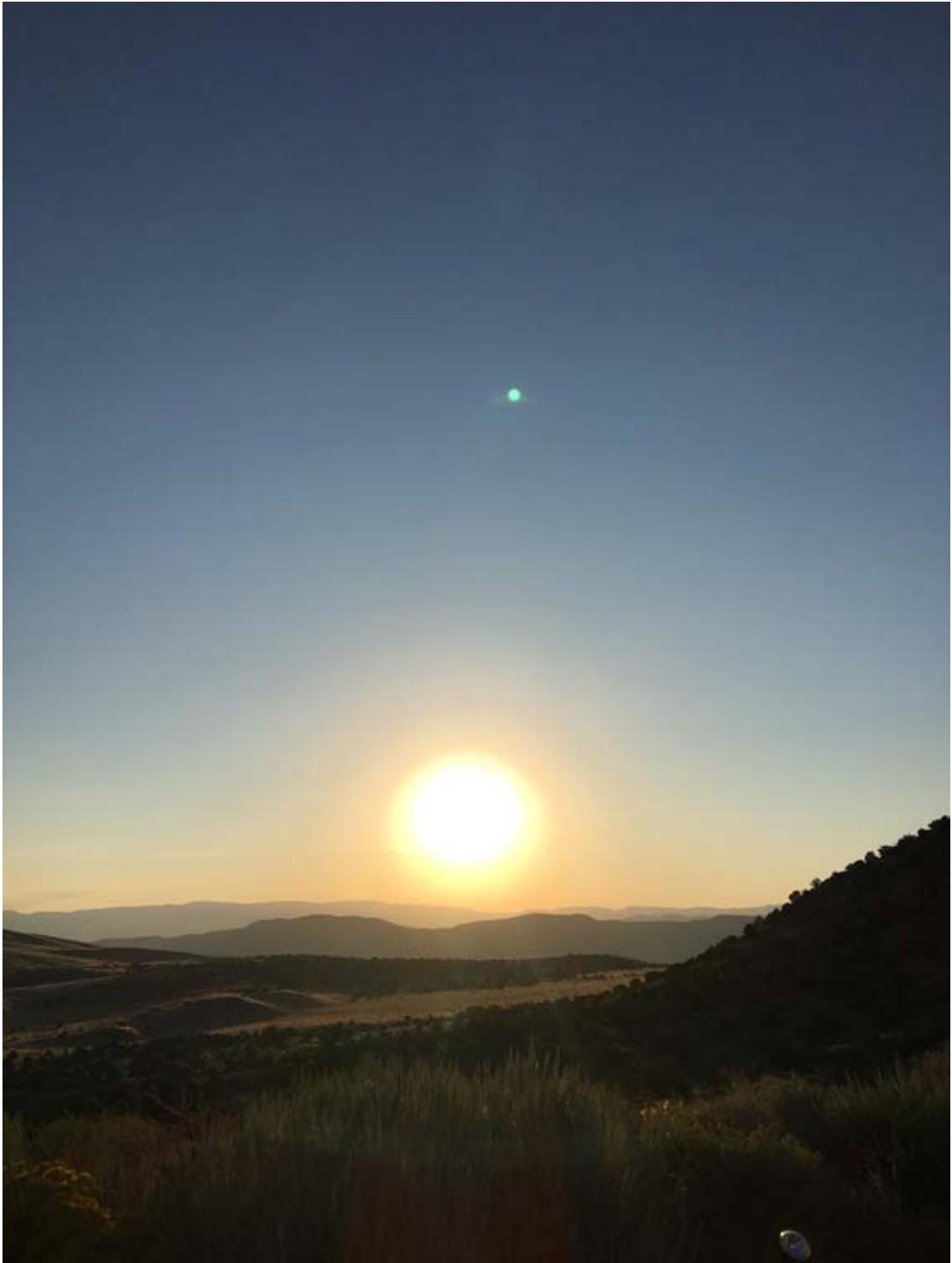
Red Rock Consecrated Sanctuary



Eastern horizon before sunrise from the Cathedral Church of the Americas



Eternal flame in front of the Communion Table
before sunrise



Sunrise from the Cathedral Church of the Americas



Greeting line after Divine Service at the open-air Cathedral



Hot air balloons racing over Red Rock Sanctuary

Fellowship Breakfast
Open-air Refectory
Red Rock Consecrated Sanctuary



Breakfast gathering after Divine Service at the Cathedral



Birthday celebration for Radheka Patel Savoy



A family of friends gather for a photo



Breakfast hosts Revs. Mary and Peter Foust



End of the breakfast gathering

VIRGINIA CITY EXCURSION ***Virginia City, Nevada***



Old hill outside Virginia City, Nevada



Yankee troops outside a Virginia City storefront



Miner and his photogenic donkey cross the street in front of the Red Dog Saloon



In the Red Dog Saloon

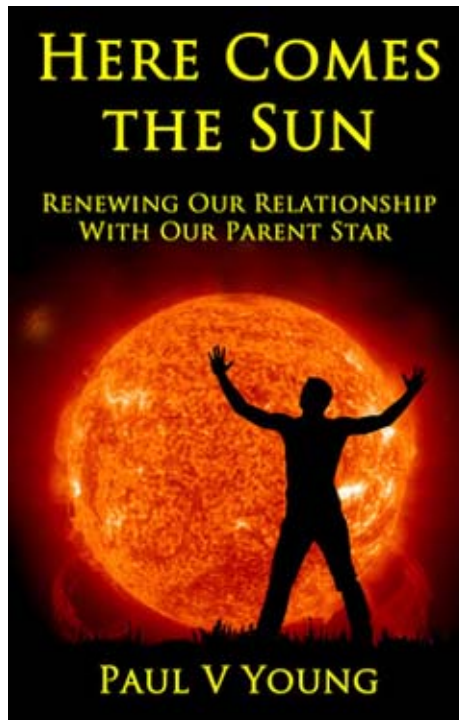


Virginia City shopping mall



Waiting for the shuttle back to Reno

Here comes “Here Comes the Sun” !



Cover of the new book
“Here Comes the Sun” by
Academy Consociate Paul
Vernon

Academy Consociate Paul Vernon has just completed his second full-length book *Here Comes the Sun*. The book is available for sale in ebook and kindle format on the Smashwords web site, where you can read more about the new book and read a 6000-word sample for free.

[Visit the *Here Comes the Sun* page at Smashwords.com to buy a copy or read a sample.](http://Smashwords.com)

Here is how he introduces his new 40,000-word volume:

“It is time to see the Sun in a new light and elicit its secrets. Today there is resurgence in the practice of Sun-gazing, along with the therapeutic use of Sunlight and colour.

While the Sun's benefits in providing vitamin D and aiding in the healing of depression have been known for some time, there are new revelations in 2016 that it prevents myopia and slows its advance. It is less well known that human biology reacts in a very direct way to the rotations of our star. A number of prominent doctors have come out to publicly endorse the absorption of Sunlight in the human eye and skin, using common sense to avoid over exposure.

"In the scientific field during 2016 researchers are making new discoveries about the ways our planet is intimately connected to the Sun by invisible strings, and the real impact it has on our weather patterns and climate change. Quantum physics shows there may be corresponding connections on a different dimensional level that result in wormhole-type tunnels that bridge our earth to the Sun and beyond.

"Historically the star of our solar system has been honoured by the construction of megaliths such as Stonehenge and Glastonbury in England, Nabta Playa in Egypt and the Temple of the Sun in Mexico. Now alternative researchers believe there is evidence that solar power was harnessed and distributed in structures such as the pyramids and that giant obelisks such as the one at Abu Gurab were actually electrical transmitters. The concept and application of this fits perfectly with the theories of the 20th century genius Nikola Tesla. Great leaders in ancient Egypt, Greece and Rome were guided by mystical activities based on what may be called the solar sciences, and their traditions survive today within certain secretive societies.

"Authors such as James Redfield have suggested that the human body may be destined to evolve into what is known as a light body, and this is now supported by scientific research into matter being constructed of photons. Along with modern technology's steps towards transhumanism and artificial intelligence, we are witnessing the emergence of a new breed of humans referred to as Indigo children and the Super Psychic

kids. Modern day organizations such as Cosolargy suggest that the transmutation can be accomplished by the intake of the Sun's rays. [emphasis added]

“Spirituality has a role to play in our reconnection with the sun and the technique of ‘Incubation’ as practised by the ancients, called the Way of the Iatromantis, provides an avenue in the pursuit of activating our light bodies and making the next evolutionary step. In rethinking our relationship with the Sun, we see a way forward into a future filled with light.”

[Visit the *Here Comes the Sun* page at Smashwords.com to buy a copy or read a sample.](#)

PATH TO LIGHT: Stephan Fuelling



Around the time in 1979 or 1980 during my studies for my master's in physics in Aachen, Germany, I woke up in the middle of the night and 'knew' Isaiah 45:2 and that it was important. I had to wait until I went to my mom's house on the following weekend to look it up in our Lutheran family Bible, since I did not have a Bible in my apartment. I didn't go to church, although I was brought up Lutheran and went to Bible school when I went to elementary school. The big churches didn't seem to offer what I was looking for. What I read then in our family Bible showed itself to be a significant message (New International Version):

Isaiah 45:1-4

1. "This is what the LORD says to his anointed, to Cyrus, whose right hand I take hold of to subdue nations before him and to strip kings of their armor, to open doors before him so that gates will not be shut:

2. I will go before you and will level the mountains; I will break down gates of bronze and cut through bars of iron.

3. I will give you the treasures of darkness, riches stored in secret places, so that you may know that I am the LORD, the God of Israel, who summons you by name.

4. For the sake of Jacob my servant, of Israel my chosen, I summon you by name and bestow on you a title of honor, though you do not acknowledge me.

(I printed it through line 4, since in the German Lutheran Bible the sentence starts from 2 and ends on line 4.)

Before I finished my master's in 1984, I met Prof. Reinhard Bruch in Freiburg, Germany, in 1983. He just received an offer for a tenure-track position at the University of Nevada-Reno and offered me the opportunity to be his first PhD student. I

had traveled the western part of the USA together with my two brothers and my mother a couple of years earlier and knew the area. I had swum in Lake Tahoe then, and so I thought, "What an opportunity that may be!"

So I came to Reno in January 1985, and I received my PhD in physics in May 1991. I was working as a postdoc in Reno when I met Robert Roy, in 1992, who was a member of the International Community of Christ, Church of the Second Advent but didn't press me to attend. We immediately became close friends. We shared a lot of interests—alternative medicine and spiritual themes. In 1999, after a nice evening with Robert and some deep philosophical and spiritual discussion, I drove home and just entered the intersection at Keystone Avenue and Seventh Street in Reno, when a thought entered my consciousness: "Be careful that your light doesn't go out," and all of a sudden the yellow sodium high-pressure lamps that illuminated the intersection went out and the intersection was all dark! I took that as a hint, and I attended service the next Saturday at the University Chapel! Soon, I would become a member. I attended the Sunrise Services at the Red Rock Consecrated Sanctuary and studied the solar techniques. Then I thought, "I should reread chapter 45 from Isaiah" to see if there is anything that relates to this church. And I could not believe my eyes: Chapter 45, verse 6 says: "So that from the rising of the sun to the place of its setting men may know there is none besides me. I am the LORD, and there is no other."

Which is exactly what our community is about! We observe the sunrise and the sunset and take in the Sun. Then Isaiah 45:2 talks about tossing open the brass doors and breaking the iron locks. I puzzled over this for many years. I wondered whether there is a deeper meaning, especially the metal brass (or copper) and iron. What is going to get unlocked? Then our Music Professor, Gary Buchanan, from our Community gave me an explanation when I asked him whether he could see any relationship if one would consider that the metals are related

to the planets (in alchemy and astrology); copper is related to Venus and iron is related to Mars. He wrote back, and here is what he had to say:

Stephan,

In analyzing ancient scripture we can always find several different meanings; e.g., physical, psychic, spiritual, etc. I usually look first for the Kabbalistic meaning. For example, the “five worlds” of Isaiah can also be the higher realms of the Sephiroth Tree, etc.

In this 45th chapter from Isaiah, the verse 12: “Most Hidden of All Hidden” (in God’s Light) is the physical world. It receives only a fraction of the divine revelation, so to speak.

If Venus is brass and Mars iron, then for sure the “pentacle,” astronomically/astrologically, is the path Venus inscribes in its orbit. (I have attached the chapter from my book that addresses that ... beginning around page #350.)

In traditional interpretations of the chapter it is believed to refer to Cyrus the Great and Babylon – Iraq. Cyrus was the “brass man” with the “iron armies,” etc. The prophecy was also written 150 years before it actually took place; i.e., with the return of the Jews to Israel and the rebuilding of the Temple there/Solomon’s house.

Similarly, parts of our being have metallic symbolism ... and let’s not forget our seven mounts of metal at Red Rock Consecrated Sanctuary ... the seven-fold light, etc. The four “Masonic Elements of Masonic/Rosicrucian/Euclidean Mysticism” are gold, brass, iron, and silver.

Okay, so there will be a major transit of Venus on June 6, 2012 (Pentecost) 198 days before the Winter Solstice on December 22. The planet will pass directly over the face of the sun– thus introducing Isaiah’s “darkness,” only in

actuality a heightened "Shekinah" effect on us as we do sunrise services. This, of course, will be the 50th, or Jubilee, year since 1962 when the Sun of Righteousness first appeared.

As the "morning star, "Venus is the appropriate marker of all great calendars, e.g., the Aztec, Mayan, Incan, Mayan, Babylonian, Egyptian, Chinese, etc.

The relationship of Venus and Mars during the June 6 to December 21 period during 2012 is discussed at several web sites; e.g.,

<http://www.cropcircleconnector.com/inter2008/germany/Secklendorf/Secklendorf2008a.html>

<http://www.surfingtheapocalypse.net/cgi-bin/forum.cgi?noframes;read=209990>

Of course, on the solstice all the planets will be lined up with the sun and center of the Milky Way...which is "dark," but full of "treasures." So, this might be the "making of all lines straight," leveling the valleys, smoothing the waves, etc.

So, these are only a few of the things that come to mind this morning ... I am sure there are other details that could be mentioned.

Overall, Isaiah was talking about the coming of the Christ Light, in the Sun of Righteousness, as taught by the Essene Prophets at Mount Carmel. The esoteric symbolism has to be taken within the context of the solar teachings...the Light, first and foremost, no?

Love & Light,

Gary

(More on that subject in Gary's Cymatics book *SONA*, chapter 28.)

An interesting thing happened during one winter sunrise service. I stood next to Robert Roy, and I thought I should move my eyes up and down then left and right, etc., to imprint a cross on my retina, when the focused sunlight would 'write' on the retina. After the service Robert approached me and said: "Did you see the sun today? It moved up and down and up and down, then left and right and left and right!" Then I told him that he must have picked up my exercise—quite amazing! I am not sure, but I think I had my self-made circular polarizing glasses on and possibly I mounted them the "wrong" way. They were supposedly to give left-circular polarized light but by mistake I mounted them wrong, when I took it apart and switched the quarter-wave plate around such that they were right-circular polarizing. Possibly the right-circular polarizing light is for "sending" and the left-circular polarizing light for "receiving." Although Robert did not wear any glasses, only myself, I can't recollect whether I was wearing my polarizing glasses or not and whether at that morning I had them mounted the other way. I didn't realize at the time but later found out that I had swapped direction of the circular polarization. I learned from the teachings of two aspects of the Sun's light. One is good; the other is "dark." I immediately related that to the two circular polarizing directions that light can have. Further I related that to the two Swastikas; the Nazis used the counter-clockwise turning, which I connected to the right-polarized light as we see it when it moves towards us. That is an ancient symbol and stands for the Moon and death, while the clockwise Swastika (left-circular polarized light) stands for the Sun and life!

Another interesting synchronistic event happened after I wrote to our late Head Bishop, Gene Savoy Sr., about how I thought of the workings of "intent" on synchronicity. I compared it

with the spinning of a spider web. The strings are so fine, you can't see them. But overnight dewdrops collect on the fibers, and when the sun rises, you suddenly see the spider web with its sparkling dewdrops! Two weeks later I came by Hans Frischeisen's natural foods and vitamin store, Everlasting Health, in Reno. A "life coach" there was giving free Tarot card readings. I thought this might be amusing, and I went to see her. I told her how I thought the Tarot card reading works. I told her it is a "dowsing system" (an expression I learned from dowsers, who use a method to "program" their dowsing rod or pendulum); it works through intent and synchronicity. It requires a random event, so here the random drawing of Tarot cards from a mixed card stack. One poses a question; best even if one writes it down. Then one draws the cards and the meaning of the cards give you a meaningful answer because of synchronicity. So I picked seven cards and on two of them was the spider web with the dewdrops in the morning sun! I had to laugh – sometimes the synchronicity shows its kind of humor!

Just before the Venus crossing the Sun in June 2012, I became worried that maybe these "bronze gates" could open, since according to another myth, about 40 demons were locked up in the Sun. Then a strange number of synchronistic events happened. A colleague of mine, Prof. Jim Henson, Dept. of Electrical Engineering, asked me whether I would give one or two lectures about fusion and fission, to which I agreed. I asked a colleague from the Physics Department, Prof. Ron Phaneuf, who had given lectures about this subject, if he had any material that he could share with me, which he did. He gave me a long Power Point presentation about fission. The first slide showed Pandora's Box, an ancient Greek myth about a woman that was given a box by the Gods where demons were locked up. But the Gods also made Pandora very curious, so she could not resist and opened the box to release these demons. When she closed the box again, all the demons were gone, but hope was the only thing left in the box. When I read about

this myth, which I did not know about, I suddenly realized that it may have something to do with the demons locked up in the Sun and the upcoming Venus crossing. I got a little worried. Then I encountered the words “Pandora’s Box” several times—I saw it as part of a Windows installation, while watching an antivirus program displaying names of files it was checking. I saw it on TV, on car radios at the electronic outlet store BestBuy (it is all related to the Pandora’s Internet music service), and the final event was during an emergency faculty meeting that was about a graduate student failing the exam for the second time; her advisor wanted her to pass. To continue our meeting, we had to move from the department conference room downstairs into an unoccupied classroom (classes were over for the semester). When the discussion was heated up, our Russian colleague, Prof. Victor Kantsyrev, who sat in front of me, turned around and said with great sincerity right into my face in his Russian accent: “If we allow this student to pass, then we open Pandora’s Box!” And I froze instantly...

Well, the June Venus crossing came, my son Phillip and I watched it on Interstate 395 at the end of Washoe Valley, and it was an exciting moment! But other than that, nothing happened. So, again, my mental focus created these events, and they manifested through synchronicity.

Albert Edgecomb Passes into the Light



Albert Edgecomb memorial

Longtime Consociate Albert Edgecomb (May 2, 1924 – May 10, 2016) passed away at the age of 92 at his residence in Reno. A Memorial Service was held to celebrate his life on Saturday, July 9, 2016 at 11:30 a.m. in the Chapel of the Holy Child. In attendance were members of the Reno Church Community who had known him.

Albert had been a resident member of the Second Advent Community for over thirty years. During that time, he received Third-level Ordination in the Order of The Holy Child and was active in the Second Advent ministry until his advanced age prevented him from doing so. He helped sponsor a number expeditions to the Chachapoyas region of Peru through the Andean Explorers Foundation and had taken part in one expedition himself.



Rev. Robert Roy delivers eulogy

Eulogy for The Reverend Albert Edgecomb, written and delivered by The Reverend Robert Roy on July 9, 2016:

Albert John Edgecomb was born on May 2, 1924 in Everett, Massachusetts, a small manufacturing town four miles north of Boston. His parents had earlier migrated from Newfoundland, Canada.

At nineteen years of age in 1943 Albert joined the war effort, enlisting with the 156th Army Airways communication system squadron and was sent to the South Atlantic theater of operations as a corporal.

After three years of service in the military, Albert went to work for the telephone company in Massachusetts and retired in 1984.

Earlier in 1976 Albert had begun his studies with the International Community of Christ by mail, and with his retirement in 1984 decided to move to Reno to continue his

studies with us in person. As far as I know, he never married and never spoke of anyone he had been close with. His passport showed only one trip abroad, and this was to Peru in 1994 to take part in an expedition with our beloved teacher Gene Savoy Sr.

Albert was always a solitary person and by the year 2000 we saw less and less of him. His heart was always with this Teaching however. He never stopped tithing till the day of his passing.

I knew him for 16 years of his life here in Reno. He always had a smile and enjoyed a good joke, although he never gave you more than a chuckle for your effort. He was a good listener, but he never initiated a conversation. A person felt good in his company, a pure soul with no bad comments about anyone, a good example of a man at peace with the world. He was a person rewarded, I believe, with a long life for his peaceful outlook in this world and his prayerful contributions in our Church.

I pray that God bless his Soul and Spiritually reward him with a place in Heaven.

Spoken with Love and a Blessing,

Rev. Robert Roy



Portrait of Albert Edgecomb and reception cake

How to Make a Color Light Box for Heliogenics in Australia

Having reached the level in my Cosolargy studies that deals with light, color and color bodies, I wanted to devise a practical way to use the A4 size color gel filters that I received with the booklet. I am what might be called an anti-handyman, and shun stores like IKEA that peddle DIY and self-assembly units. Fumbling with items that need to be screwed, glued and rudely inserted is not my idea of a relaxing weekend. The hammer is the natural enemy of the anti-handyman and I never allow one to get within 10 feet of my thumbs. So I

scouted around my local K-Mart store – which I guess is the Australian version of Walmart – and found some components that would fit snugly together in a few minutes.



PICTURE 1: Stuff from K-Mart

The parts I ended up with were, as shown in picture 1, a wooden frame designed to hold an 8" x 10" picture, a small plain metal lamp base, a 2-pack of size E27 53 watt halogen light bulbs, and a small storage box made of wicker, with a cloth lining. Total cost was thirty dollars in Australian play-money, which converts to just over twenty bucks in real currency (U.S. dollars).



PICTURE 2: Components

I stood the box on end (picture 2) and removed the solid backing from the picture frame. I did, however find that it is better to retain the glass panel to press the color filter up against, using the cardboard inner frame to secure it in place. Unlike viewing the Sun with filters, glass does not inhibit the use of color treatments. The inner measurement of the box opening was actually about $8\frac{1}{2}$ " x 11" but, with the overhang of the cloth lining, the frame nestled into it and stayed in place without any need for fastening (picture 3).



PICTURE 3: Color Lamp

And because it is not tightly sealed, the cord of the lamp passes comfortably under the frame. Changing filters from one color to another is quick and easy.

The ideal way to use it is in a darkened room. It has been suggested to me that using colors at the lower end of the spectrum like red and orange might not be advisable at night before retiring because, just like ingesting a cup of your favorite caffeinated beverage, it could disturb your sleep pattern. If you have block-out curtains then it will work fine in the daytime. Blues and violets should produce a more calming effect before sleeping. I use mine in my bedroom, sitting on a chair next to the bed, and there is a mirror on the opposite wall, so the light is enveloping. Any further discussion about my bedroom and mirrors would be too much

information.

The recommended time for exposure to color screens using artificial light is 15 to 30 minutes. As you can see, the box is small and the bulb is close to the filter as well as the surrounding cloth insert. I have been using mine for 15 minutes per session daily and have not noticed any deterioration to the filter or overheating of the fabric, so the 53 watt (800 lumens) bulb seems to be sufficient to cast enough light without damaging its surrounding components which, as you'd expect, are all made in China. I would refrain from leaving it on for more than 30 minutes or falling asleep with it on. Since I cannot afford a decent lawyer, I will borrow my legal disclaimers from the Chinese packaging: *Never use this appliance in a bath, shower or swimming pool; Not intended for use by persons, including children, with reduced sensory or mental capabilities or lack of experience and knowledge, or Australians unless under supervision.*

by Paul V. Young

“Light in the Brain”



“Light has long been a metaphor for advanced mental processes—enlightenment. In this regard, images of light have been used as methods of meditation to arrive at relaxation and expanded mental states. Now, research shows that special light sensitive cells in the eye are not used for vision, but rather, send neuronal fibers through complex circuits directly into higher brain centers of learning and emotion.”

[Read the entire article online at the blog of Jon Lieff, MD.](#)

Resident Consociate Michael has this to say about the article: “For its brevity, this is one of the most complete articles ever written on the effects of sunlight. It is very easy reading and all the information, though not cited, is supported by research publications I’ve read over the past four or five years.”

link submitted by Michael McIntyre