

# The Path of the Mystic



*“We have then arrived at our description of the mechanism of the mystic. Possessed like other people of powers of feeling, thought, and will, it is essential that his love and his determination, even more than his thought, should be set upon Transcendent Reality. He [or She] must feel a strong emotional attraction toward the supersensual Object of his quest: that love which scholastic philosophy defined as the force or power which causes every creature to follow out the trend of its own nature. Of this must be born the will to attain communion with that Absolute Object. This will, this burning and active desire, must crystallize into and express*

*itself by that definite and conscious concentration of the whole self upon the Object, which preceeds the contemplative state. We see already how far astray are those who look upon the mystical temperament as passive in type. ...*

*“It appears, generally, from the experiences of the mystics, that their act of contemplation becomes a psychic gateway; a method of going from one level of consciousness to another. In technical language, it is the condition under which they shift their ‘field of perception’ and obtain their characteristic outlook on the universe. That there is such a characteristic outlook, peculiar to no race or creed, is proved by the history of mysticism.” ~[Evelyn Underhill](#)*

## **Like Other People**

Some people seem to think that mystics are either frauds or members of some race superior to ordinary humans. In actual fact, they are like other people in most ways, except for a burning desire to learn the universal truths hidden to the materialistic person. They have the same kinds of feelings, thoughts, and temptations as all of us, but at some point, they turn from the temptations and pleasures of the material world and concentrate on seeking something higher. As Underhill notes, love and determination put them on the right path and keep them on it.

Some people don't like the term “mystic”. If you are one of them, then think “Spiritual Adept” instead. The terms mean the same thing, at least in the way that Ms. Underhill uses the word “mystic”.

## **The Object of the Quest**

Underhill vaguely refers to what the mystic or spiritual student is seeking as the “supersensual Object of his quest.” First, we must remember that until a few decades ago, it was conventional to use masculine terms for things that could be

masculine or feminine and mystics could be women. As to the object of the quest, you can call it Spiritual Enlightenment, the highest levels of consciousness, reaching Heaven, or oneness with God. Those terms all refer to the same quest and the same goal.

## **Becomes a Gateway**

Ms. Underhill says that the “contemplation” practiced by the mystics becomes a “psychic gateway” that leads one to higher dimensions of consciousness. It is more accurate to call it a spiritual gateway since the goal is to go beyond the fourth dimension of the psychic realm, to the fifth dimension and higher. Again, she doesn’t say exactly what form this contemplation takes, possibly because she doesn’t know, but more likely, because she thought such information shouldn’t be shared with the uninitiated.

## **Shift Perception**

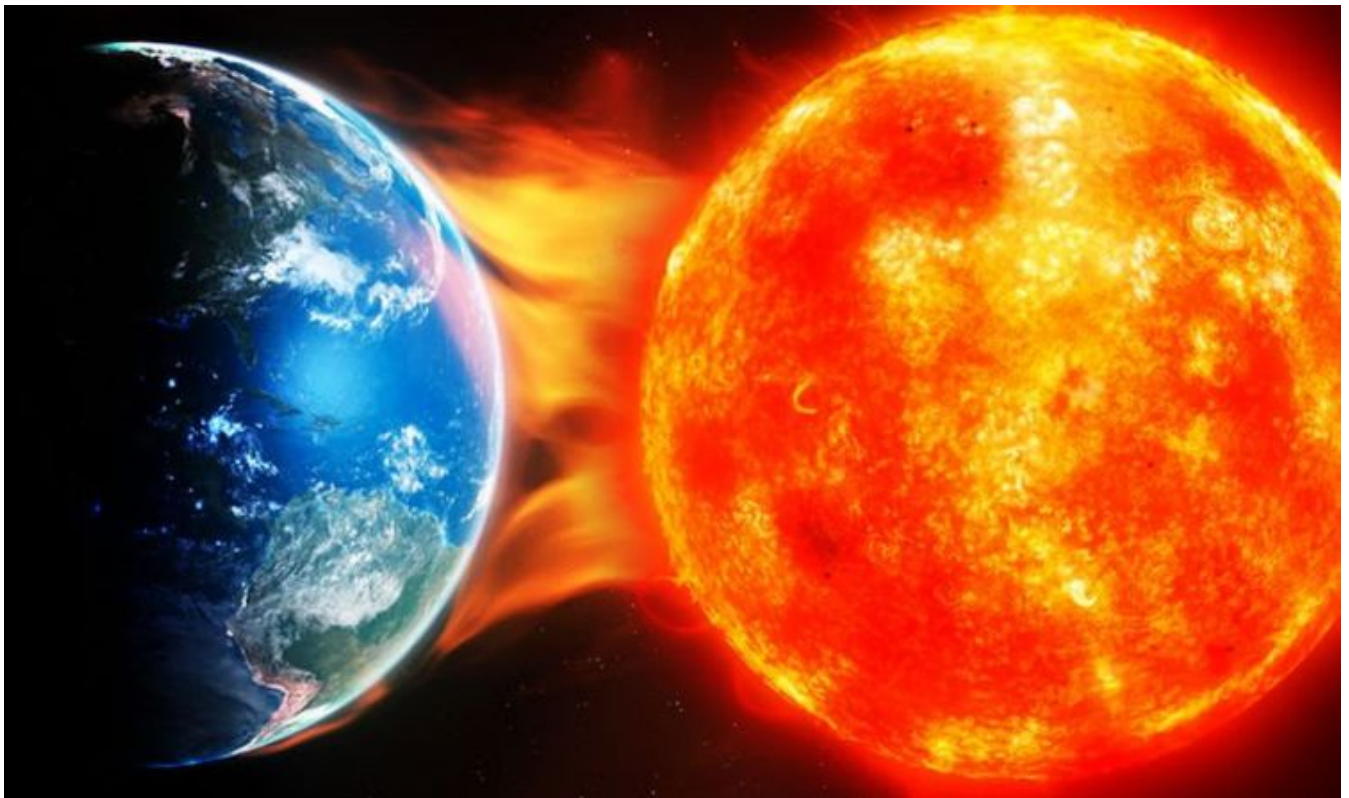
The Spiritual Adept does shift their perception when practicing spiritual development techniques, and we now know that most of the ancient mystery schools used spiritual sunazing as at least one of those techniques. We know that the students of Pythagoras practiced their techniques while watching the sunrise. We know that the Essenes went to a mountaintop and practiced techniques at dawn. We know that St. Francis had his primary spiritual awakening while watching a sunrise from his bedroom window. We also know that the Spiritual and Mystical writer Jacob Boehme had his when the sun reflected off a shiny metal bowl he was carrying struck him in the eyes.

Of course, just looking at the sun isn’t enough. Some animals such as certain types of snakes look at the sun regularly, but they don’t become mystics. It has to be done properly and with the right attitude; an attitude of love, peace, and humility. Those who do it with the desire to gain the power to use to control others will not succeed in the quest. Instead, they

will negate and be taken over by dark forces and beings. So practice the solar techniques, but do so with humility and love of God, and remember the Goal of the Quest.

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## **The Sun, the Light, and the Solar Beings**



*“The creation of life by the sun is as continuous as his light; nothing arrests or limits it. Around him, like an army of satellites, are innumerable choirs of genii. These dwell in the neighborhood of immortals, and thence, watch over human things. They fulfill the Will of God (Karma) by means*

*of storms, tempests, transitions or fire, and earthquakes; likewise by famines and wars. It is the sun who preserves and nourishes all creatures; and even as the ideal world which environs the sensible world fills this last with the plenitude and universal variety of forms, so also the Sun, enfolding all in his light, accomplishes everywhere the birth and development of creatures. Every star has its genii, good and evil by nature, or rather by their operation, for operation is the essence of genii. All these genii preside over mundane affairs. They shake and overthrow the constitution of states and individuals; they imprint their likeness on our souls. At the moment when each of us receives [physical] life, he is taken in charge by the genii (Elementals) who preside over birth. ... But the reasoning part of the Soul is not subjected to the genii.” ~[H. P. Blavatsky](#)*

## **Life from the Sun**

While it is true in a larger sense that life in the material world was created by the Demiurge, the false god, it is a hierarchal system and the energy that creates physical life on earth comes from the sun.

As for life within the sun, we believe that is true as did the ancients that Blavatsky is quoting. While they called them genii, we call them Beings of Light and Beings of Darkness.

## **Karma and the Will of God**

I don't generally think of Karma as "the Will of God," but since it is a universal and inescapable law, I guess it is part of the Will of God. Where the quoted text does this law an injustice, though, is that it makes it seem like Karma is a purely negative thing, and a punishment for doing wrong. Neither of those ideas is true. Karma isn't a punishment any more than any case of action and reaction, which is also a law of science. And there is just as much good karma as there is bad. Also, Karma is more common on the individual level than

on the group level, and it is only at the group level that it can cause storms, earthquakes, and the other disasters mentioned.

## **Solar Beings**

There are beings in the sun, beings of higher dimensions. There are beings of the fourth dimension called demons or dark beings, and beings of the fifth dimension called Light Beings or Angels. When we practice Solar Techniques, we will, at times, contact such beings and they will influence us. That is why it is important to have the right attitude when we look at the sun. If we are angry or full of negative thoughts and emotions, we will be contacting the dark beings. If we are peaceful and loving, and approach the sun in humility, we will be contacting the Light Beings and the higher frequencies of Light and Consciousness. Doing so awakens our own dormant spiritual faculties and helps us raise our own level of consciousness.

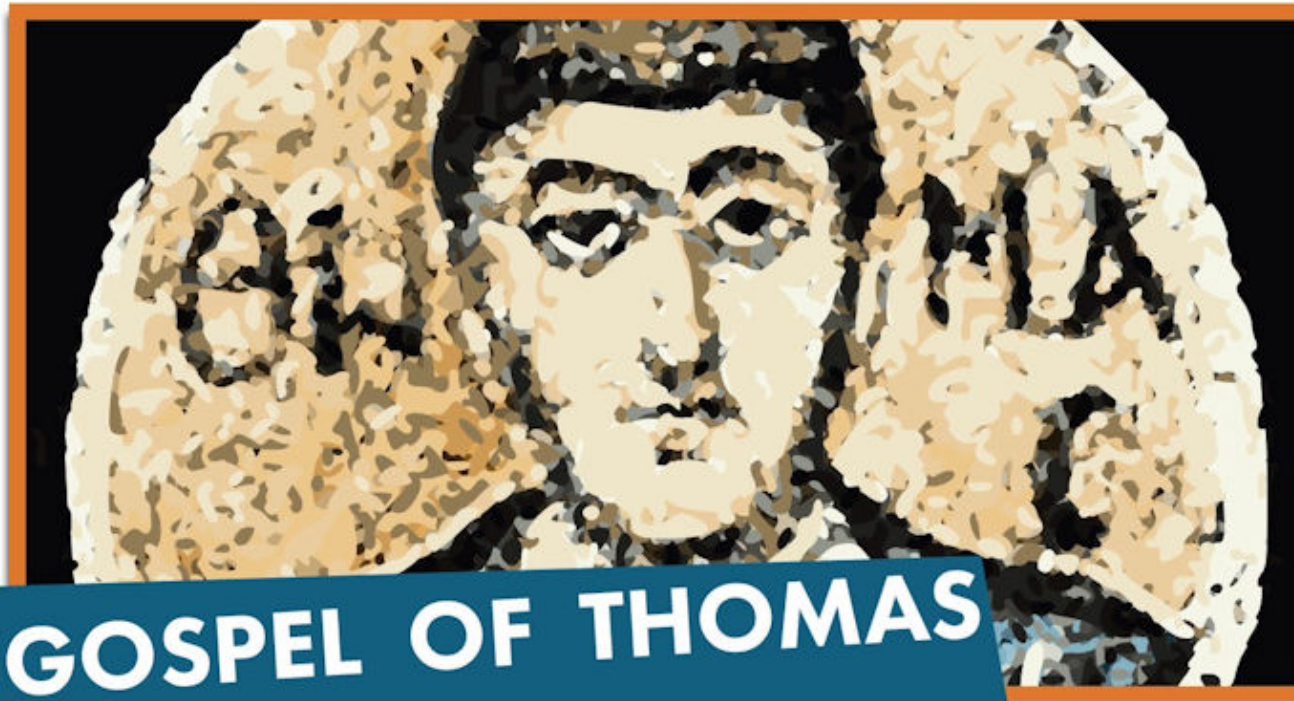
## **Every Star Has Its "Genii"**

Our sun is not the only star that is changing now, in the End Times. All Stars are changing. And all stars probably have living beings in them. But as the sun is far closer to us than any other star, we should concentrate on doing techniques with the Sun, and not try to do them at night on other stars.

Not only stars. But everything in the physical universe is changing and slowly moving back to its original form as spirit. We must change with it or be left behind.

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# Quotes from the Gospel of Thomas with Commentary



*“Jesus said to his followers, ‘These nursing babies are like those who enter the kingdom.’*

*“They said to him, ‘Then will we enter the kingdom as babies?’*

*“He said to them, ‘When you make the two one, and when you make the inner like the outer and the outer like the inner and the upper like the lower, and when you make male and female into a single one, so that the male will not be male nor the female be female, when you make eyes in place of an eye, a hand in place of a hand, a foot in place of a foot, an*

*image in place of an image, then you will enter the kingdom.'*

*"Jesus said, ' I will choose you as one from a thousand and as two from ten thousand and they will stand as a single one.*

*"Whoever has ears should hear. There is light within a person of light and it shines on the whole world. If it does not shine it is dark.'*

*"Jesus said, ' Love your brother like your soul. Protect that person like the pupil of your eye.'*

*"If you do not fast from the world, you will not find the kingdom... you will not see the Father.*

*"I took my stand in the midst of the world, and I appeared to them in flesh. I found them all drunk yet none of them thirsty. My soul ached for the human children because they are blind in their hearts and do not see. They come into the world empty and seek to depart from the world empty." ~The Gospel of Thomas*

## **Like Babies**

When Jesus told the apostle they should be like babies if they wished to enter the Kingdom of God, he didn't mean that they should cry a lot, need to be held and cared for, need to be fed by their mothers, etc. He meant that they should have the innocence of babies. They should be free of prejudices and beliefs that block us from learning the truth. This is especially true of religious and spiritual beliefs. When we are full of false beliefs, we can't accept the truth, or as some Zen teachers put it, you have to empty the cup before it can be refilled.

## **Make Two into One**

This is a variation of "as above, so below". Jesus is saying that when we are like the Cosmos above, the atoms below we

will be well on our way to full enlightenment in heaven. But here, the Cosmos refers to the spiritual dimensions, not the physical cosmos. The physical realm is both dark and light, negative and positive. Spiritual dimensions are only Light, and God and the Angels are only Light. We must awaken our spiritual faculties and bring that spiritual Light down to earth and make the lower like the upper. As we aid God in bringing more Spirit into the realm of matter, we aid in returning the material realm back into spirit and making what was two realms into one again. We are mainly doing that to ourselves, but also to the world around us.

## **One From a Thousand**

The chosen people who will aid God in returning the world to spirit—the so-called War of Light and Darkness—exist in small numbers. These are the people of Light. It may be one in a thousand or one in ten thousand, the exact percentage doesn't matter. What matters is that when this small part of humanity is sufficiently awakened, the changes in the physical realm will happen. We can already see some of the preparation stages happening with the change in weather.

## **Love Your Brother**

This doesn't mean that we should love only our siblings. It means that we should love all of humanity, whether we like the things they do or not, we must still love them. Love is the power that will bring us all together.

## **Fast from the World**

This means that we should not become too involved in worldly matters or too attached to material things. That doesn't mean we must live in a cave and eat weeds. We can live in a house, sleep on a bed, and eat good food, but without getting attached to such comforts. When we are unable to give up such things when our spiritual quest requires it, we have become too attached, and the beings and forces of Darkness can use

those attachments to hold us back.

## **Blind in Their Hearts**

We come into the world of matter with our spirits in a dormant state similar to a coma. We must awaken and develop the spirit if we ever want to get to Heaven.

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# **The Great Lesson We Must All Learn**



*Thou shalt not kill. Thou shalt do no harm to any living thing. Thou shalt not steal. So the man did not kill; but he was cruel and he stole. At the end of the day (when his beard was gray) his teacher (who was God) said: Thou hast learned not to kill, but the other lessons thou hast not learned. Come back tomorrow.*

*“On the morrow he came back a little boy again. His teacher (who was God) put him in a class a little higher, and gave him these lessons to learn: Thou shalt do no harm to any living thing. Thou shalt not steal. Thou shalt not cheat. So the man did not hurt any living thing; but he stole and he cheated, so his teacher told him to come back tomorrow. ...’*

*“This is what I have read ... in the scroll of the Heavens. The great lesson to be learned is the Oneness of All. This knowledge carries with it all the rest.” ~[William Walker Atkinson](#)*

## **Learning a Lesson**

When we are first learning to walk, we fall down a lot. But we are encouraged by our parents to try again and again until we can do it without falling. The same is true when we learned to ride a bicycle, drive a car, ice skate, etc. When we go to college, we do not get a degree on the first day. It takes time to learn enough to get a degree. Yet many seem to think it should be different with spiritual studies and they should be able to learn all that needs to be learned in a few days, or weeks at the most. That belief is wrong.

## **His Teacher Was God**

God is the ultimate teacher, but before we can talk directly to God, we need a human teacher to show us The Way. Like learning those other lessons mentioned above, learning to link directly to the mind of God takes time and effort. And you have to know what you are doing. While the popular saying that

there are many paths to God is somewhat true, most paths are twisted and lengthy. To be successful, you should follow the most direct path possible. That is what Cosolargy teaches.

Mr. Benson's tale is intended to say that we live many lives until we succeed in learning the lessons. This is a pleasant fantasy promoted by governments who don't want the many people in their countries living in terrible poverty to rise up in a revolution. Making them think it is simply a lesson they must learn, and then in another life, they can have wealth, helps prevent those revolutions. In Cosolargy, we are taught that our current life is our only life, so we can't be lazy, we must do our best to evolve our spiritual Self now.

## **Read the Scrolls of Heaven**

What Mr. Atkinson is calling "the scrolls of Heaven" is just an allegorical name for the great Knowledge and Wisdom found at the highest levels of consciousness that the Gnostics called Gnosis. This Knowledge is not found in books, podcasts, or videos. It must be gained by direct access to these higher levels of consciousness. We do that only by the gradual development of our spiritual faculties using the solar techniques taught in Cosolargy.

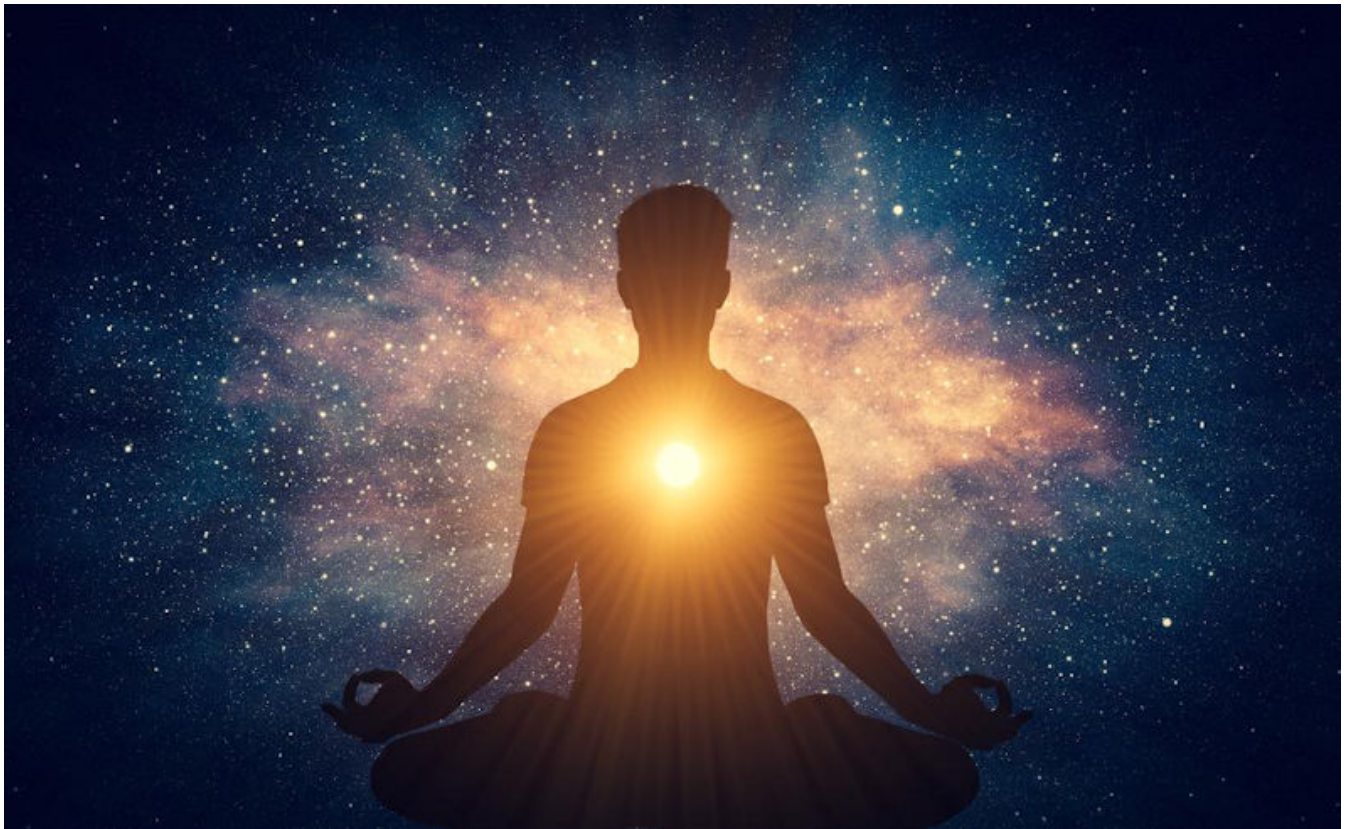
## **The Great Lesson**

The Great Lesson is Oneness, the Oneness of all. Humans, animals, plants, rocks, rivers, planets, etc. are all part of The One, the Godhead. That is a simple thing to say, but nearly impossible to understand. We only truly grasp this Knowledge when we reach the highest level of consciousness and become fully aware of The All. But when it happens, we know that one spirit is much like another, one being is much like another, no matter what material shell it may be wearing. That means that all living things are a part of us so killing any other being is killing a part of ourselves. Unfortunately, we have sunk so far down into matter that we must kill and eat other beings to survive. We can, however, start learning to

live on Light again and reduce our dependence on eating matter. Being part of The One makes us more tolerant and merciful toward others. We can start practicing mercy and tolerance now.

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## Curing Physical Illnesses With Sunlight



*“A Japanese friend of mine, Shin-ichiro Terayama, who is an executive director of the Japan Holistic Medical Society is a cancer survivor. ... Shin was hospitalized for cancer. ... He refused to stay in the hospital and checked himself out. When*

Shin awoke the next day, he was amazed to find himself still alive. The morning seemed to him to be unbearably beautiful, and he was **aware of a great desire to watch the sunrise**. He went to the eighth-floor rooftop of his apartment house, where he could look over the skyline of Tokyo. He recited Buddhist mantras and poems, put his hands together to pray, and awaited the sun. When it rose, he felt a ray enter his chest, sending energy through his body. 'I felt something wonderful was going to happen, and I started to cry,' he says. 'I was just so happy to be alive. I saw the sun as God. When I came back down to my apartment, I saw auras around all my family members. I thought everyone was God.'

During the next few weeks, Shin observed a strict [macrobiotic] diet and **performed daily the ritual of watching the sun rise from his roof**—the one thing he looked forward to each day. ...

'I began to realize that I had created my own cancer by my behavior. As I came to that realization, I saw that I had to love my cancer, not attack it as an enemy. It was part of me, and I had to love my whole self.'

"Today Shin is not merely a cancer survivor, he is a transformed being." ~Andrew Weil

## **Andrew Weil**

Dr. Andrew Weil is known for promoting natural healing and the idea that the human body has the capacity to heal itself if we allow it to do so, but we block it by eating toxic food, breathing toxic air, and taking drugs that treat symptoms instead of the underlying cause of the illness. He does not encourage any form of sun gazing, so I was surprised to find the above story in his book, "Spontaneous Healing."

## **Shin-ichiro Terayama**

Shin's experience is not typical of one who gazes at the sun for the first time, but it is not unheard of either. Most of us know the story of St. Francis who had his spiritual awakening while watching a sunrise from his sickbed, and there is the story of Jacob Boehme who had his spiritual awakening when the sun reflecting off a metal bowl he was holding struck him in the eyes. Since Shin was a holistic medicine teacher, it is likely that he was somewhat spiritual already, just like St. Francis and Boehme, so they were ready for the sun to give them a true spiritual awakening.

## **Mantras and Poems**

We are taught in Cosolargy that simple sun-gazing by itself does not result in a true spiritual awakening. We have to do it with the proper attitude of humility and love. And we use a form of mantras as well, so Shin had the right idea and the right attitude when he recited mantras and poems while waiting for the sunrise. We also use music and hand gestures to help.

## **Daily Ritual**

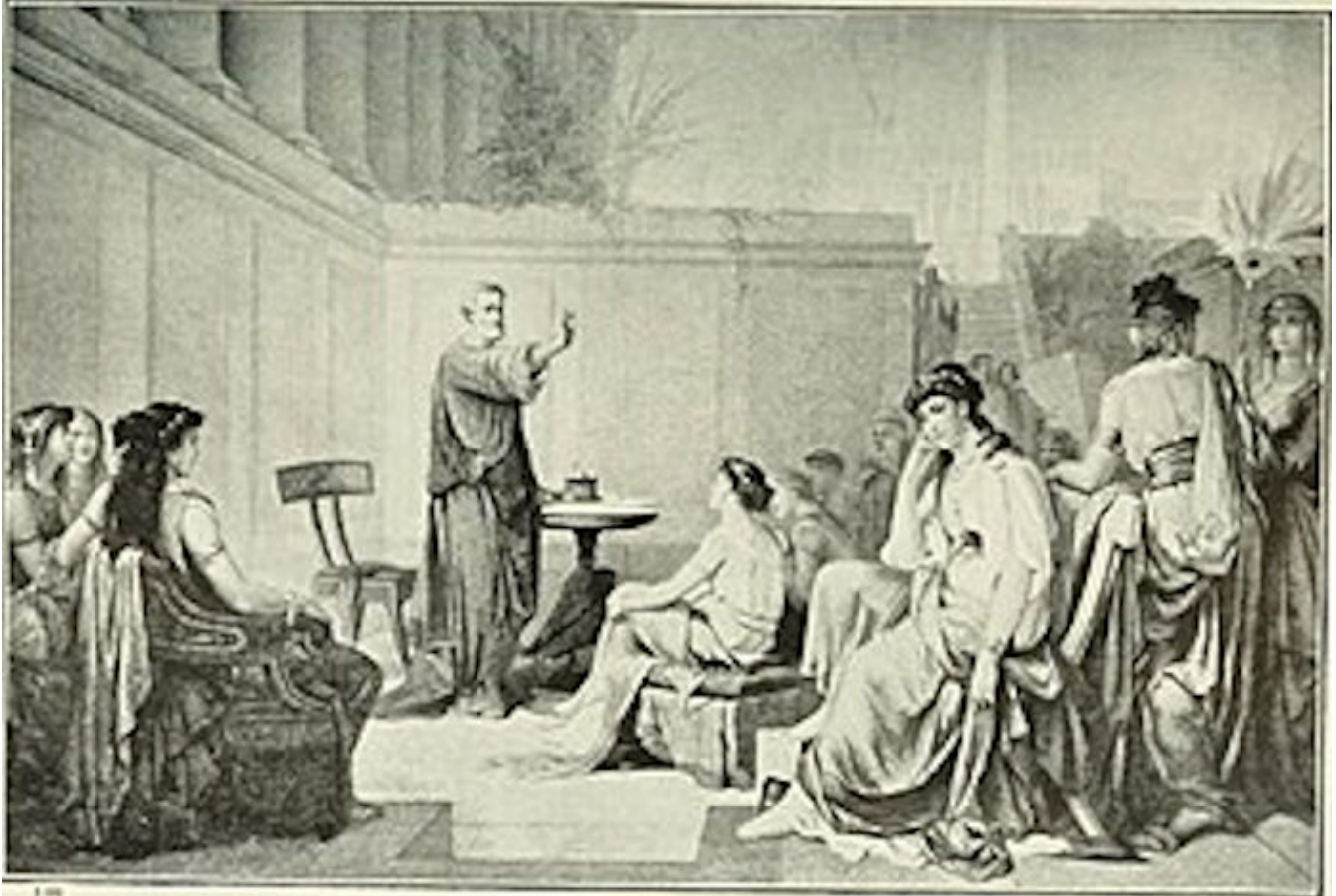
Shin began a daily ritual of watching the sunrise, and we can assume he continued doing so beyond the few weeks mentioned in the quote. In Cosolargy, beginning students are taught to do solar techniques only a few times a week, but eventually, we should all practice doing so daily when possible. Some beginners might think that instead of doing the techniques for just a few minutes several times a week, they can just do it for an hour once a week. That is a mistake. Such long exposure at one time does little good for beginners and can cause harm. We must remember that while we look to the Spiritual Sun, we are also observing the physical sun where the Kalos nature is found which can negatively affect us. And in Cosolargy, we teach that God's presence is in the Spiritual Sun, the Sun of Righteousness, not that the Sun is God.

## Creating Illness

Shin came to the realization that he created his own cancer. It takes a truly enlightened person to realize that we are at least partially responsible for our own illnesses, especially cancer. Cancer is unlike other illnesses because it is the uncontrolled growth of the cells of your own body, so it is obvious that something is wrong in your own body that is causing it. It could be a poor diet, it could be smoking or alcohol consumption, it could be drinking polluted water or breathing polluted air. It could also be mental, specifically mental stress. It most likely is a combination of several of these things. The point is, admitting that he was responsible for his cancer was an important first step in curing it. He knew that he had to change himself, not look outside for help. Of course, his morning ritual of sun gazing was helping, but he had to make the decision to do that and do it with the proper attitude. The same is true for many other illnesses. We might not be able to cure all illnesses without drugs or surgery, but we can cure a lot of them, far more than we do now. That is true of mental problems as well. And while we don't think of it as illness, our dormant spiritual faculties is the most important of us, so awakening them with sunlight is the most important aspect of spiritual sun-gazing. And an awakened spirit also helps in some ways to heal the body and mind. That doesn't mean that practitioners of Cosolargy never get sick. None of us are perfect, so we fall prey to the same weaknesses as others, though less often. And generally speaking, Cosolargy students are healthier than the average person. It is also true that sometimes we get ill because we need to develop humility and sympathy for others.

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# Spiritual Development Requires a Spiritual Education



**Pythagoras teaching**

*“A transcendental genius obeys the laws which govern all other forms of genius, in being susceptible of culture: and, indeed, cannot develop to its full powers without an educative process of some kind. This strange art of contemplation, which the mystic tends to practice during the whole of his<sup>1</sup> career—which develops steps by step with his vision and his love—demands of the self which undertakes it the same hard dull work, the same slow training of the will, which lies behind all supreme achievement, and is the price of all true liberty. It is the want of such training—such*

*'supersensual drill'—which is responsible for the mase of vague, ineffectual, and sometimes harmful mysticism which has always existed: the dilute cosmic emotion and limp spirituality which hang, as it were, on the skirts of the true seekers of the Absolute, and bring discredit upon their science.*

*“In this, as in all other and lesser arts which have been developed by the race, education consists largely in a humble willingness to submit to the discipline, and profit from the lessons of the past. ... Each new and eager soul rushing out towards the only end of Love passes on its way the landmarks left by others upon the path to Reality.” ~[Evelyn Underhill](#)*

## **Transcendental Genius**

We are not all geniuses as measured by the standard education system, but anyone following a spiritual path is demonstrating above-average intelligence. And those who follow a genuine spiritual path will often discover that their intellect improves as well. It is not unusual for those having spiritual training to discover that they now score ten or fifteen points more on an I.Q. Exam. Not that it is necessary for spiritual growth, but it is a fortunate side effect. It also helps you deal with those opposed to spiritual development as they usually rely on intellect to make their point.

## **An Educative Process**

While there are some today who will deny it, no one becomes spiritually awakened and developed overnight. That is actually a good thing because the revealing of too much reality before a person is ready to handle it has driven some people insane. But there are different ideas of what kind of an educative process is needed. It is probably ideal to have a spiritual adept take you under their wing and teach you individually. Unfortunately, there are few advanced adepts available to do that. The second best option is to attend a school that has an

advanced mystic or spiritual adept leading it or at least was founded by such a person. Pythagoras ran such a school which is why I chose a drawing of him teaching to illustrate this article. Cosolargy is one such school and teaches some things that none of the others teach.

While reading spiritual books is a good way to start, but you cannot rely on them for your entire spiritual education. One reason is that the books never contain everything you need to know. Another is that you might misunderstand some of the things the books say, especially when they are said in allegorical terms, as they often are. A third reason is that you have no one you can ask questions of when you have difficulties. A fourth is that a teacher can help you know where you are in your spiritual quest, and what you need to do next. And fifth, working as part of a community developing together helps you grow and gives you some protection from the dark forces and beings that try to prevent us from developing our spiritual Self.

## **Whole Career**

Ms. Underhill tells us that the mystic spends his whole career studying and learning more about the realm of spirit. That education is never complete. The idea that you can spend a few days studying a form of meditation and you are done is complete nonsense. In the ancient mystery schools, the students generally stayed for many years, often their entire life. That wasn't because they were slow learners, but because the spiritual development process is one of gradual development. Any school that claims otherwise is, frankly, a fraud.

## **A Humble Willingness to Submit**

Underhill is also correct in saying that the successful spiritual student must have humility and a willingness to submit. That is another reason why the process takes years. Few of us have such humility. In our modern world of commerce

and competition, we are discouraged from showing humility. It is considered a weakness. Yet we must submit to the Beings of Light, to God, to the Greater Good, if we are to be fully successful in our spiritual quest, and that requires humility. So we start learning the basics of spiritual development, and also to develop humility and love (also very important) gradually. As we advance, we develop more and more love and humility. Those who fail to do so—and I have met some of those—never develop beyond a certain point. So practice your spiritual techniques, but also work on developing humility, discipline, and love.

1— When Underhill wrote her books, it was the standard practice to use “his” or “he” when the subject could be male or female. Women can be mystics just as well as men.

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## **Refine Every Human Function, Including What You Eat**



### **Natural food**

*“You need to refine every human function – moving, sleeping, breathing, thinking, feeling – and eating.”*

*‘Wait a minute, Socrates, eating isn’t a problem area for me. I’m slim, I generally feel good, and my gymnastics proves I have plenty of energy. How is changing a few things in my diet going to make a difference [in my spiritual growth]?’*

*‘Your present diet may give you plenty of energy, but it makes you groggy, affects your moods, and lowers your level of awareness. ...’*

*“In your present state of evolution, you cannot “eat sunlight” except in limited ways. When humanity does develop this ability, the digestive organs will become vestigial and laxative companies will go out of business. For now, a proper diet allows you to make the most direct use of the sun’s energy. This energy helps you focus your attention,*

*sharpening your concentration into a slashing blade. ... Your good habits must become so strong that they dissolve the ones that are not useful. ... I eat only what is wholesome, and I eat only as much as I need. ... My diet may at first seem spartan compared to indulgences you call 'moderation,' Dan, but I take great pleasure in what I eat because I've developed the capacity to enjoy simple foods." ~[Dan Millman](#)*

## **Refine Yourself**

While doing proper solar techniques is the primary teaching of Cosolargy, it isn't the only thing. It is the most important, but there are other things we should do to help our spiritual growth. As the old man Dan calls Socrates (not his real name) says, we need to refine every human function. Some of those functions are easier to refine than others, and changes in our eating habits is one of the easiest.

## **Healthy Eating**

The first rule of healthy eating is to avoid anything artificial. That includes artificial colors and flavors as well as foods that are artificial. Second, avoid heavily processed foods. That seems to be a hard one for most Americans today. We have become addicted to convenient fast foods, which are more accurately called junk food. It also includes anything with processed sugar added. And if you are not ready to give up meat entirely, at least avoid beef and pork—and yes, that definitely included bacon, probably the most unhealthy thing humans eat. As the quote says, such foods lower your vibrations, and your frequencies, and if you are seeking real spiritual growth, that is the opposite of what you want to do.

I recently read the book "Lifespan" by David A. Sinclair, in which he talks about his research into aging and the research of others on the same subject. In this book, he gives advice on what we can do now to not only add years to our lives, but

add healthy years. One of the things he advises is healthy eating, and the first rule of it is to avoid eating mammals. That means no beef or pork.

Even good food like fresh fruits and vegetables can be unhealthy if you only eat them cooked. It is a good practice to have some uncooked fruits or vegetables as part of each meal. The enzymes in fresh fruits and vegetables help them digest better and better digestion means better health. Physical health does affect your spiritual health, so it is good to stay physically healthy.

## **Eat Sunlight**

Socrates tells Dan that in our present state, we can't "'eat sunlight' except in limited ways." While what he says is true, at least in the way he meant it, it doesn't mean we shouldn't bother to "eat sunlight," even if it is in a limited way. You must also realize that Millman's book was written in the 1980s, and much has changed since then. While it remains true that humans cannot YET live entirely on sunlight, we do need it for spiritual growth, especially the Light of the Spiritual Sun.

Note: I was beginning to doubt that the man Millman calls Socrates was a real spiritual teacher until I read this short comment about sunlight. From that, I can see that he is a valid spiritual teacher, and while he may not have been teaching Dan the things that Cosolargy teaches, it is because he was teaching one individual and taught him according to where that student was and what he was ready to learn.

## **Only What You Need**

Socrates also says that he eats only what he needs. In other words, he makes sure that he supplies his body with the necessary vitamins, proteins, carbs, fat, minerals, and enzymes that it needs. When you do that, the desire to overeat tends to fade. So does the desire for junk food.

I started following the diet known as the "[Bright Line Eating Plan](#)" a few years ago. I won't go into all the details, but here are the basics of this diet. You avoid sugar and anything that has sugar added to it. You avoid anything made with flour. Grains are allowed, as long as they have not been ground into flour. So oatmeal and puffed rice, for example, are allowed. Beyond that, the diet includes plenty of fruits and vegetables, much of it fresh. And you eat three meals a day with no snacks. I lost weight easily when I am on this plan, and I am much healthier by following it.

So do your solar techniques, read your lesson books and other spiritual books, listen to music and burn incense. But also remember to eat a more spiritual diet, which also happens to be the kind recommended for a long and healthy life.

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## **We are all Prodigal Sons and Daughters**



### **The prodigal son is welcomed home**

*“The mystic knows his task to be the attainment of Being, Eternal Life, union with the One, the ‘return to the Father’s Heart’: for the parable of the Prodigal Son is to him the history of the universe. This union is to be attained, first by cooperation in that life which bears him up, in which he [or she] is immersed. We must become conscious of this great life of the ALL, merge ourselves in it if we are to find our way back from whence we came. Hence there are really two distinct acts of Divine Union., two distinct kinds of illumination involved in the Myatic way: thr dual character of the spiritual consciousness brings a dual responsibility in its train. First, there is the union with Life, with the world of Becoming: and parallel with it, the illumination by which the Mystic gazes upon the veritable world, Secondly, there is the union with Being with the One: and that final, ineffable illumination of pure love which is called the*

*'Knowledge of God.' It is through the development of the third factor, the free, creative Spirit, the scrap of Absolute Life which is the ground of his soul, that the Mystic can conceive and accomplish these transcendent acts."*  
~[Evelyn Underhill](#)

## **Attainment of Being**

Attainment of Being certainly is one of the goals of the Mystic or spiritual Adept. Some might reply to this, "But I already exist, I already am 'Being'". But Underhill is talking about a different level of Being. She is talking about having an awakened spirit, your eternal Being, not your temporary physical being. Beyond that, the attainment of Eternal Life and joining the One are more advanced goals of the Adept. This is why she says this "return to the Father's Heart" is represented by the parable of the Prodigal Son.

## **The Prodigal Son**

In the parable of the Prodigal Son, a wealthy man has two sons. His youngest son asks for his inheritance in advance and is given it. The son then leaves home and goes off to live a life of excess using up his money. When a famine strikes his new home, he is left destitute and forced to take a job as a swineherd. After a while, he decided to return home to his father. His father welcomed him back with open arms. That is a short version of the story, you can read more detailed versions elsewhere if you wish.

Ms. Underhill tells us that this tale is allegorical, and I think she is right. The prodigal son represents all of us who have wandered far from the Father of us all: God. God is spiritual and lives in a spiritual world. We lived there once also but fell into the realm of matter, the creation of the false god known as the Demiurge in Gnostic literature.

We have not only fallen into the realm of matter, but over

many centuries, we have embraced this world and fallen deeper and deeper into its clutches until we are now at a point where, if we fall any further, we will not be able to return.

The prodigal son, fallen to the point where he must become a swineherd, an undesirable job for a Jew, represents all of us fallen as low into dense matter as we can, and still have a spirit and soul that can be saved. The prodigal son had the good sense to turn around and return to his father. We must all show the same sense and return to the Father of us all: God in Heaven. We do that by awakening our spiritual faculties with the Light of the Spiritual Sun, and by continuing to develop those faculties until we achieve Oneness with God.

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**God Helps Those Who Help  
Themselves**

# God Helps Those Who Help Themselves

## Psalm 121

**A peaceful warrior in flight like the wind**

*“From the days of the Ancients have been heard the lamentations of the woeful and disheartened, and they ask the winds, ‘Where have we failed for the God we pray to remains unresponsive?’ They air their goodness and virtue and ask why these have gone unrewarded. ...*

*“In this, our generation, goodly people have been robbed of their estates by strangers. ... Their possessions have been sold to provide earthly pleasure for those who revel in things of the earth. ...*

*“In their dire despair, they seek to lay the blame upon a God who does not strike down wrongdoers and seemingly rewards those who are Earthwise. Wherein have they failed? This is the echo in the corridors of the ages.*

*“They have failed because they have left to God the things*

*which they, as God's overseers on Earth, should have accomplished. It is Men in the mass who permit evil to flourish in their midst. Their woeful lamentations ascend to Heaven and call upon the heavenly hosts for aid, but better by far would be would it be to call their own resolution and fortitude and fight the good fight, to bring about the rule of right and justice." ~The Kolbrin Bible (Man:20:1-4)*

## **Lamentations of the Woeful**

What was true hundreds of years ago when the quote above was written is even more true today. People complain that God does not destroy the evil and evildoers of the world. They complain that they don't get what they want. They complain that others have more material wealth than they do. They complain to God, but never blame themselves. They ask God to find them a job instead of using their own intuition and talents to find one themselves. They ask God for a new car instead of earning the money to buy one themselves. To some degree, it is understandable that some don't want to embrace the ways of the earthly materialists, yet we must exist in this world for the time being, so to some degree, we must function within its rules.

## **Robbed of Estates and Possessions**

Yes, there are those who rob us of estates and possessions. Some do so illegally, others, like tax collectors, do it legally—either way, we get robbed often in this world. On top of that, cherished possessions break, rust, fall apart, or stop functioning. Many try to blame God for that. Others blame the manufacturers for making goods that fall apart. To some degree, those manufacturers are to blame, but we also have to learn to accept that we live in a world of constant change. That means things will fail, rot, rust, etc. We have to be prepared to deal with that in ways other than crying about it. When you buy something new, plan for the fact that it will need repairs, or have to be replaced at some time.

## **God Does Not Strike Down Evildoers**

Many are disappointed that they see no evidence that God strikes down those who do evil things. They don't understand that to destroy any being is evil, and God never does evil. God doesn't destroy the evildoers, he gives them opportunities to redeem themselves. Even the fallen angels will be redeemed, not destroyed. Of course, they will have substantial karmic debts to pay when they turn themselves around, but they will do it. Lucifer has already and Satan will do so as well. Foolish people often depict God's angels carrying swords and killing devils or evil people, but that is not how angels work. They help God convince them to seek redemption, they do not destroy. In a sense, they destroy evil, but not the beings doing evil.

## **Overseers on Earth**

We are overseers on earth in the sense that we are the caretakers, even if unaware of it. But the important point is that God is NOT our servant, we are here to serve Him. It is up to us to straighten out the world's problems as much as possible, but without resorting to violence and war. God and the angels help, but only for those who help themselves. And helping ourselves begins with each of us developing our own spiritual Self.

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# **Understanding Mind Through an Awakening Experience**



### **A peaceful warrior in flight like the wind**

*"I became the wind, yet with eyes and ears. And I saw and heard far and wide. I blew past the east coast of India near the Bay of Bengal, past a scrubwoman busy with her tasks. In Hong Kong, I whirled around a seller of fine fabric. I raced through the streets of Sam Paulo. ...*

*"I left no country untouched, I thundered through China and Bangladesh, and across the vast, rich land of the Soviet Union.<sup>1</sup> I gusted through the valleys and alpine meadows of Austria, sliced cold through the fjords of Norway, I tossed up litter on the Rue Pigalle in Paris. One moment I was a twister ripping through Texas; the next I was a gentle breeze, caressing the hair of a young girl in Canton, Ohio.*

*"I experienced every emotion, heard every cry of anguish, and every peal of laughter. Every human circumstance was opened to me, I felt it all, and I understood.*

*“The world was peopled with minds, swirling faster than any wind, in search of distraction and escape from the predicament of change, the dilemma of life and death—seeking purpose, security, enjoyment, trying to make sense of the mystery. Reality never matched their dreams; happiness was just around the corner—a corner they never turned.*

*“And the source of it all was the human mind.” ~[Dan Millman](#)  
(in the book *Way of the Peaceful Warrior*)*

## **The Wind with Eyes**

The book this quote came from was written about Millman's unusual spiritual awakening that began with him meeting an enigmatic old man he called Socrates, who proceeded to teach him there was more to life than attending college and being an athlete. During one of Millman's visits with Socrates, Socrates touched him in the head leading to the experience in the above quote.

Obviously, Millman is speaking allegorically when he says he became the wind. What really happened is his mind left his body and traveled around the world at a speed that made it seem like he was the wind.

## **Empathy**

Millman says he was a wind with eyes and ears, but there was more. He describes sights and sounds, but more. He also describes the emotions of the people he came close to on that unusual journey of mind. Feeling the emotions of others is a form of empathy. While Millman may not have had much empathy normally, during this strange journey that Socrates sent him on, he did. He not only says that he felt it all, but he also understood, meaning he understood why these people were feeling these emotions.

## **A World of Minds**

Millman concludes that ours is a world of minds. He doesn't say it yet, but if he does understand as he claims, then he knows that those minds are responsible for a lot more than most of us are aware of, or even believe. Many now understand that our minds are responsible for how we react to circumstances in our lives. We are not responding to the circumstances, but to how the mind feels about the circumstances. For example, the mind of a vegan would interpret being served meat differently than the mind of a meat lover.

But the mind does more than interpret our surroundings, it helps create them. When the world is full of angry people who can't get along, their minds send a vibration into the environment. Those angry vibrations cause storms, tornadoes, floods, and earthquakes. Experiments have shown that people who talk nicely to their plants have healthier plants. It isn't the speaking that does it, but the vibrations from their minds. And when a group of spiritual people surrounded a polluted lake in Japan and prayed for the lake, the pollution quickly disappeared. Our individual minds may not have such power, but collectively, they do a lot.

## **The dilemma of Life and Death**

Many of us do spend much of our time hiding from the dilemma of life and death. Too much of what is happening in the world doesn't make any sense, yet it continues to happen. We say we want peace, yet we continue to have wars. We say we want to be strong and healthy, but we eat junk food and do other things that weaken us and lead to illness. We think a loving God has created this world, yet it is not a world of love. Instead of seeking solutions, many of us hide from it all in distractions and entertainment like movies, fictional books, and sports. And the governments and media support this hiding from reality as it benefits them, as well as the demons whispering into

their ears.

There is a solution. For starters, we must stop believing that a loving God created this world. The realm of matter was created by the false god, the Demiurge, and is therefore flawed. Hiding from the truth won't make it better. We need to turn away from the failed paradigm of capitalism and materialism and develop our spiritual side. We do that with the help of God and the Light of the Spiritual Sun.

1 – This book was written in 1980, so the Soviet Union still existed.