

“Levels of Humans: Physical, Mental, and Spiritual”



Three Levels of Humans

“All human beings from birth onward live to the realm of

sense more than to the intellectual. Forced of necessity to attend first to the material, some of them elect to abide by that order and, their life through it, make its concerns their first and their last; the sweet and the bitter of sense are their good and evil; they feel they have done all if they live along pursuing the one and barring the doors to the other. ...

“Others do indeed lift themselves a little above the earth; the better in their soul urges them from the pleasant to the nobler, but they are not of power to see the highest, and so .. they fall back upon the actions and options of the lower.

“But there is a third order—those godlike men who, in their mightier power. In the keenness of their sight, have clear vision of the splendor above and rise to it from among the cloud and for of earth and hold firmly to that other world, looking beyond all here, delighted in the place of reality, their native land, like a man returning after long wanderings to the pleasant ways of his own country.” ~[Plotinus](#)

Levels of Humans

It isn't clear from what Plotinus says, but I believe he is saying that humanity exists at three levels: material, mental or intellectual, and spiritual. None of these levels are completely separate from the others, and we all have some of each within us. It is just a matter of what we choose to develop and emphasize and what we choose to ignore.

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

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“Prudence and Preparedness”



What Will Happen in the Final Quarter of 2020?

Everyone agrees that 2020 has been a year of momentous gravity, with the very real likelihood that ‘the system’ will never, ever go back to the way it used to be. What should we be expecting for the remainder of this *annus horribilis* – specifically: should we be prepared for an Event that a growing circle foresees looming on the 21st December this year?

[Read the full article on Paul’s blog at his web site](#)

“Visible Substance and Invisible Spirit”



“There is a visible substance and an invisible one; a tangible water and one that is beyond the reach of perception by the physical senses; a visible fire and an invisible magic fire; neither can either of these accomplish anything without

the other, for in the practice of Alchemy, as in the regeneration of man, that which is above must be made to penetrate that which is below, so that the lower may enter into a higher state of existence.

“If we wish to know nature we must learn to know God, and God cannot be known without a knowledge of one’s own divine self. The spiritual substance of which external visible nature is an imperfect expression and manifestation, has been called ‘Prima Materia’; it is the material for the formation of a new heaven and a new earth. It is like ‘water,’ or a ‘crystalline ocean,’ if compared with our grossly material earth, it is at once fire, water, air, and earth, corporeal in its essence, and nevertheless, incorporeal relatively to our physical forms.” ~[Franz Hartmann](#)

Visible Substance, Tangible Water

What Hartmann is describing here is what we simply call matter. liquids, gas, and solids, they are all forms of matter. When the ancients said that everything was made of air, water, fire, and earth, they were saying the same thing. Air equates to gasses, fire to energy, earth to solids, and water to liquids. Fire or energy is different as it is not considered to be matter, yet it is closely related as we know that some forms of matter can be converted into energy, and some energy can be made into matter.

Visible Substance, Invisible Spirit

Hartmann says that there is an invisible substance as well as the visible, and the same for water, fire, and so on. What he is saying here is that for everything physical, there is a spiritual counterpart. For every rock, there is a spiritual rock, for every tree, there is a spiritual tree, for every star, there is a spiritual one. The simple fact that a thing exists in physical form means it has a spiritual counterpart, it cannot exist without it. You can think of the spirit as

being the mold for the physical, the force that holds it all together. And the spirit is immortal, while the physical form is not. Matter may not be destructible, but the individual forms are.

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

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“Faith & Hope in the Marian Valley”

Speaking Words of Wisdom, Let It Be



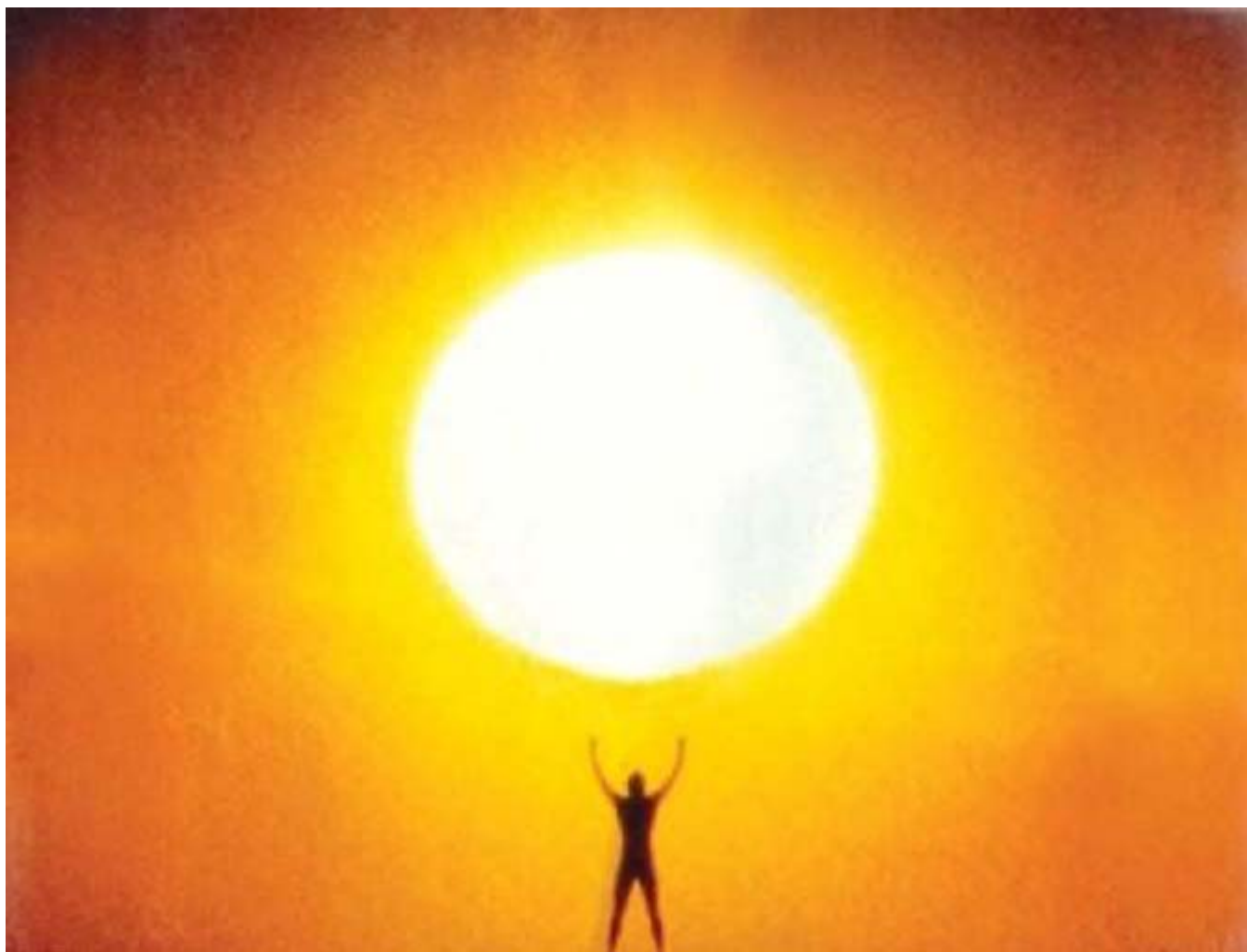
The Byzantine-style icon in the Black Madonna Chapel is a focal point at the Marian Valley near Tamborine Mountain, in the Gold Coast Hinterland's 'Scenic Rim' of South-East Queensland. Marian Valley is recognized as a sacred place and the visitor gains an impression of it being what is sometimes called a 'thin place.' Wandering through several acres of well-maintained gardens, one is struck by the diversity of nations to which shrines are dedicated.

I chose to visit on the 13th of the month, as I knew that each month on that date, they hold a procession from the Black Madonna Chapel down to the Grotto of Our Lady of Fatima. It's a long walk into the Valley and they have a few of those electric carts, of the type used at airports and golf courses, for those who need assistance. Various nationalities were represented among the attendees and parts of the rosary and chanting were conducted in Maltese and Filipino (Tagalog). A couple of families who were evidently from Vietnam stopped a while at the La Vang shrine.

The phenomenon of 'apparitions' features repeatedly at these chapels. While the most famous historical cases are those of Fatima and Lourdes, both the reported appearances of Mary and the incidences of Black Madonnas occur worldwide. Many of these come from Africa, Eastern Europe and Asia – notably the Philippines and Japan. Events claimed as miracles often involve Mary in conjunction with the Sun, and I wrote about this in my blog last October, titled [When the Sun Spins in the Sky](#).

[Read the full article on Paul's blog at his web site southernsunlightcom.wordpress.com.](#)

**“Sun as Udgitha – the
Spiritual Sun”**



Now the meditation (on the Udgitha) with reference to the gods is described. One should meditate on him who gives heat (i.e. the sun) as Udgitha. Verily, when he rises, he sings aloud for the sake of all creatures. When he rises, he dispels darkness and fear. Verily, he who knows the sun as being endowed with these qualities, Now the meditation (on the Udgitha) with reference to the gods is described. One should meditate on him who gives heat (i.e. the sun) as Udgitha. Verily, when he rises, he sings aloud for the sake of all creatures. When he rises, he dispels darkness and fear. Verily, he who knows the sun as being endowed with these qualities, becomes the dispeller of darkness and (the consequent) fear. ... That which is Saman, even that is Udgitha. Therefore, while one neither breathes out nor breathes in, one sings the Udgitha. Therefore whatever other

actions require strength, such as the kindling of fire by friction, running a race towards a goal, the bending of a strong bow, are all performed, while one neither breathes out nor breathes in. For this reason one should meditate on Vyana as Udgitha. Now, one should meditate on the syllables of 'Udgitha'—namely, the syllables 'ut', 'gi' and 'tha'. Prāna is 'ut', because through Prāna one arises (ut-tisthati). Speech is 'gi', because speech is called word (giraḥ). Food is 'tha', because upon food all this is established (sthitam). Heaven is ut, the sky is gi, the earth is tha. The sun is ut, the air gi, the fire, tha. ... For him, speech yields the milk which is the benefit of speech. And he becomes rich in food; and an eater of food, who knows thus and meditates on the syllables of 'Udgitha', namely, ut, gi and tha." ~[Chandogya Upanishad](#)

Him Who Gives Heat

The sun is the one that gives us heat, but it does much more than that. It gives heat, light, and other frequencies of radiation that make it possible for life of various kinds to exist on Earth. On another level not yet recognized by science, the sun acts as a reflector and controller using our thoughts. The thoughts and emotions we transmit hit the sun, are amplified, and reflected back to us. So if those thoughts are mostly violent, we end up with a violent world. If they are mostly fearful, we end up with a world of fear and suspicions. But if we change our thoughts, and send out mostly love and trust, that is the world we will have. And all that is just from the physical sun.

Beyond the physical sun, there is the Spiritual Sun. This is the sun that is important to spiritual people and spiritual teachers. It is this spiritual sun that is being called [Udgitha](#) in this Upanishad. This sun doesn't heat the Earth, it heats the spirits and souls of Man and all life forms on Earth. It is this sun that awakens the soul from the

deep, coma-like sleep that it is in when we are born on the material plane of existence.

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

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“Blessed Persons are not Stingy or Miserly”



“Blessed is the man that hath not slipped with his mouth, and is not pricked with the multitude of sins. Blessed is he whose conscience hath not condemned him, and who is not fallen from his hope in the Lord. Riches are not comely for a niggard: and what should an envious man do with money? He that gathereth by defrauding his own soul gathereth for others, that shall spend his goods riotously. He that is evil to himself, to whom will he be good? He shall not take pleasure in his goods. There is none worse than he that envieth himself; and this is a recompence of his wickedness. And if he doeth good, he “doeth it unwillingly; and at the last he will declare his wickedness. The envious man hath a wicked eye; he turneth away his face, and despiseth men. A covetous man’s eye is not satisfied with his portion; and the iniquity of the wicked drieth up his soul. A wicked eye envieth his bread, and he is a niggard at his table. My son, according to thy ability do good to thyself, and give the Lord his due offering. Remember that death will not be long in coming, and that the covenant of the grave is not shewed unto thee. Do good unto thy friend before thou die, and according to thy ability stretch out thy hand and give to him. Defraud not thyself of the good day, and let not the part of a good desire overpass thee. Shalt thou not leave thy travails unto another? and thy labors to be divided by lot? Give, and take, and sanctify thy soul; for there is no seeking of dainties in the grave.” ~[Ecclesiasticus](#)

Blessed Person

We can say that people who have not committed a multitude of sins are blessed to some degree. But it is not as much the number of “sins” as it is the level of the sin. It is much like human laws where littering is not the same level crime as committing murder. Sin is just a violation of God’s law. Some will insist that there is no such thing, but that would mean

that God is running a lawless universe, a realm of chaos, and that is false. It is true that the universe of matter is somewhat a place of chaos, but that is because it was created by the Demiurge, not God.

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

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**“Spiritual Mind: the
Superconscious”**



“Spiritual Mind has been styled by some writers ‘The Super conscious Mind,’ which term is a fairly good one, as it distinguishes between the lower subconscious mind or instinctive mind, the conscious mind or intellect, and itself, which later; while outside of the realm of ordinary human consciousness, is still a very different thing from the lower or instinctive mind.

“While the actual existence of the Spiritual Mind has been made manifest to but a limited number of the human race, there are many who are becoming conscious of a higher ‘Something Within,’ which leads them up to higher and nobler thoughts, desires, aspirations, and deeds. And there is a still greater number who receive a faint glimmering of this Light of the Spirit, and, though they know it not, are more or less influenced by it. In fact, the entire race receives some of its beneficial rays although in some cases the Light

is so bedimmed by the dense material obstacles surrounding the man that his spiritual twilight is almost skin to the blackness of night. But man is ever unfolding, discarding sheath after sheath, and is slowly coming home. The light will eventually shine full upon all.” ~[William Walker Atkinson](#)

Spiritual Mind

Yes, there is a higher level of mind that is spiritual and may well be called the Superconscious. That seems like a good name for it since it operates at a higher frequency than the conscious mind, and much higher than the subconscious mind. Given those facts, it is hard to understand why so many spiritual people want to lower their frequencies instead of raising them, but that is another story.

There is one important reason why we in Cosolargy do not call the Spiritual Mind a mind at all. We have come to associate the term mind with the brain, and there certainly is a connection between the conscious and subconscious minds, and the brain. The Spiritual Mind is not connected to the brain or the lower minds at all. That is because it resides, in a sense, in the Soul, not the brain. And that explains why it is functional in so few individuals.

Because we enter this world with our spirit and soul in a dormant state, and few are taught of this fact, let alone how to awaken those faculties, they remain dormant throughout the short lives of most of humanity. While an occasional “faint glimmering” may shine through, it is usually not much, not comparable to a fully awakened and developed Spiritual Mind of the Soul.

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

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“Illuminated Self and the Continuing Journey”



This new apprehension of reality generally appears to the Illuminated Self as final and complete. As the true lover is always convinced that he has found in his bride the one Rose of the World, so the mystic, in the first glow of his initiation, is sure that his quest is now fulfilled. ... He has

yet to pass through that night of senses in which he learns to distinguish the substance of Reality from the accidents under which it is perceived; to discover that the heavenly food here given cannot satisfy the 'hunger for the absolute.' His true goal lies far beyond this joyful basking in the sunbeams of the Uncreated Light. Only the greatest souls learn this lesson, and tread the whole of that 'King's Highway' which leads man back to his Source. 'For the many that come to Bethlehem, there be few that will go on to Calvary.' The rest stay here, in this Earthly Paradise, these flowery fields; where the liberated self wanders at will, describing to us as well as it can now this corner, now that of the Country of the Soul.

"It is in these descriptions of the joy of illumination—in the outpourings of love and rapture belonging to this state—that we find the most lyrical passages of mystical literature. Here poet, mystic, and musician are on common ground: for it is only by the oblique methods of the artist ... that the wonder of the vision can be expressed." ~[Evelyn Underhill](#)

Illuminated Self

I think what Ms. Underhill is saying really applies to those who are only partially illuminated. That, of course, is all of us. No one living in a physical body is fully illuminated, so all of us fall into the category she is discussing.

If you have been studying some form of spirituality for a while, you know that there are many who insist that their school, or their guru, or their beliefs that they picked up from various books, is the only true spiritual teaching and is the ultimate and complete teaching. Therefore, once they have learned what is required, they have nothing else to learn, they are complete. They only need to continue to practice whatever it is that they have learned to date. Unfortunately,

no matter what school or teaching you follow, that simply isn't true. As Underhill note, your "bride" is not the only rose in the world, though you might think she is. She is, of course, using this as an allegory for our relationship with spiritual development and enlightenment.

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

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**“Praise Wisdom, Embrace
Wisdom”**



“Wisdom shall praise herself, and shall glory in the midst of her people. In the congregation of the most High shall she open her mouth, and triumph before his power. I came out of the mouth of the most High, and covered the earth as a cloud. I dwelt in high places, and my throne is in a cloudy pillar. I alone compassed the circuit of heaven, and walked in the bottom of the deep. In the waves of the sea and in all the earth, and in every people and nation, I got a possession. ... Likewise in the beloved city he gave me rest, and in Jerusalem was my power. And I took root in an honorable people, even in the portion of the Lord’s inheritance. I was exalted like a cedar in Libanus, and as a cypress tree upon the mountains of Hermon. I was exalted like a palm tree in En-gaddi, and as a rose plant in Jericho. ... I gave a sweet smell like cinnamon and aspalathus, and I yielded a pleasant odor like the best myrrh, ... and as the fumes of frankincense in the tabernacle. As the turpentine tree I stretched out my branches, and my branches are the branches of honor and grace. ... I am the mother of fair love, and fear, and knowledge, and holy hope: I therefore, being eternal, am

given to all my children which are named of him. Come unto me, all ye that be desirous of me, and fill yourselves with my fruits. For my memorial is sweeter than honey, and mine inheritance than the honeycomb. They that eat me shall yet be hungry, and they that drink me shall yet be thirsty.”
~[Ecclesiasticus](#)

Praise Wisdom

I'm not sure Ecclesiasticus is correct in saying that Wisdom "shall praise herself," but we certainly have good reason to praise Wisdom. Unfortunately, few of us do, probably because we confuse Wisdom and intelligence. The Gnostics and Mystics know that they are not the same. Wisdom is also not using intelligence to make good decisions and sound judgment, as it is commonly defined. Wisdom, as the Gnostics and Mystics know it, is a Divine Knowledge that is made up only of absolute and universal truth. There is no room in wisdom for opinions. It is also not limited to the material world. Spiritual knowledge combined with material intellect produces real Wisdom as nothing else can. Those who have this Wisdom make good choices always, not just occasionally. So yes, we should praise Wisdom.

[Read the entire article online at spiritsun.net.](#)

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“Physician Healing in a Time of Pandemic”



“Honor a physician with the honor due unto him for the uses which ye may have of him: for the Lord hath created him. For of the most High cometh healing, and he shall receive honour of the king. The skill of the physician shall lift up his head: and in the sight of great men he shall be in admiration. The Lord hath created medicines out of the earth; and he that is wise will not abhor them. Was not the water made sweet with wood, that the virtue thereof might be known? And he hath given men skill, that he might be honored in his marvelous works. With such doth he heal men, and taketh away their pains. Of such doth the apothecary make a confection; and of his works there is no end; and from him is peace over

all the earth, My son, in thy sickness be not negligent: but pray unto the Lord, and he will make thee whole. Leave off from sin, and order thine hands aright, and cleanse thy heart from all wickedness. Give a sweet savour, and a memorial of fine flour; and make a fat offering, as not being. Then give place to the physician, for the Lord hath created him: let him not go from thee, for thou hast need of him. There is a time when in their hands there is good success. For they shall also pray unto the Lord, that he would prosper that, which they give for ease and remedy to prolong life. He that sinneth before his Maker, let him fall into the hand of the physician.” ~[Ecclesiasticus](#)

Honor The Physician

This idea may not sound too appealing these days. It was written in a time when a physician was a healer, not a vendor of drugs and surgical procedures. These ancient physicians were only interested in keeping their patients as healthy as possible, rather than keeping them chronically sick and addicted to prescription drugs. As we are currently dealing with a pandemic, and not doing a very good job of it, I thought this would be a good subject to blog about.

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

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