

“Salt of Heaven, Light of God”



Those who say that sin is not in man are like people plunged under a deluge of many waters who will not acknowledge it, but say ‘We heard a sound of waters.’ Plunged under the depth of the waves of evil, they say that sin is not in their mind or thoughts. There is a difference between those who have a theory and talk, but are not seasoned with the salt of heaven—who discourse of a royal table, but have never eaten or enjoyed it—and a man who has had a sight of the King himself, to whom the treasure has been opened, and he has entered it, and inherited them, and eaten and drunk of the costly viands. ...

“Like a man who has suffered many losses by thieves, and has

got away from them with much difficulty, and after this has come into great affluence and a large fortune, and has no more dread of loss because of his abundant wealth; so spiritual men, after first passing through many temptations and dreadful places, and then filled with grace and repleat with good things, are no longer in terror of those who would plunder them, since their wealth is not small; yet they fear, not with the beginners fear of evil spirits, but with fear and care how to employ the spiritual gifts entrusted to them.” ~[St. Macarius the Egyptian](#)

Denying Reality

Those who say that there is no sin and no evil fall into two camps. One group believes that if God created everything, then nothing can be evil. The second group believes that in pretending that all is nice and loving and positive, they will make it a reality. Neither group has succeeded in making sin or evil disappear. They simply hide from it and are therefore helpless to deal with it. If we are to be rid of sin and evil in ourselves and in our world, we have to acknowledge it, then work to get rid of it or avoid it. As the old saying goes, the devil's greatest strength comes in getting people to believe he doesn't exist. It is then so much easier for him to manipulate them. Denying that evil exists doesn't make it go away. It has to be acknowledged and corrected.

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

Original article posted by HAROLD BOULETTE on JANUARY 10, 2020

“The Inner Voice & the Y-Principle”



Looking back over a rather eventful life, I can identify many turning points such as career changes, relocating home, travelling abroad, starting & ending relationships, buying & selling things, and undertaking challenging experiences. Invariably, decisions were based on what seemed right at the time, yet in retrospect, some choices proved fruitful while others appear less judicious.

I've always been one to follow the Inner Voice, in preference to agonizing intellectually for a long time over the pros and cons. The problem with that, I have come to realize, is that the Inner Voice can come either from a place of light where the higher Self dwells, or it can arise from a lower, dark place. Since Inner Voices seem to emanate from somewhere within the "Self," the trick is to discern which is which. I have learned to apply what I call the Y-Principle.

In ancient times, Pythagoras adhered to the Y-Principle, a concept he brought back from his travels to Egypt. The Y signified the power of choice and represented the Forking of the Ways. It is a symbol of a central stem branching to the right, which was called *Divine Wisdom*, and to the left, which was referred to as *Earthly Wisdom*. At the point where the path divides, one can take the left-hand direction, following the dictates of the lower nature, or the right-hand road which leads to union with the higher spheres. The latter involved the use of intuition to recognize the invisible spirit of things, rather than their outwardly manifested forms.

During the five years I lived and worked in Taipei (1990-1995), I recall the media publicized the story of an old professor who persuaded the government to re-introduce a time-honoured concept into schools that he thought was in danger of being lost to the new generation: that of listening to "guidance" called the Inner Voice. Actually, in Taiwan it was called *Liang-zhi*. '*Liang*' was translated into English as 'intuitive,' although it is also commonly understood to mean 'good.' Adding *-zhi* denoted a quality or sense. Together the

words were interpreted by English speakers to be the Inner Voice.

When the Inner Voice speaks, how do we know whether it is what Pythagoras called our Divine Wisdom, which will lead to a happy outcome, or if it's the Earthly Wisdom that is taking us down a path we may later regret? How do we apply this Y-Principle?

[Read the entire blog article by Paul Young posted online February 21, 2020 at SouthernSunlight.com.](#)

“Archons and the Demiurge”



"In his arrogance, Yaldeboath decides that he is the most powerful being in the universe and he declares himself to be the only God. The Demiurge then goes on to create the physical world, together with various archons, heavens and powers. Some of these are thought to belong to the 365 days of the year and others to the seven days of the week. Yet others seem to be more personal, for they deal with emotional and mystic forces.

"The Apocryphon is incredibly detailed as to the creation of man. The Archons, as we have seen elsewhere, attempt to create a man, They fail to give him life, however, since they cannot make him move until Sophia tricks Yaldeboath into breathing his essence of the Light into man, allowing him to become a living being. Finally comes the creation story of Genesis with its episode in the garden: Adam and Eve eat of the "Tree of Knowledge" and are cast out.

"It is an interesting exercise to deconstruct the myth simply to understand the culture and thinking which gave birth to it. ...

"First we have Unity in the Light; then duality in the pairing; recognition of the Three in the Trinity; four within the creative soup and so on. If we allow it to, this can take us into the hidden significance of numbers." ~Bernard Simon

The Demiurge Declares Himself God

This is the start of everything going wrong. Whether you think of the Demiurge as a single being, or as a group name for the fallen angels led by Lucifer makes little difference. When he/they decided in their arrogance that they were equal to the true God, they crossed a line that should never have been crossed. The decision that they were equal to God meant that they had no reason to operate within the Laws of God, but

could make up their own rules. They then decide that they could create a universe of their own, with their laws, and where they ruled. That is the start of the physical universe of death, disease, and destruction. Yaldabaoth, the Demiurge, is the jealous god, the angry, destructive god. He is not the real God, not the God that Jesus called Father.

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

Original article posted by HAROLD BOULETTE on JANUARY 1, 2020

“Ignorance is the Root of Evil”



" As long as they are hidden, most things in the world are upright and live. If they are revealed they die, as is clear by the example of the visible person: as long as the intestines are hidden, a person is alive. When the intestines are exposed and come out, the person will die. So also with a tree. While its root is hidden, it sprouts and grows. If its root is exposed, the tree dries up.

"So it is with every birth that is in the world, not only with the revealed but also the hidden. As long as the root of wickedness is hidden, it is powerful. But when it is recognized, it is dissolved. When it is revealed, it perishes. That is why the word says, "Even now the ax lies set against the root of the trees."It will not merely cut—what is cut sprouts again— but the ax penetrates deeply until it brings up the root.

"Jesus pulled out the root of the whole place while others did it only partially. As for us, let each one dig down after the root of evil that is within us and pluck it out of our

heart from the root. It will be uprooted if we recognize it. But if we are ignorant of it, it takes root in us and produces fruit in our hearts. It masters us. We are its slaves. It takes us captive to make us do what we do not want; and what we do want we do not do. It is powerful because we have not recognized it. While it exists it is active. Ignorance is the mother of all evil. Ignorance will eventuate in death because those who come from ignorance neither were nor are nor will be. But those who are in the truth will be perfect when all the truth is revealed."

~[Gospel of Philip](#)

Hidden are Upright in Ignorance

I believe what Philip is saying is that those who are ignorant, but unaware of it, can remain upright and alive in a world where ignorance is the norm. However, when they become aware of their ignorance, and the ignorance of others, they must change that status. They will no longer seem alive and intelligent to themselves once the ignorance and illusion of the world they live in is revealed. They do not truly die if they awaken to their ignorance and seek to change. It is those who cling to the ignorance and comforting illusions who are truly the walking dead.

He is also saying that people who are in truth not powerful can appear powerful in a land of ignorance and illusion if they are good at negotiating and manipulating the illusion. There are even people who believe that by manipulating the illusion through a process called "manifesting" that they are being spiritual, but manifesting is spiritual only when it is used for spiritual purposes, not material gain.

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

Original article posted by HAROLD BOULETTE on JANUARY 4, 2020

“Wellness with Light, Color, Sound & Frequencies”: Karen Elkins Interviews Gary Buchanan



Karen Elkins interviewed Rev. Dr. Gary Buchanan mid-February

2020 for her program Science to Sage, where she explores the convergence of science and spirituality at sciencetosage.com, under the title “Wellness with Light, Color, Sound & Frequencies.”

In this video Gary shares information on his educational background, sound healing and music, and his decades-long research on the subjects of sound, light, and color and their relation to Cosolargy. He also discusses related new healing technologies and the importance of the teachings of Cosolargy to the survival of the human species.

[Download or share the podcast, or watch it online and comment at vimeo.com. \(1:02:00\)](#)

Gary is the director of Wave Front BIOresonance® Research at Steamboat Healing Center in Reno, Nevada. As a practicing Sonatherapist, he regularly meets with clients from around the world offering “self-healing” via light, color, sound, water, and subtle energy therapeutics. Certified in Cymatic Therapy, he also works regularly with Yukinori Matsushita and Manners-certified Cymatic Therapeutic colleagues in Japan, among other nations.

Having followed the research and development of the late Sir Dr. Peter Guy Manners for over twenty years via their mutual colleague Yukinori Matsushita, in 2008 Dr. Buchanan met briefly with Dr. Manners at the latter’s home in Broadway, England. Following Manners’ review of Buchanan’s research, Buchanan was directly authorized and encouraged to carry on the vibrational healing technology the good doctor had been developing since the 1950s.

In August 2008 Dr. Buchanan published [SONA: Healing with Wave Front BIOresonance™](#) – a landmark text on vibrational healing

now distributed to physicians and vibrational healers around the globe. It is being utilized as an educational manual by professional clinicians in the U.S., Canada, Europe, the Middle East, India and parts of Asia, South America, South Africa, Australia, and Japan.

In December of 2011 Buchanan began his ["Sonatherapy" channel on YouTube](#) that in a little over three years has garnered well over 257,000 uploads of Cymatic videos featuring healing Wave Front BIOresonance™ Sonations with 1,388 subscribers. These free, "self-healing" videos are viewed by, with ongoing emails received from, individuals in far-flung international locales, such as Pakistan, Africa, India, Russia, Indonesia, and elsewhere. Sonatherapy® is slowly being recognized as the healing technology of our time and of the future.

As a lifelong musician and educator, Buchanan is also Director of Music for Cosolargy® International; former Director of Admissions, the Jamilian University of the Ordained; former Editor, The Community Communiqué; Director of The Music Guild; Conductor of the Jamilian Hand Bell Choir; and, Co-chairman of the American Association of Concerned Clergymen, the Advocates for Religious Rights & Freedoms.

For decades Buchanan has served also as Vice President of the Andean Explorers Foundation & Ocean Sailing Club (AEF&OSC); Navigator for OSC; and has chaired the following committees: Cartography, Education, Epigraphy, Motion Picture & Video, and Musicology. (Former Website: www.aefosc.org.)

As an internationally recognized Composer & Conductor for almost five decades, Maestro Buchanan is Founding Conductor/Music Director of The Foundation Orchestra & Association based in Nevada and has been represented by that body, The Music Guild, and Cosolargy® International.

The Reverend Canon Dr. Buchanan lives at Steamboat Hot Springs, south of Reno, Nevada, with his wife Amanda at

Steamboat Healing Center & Geothermal Spa, where he researches Wave Front BIOresonance™ – developing new understandings and applying groundbreaking vibrational approaches in healing.

[Download or share the podcast, or watch it online and comment at vimeo.com. \(1:02:00\)](#)

Karen Elkins is the recipient of a prestigious IPPY Award (Independent Publisher Award) in the Science Category for her stunning visual masterpiece, InsideOut: Revealing the Mysteries of Creation and the Wisdom to Live your Life more Consciously Connected. She is also a contributor to the award winning book The Beacon of Mind: Reason and Intuition in the Ancient and Modern World.

Karen has created many platforms for leading edge scientist, philosophers, inspired artists, and innovative thinkers the world-over. She is the editor, researcher and designer of Science to Sage E-Magazine and has produced over 50 editions. She has co-created editions for Namaste Publishing, HayHouse, Shaloha Productions, and the Electric Universe.

“Sojourner Soul and The Spiritual Quest”



*“So long as the soul advances from strength to strength and from glory to glory, that is, so long as it advances from one degree of virtue to a greater degree and from one level of spiritual knowledge to a higher level, it remains a ‘sojourner,’ one who has no permanent home, as in the saying, ‘My soul has long been a sojourner’. **For great is the distance and many are the levels of knowledge through which the soul must pass** before it reaches the place of the miraculous tabernacle, the house of God itself, with the voice of exultation and thanksgiving. ...*

“The place of the miraculous tabernacle is a dispassionate and untroubled state of virtue in which the Logos of God adorns the soul like a tabernacle with the varied beauties of the virtues. ‘The house of God’ is spiritual knowledge compounded of many different forms of contemplation when God dwells in a soul filling it from the bowl of wisdom.

‘Exultation’ is the soul’s leap of joy at the riches of the virtues. ‘Thanksgiving’ is gratitude for for the bountiful outpouring of wisdom.” ~[The Philokalia](#)

Sojourner Soul

Yes, it is good and proper for the soul and mind to travel from strength to strength, level to level. This has nothing to do with physical travel. We need not visit earthly locations said to be spiritual or holy. This is spiritual travel into higher dimensions of being.

We are all starting from different places and we all move at different speeds. The important thing, as the quote reminds us, it that we keep moving forward, learning more, and becoming more completely spiritual.

In the business world, they say that one year of experience repeated ten times is not the same as ten years of experience. What that means is that if you stopped learning after one year, you only really have one year of experience, no matter how long you have been on the job.

Sadly, there are many who complete what is essentially the spiritual equivalent of first grade, then stop learning. They believe that they have already learned everything there is to learn for complete spiritual development. Even sadder, there are spiritual writers and gurus, more interested in money than in truly helping students, who promote this idea because it is what the students want to hear. They get instant meals, instant clothes, so they want instant spiritual development. What they are really doing is anchoring themselves at the first or second road stop on a much longer journey. The one who succeeds is the constant sojourner.

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

Original article posted by HAROLD BOULETTE on JANUARY 11, 2020

“Christ-Like Nature Within Us All”



“Spiritual union is a state of the soul very clear in my perception, although I may not be able to give you a definite

impression of this state. In order to benefit you, it became necessary for me to enter into your state, to have an experimental knowledge, an endurance and suffering of the same state. By this experience I have been brought into closer relation to God, partaking more fully of the Christ-like nature by being rendered capable bearing the infirmities of others. And I have had, also, a clearer idea of that quality of God, whereby he multiplies holy souls, by the communication of himself. In this experience, the soul appears to be in God, and God in her, as first cause, drawing and penetrating in the soul nearest to himself, and by penetration, in this soul, drawing, through her instrumentality, many other Souls.

“So pure and transparent is this soul, that there seems to be no space between the first Mover and the souls moved by the instrumentality. There is a difference between the ray and the body of the sun, although it is difficult to separate the ray from the sun.” ~[Madam Guyon](#)

Spiritual Union

Spiritual union can happen only when the soul becomes one with God or with the All-Soul. The body cannot unite like that, nor can the mind. Only the soul can do it. But only after the soul has been awakened. It is a difficult thing to do and few achieve it while still trapped in the realm of matter. Difficult, but well worth the effort. One who has united with the All knows the why of everything. Such a person knows, if only on a subconscious level, what is real and what is illusion. They are not easily fooled by anyone or anything. They are not likely to be drawn away from the path of ongoing enlightenment.

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

Original article posted by HAROLD BOULETTE on NOVEMBER 5, 2019

“The Sun and the World Energy Supply”

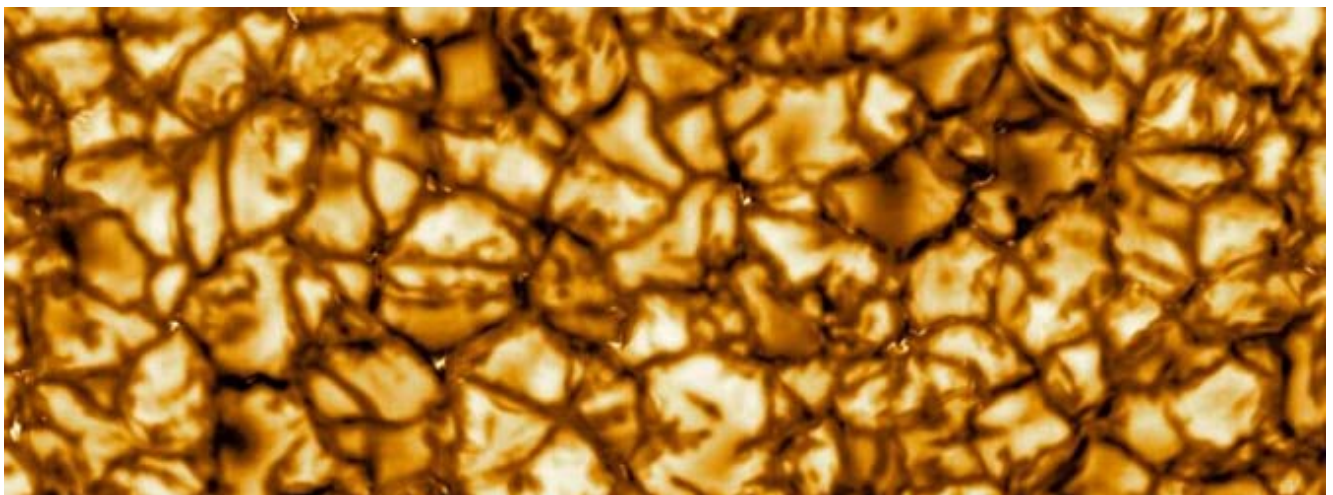


Image credit: NS0/NSF/AURA

“Every two minutes, the energy reaching the Earth from the Sun is equivalent to the whole annual energy use of humanity. All the energy – the cars, lighting, and air conditioning of the world – in one year is equivalent to two minutes of the Sun.”

Sadly, we lack the technology to capture, store and distribute this amount of solar energy.

What if we really understood how the Sun worked? Could we then

replicate its functions in a man-made device and supply the world's needs in natural, safe, non-polluting way? Surprisingly, despite all the technological advances made over the past few centuries, the Sun has hitherto kept its inner workings secret from us.

You may have seen the picture at the top of this page as it was featured in the media over the past week, hailed as a great achievement for the Daniel K. Inouye Solar Telescope (DKIST) – the world's largest solar telescope built on Haleakala, Hawaii. The image is a close-up view of the Sun's surface, and the project aims to map & measure the magnetic fields within the Sun's corona.

An article from The Watchers News website titled World's largest telescope takes most detailed image of Sun (30 January 2020), points to what little we really know about the great solar Orb, which keeps us all alive. It includes this quote from Matt Mountain, president of the Association of Universities for Research in Astronomy (which manages the DKIST): "Our predictions lag behind terrestrial weather by 50 years, if not more. What we need is to grasp the underlying physics behind space weather, and this starts at the Sun..." Over four hundred years since Galileo first aimed a telescope at the Sun in 1612, mainstream scientists are still struggling to understand how stars and their planets are magnetically connected, and hope that by peering into those "structures" in the photograph, they might unravel "the Sun's biggest mysteries."

[Read the entire blog article by Paul Young online February 2, 2020 at SouthernSunlight.com.](#)

“Spirit of Art for a Harmonious World”



"The voice of our age seems by no means favorable to art, at all events to that kind of art to which my inquiry is directed. The course of events has given a direction to the genius of the time that threatens to remove it continually further from the ideal of art. For art has to leave reality, it has to raise itself boldly above necessity and neediness; for art is the daughter of freedom, and it requires its prescriptions and rules to be furnished by the necessity of spirits and not by that of matter. But in our day it is necessity, neediness, that prevails, and lends a degraded humanity under its iron yoke. Utility is the great idol of the time, to which all powers do homage and all subjects are subservient. In this great balance on utility, the spiritual service of art has no weight, and, deprived of all encouragement, it vanishes from the noisy Vanity Fair of our time. The very spirit of philosophical inquiry itself robs the imagination of one promise after another, and the frontiers of art are narrowed in proportion as the limits of science are enlarged. The eyes of the philosopher as well as of the man of the world are anxiously turned to the theater of political events, where it is presumed the great destiny of man is to be played out. ... I hope that I shall succeed in convincing you that this matter of art is less foreign to the needs than to the tastes of our age; nay, that, to arrive at a solution even in the political problem, the road of aesthetics must be pursued, because it is through beauty"

~[Frederich Schiller](#)

Spirit of Art

Schiller is correct in saying that real art is as much a spiritual thing as it is a physical one. Art that simply reflects the status quo of a materialistic society is not really art at all but simply a form of newspaper. Art needs to be more than a mirror reflecting what is around it. While such art can be useful in making us see things about ourselves that we don't want to face, it has to be spiritual art, at least a

little, when it does that.

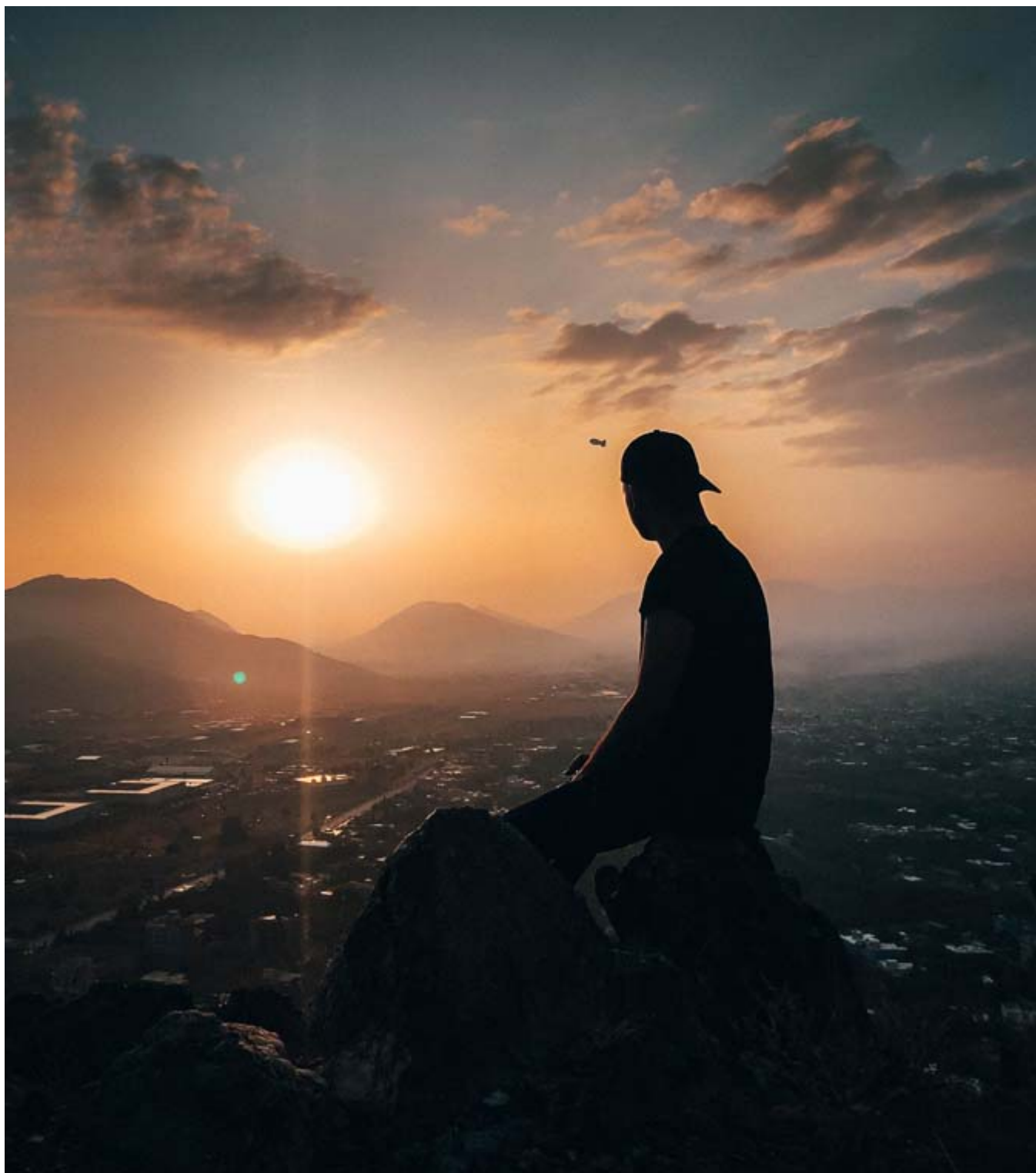
Spirit of Art in Architecture

When the ancients designed buildings they often followed spiritual principles. They were built to be in harmony with man and nature. They were designed to stimulate spiritual thoughts and ideals. Awakening the spirit and soul was too much to ask of them, but they were one of many tools that aided that process. The great buildings of ancient Greece and classic Egypt are among the best examples of spiritual art in architecture. Today, however, architects are more concerned with showing off how they can stretch the limits of design and function with modern technology. There is nothing wrong with the technology, but it would be better utilized to make buildings that are harmonious and spiritually stimulating.

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

Original article posted by HAROLD BOULETTE on NOVEMBER 11, 2019

“Children of God Awakened by the Sun”



"It is troublesome thing to mortify the evil Will of Self; none are willing to do it. We would all gladly be the Children of God, if we might be so with the rough garment of fallen nature about us. But this cannot be. This world passeth away, and the outward life must die; what good can the adoption of the mortal body of flesh and blood only do

me?

"If we would inherit the Fillation, we must also put on the New Man which alone can inherit it, as being like the Deity. God will have no sinners in Heaven, but only such as have been born anew and become Children, and to have put on Heaven.

"Therefore it is not so easy a matter to become a Child of God, as men imagine. Indeed, it is not a troublesome thing to him that hath put on the Fillation, whose light shineth; for it is joy to such a one. ...

"A man must wrestle till the dark center that is shut up tight breaketh open, and the Spark lying hid therein kindles and from thence the noble Lily-branch sprouts, as from the divine grain of mustard-seed as Christ saith. A man must pray earnestly with great humility, and for a while, become a fool of his own Reason, and see himself void of understanding therein, until Christ be formed in the new incarnation."

~[Jacob Boehme](#)

Will of Self

When referring to the Will of Self, Boehme does not mean the ego or will in a general sense, but very specifically the type of will common in a narcissist where the person wants the entire universe to conform to his ideas rather than the other way around. The human will is not necessarily arrogant, but it is in many. If properly tamed and controlled by the higher Self, it is a useful tool while we are in the realm of matter. Without a will, we accomplish nothing, we have no desire to accomplish.

Children of God

When Boehme wrote this several hundred years ago, he was probably correct in saying that all wanted to be the Children of God. Those days are over. Today, a large part of the

population question the very existence of God. Others believe in God, but think they have no responsibility to behave in any particular way, or to accomplish certain deeds to be welcomed by God into heaven.

But those of us who take God seriously and want to be part of His Kingdom, the quest to become true Children of God remains strong. We know that being children of God is not about where you were born, what church you go to, or how many crystals you own. The children of God are those who take seriously the teachings of the spiritual masters who started most major religions and the ancient mystery schools. They don't worship Jesus, they follow His teachings. They don't spend an hour a week in church and the rest of the week being a devoted materialist. They don't just sit on the sofa dreaming about going to heaven so they can manifest it, they go out and follow the path all the ancients knew to get there.

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

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