

“Correct Alignment”

Directional



While doing some research about vibrational frequencies this week (a lot of people are saying we are now ascending to a higher frequency), I kept coming across references to the alignment of our bodies to certain directions of the compass. As it unfolded, the process revealed one of those spooky instances of synchronicity.

[Read the entire blog article by Paul Young posted online April 7, 2020 at SouthernSunlight.com.](#)

“Use Music to Aid Health and Spiritual Growth”



“Make use of music for your spiritual development, as do the advanced beings in the Sublime World above. The new epoch of Love that is coming will give a new impulse to music. If someone wants to do something bad, play some music, and this person will relent. Awaken the Divine within people and they will listen to its voice.

“There is always the desire within you to be heard by someone when you sing. Be assured that you have the best audience.

The whole of heaven listens when you begin to sing. From above, you receive the best evaluation. Do not be afraid that there is no one Above to listen to you. There is an audience there that appreciates your singing.

"It might happen at times when you cannot reconcile with your neighbor. But once you begin to sing, within you will awaken the readiness to reconcile. This is the power of music."

~[Beinsa Douno](#)

Use Music

There are many tools that we can use to aid us in our path to spiritual awakening and enlightenment. Many are making use of crystals and incense. They are both excellent aids, but music may be better.

There is evidence that the Pythagorean school used music during their spiritual processes, primarily when watching the sunrise. It is likely that it was used in spiritual ceremonies even before that.

We also know that some of the ancients used music and sound to heal physical and mental illnesses. It is likely, therefore, that they also used it for spiritual purposes.

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

Original article posted by HAROLD BOULETTE on AUGUST 30, 2019

“Take in the Sun While You Can”



The Coronavirus pandemic is assaulting our health, disturbing our peace of mind and forcing us to question values and priorities. For some it will challenge their core beliefs.

Among the many news items that hit my inbox today was an article urging everyone to get out in the sunshine to absorb some vitamin D and brighten our mood, in anticipation of a possible lockdown, confining us all indoors for a while. In fact I shared a story on social media last week titled “Coronavirus and the Sun: a Lesson from the 1918 Influenza Pandemic” (read the article [HERE](#)) which included the line, *“sunlight is germicidal and there is now evidence it can kill the flu virus.”*

The Coronavirus has also given many of us pause to take stock

of our life values. When faced with our mortality, we tend to reflect on our spiritual beliefs and re-examine those non-material goals that we may have said we've been too busy to follow through on, up until now.

I see on social media today that a number of New Age teachers are proclaiming this virus as the advent of a new awareness, while others fear it heralds an apocalypse. The pandemic affects both rich and poor alike – though there are concerns the gap of inequity could actually widen in its aftermath.

We each ask our own existential questions: Why has the virus come at this time (particularly for those of us in Australia who have just been through bushfires, droughts and then, for some, floods). Or, how can this be happening to me? Who or what is responsible for creating the problem, and why?

Then comes the uncomfortable inquiry into our authentic selves. Were we truly fulfilled and inspired by what we hitherto considered to be 'normal' life? How much time have we been spending doing what we love? Have we repressed our inner passion, getting caught up in the hectic and often meaningless pursuits of modern life? Have we given away too much power to negative forces?

At a time when many are doing physical exercises to stay fit while cooped up indoors, and others find activities to relieve the mental tedium and depressing circumstances of isolation, some of us turn to 'spiritual exercises.' The main point I would like to make in this blog is that it is never too late to pursue the path of self-realization.

[Read the entire blog article by Paul Young posted online March 30, 2020 at SouthernSunlight.com.](#)

“Sunrise Energizes even when Cloudy”



“Even in cloudy weather you should go out before the sunrise and concentrate your thought in the direction of the rising sun. The clouds only obscure your sight of the rising Sun, but its energies penetrate through them. No external force is able to counteract the solar energies. That is why I recommend all anemic and weak people go out half an hour

before sunrise, to perceive the early solar energies. The dawn gives a man such energies which no other power is able to give him.

“If someone is indisposed, let him take a sunbath: if he has lost his energy, let him stay longer under its shine; if he cannot decide how to work, let him go out under the sun rays to warm up.

“If between the energies of the Sun and the energies of your organism a proper exchange takes place, you would always be healthy.

“The greater the quantity of gold in the blood, the healthier is man. Sickesses are due to insufficient quantities of gold in the blood. In order to increase this gold, man should lead a pure and noble life. Gold is the symbol of the Sun, of vitality, of health and purity.” ~[Biensa Douno](#)

Cloudy Sun Gazing

Many sun gazers think they should not sungaze when it is cloudy. That may be fine if it is cloudy only one day in ten, but if it stays cloudy for several days at a time, you need to practice your techniques, even through the clouds. You should not skip several days in a row or your energies will be reduced.

Concentrate Your Thought

Douno is correct in saying that we should concentrate our thoughts when we do sungazing. But what thoughts we concentrate is even more important than the mere act of concentration. They need to be positive thoughts, loving thoughts, universal thoughts. Best of all, they should be thoughts of linking your spirit and soul with the spiritual sun. That is far more important than just getting energy from the physical sun. Visualize yourself entering the sun ,becoming one with it. Even when you can't see it, you know it

is there.

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

Original article posted by HAROLD BOULETTE on JANUARY 3, 2020

“House of Fire in the Realm of Matter”



"A Messenger in a vision saw people locked up in a house of fire and bound with fiery chains, lying in a flaming ointment. He asked them, "Why can't they be saved?" "We did not desire it," they told the messenger, "but we got this place of punishment. It is the outer darkness, and we are in it."

"Soul and spirit came into being from water and fire. From water and fire and light came the attendant in the bridal chamber. Fire is chrism. Light is fire. I am not referring to flame, which has no form, but to another kind of fire, whose appearance is white, which is luminous and beautiful and gives beauty."

"Truth didn't come into the world naked but in types and images. Truth is received only that way. There is rebirth and its image."

"They must be reborn through image. What is the resurrection? Image must rise again through image. The bridegroom and image enter through image into truth, which is restoration. It is right that those who don't have it take on the name of the father and son and the holy spirit. But they have not done so on their own. If you do not take on the names for yourself, the name "Christian" will be taken from you. You receive them in the oil of the chrism, the aromatic unction of the power of the cross. The messengers called this power "the right and left." You are no longer a Christian but Christ."

"The lord did everything through mystery: baptism and a chrism and a Eucharist and a redemption and a bridal chamber."

"The lord said, "I came to make things below like things above, and the outside like the inside. I came to join them in one place. He revealed who he is through types and images." ~The [Gospel of Philip](#)

House of Fire

The destructive house of fire is the material world that we live in. It is a house of fire because it operates in a constant self of self-destruction mixed with creation. Some think this is how it should be, but it isn't. God doesn't create things and beings only to destroy them a short time later. What God creates is permanent; not consumed by fire, disease, or rot. This means that the house of fire is not a creation of God. It is a creation of what the Gnostics call the Demiurge. And since it was not created by the One Perfect Consciousness that is God, it is defective and self-destructive.

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

Original article posted by HAROLD BOULETTE on DECEMBER 31, 2020

“Face To Face | Carl Gustav Jung (1959)”



Finding extended footage of Dr. Carl Jung speaking openly on God and spirituality is a rare thing. In this 1959 video, Professor Jung is interviewed at his home in Switzerland by British broadcaster John Freeman on his background, work, and man's psyche and Unconscious.

At 25:30 in the interview, Jung talks about a passage in an ancient text on the sun disk and then goes deeper into a discussion of other solar imagery. In the final few minutes of the interview, Jung discusses what will happen when mankind begins to merge into technology.

[Watch the interview on YouTube \(38:04\).](#)

link submitted by Robert Petrovich

“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)

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“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)

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“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.](#)

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