

“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 \[vimeo.com. \\(1:02:00\\)\]\(https://vimeo.com/1:02:00\)](#)

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”

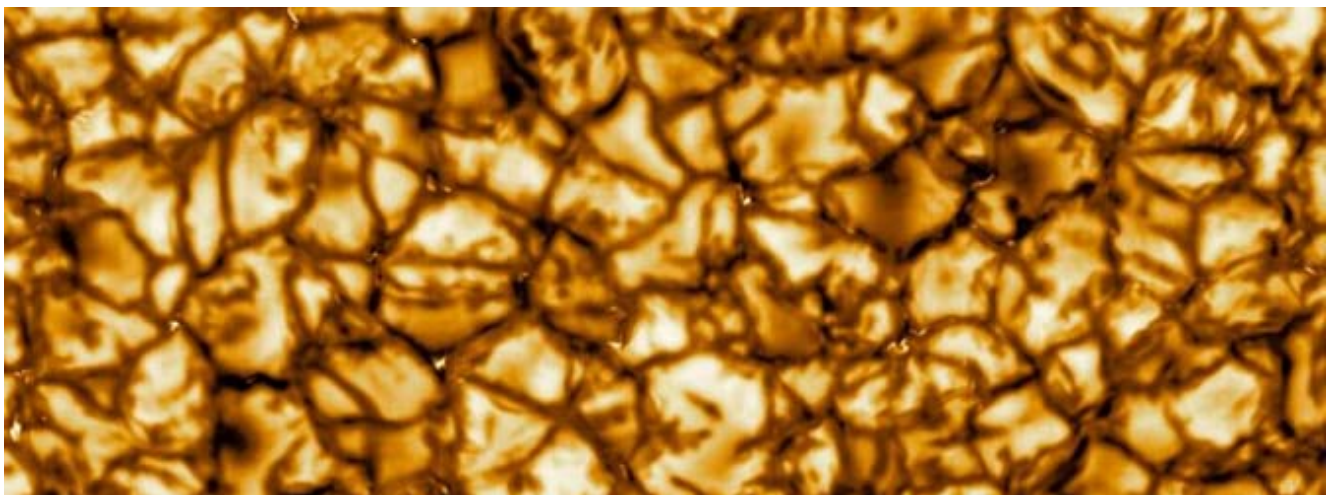


Image credit: NS0/NSF/AURA

“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.

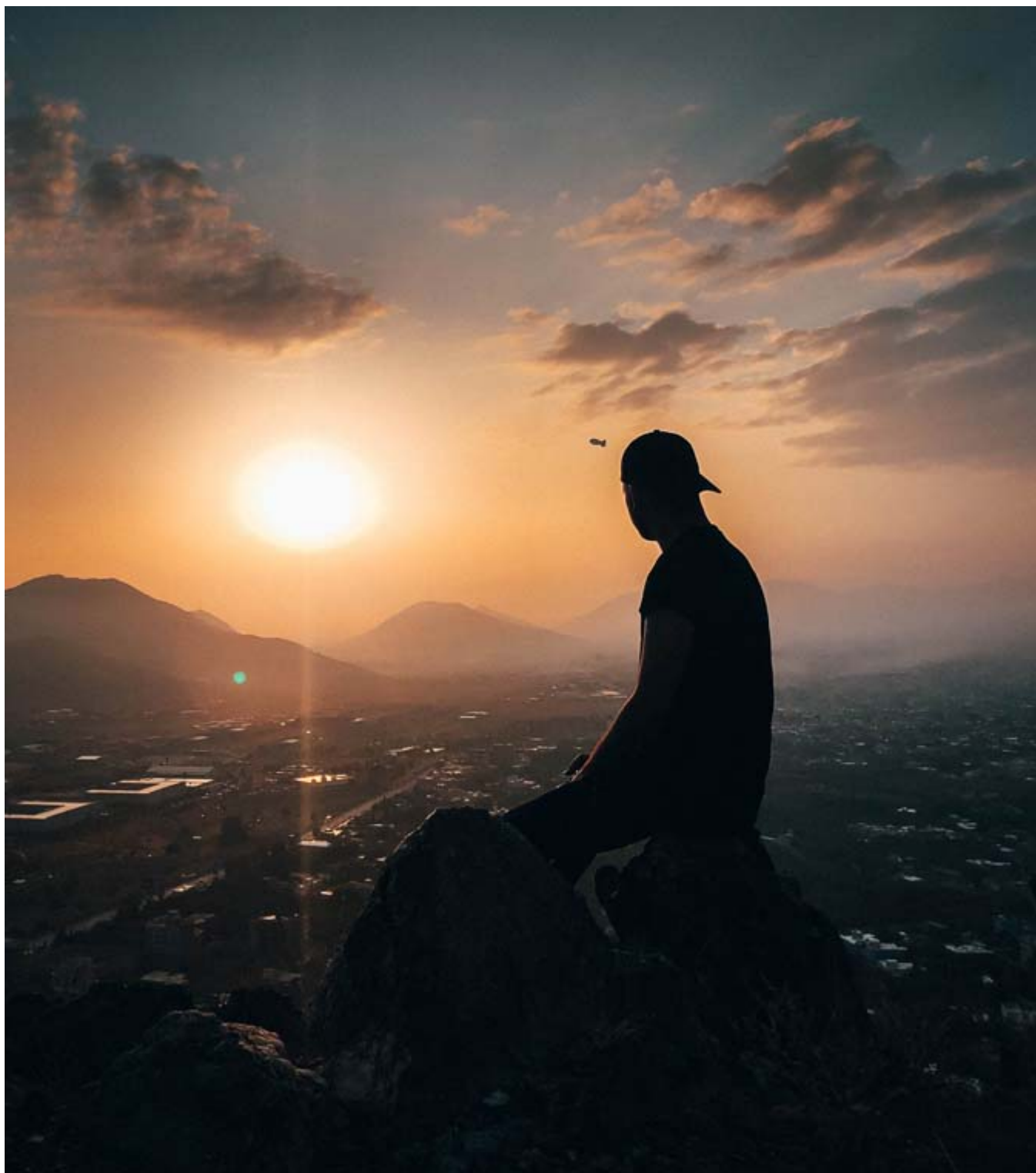
Spirit of Art in Architecture

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)

Original article posted by HAROLD BOULETTE on NOVEMBER 6, 2019

“Glorious Light of Beauty and Truth”



“Light reveals the glories of the external world and yet is the most glorious of them all. It gives beauty, reveals beauty and is itself most beautiful. It is the analyzer, the truth-teller and the exposé of shams, for it shows things as they are. Its infinite streams measure off the universe and flow into our telescopes from stars which are quintillions of miles distance. On the other hand it descends to objects inconceivably small, and reveals through the microscope object fifty millions of times less than can be seen by the naked eye. Like all other fine forces, the movement is wonderfully soft, yet penetrating and powerful. Without its verifying influence, vegetable, animal, and human life must immediately perish from the earth, and general ruin take place. We shall do well, then, to consider this potential and beautiful principle of light and its component colors, for the more deeply we penetrate into its inner laws, the more will it present itself as a marvelous storehouse of power to

vitalize, heal, refine, and delight mankind.” ~[Edwin D. Babbitt](#)

Glorious Light

The quote is from a book that was published over one hundred years ago. It is surprising, in a way, that Mr. Babbitt understood light so well when few others did. Today, research has shown that not only was he correct, but that light is even more amazing and more powerful than he thought.

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

Original article posted by HAROLD BOULETTE on NOVEMBER 13, 2019

“Galactic Beams: The Sun & Cosmic Rays; Science & Prophecy”



Here we are in 2020. Some are embarking on the new decade with optimism, and others with apprehension. This week I have been looking to both science and prophecy for clues as to what we can expect. The key themes that caught my attention were: changes in the Sun and cosmic radiation; Earth changes, including earthquakes and volcanic eruptions; the coming of a new age and a new human.

Cosmic radiation has hit a five-year high and is approaching record high values, as the Sun sets a new record for spotlessness (days without sunspots), according to the record-keeping system that started when the Space Age began in 1957 (marked by the launch of the Soviet Union's Sputnik). During 2019, the Sun was without spots for 270 days or 77{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} of the time (as of 16 December). The Sun's magnetic field weakens during solar minimums, allowing deep space cosmic radiation to flood the Solar System.

The Earth's magnetic field protects our planet from solar and

cosmic rays that could be harmful, like a giant shield. As the planetary poles move around, that shield is weakened – scientists estimate that it could waste away to as little as a tenth of its usual force. The expected Cosmic radiation isn't hitting the surface yet. But at some point, when the magnetic field has dwindled enough, it will be a different story.

And here's some other news: Nexus magazine picked up this article and included it on their daily News feed on Tuesday, January 7th, which will give it much wider exposure.

[Read the article on the Nexus Magazine Newsfeed.](#)

OR

[Read the entire article at `southernsunlightcom.wordpress.com`.](#)

by Paul V. Young

“Subconscious Computer and Negative Thinking”



"I want to preach a sermon to everybody, from this test, 'Consider the lilies of the field,' because it has nothing in it disagreeable to anybody. It is not a sermon of threat or of warning, but of hope. The world today needs more hope. We are a hopeless lot. We are so, principally, because in so much of the past preaching we have been told how bad we are, and what would happen to us if we kept on in our badness. We are so little told that we have in us lots of goodness and power. ... People who think badly of themselves are pretty sure to do badly. Scripture remarks, 'As a man or woman thinketh, so is he or she.' It is when a man thinks poorly of himself, that he goes off and gets drunk, or does some mean thing. The pride that makes a man value himself is the pride that keeps him from mean and degrading acts. Our race is now on the point of being woke up to the fact that every man and every woman are the possessors of more powers than now they dream of, and that, when they know how to use these powers, they will steer out of all evil into good." ~[Prentiss Mulford](#)

Sermon of Warning

I wouldn't have called Mulford's warning a sermon. That name alone turns off many people these days. That is, in part at least, for the very thing Mulford is talking about. We have preachers who love to tell us how evil we are. How we need to repent. And those who are not telling their congregation such things, are saying it of others. The gays are evil, the Mexicans are evil, the feminists are evil, etc. Any group that they think is not a significant part of their congregation is a potential target for these sermons of hate. Yet, in truth, many of these preachers don't even hate the ones they are calling evil. They do it simply because it is what their congregation wants to hear. When you tell the congregation what they want to hear, they are more generous in their donations. And sadly, preaching has become more about making money than teaching truth.

When We Believe

Preachers are certainly not the only ones telling us negative things about ourselves. Teachers, parents, government officials, and others contribute also. This might be acceptable if they followed the negative comments with some positive ones, but they rarely do. Even when they do, it may be that they emphasize the negative, or keep the positive to something minor. Just to give an example, which is certainly not something I believe, if someone says, "Mexicans are all knife-wielding murderers, but they dress well," they have said something positive as well as something negative. But the negative part greatly outweighs the positive, so the overall message is negative.

As Mulford notes, the real danger in all of this comes when we actually start to believe the negative things others say about us, either as an individual or as some group we belong to. It is bad enough that just listening to the negative things others say about us can, to some degree, program out

subconscious minds, but when we start to affirm those negative opinions, we are really programming the subconscious mind.

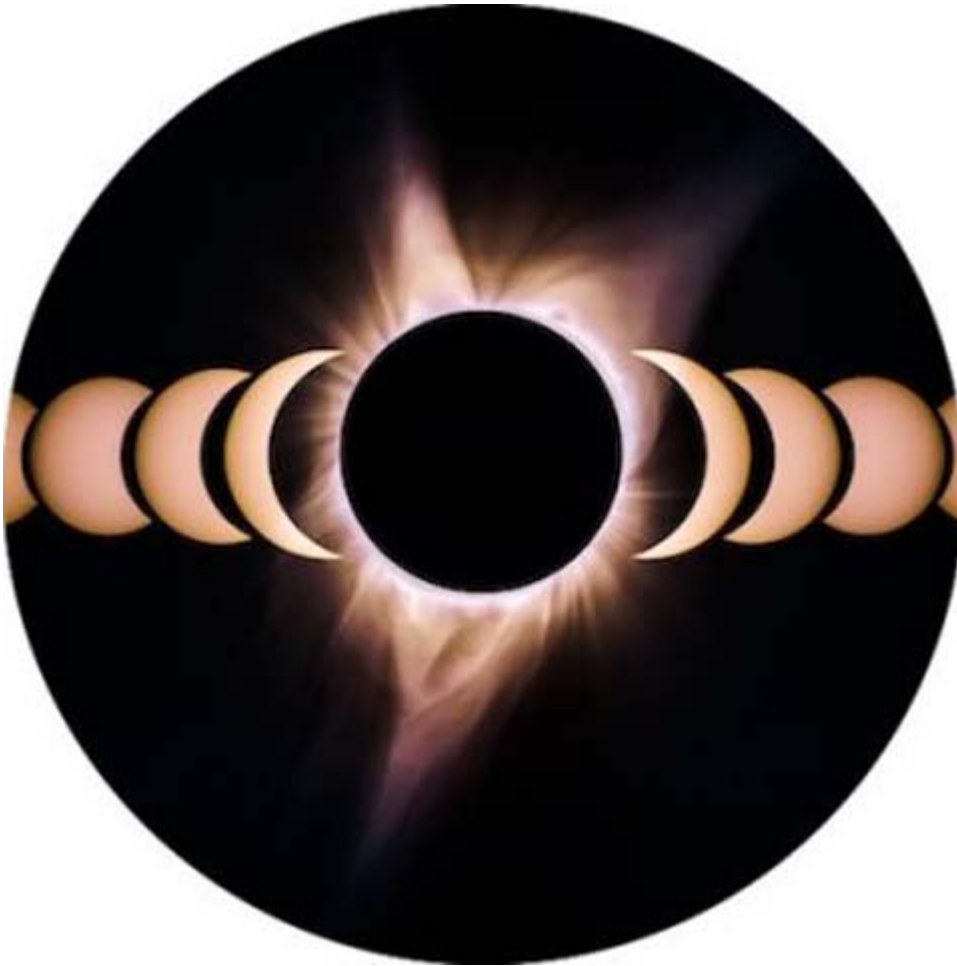
Subconscious Computer

As someone who spent most of his adult life programming computers for a living, I know them fairly well. The thing about computers is that they have no conscience, no morals, no ethics. None at all. They accept everything that is programmed into them and act accordingly. That is how our subconscious mind works as well. It doesn't judge right or wrong. It accepts anything that it is told as long as it doesn't conflict with firm beliefs that have been programmed into it. If you keep telling it that you are stupid, it programs you to be stupid. If you tell it you are violent, it programs you to be violent. It is an idiot servant that does whatever you tell it to do. If you tell it, "my parents were poor, my grandparents were poor, so I am doomed to be poor," it believes you and accepts those instructions and starts doing everything it can to make you stay poor. It's like we are working against ourselves. But there is a solution.

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

Original article posted by HAROLD BOULETTE on SEPTEMBER 10, 2019

“The Sun and Your Cycles of Fortune”



As someone who has belonged to the mystical Rosicrucian fraternity for 25 years and studied the system of Cosolargy for 5 years, some of my less spiritually-inclined friends think I am disinterested in the practicalities of the day-to-day secular world. That is not the case. Mysticism is in a fact a very practical application and, for me at least, the goal of any spiritual pursuit must be to improve one's life. These undertakings need to be rewarding and enjoyable if they are to fulfill their purpose.

Over the years I have learned some beneficial techniques from various sources, some of which are only revealed to initiates after careful preparation, and others that are available to the general public, at least in a condensed version. One field that is always of popular interest is how to attract good fortune, i.e. success in health, wealth, career and relationships.

There is no doubt that we humans have free will. Some people complain that they always have bad luck or are doomed to constantly suffer for no apparent reason. Naturally there are occurrences in this world that are beyond your control but, when it comes to how you react to adverse situations and how you chart the course of your life in the most favourable direction, there are only two possibilities: you are either the master of your destiny, or you are a victim of fate.

[Read the entire article at southernsunlightcom.wordpress.com.](http://southernsunlightcom.wordpress.com)

by Paul V. Young