

“Cultivating Yourself on All Levels”



“Some people spend all of their time thinking about common and ordinary things; no wonder they don’t progress much. Others spend half an hour and more thinking about the good, faith, love, thinking about the great things of the world. These people are cultivating the soil for their future genius.

“God’s teaching is the best soil; whoever falls on that soil will grow and multiply.

“Evil in mind is an abnormal condition. It is manifested through weak people. Strengthen your will; do not let your negative traits manifest themselves.

"Tell yourself the truth about your defects and you will free yourself from the restrictions you are living in.

"Prepare yourself for paradise. With the burden of materialism, one will not stay a second in paradise. The materialism that a man has in his consciousness is so heavy that if he happens to enter paradise with it; he will be expelled for less than a second or he will go down.

"Arm yourself with Truth, Good, Wisdom, and Love, and begin to erase your sins from the past. Ask for forgiveness and forgive." ~[Biensa Douno](#)

Common and Ordinary Things

Many people will insist they do not spend all of their time thinking about common and ordinary things. They think of great things, important things. They think about the rules of law. Some may think about running a business. Other may be studying and experimenting to make some great scientific discovery. But while those things may seem great on the level of materialism, in reality, they are very much the common and ordinary things that Douno is talking about. Virtually anything about the realm of matter, with the possible exception of escaping from it, is common and ordinary. What is really sad is that many today seem to think they are engaging in some sort of spiritual activity when they are trying desperately to manifest material things. Manifesting is only spiritual if you are manifesting spiritual things. But I'm not even sure manifesting is possible with spiritual things. The realm of spirit doesn't function like thought-manipulated molding clay. Only matter does that since it is illusion to began with, and has no definite shape.

When Douno says the people who spend all their time and effort on common things "don't progress much," he doesn't mean in the material sense. Of course such people become governors,

senators, and business executives. He means they don't make any *meaningful* progress. In other words, they don't make spiritual progress.

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

Original article posted by HAROLD BOULETTE on SEPTEMBER 14, 2019

“Illusion of Matter and the Hidden Reality”



"The Buddhists talk about [samsara](#), the world of illusion. It is the place that most of us live. Mistaking illusion for reality is said to be the root cause of our suffering. Yet in some immensely elegant way suffering itself can release us from illusion. Often in times of crisis when we reach for what we have considered our strength we stumble on our wholeness and our real power. ...

"Integrity usually comes to people slowly and takes them unawares, as part of a natural process of maturing or through the need to be there for someone else who is counting on them. But it can appear full-blown in times of crisis or loss. ...

"With certain people we may get to try on a greater wholeness for a time, to actually experience being more. These experiences are a sort of grace. They help us know not only the direction of our personal wholeness but how it feels and even tastes." ~[Rachel Naomi Remen](#)

World of Illusion

The world of illusion isn't limited to what you see on stage during the performances of a magician. Virtually everything that we think we know of the physical world of matter is an illusion.

We need first to clear up one thing about the idea of the physical universe being an illusion. Many people jump to the conclusion that if you say something is an illusion, that it doesn't exist. Therefore, they think when they read that the physical realm is an illusion that it doesn't exist. It's a dream, nothing real. That is not what illusion means at all.

When you say that the tricks of a stage magician are illusions, that doesn't mean nothing is happening on stage. It means that what is really happening is not the same as what appears to be happening. For example, the assistant that appears to disappear in a puff of smoke really descended through a hidden door in the floor of the stage. The same applies to the Great Illusion of the physical universe. It isn't what it appears to be, but it is something real.

One thing that has become very popular in recent years is "Manifesting". By this is meant manipulating the physical world according to our desires. Besides the fact that this results in attaching us more firmly to the illusion, what is the point of manipulating fantasy?

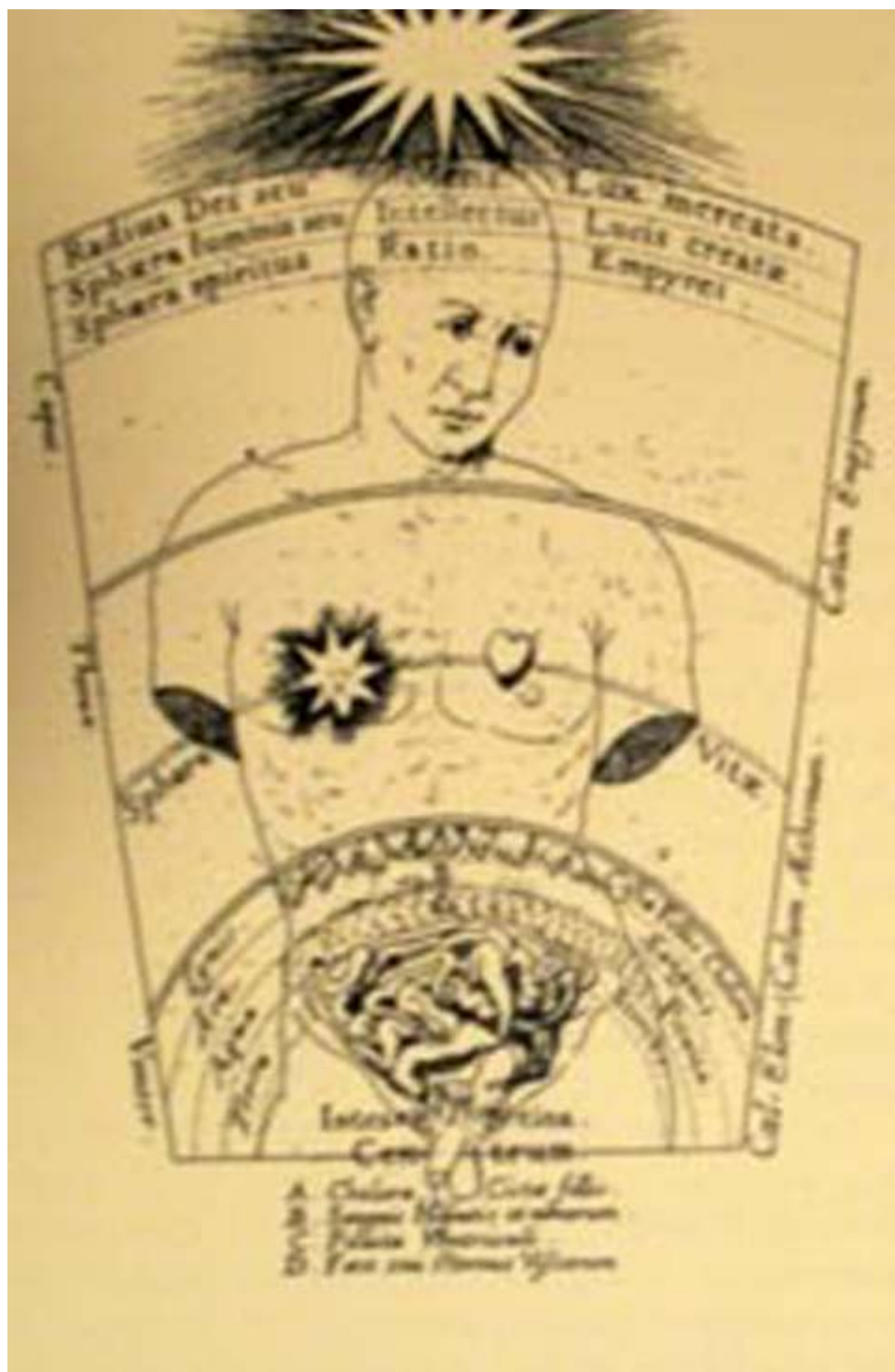
Reality Behind the Illusion

So what is the reality behind all that Illusion? That is something that most say must be experienced for yourself. But I think I can give you some hints, although I don't claim to entirely know the answer myself.

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

Original article posted by HAROLD BOULETTE on SEPTEMBER 6,
2019

“The Heart – The Inner Sun”



The Movie titled *Time of the Sixth Sun* was re-released online this week and I watched it again, although I have not viewed all the accompanying short videos that are being released each day after it. I find the ideas contained in it to be a bit scattered, and each of the guests who appear in it express diverse opinions that relate to whatever discipline they practice – they all agree that a new age is upon us, however

the details of it are fairly sketchy.

They start out on the right track when, at about 11 to 13 minutes into the 1hr 50min movie, Dan Schreiber says (and I must paraphrase, this is not verbatim) The Sun is a living energetic being; the heart is like an internal Sun. He is followed immediately by Peruvian elder Jorge Luis Delgado who makes reference to Father Sun, telling us We can send the Sun's energy to all the cells in our body – which are like little Suns – to awaken the body so you can experience the Light in you, the Light that you are.

The other guest I enjoyed hearing from was Drunvalo Melchizedek, whose work I have followed for many years, including his book *Living in the Heart*. At one point in the film he declares that the heart is a portal. I have written in other articles about how our Sun is also a portal, and that the golden orb we see in the sky has an unseen counterpart that is the source of our life energy. Philo of Alexandria called it The Sun of the Sun – Ancient Egyptian and Greek teachers said the Sun we see is just the physical form of a higher 'Intelligible or Spiritual Sun.'

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

by Paul V. Young

“Practice Love, Wisdom, Truth, and Doing Good”



“Put in practice Love, Wisdom, Good, and Truth. The remainder of your life on Earth is not limitless. Your capitol in Heaven is the quantity of good you have made on Earth. How can one set his life right? Simple, remove the elements that spoil it.

“It is natural to be good; it is unnatural to be bad, It is wise to manifest good and foolish to manifest badness. ... People don’t want to understand the good because they have to pay for it. They even do not suspect that it is the best thing they can buy.

“The great thing is Love, but greater than that is God’s spirit. Love is a fruit of spirit. Without love, one lacks a

strong mind, a good heart, and strength. Without love, one has no good life and no vital strength.

“To love is eternal dawn for you. The sunset comes when you throw out the good thoughts from your mind, the good feelings from your heart. ...

“Do this: Be glad when you see some virtue in somebody. ... The meaning of life is locked in manifesting Love.” ~[Beinsa Douno](#)

Practice Good

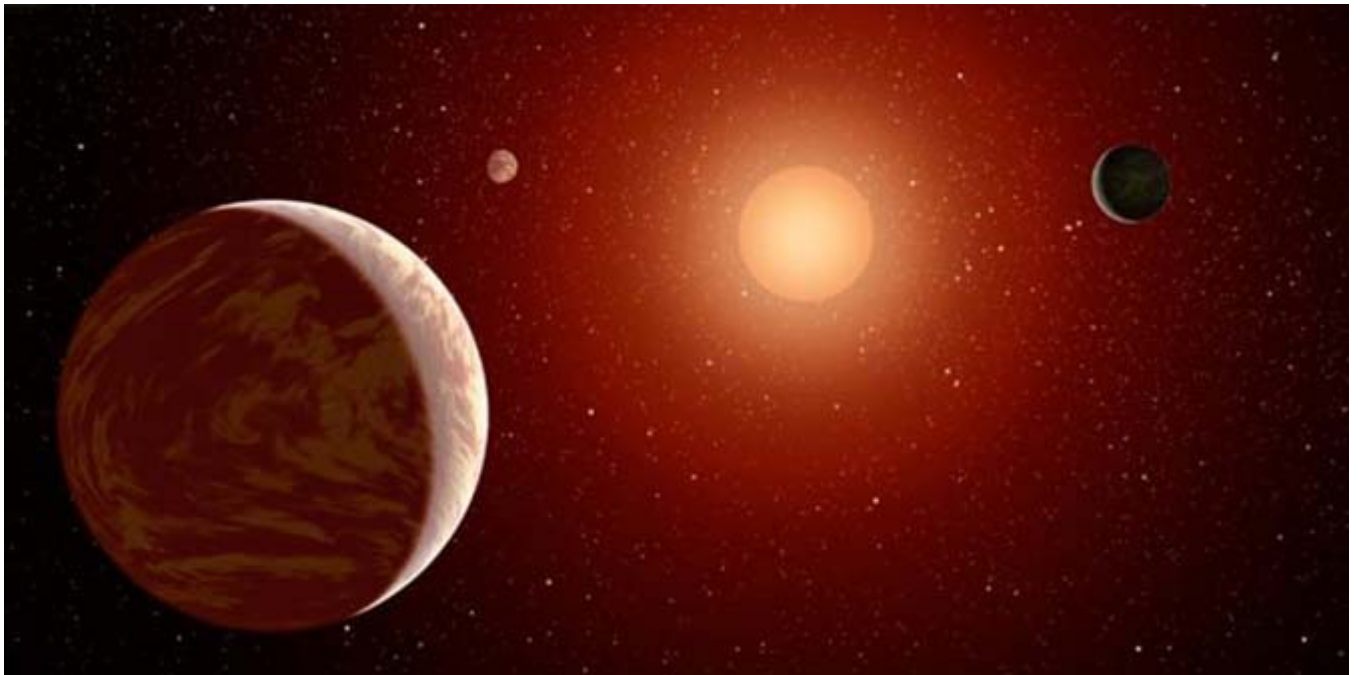
It is easy to say that we should all practice good. The problem is that different people have different ideas of what is good and what isn't. Some think that killing a bad person is doing the highest good. The wise person knows that killing is never good. Some think that hating people for their race, religion, or nationality is good. Wise people know better.

But Douno doesn't just advise us to practice good. He also tells us to practice Love, Wisdom, and Truth. That seems strange to some. Yes, we can practice love, but how do you practice wisdom and truth?

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

Original article posted by HAROLD BOULETTE on JULY 29, 2019

“Solar Fire and Ice”



The Climatic Effects of our Sun and its Brown Dwarf Companion

Among the many articles that landed in my in-box this week was a piece originally posted on the website of Electroverse.net, speculating that the record number of days without sunspots this year (“spotless days”) predicts a Grand Solar Minimum that will lead into another mini-ice-age – to start in the 2030s and unfold over the ensuing decades.

Over the past few years I have been following this theory, and six months ago in issue #23 of my online magazine Australian Esoteric, I included a brief summary of some of my blogs on the matter, under the heading Insights into the Prediction of a Mini Ice Age. (I drew a lot of information from the Russian theoretical astrophysicist Valentina Zharkova, whose work is readily available on You-Tube). While such a scenario – already dubbed the Eddy Minimum (after the late John Allen “Jack” Eddy) – may well still eventuate, I have received some

advice from scientist Jamal Shrair setting me straight on this.

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

by Paul V. Young

“Unity of Spirit Through Inner and Outer Development”



“Now consider diligently how we can acquire and possess the most inward exercise of our spirit in the created light. The

*man who is well adorned with the most virtues of the outward life, **and** has risen into nobility and divine peace by inward practices, he possesses the unity of the spirit, enlightened by supernatural wisdom, flowing fourth in generous love toward heaven and earth and lifting itself up by its reverence and its merits, and flowing back into that very ground, the most high Unity of God, from which all things proceed. For each creature, according to whether it has received more or less from God, has more or less of ascending love and inward tendency towards its origin, for God and all His gifts invite us into Him, and through charity and the virtues and resemblance, was designed to enter into Him.*

“Through this loving inclination of God, and His inward working to the unity of our spirit, and further through our glowing love and the pressing of all our powers together into the very unity in which God dwells.” ~[John of Ruysbroeck](#)

Well Adorned With Virtue

While most people will interpret “virtues” as meaning social things, I think it is spiritual virtues that are meant here. Social virtues like being polite, kind, helpful and so on are all good things. We should all have a virtuous social life. But a virtuous spiritual life is something different.

Spiritual virtue can be summarized in a few words: put the soul first. In other words, when life forces you to choose what is good for the material world, the physical body, the mind, or the soul, the soul should be priority number one.

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

Original article posted by HAROLD BOULETTE on AUGUST 23, 2019

“When the Sun Spins in the Sky”



The crowds at Fátima wait for a miracle on Oct. 13, 1917.

(Image credit: Public domain)

Last Sunday was the anniversary of an event known as The Miracle of the Sun that occurred at Fatima, Portugal, a hundred-and-two years ago. Lest you think the event was isolated or insignificant, I would like to mention other cases

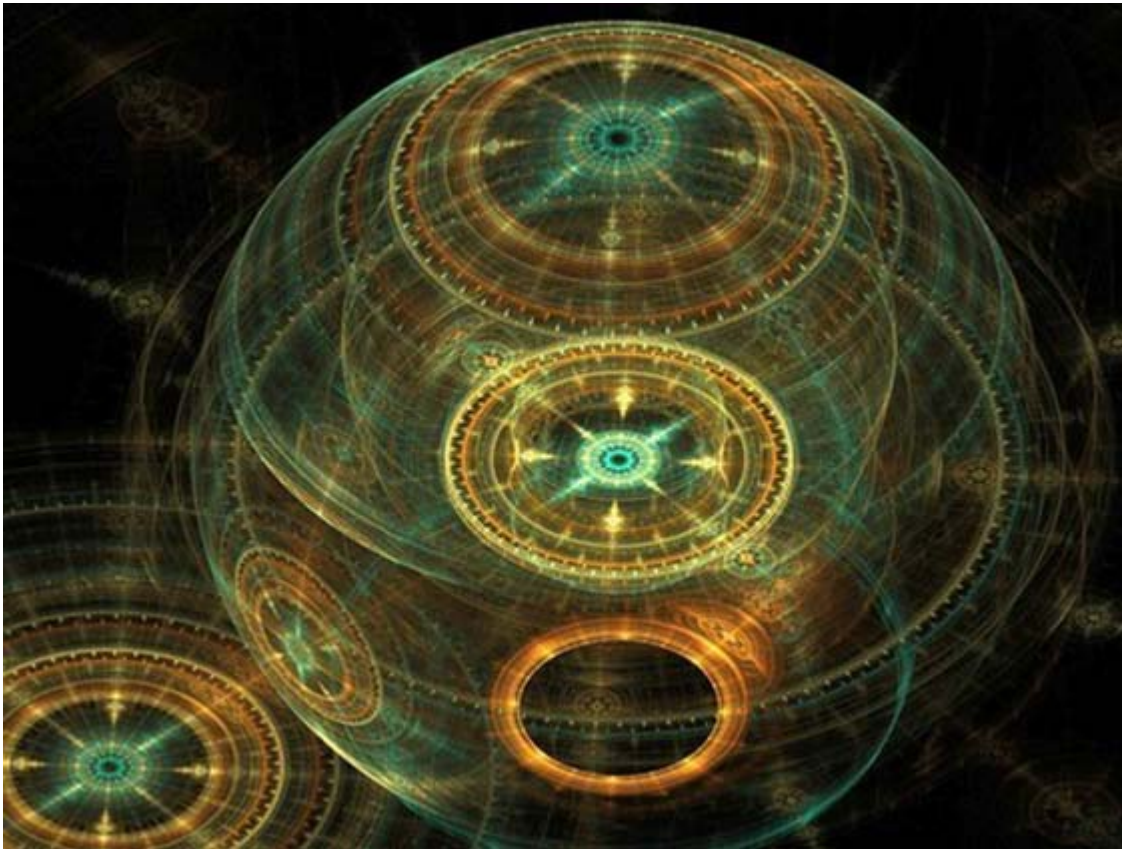
of similar Solar Miracles that I have explored and written about in the past, including: Medjugorje in Bosnia; Georgia, USA; Misamis Oriental, Philippines.

My personal experience had led me to understand that, once you come to see the Sun is not a ball of fire in the sky, but an intelligent sphere of plasma having its origins in higher dimensions, you are able to establish a rapport with it if you wish. If you are not familiar with the four examples below, take a few minutes to read over the facts and see if you begin to sense there is more to the majestic Solar Orb than you've previously acknowledged.

[Read the entire article posted October 18, 2019 at
southernsunlightcom.wordpress.com.](https://southernsunlightcom.wordpress.com)

by Paul V. Young

“Music of the Spheres Singing to the Soul”



"Many early instruments had seven strings, and it is generally conceded that Pythagoras was the one who added the eighth string to the lyre of Terpander. ...

"The Pythagorans believed that everything which existed had a voice and that all creatures were eternally singing the praise of the creator. Man fails to hear these divine melodies because his soul is enmeshed in the illusion of material existence. When he liberates himself from the bondage of the lower world with its sense limitations, the music of the spheres will again be audible as it was in the Golden Age. Harmony recognizes harmony, and when the human soul regains its true estate it will not only hear the celestial choir but also join with it in an everlasting anthem of praise to that Eternal Good controlling the infinite number of parts and conditions of being." ~[Manly P. Hall](#)

Seven or Eight Strings

Halls gives credit to Pythagoras for added the eighth string to a lyre that had always, like several other stringed instruments, had seven. He gives no reason for doing so, however. Permit me to do it for him.

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

Original article posted by HAROLD BOULETTE on AUGUST 16, 2019

“The Light Body – Real, or Merely Poetic?”



Isaac Newton

Are not gross bodies and light convertible into one another; and may not bodies receive much of their activity from the particles of light which enter into their composition? The changing of bodies into light, and light into bodies, is very conformable to the course of Nature, which seems delighted with transmutations.

AZ QUOTES

I believe that to survive into the future, humans will have to activate their light bodies in the fifth dimensional state – having form and substance, but beyond flesh-and-blood bodies like present-day humans. Many traditions speak of humankind’s ‘fall’ and it seems that the hybrid offspring of otherworldly visitors somehow became trapped in physical form. If the DNA of those distant ancestors is still driving us, it may be the destiny of humanity to return to this higher state of being.

Sound far-fetched? The authors James Redfield, Michael Murphy and Sylvia Timbers, in their book *God and the Evolving Universe*, suggested that such a state of existence is a “dimension in the chain of human evolution,” stating, “In short, we propose that our emergent capacities, which alter our physical functioning to some degree whenever they make their appearance, can gradually give rise to a new and more luminous embodiment.”

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

Original article posted by PAUL YOUNG on AUGUST 30, 2019

“Healing Music for Body,

Mind, and Soul”



It is highly probable that the Greek initiates gained their knowledge of the philosophic and therapeutic aspects of music from the Egyptians, who in turn, considered Hermes the founder of the art. According to one legend, this god constructed the [first lyre](#) by stretching strings across the concavity of a turtle shell. Both Isis and Osiris were patrons of music and poetry. Plato, in describing the antiquity of these arts among the Egyptians, declared that songs and poetry had existed in Egypt for at least ten thousand years and that these were of such an exalted and inspiring nature that only gods or godlike men could have composed them. In the Mysteries the lyre was regarded as the

secret symbol of the human constitution, the body of the instrument representing the physical form, the strings the nerves, and the musician the spirit.” ~Manly P. Hall

Healing Music

The idea that music has healing powers is not new. Ancient shaman played drums and chanted to heal. The Australian Aborigines used the didgeridoo more for healing than for music. In modern times, the art of using sound for healing has become a science. Scientific methods have been used to find specific sounds and frequencies that heal certain illnesses or body parts.

We all know that certain types of music can be soothing. Other types can excite and make you happy. Still others can make you sad. Our mother's singing or playing lullabies to us as babies is generally our first introduction to this. Some farmers play music in their fields to produce better crops. And when I toured a small Tequila distillery in Mexico a few years ago, I learned that they played classical music to the bins of aging tequila. They said it produced a smoother, more mellow product.

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

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