

“Sunlight: Renewing Our Relationship with Old Sol”



The darkest hour is always just before the dawn and sometimes we wallow in the gloom of our slumbering state, only to be jolted back into life when struck by the Light. In my case it was after a long run of misfortune, a time when the light of day seemed barely perceptible, when I staggered out of my tunnel of despair and into the Sun. To some people who know me it seems odd that a pale skinned indoor type like myself could come to form such a strong bond with the Sun, but when that solar orb reaches out to you from the sky and grabs you, embraces and enchants you, then you know your life has just taken a quantum leap and there's no going back.

It's strange how so many people these days have come to be afraid of the Sun. Only two generations ago, our beaches in the summertime were jam-packed with Sun-worshippers, all competing for the best tan. Now the warnings from authorities have scared the heck out of the general population, to the point where we have a generation deficient in vitamin D. What ever happened to 'all things in moderation?' The Earth, like all the other planets in our solar system, was formed out of the Sun and we owe our very life to its warmth and light. The expression Mother Earth is often used and I like to also use the concept of our Father Sun. They really are our parents, astronomically speaking.

My initial attraction to our star came in the form of a new appreciation for brightness after a long period of emotional and mental darkness. Yet it was something more than just a metaphor. It felt like a long overdue return home. My interest was really piqued when meeting up with an old childhood friend who, I discovered, was practicing what is known as Sun gazing. The only time I had heard about this before was in reference to the ancient Egyptians, but he quickly armed me with videos and links to You Tube that demonstrated the modern-day resurgence of the practice.

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

Original article posted by PAUL YOUNG on AUGUST 7, 2019

“Spiritual Dimensions of Beauty and Happiness”



“Please have mercy on us, generous ruler. The messenger of the father heals souls, draws joy in all of us, and carries away sorrow. Lofty and limitless, where darkness never comes, all the monasteries and the dwelling places are great in beauty, for they are happy in the light and know no pain. Those who enter remain forever. No blow or torture ever reaches them. The clothing they wear no one made by hand. They shine with light, and no ants crawl in them. The green wreathes on their heads never lose color. Their bodies are unfamiliar with dead weight and don’t droop. Their limbs are not paralyzed. Heavy sleep never overtakes their souls, and deceptive dreams and delusions are unknown among them. In that land hunger and anguish are not known. There is no thirst. The waters of all its lakes give out a wondrous fragrance everywhere. No one knows floods and drowning. Their walk is quicker by far than lightning. In their bodies there is no sickness. The actions of all the dark powers leave them completely alone. Fear and horror do not live in those lands, nor does destruction. The trees don’t shake down their fruit.

Decay is foreign to their fruit. Within and outdoors it is replete with brilliance, the gardens aromatic and no stray bricks or thorns. Those who ascend to those precincts and have knowledge will extol his manifestation.” ~[Parthian Songs](#)

Heals Souls

While it is not an unreasonable thing to say that the messenger of God heals souls, I think it is more accurate to say that he awakens souls. That is to say, he helps us awaken our own souls when we are ready to do so. If we are not ready, to try teaching us how would be a pointless waste of time.

The soul cannot be injured. It cannot be diseased. But it can be dormant and is when we are born into the material world. Why is uncertain, but probably because being sent spiraling down into matter is a traumatic experience. The soul is protected from too much trauma by being in a dormant state, similar to a coma when we fall to Earth.

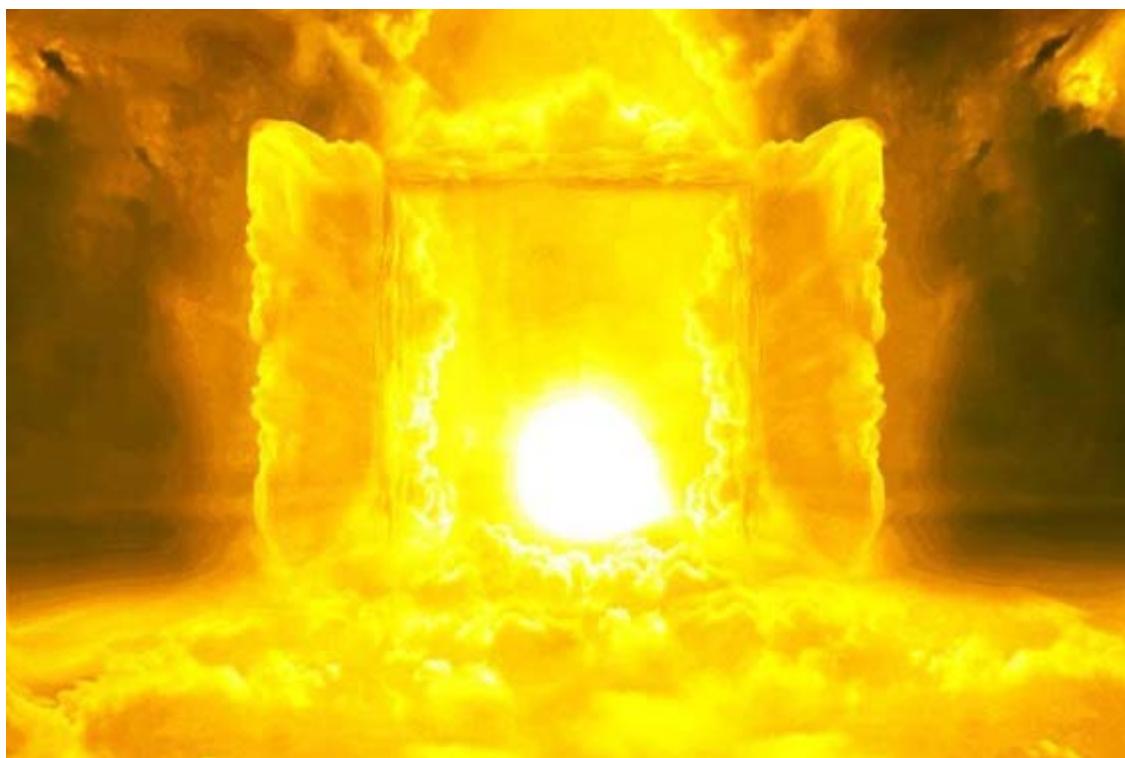
Joy and Sorrow

The messenger does bring us joy and alleviate sorrow. Those are things of the mind, however, not the soul. By giving us hope, hope in a future world, our sorrow is relieved. By letting us glimpse the truth of the afterlife, we are given joy. Those glimpses often reach only the subconscious mind, yet that is enough to have an effect.

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

Original article posted by HAROLD BOULETTE on AUGUST 21, 2019

“Portal of the Sky Opens to the Spiritual”



“Ferry Me to the Sun Take me, firstborn. The path of light spreads before me from my own first city. I look for someone. The dissolving image of the savior comes to me. O first one, the light of the virgin touches me, the brightest picture of truth with her three angels who give grace. Firstborn, the portals of the sky fly open before me in the rays of my savior and his portrait of light. I left my garment on the earth. Senile diseases were mine. I dress in the deathless robe. Ferry me to the sun and the moon. Ferry of light at peace over three earths. Firstborn, I am a holy bride in her chamber of light, resting. I keep my victory gift. ...

"O soul, sleeping. You who sleep, you who doze, wake. Sun rises on you. ... The good man has come Jewel garland, you. Wandering sheep, your shepherd seeks you. Noble and despised, your king wants you. Where are your angelic cloths, robes that don't age? Where are your cheerful wreathes and crowns that don't fall? The clay mold of your kin, your father's seal? When you were saved, your first jewel, your mind was collected, familiar, unfailing to you. How many of your blood has the world . . . for you? The humble you have loved and the great you have humbled. You were not yet ashamed. " ~[The Manichaeon Song Book](#)

Take Me to The Sun

Why would the singer ask Christ to carry him to the sun? Is he planning to fly in a spaceship? Is he trying to get burned up by the heat of the sun? No, that's not what he wants. He wants the Christ Force within him to link him to the spiritual sun, not the physical one. It is the spiritual sun that awakens the dormant spirit and soul. The spiritual sun links the physical realm to the spiritual.

The path of light does spread before you when you turn to the spiritual sun. Part of what that sun does is show you the path. The one true path for a real spiritual awakening. There are many detours, many winding roads that can be followed forever, but only one direct path to the Light.

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

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“Divine Science of Mathematics and Harmony”



“To Pythagoras music was one of the dependencies of the divine science of mathematics, and its harmonies were inflexibly controlled by mathematical proportions. The Pythagoreans averred that mathematics demonstrated the exact method by which the good established and maintained its universe. Number therefore preceded harmony, since it was the immutable law that governs all harmonic proportions. After discovering these harmonic ratios, Pythagoras gradually initiated disciples into this, the supreme arcanum of his Mysteries. He divided the multitudinous parts of creation into a vast number of planes or spheres, to each of which he assigned a tone, a harmonic interval, a number, a name, a color, and a form. He then proceeded to prove the accuracy of

his deductions by demonstrating them upon the different planes of intelligence and substance ranging from the most abstract logical premise to the most concrete geometrical solid. From the common agreement of these diversified methods of proof he established the indisputable existence of certain natural laws.” ~[Manly P. Hall](#)

Divine Science

Some people laugh at the idea of a divine science or spiritual science. They see science and spirituality as opposites. Either that or they think one is real and the other fantasy. Which is which varies depending on the individual.

But divine science is a real thing. It is just as real as material science. And mystery schools like that of Pythagoras didn't fantasize their teachings, they used real science to study reality and make scientific deductions based on their experiments and observations.

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

Original article posted by HAROLD BOULETTE on JULY 10, 2019

“Divine Child and the

Awakened Soul”



“The Divine Child which was, in the hour of the mystic conversion, born in the spark of the soul, must learn like other children to walk. ...There are many eager trials, many hopes, many disappointments. At last, as it seems suddenly, the moment comes; tottering is over, the muscles have learned their lesson, ... and the new self suddenly finds itself—it knows not how—standing upright and secure. That is the moment which marks the boundary between the purgative and the illuminative states.

“The process of this passage of the ‘new’ or spiritual man from his awakening to the illuminated life, has been set out by Jacob Boehme in language which is at one poetic and precise, ‘When Christ the corner stone [ie., the divine principle latent in man] stirreth himself in the extinguished image of man in his hearty conversion and repentance,’ he says, ‘then virgin Sophia appeareth in the stirring of the Spirit of Christ in the extinguished image, in her virgins attire before the Soul; at which the soul is amazed and

astonished...'" ~[Evelyn Underhill](#)

The Divine Child

There are several ways to interpret "Divine Child". It could reference Jesus. It could reference the final coming of Christ into the world of man, or it could simply represent the awakening of the Christ Consciousness within ourselves. I think it is clearly the latter in this case.

Another way to look at it is that the awakened soul is the Divine Child. It is like a child, according to Underhill, because it needs training, it needs to mature. Like a newborn, it has much to learn. Awakening (birth) is just the beginning.

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

Original article posted by HAROLD BOULETTE on JULY 13, 2019

"Transformation of Matter, Not Destruction"



Destruction of Matter

“‘Will matter be destroyed or not?’

“The savior said, ‘All natures, all formed things, all creatures exist in and with one another and will be resolved into their own roots. The nature of matter is resolved into its nature alone. Whoever has ears to hear should hear.’”

“Peter said to him, ‘Since you have explained everything to us, tell us also, what is the sin of the world?’

“The savior said, ‘There is no sin, but you create sin when you mingle as in adultery, which is called sin. That is why the good came to be with you, to enter the essence of each nature, and to restore it to its root.’ He continued, ‘That is why you become sick and die, for you love what deceives you. Whoever understands should understand. “Matter gave birth to a passion that has nothing like it and came from what is contrary to nature. Then there arises a disturbance in the whole body. That is why I said to you, ‘Be of good courage,’⁵ and if you are discouraged, still take courage in the diverse forms of nature. Whoever has ears to hear should hear.’” ~[The Gospel of Mary](#)

The Matter with Matter

We can assume from the name of this Gospel that it is Mary Magdalene asking the questions.

The question of whether or not the complete destruction of matter is at hand is a common one in religion and spiritual schools. Why is this question asked? Because in most mystery and spiritual schools, and in the early teachings of Christianity before they were altered by politicians, it was taught that matter was a mistake. God did not create matter, the fallen angels did. In Gnosticism, they say it was a being called the Demiurge who did it. That is really just another name for the fallen angels. Because matter was not created by God, it is a substandard creation. It constantly changes. The living beings in this dimension have to eat each other to survive. Not at all a place of God.

On hearing that about matter, it was natural for people to assume that God would want to destroy it in the same way that we want destruction of a cancer tumor. But Satan is the destroyer, not God. God deals with such problems differently.

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

Original article posted by HAROLD BOULETTE on MAY 6, 2019

“Raiment of Light from Watching the Sunrise”



“Every morning the Sun rises and beings from the invisible world ask you: ‘Did you read the page of the book fixed for today?’ The Sun is a book, and God writes something new in it every day.

“Light is a sign of love. When the sun shines on us that shows that God is sending us light. ...

“Beautiful is the raiment of every living being who rises early before sunrise and works with love. If one does not rise early and does not work, he will be ordinary and poorly attired. All living beings are expected to do some work. The more conscious they are, the greater is the effort that they must apply. ...

*“When you want to benefit from the energies of nature, receive them directly from the source and not indirectly.”
~Biensa Douno*

Sun Gazing at Sunrise

Sun-gazing (or sungazing) has become popular in recent years. In many cases, however, people are doing it without really knowing how or why. Most are gazing strictly at the physical sun. While that can have some benefits for the physical body and the brain-mind, It doesn't really help the spirit and soul. To awaken and develop the spirit and soul requires gazing at the spiritual sun rather than the physical. Unfortunately, Douno rarely says that in his writings. He simply capitalizes “Sun” so you know he is not talking about the ordinary, physical sun. But if you don't know why he is doing that, you might not understand his point.

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

Original article posted by HAROLD BOULETTE on MAY 18, 2019

“Boundless Light Before the Darkness”



“There is no boundary for light. It was unknown when it began. Nothing was when light was not. Nothing was when radiance was not. Nothing was when life was not. There was never a boundary for light. Nothing was when water was not.

“Water is prior to darkness. Prior to darkness is water. Nothing is without an end. No number is before the uthras were. Light beings are prior to darkness. Prior to darkness are uthras and older than their inhabitants. Goodness is prior to the malice of the place of darkness. Gentleness is prior to the bitterness of the place of darkness. Living fire is prior to the consuming fires of the place of darkness. Praise is prior to the practice of sorcery and witchcraft. Hymns and books are prior to the sorcery of Hewath, the terrible woman.

“Water doesn’t mix with tar, and darkness can’t be measured by light. The house of gloom isn’t lighted. The house of gloom isn’t lighted, and turbid waters have no sparkle. Darkness grew and creatures formed. Darkness formed, and when it formed it tested its force. It harbored malice in its mind. It imprisoned its own kanna, the place of the soul. It imprisoned its own kanna, and everything it did was nothing. The children of darkness are nothing, but the children of life stay. The house of evil is nothing, and its consuming fires die. Its sorcery dies and ends, since it has no place in eternity. It comes to nothing. The generations of life stay forever. The living instruction rises and illuminates a perishable living place.” ~[the Ginza](#)

Boundless Light

Light has no bounds, no boundaries. It always was. It always will be. Nothing was created before the boundless light. Even the confused Book of Genesis in the Bible that mixes parts of the creation of the spiritual universe with the creation of

the physical has that correct. Light is the true image of God. It may even be that God could be considered conscious light. The ultimate consciousness and the ultimate light. Light existed without any darkness whatsoever.

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

Original article posted by HAROLD BOULETTE on JUNE 19, 2019

“Life Force In Everything, Powering Everything”



The basic creative energy of life—life force—bubbles up and courses through all of existence. It can be experienced as open, free, unburdened, full of possibility, energizing. Or this very same energy can be experienced as petty, narrow, stuck, caught. Even though there are so many teachings, so many meditation, so many instructions, the basic point of it all is just to learn to be extremely honest and also wholehearted about what exists in your mind—thoughts, emotions, bodily sensations, the whole thing that adds up to what we call ‘me’ or ‘I.’ ... No one else can really sort out for you what to accept—what opens up your world—and what to reject—what seems to keep you going round and round in some kind of repetitive misery. ...

“The message is that each of us has all that it takes to become fully enlightened. We have basic energy coursing through us. ... Because we are decent, basically good people, we ourselves can sort out what to accept and what to reject.”
~Pema Chödrön

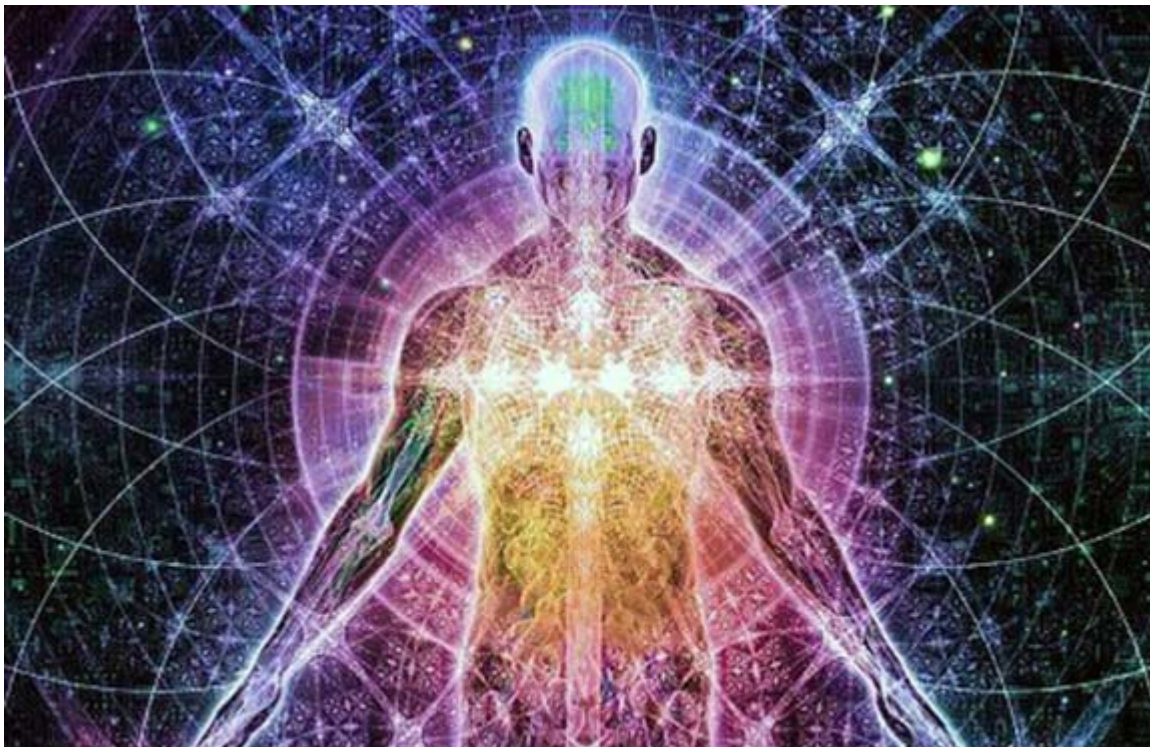
Life Force, Life Energy

Chödrön says that life force, or life energy, flows “through all of existence”. That is a powerful statement that each of us should stop and consider for a moment. If life energy flows through everything, then that that mean that on some level, everything is alive? I think it does.

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

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“Eternal Reality and the Web of Illusion”



“There are in this struggle¹ three factors. (1) the unchanging light of Eternal Reality: that Pure Being ‘which ever shines and naught shall ever dim.’

“(2)The web of illusion, here thick, there thin; which hems in, confuses, and allures the sentient self. “(3) That self, always changing, moving, struggling—always, in fact, becoming—alive in every fiber, related at once to the unreal and to the real; and, with the growth in true being, ever more conscious of the contrast between them.

"In the ever-shifting relationship between these three factors, the consequent energy engendered, the work done, we may find a cause of the innumerable forms of stress and travail which are called in their objective form the Purgative Way. Only one of the three is constant: the Absolute to which the soul aspires. Though all else may fluctuate, that goal is changeless. That beauty so old and so new, 'with whom is no variableness, neither shadow of turning,' which is the One of Plotinus, the All of Eckhart and St. John of the Cross, The Eternal Wisdom of [Suso](#), ... awaits yesterday, today, tomorrow, and forever the opening of its creature's eyes."
~[Evelyn Underhill](#)

Eternal Reality

There is little doubt what the eternal reality is. The realm of spirit and the beings that dwell there are eternal. Everything material is temporary. That is one reason why the ancient spiritual leaders called matter illusion.

And when Underhill, and many others, talk of the bright light of that eternal reality, it is both literal and symbolic. Light symbolizes truth and wisdom. The spiritual realm is home to both of those. But it is also a place of bright light. The true image of God is light. The true image of the soul is light. Bright light, spiritual light, not physical light.

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

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