

# “Sun Period of Higher Consciousness Enlightenment”



*“The second of the great periods of evolution that have been mentioned, the ‘Sun period,’ effects the raising of man’s being to a higher stage of consciousness. ... The higher stage which man reaches on the Sun may therefore be characterized in this way: the physical body, already formed in the germ-state on Saturn, is raised to a second stage of perfection by becoming the vehicle of an etheric or vital body. This last-named etheric body attains the first degree of perfection on its own account during Sun evolution. In order, however, that the second degree of perfection .. may be reached, the intervention of still other spirit-beings is necessary during the further course of the Sun life.” ~Rudolf Steiner*

## Periods of Evolution

A common belief among both materialists and occultists like Steiner is that man has been on a constant upward path of

evolution. Spiritual Mystery schools tell a different story. They say that man devolved from spirit into a being of half spirit, half matter. Over time, we have become denser and denser, more and more material. The average human now is probably more like 90% spirit and 10% matter.

While we have gone through various periods or cycles of development, I'm not sure we can label them the Saturn period and the sun period. Nonetheless, cycles do exist. Unfortunately for us, those cycles have been more in a downward direction rather than upward. We may have gone through brief periods of spiritual growth, only to have it followed by a longer period of further descent into matter.

## **Sun Period**

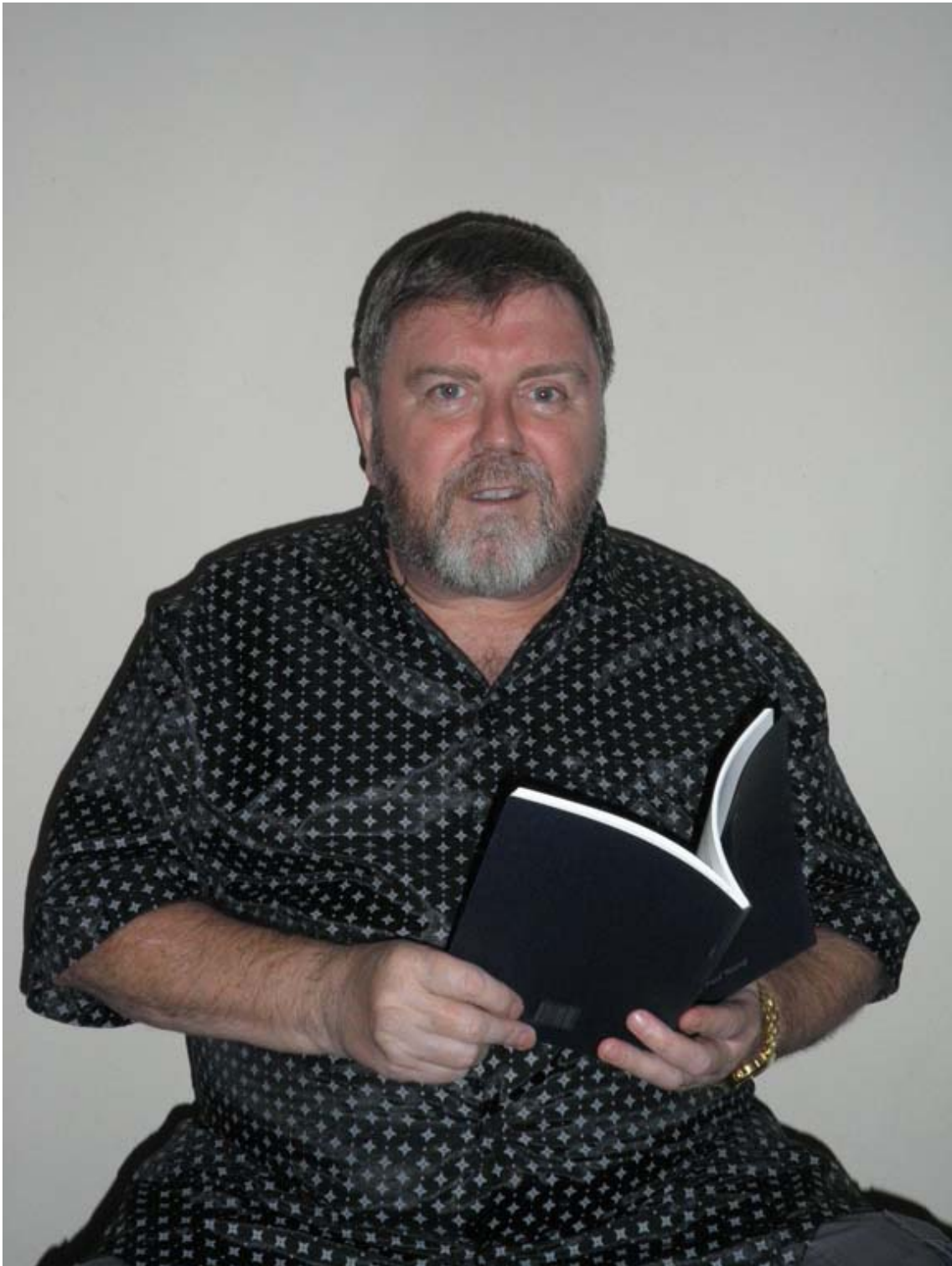
That is all changing now. We are still going through cycles of various length, but one major thing has changed. The Sun of Righteousness, promised by the prophet Malachi, has arrived. This makes the spiritual sun far more powerful than before. As a result, we now have the opportunity to turn that descent into matter around and become spiritual beings again. God is in charge of this transforming age, but we have to participate as well.

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

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# PATH TO LIGHT: Paul V. Young



Paul V. Young

*Paul Young is a Consociate of the Community living in Queensland, Australia. He is in the second year of the Academy Program and is presently serving as the representative of Cosolargy International in Australia, advertising Cosolargy in his online magazine and blog. In future, he also plans to speak about Cosolargy at various conferences around the continent of Australia and environs. Communique editors asked Paul to write up a piece on how he came to be involved in Cosolargy International and practice of The System.*

## **My Path to Cosolargy**

The poet Rumi said, "What you are seeking is also seeking you," and that idea aligns with my own experience (or "relationship") with the Sun. Many of us who have pursued a lifelong spiritual quest while at the same time remaining involved in career, family, worldly activities and possessions, know what it's like to be distracted from the path. Often our true goal remains buried deep within the core of our being until we are guided by a spark that ignites a lucid realization in our lower consciousness.

The seeds of spiritual yearning probably go back to my early years as an altar boy in the Catholic Church, an ardent student of Latin and the humanities subjects at college and then being part of the "love and peace" generation of the sixties. Like many baby-boomers, I harboured a yearning for something more than what was being offered by traditional Christian churches, and was fascinated by alternative paths such as transcendental meditation being explored by the Beatles, Cat Steven's move to Islam, and the inspirational lyrics of the Moody Blues (owing to their association with the Divine Light Mission). My Mom shared these interests but kept them low-key, in deference to my Dad who adhered to dogmatic Catholicism.

In my mid-teens I found two of my mother's books on the shelves in our living room – one being *A Search in Secret India* by Paul Brunton, and the other, *The Third Eye* by Lobsang Rampa. (When I mentioned this in an article I wrote for *New Dawn* some years ago, I received mail from readers admonishing me for referring to the latter, because he had been “proved a fraud.” No matter, Lobsang Rampa had opened up a new world for me). I went on to read all the works written by those two authors.

Whenever I would read a passage about the connection of ancient peoples to the Sun, even in fictional novels, my heart would leap. As I now know, solar veneration was common to communities in South America, Egypt, Greece, Rome, China, India and other sites around the world that were supposedly never in contact with each other. My lower mind, trapped in the intellect of the brain, began to pick up clues from what I called my Overself (a term used by Paul Brunton) that the goal of my spiritual quest was located right above me, in the Sun.

Many young people take a “gap year” after finishing their education, before embarking on their career. In the early seventies it was common for them to sail from Australia to London, and that was my intention too, until the plans fell through at the last moment. So instead, I went with a friend to the outback opal mining town called Lightning Ridge, situated in the semi-desert region of north-western NSW. There I became acquainted with a colourful array of characters, including my Dutch neighbour Harry who was known for his psychic abilities and wrote his interpretation of the Book of Revelations, as relating to the imminent advent of a new world; my Jewish friend Dick who introduced me to the Kabbalah and took me through a past-life regression; and of course my Aboriginal friends whose understanding of life was totally different to that of us white people. It was during this time that I came to revere the Sun as something to love rather than fear.

A career in international shipping and trade took me to many parts of the globe, and I spent several years at a time living in the Philippines, Hong Kong, Taiwan and Thailand. Thus, I was exposed to elements of Taoism, Buddhism and the unique Filipino mixture of Christianity with Animism. In 1984 I journeyed to Baguio and the Benguet province of the Philippines highlands to experience first-hand the techniques of the psychic surgeons. Other highlights in Asia for me have included visits to Angkor Wat in Cambodia, the Tanah Lot Hindu temple in Bali and Wat Phrathat, Doi Suthep, Thailand. To the West, I have been privileged to witness the ancient Greek Valley of the Temples in the south of Sicily, where Empedocles, whom I greatly admire, dwelt two and a half thousand years ago; also Stonehenge and Glastonbury in England, the Sun King's palace at Versailles, and I never tire of wandering around the Colosseum, Pantheon and Forums of Rome.

My time in Taipei spanned 1990 to 1995 and it was in 1994 that I experienced a lucid dream involving instruction from my guides, after which I joined the Rosicrucian organization AMORC (they were not active in Taiwan, so I studied their monographs by correspondence). In September 1995, just as my business there was at its peak financially and I was considering promoting AMORC in Taiwan, I suffered a near-fatal car crash which brought everything to a halt. This affected my existence to the point that I now divide everything in my life as "pre-accident" and "post-accident."

(While my association with AMORC has been beneficial overall, one of my frustrations has been that they sometimes make brief references to a particular topic, then say it cannot be discussed in this text and will be returned to at a future time. One such theme was that of the Sun, when they declared that there was much more than just light and warmth to be thankful for, and there were in fact other more subtle properties being directed to us on Earth from our star.

However, many years later, I have not received any elaboration from them on the matter.)

Back in Australia, as I slowly recovered after the accident, I tried to reassemble my old life working at the company I had co-founded in 1980. I continued my Rosicrucian affiliation, studied Reiki to level three as well as two of their ancillary courses, obtained a writing diploma and contributed regular articles of a metaphysical nature to Insight Magazine.

Business life was no longer fulfilling, so I took an early retirement and payout then moved to Chiang Mai in northern Thailand, where I completed an English teaching diploma and set up a company to enrol students to study at various Australasian colleges. This did not end well financially and I once again took up shipping/exporting to pay the rent, while at the same time my attraction to the Sun was growing stronger.

Everywhere I looked, Life was confronting me with “solar synchronicities,” yet I was still unsure what action to take. During the past couple of decades, I have connected with one I call my Muse (whose name I keep to myself). We are part of a small group we call the Guild of Scribes, which exists on a different dimensional plane – a plane occupied by many of the so-called vanished civilizations who are recorded as having simply disappeared from the face of the earth over the past ten millennia, and which I believe actually shifted to a higher-dimensional frequency.

[<https://www.solarancestor.com/temporary-civilizations.html>]

There are occasions when I am meditating that I achieve an altered state of consciousness (induced naturally, without taking any substances), during which these guiding Scribes instruct me to write – I do not call this “automatic writing” like some spiritualists do – and the result often surprises me when I come back to read it later. After one such episode I composed a short clip using Mind Movies, called *Son of the Sun*

*Credo,*

[[https://www.youtube.com/watch?time\\_continue=15&v=G-c6IdgqyHQ](https://www.youtube.com/watch?time_continue=15&v=G-c6IdgqyHQ)] plus two more pieces I was inspired to put together some days later. My friends in Chiang Mai thought I was going a bit nutty, and there were times my own objective consciousness questioned what was coming from deep within me, which outwardly seemed to be an “obsession” with the Sun.

By the end of 2011, I found myself back in Australia anticipating, as were countless other people, what might lay in store for the world in 2012. In retrospect, I do believe that a significant change did take place in December 2012 – on another plane and not in the physical way that some were expecting. Now I was fully retired from the rat-race, living on a government pension plus a little extra earned from writing news items for company websites. This afforded me the perfect opportunity to devote more time to my spiritual path and focus on whatever it was that was driving me toward the Sun.

Two years later I experienced an entire two-day period of being in a higher state, during which time I created my Solar Ancestor website and associated Blog. Afterwards however, I felt like the “Lone Ranger,” wondering if I was the only person on the planet in the twenty-first century who was feeling this respectful familiarity for Father Sun.

To pinpoint the specific catalyst that brought me to Cosolargy’s front door, it would have to be the reading of an article about the organization that appeared in *New Dawn* magazine in 2014 (Special Issue Vol.8 No.1). This really piqued my interest and I sensed that I might have located my tribe, but proceeded cautiously. By late 2015 I had completed the online questionnaire and submitted my profile, after which I received the Project X booklet to read. The writings of Gene Savoy Sr. resonated with me then, and still do now, and I feel an intuitive, harmonious connection with him and the Academy he founded.

The period of 2017/2018 saw Life once again distracting me from the path, with two different medical episodes, relocation to another city and at the same time launching my own online magazine, while still contributing to New Dawn magazine, including three book reviews per month. The Sun kept calling me back and when I reconnected with my Preceptor, Bob, after a time away from Cosolargy, I knew this was the right way forward. He and I discussed the idea of me being the representative spokesperson for Cosolargy in Australia, after which I started a notebook (as is my habit) to jot down my thoughts, and the very first item on my list was that it was time to make a full commitment. There could be no room for half-heartedness.

In the ensuing months I made a point of discussing Cosolargy with people I met at conferences as well as in casual conversations with friends. It became obvious that I would meet resistance from people in the new age movement who are disillusioned with religion and often shy away from the word "God," preferring instead to say "Universe" or "Spirit." So I went into a state of seeking guidance from my Overself, during my daily prayers and meditation in my home sanctum, asking for signs that would determine my direction. Gradually, I was answered.

In the end it became clear to me that not all of the 7.7 billion people in the world are going to embrace Cosolargy. My role is to reach out to those with whom it does resonate and arm myself with sufficient knowledge to answer their initial questions, then point them towards the Academy. A lot of my decision-making is accomplished during the stage of deep sleep (a handy technique to learn). In May this year I awoke one morning with the clear intention: I am to start making plans to attend the Convocation in Reno in September. *From here, everything will fall into place.* My focus will be on familiarizing myself with the members of the Academy, its processes and teachings to the point where I will be

completely at ease writing, and talking publicly, about Cosolargy on my return to Australia.

Paul V. Young

June 17, 2019

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## **“Speak Truth and Knowledge to Those Who Seek It”**



*“Speak concerning the truth to those who seek it and of knowledge to those who, in their error, have committed sins. Make sure-footed those who stumble, and stretch forth your hands to the sick. Nourish the hungry, and set at ease those who are troubled. Raise up and awaken those who sleep. You are this understanding that seizes you. If the strong follow*

*this course, they are even stronger. Turn your attention to yourselves. Do not be concerned with other things, namely, that which you have cast forth from yourselves, that which you have dismissed. Do not return to them to eat them. Do not be moth-eaten. Do not be worm-eaten, for you have already shaken it off.*

*“Do not be a place of the devil, for you have already destroyed him. Do not strengthen your last obstacles, because that is reprehensible. For the lawless one is nothing. He harms himself more than the law. For that one does his works because he is a lawless person. But this one, because he is a righteous person, does his works among others. Do the will of the father, then, for you are from him. THE SWEETNESS OF THE FATHER For the father is sweet and his will is good. He knows the things that are yours, so that you may rest yourselves in them.” ~Gospel of Truth*

## **Speak Truth**

It sounds simple to tell people to speak truth, but it isn't. First, you need to know the truth before you can speak it. Many of us think we know truth, but all we really know is widely-accepted opinion. So we need to recognize the difference between truth and opinion, and actually know truth before we can speak of it to others. Second, you can't speak truth to just anyone. You can only tell a person that which he is ready to hear. This is especially true when speaking of spiritual matters. And you have to try to avoid telling spiritual truths to evil people who will misuse that knowledge for evil purposes. So speak truth, but only when doing so serves good.

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

# “Generosity has Value for Spiritual Growth”



*Anathapindika, who lived 2,600 years ago, was an early follower of the Buddha. Anathapindika was a businessman who was very generous, and he used his time and energy to help the destitute people of his city. He gave away a lot of his wealth to the poor, yet he did not become less wealthy. He received a lot of happiness. ...*

*“One day the Buddha learned that his beloved disciple, Anathapindika, was very sick. He went to visit him and urged*

*Anathapindika to practice mindful breathing while in bed. ...*

*“The first question Shariputra asked was, ‘Dear friend Anathapindika, how do you feel? Is the pain in your body growing worse, or has it begun to lessen?’ Anathapindika said, “No, friends, the pain in me is not lessening. It is getting worse all the time.’ ...*

*“Shariputra invited Anathapindika to breathe in and out mindfully and to focus his attention on his happiest recollections: his work for the poor, his many acts of generosity, and the love and compassion he shared with his family and his fellow students of the Buddha. In just five or six minutes, the pain that Anathapindika had been feeling throughout his body lessened as the seeds of happiness in him were watered, and he smiled. Watering the seeds of happiness is a very important practice for those who are sick or dying.” ~Thich Nhat Hanh*

## **Value of Generosity**

I heard somewhere that J. K. Rowling, author of the Harry Potter books, was the first person to make it to the billionaires list, then get removed because she donated so much to charity, she was no longer a billionaire. I'm sure nearly all those still on that list think she is a fool. Actually, they are the fools. Their greed will not make them healthy. It won't give them a long life. And it usually doesn't even make them happy. They live in fear of being robbed, or in some other way losing what they value most: Money.

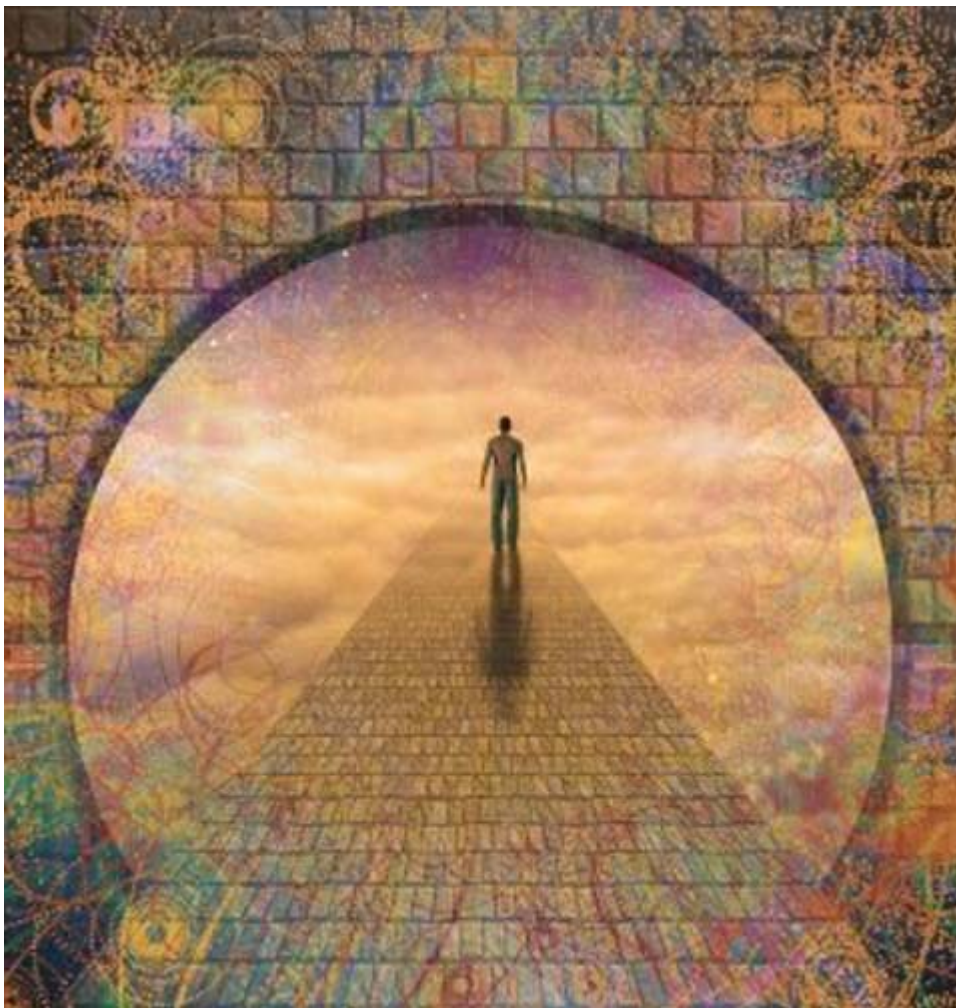
That don't understand what Rowling and all spiritual people do.

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

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# **“The Great University of the Coming Golden Age”**



*“The great university will be divided into grades, admission to which will be through preliminary tests or initiations. Here mankind will be instructed in the most sacred, the most secret, and the most enduring of all Mysteries—Symbolism. The initiate will be taught that every visible object, every abstract thought, every emotional reaction is but the symbol of an eternal principle. Here mankind will learn that Chiram (Truth) lies buried in every atom of Cosmos; that every form is a symbol and every symbol the tomb of an eternal [verity](#). Through education—spiritual, mental, moral, and physical—man will learn to release living truths from their lifeless coverings.*

*“The perfect government of the earth must be patterned after the divine government by which the universe is ordered. In that day when perfect order is reestablished, ... men will no longer seek for happiness, for they shall find it welling up within themselves. ... Then shall sages sit upon the seats of the mighty and the gods walk with men.” ~Manly P Hall*

## **The Great University**

This university will have a spiritual orientation rather than a material one. It will be a university that meets the original definition of that word, which is a school that teaches universal truth. It will be controlled by spiritual masters rather than politicians and corporate leaders. They will not have the task of turning people into compliant workers, but of helping them awaken their creative spiritual powers. It will help lead them on the path, but it will not walk it for them. Each of us must eventually walk the True Path himself. The True Path, not one we make up ourselves in our own limited mind.

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

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## **“We Are Light, We Are Spirit”**



*“Then something happened inside of him that transformed his life forever. He looked at his hands, he felt his body, and he heard his own voice say, ‘I am made of light; I am mad of stars.’*

*"He looked at the stars again, and he realized that it's not the stars that create light, but rather light that creates the stars. 'Everything is made of light,' he said, 'and the space in-between isn't empty.' And he knew that everything that exists is one living being, and that light is the messenger of life, because it is alive and contains all information.*

*"Then he realized that although he was made of stars, he was not those stars. 'I am in-between the stars,' he thought. So he called the stars the tonal and the light between the stars the nagual<sup>1</sup>, and he knew that what created the harmony between the two is life or intent." ~Don Miguel Ruiz*

## **Made of Light**

Ruiz is correct. We are light. Our real self is light. That real self is our spirit and soul. Our physical body is a creation of darkness. Darkness in the sense that much of its light has been removed, so relative darkness, not absolute darkness.

## **Realization**

Unfortunately, when we awaken our body and mind on the material level of being, everything seems to be matter. We don't remember our spirit and soul. We don't remember that we are light. Our spirit knows, but it lies dormant within us. Once it is awakened, we realize what we are. We remember that we come from the Great Light and we are light. So how do we awaken the spirit and soul? With light, of course. Specifically, the light of the spiritual sun.

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

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# **“Positive Energies of the Spiritual Sun”**



*“The energies of the Sun are positive and act favorably on people. The earth energies are negative and act unfavorably on people. The former energies help humanity to rise, and the latter to descend. Try to tune into the energies that come from above.*

*“The first violinist in nature is the Sun. The first ray of the sun is the first aria. ... The sun is a book, and God write 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. ...*

*"The Divine world has only one direction, only one point, one source from which all things proceed. This point is called 'the Eternal East,' the point of the eternally rising Sun."*

*~Biensa Douno*

## **Positive and Negative Energies**

While it is essentially true to say that solar energy is positive and earth energy is negative, it can be misleading to put it that way. For one thing, it seems to imply that if one leaves the Earth, he would leave negative energies behind. But there are, in fact, negative energies on the moon, on Mars, on all planets. There may even be negative energies in the sun and the stars, but they are not as strong as the positive ones.

To put it more accurately, there are positive energies that pull us up. Up towards Heaven and higher levels of consciousness. Up towards God. There are also energies that pull us down toward matter and death. That is why it's a struggle to grow.

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

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# “Sharing Light and Truth With Others”



*“The rich and enlightened man shall distribute gifts to all the angelic choirs and all spirits, each in particular according to its merits, out of the richness of his God and out of the generosity of his own ground; which is illuminated and overflowing with great and wonderful gifts. ... This enlightened man goes swiftly and in ghostly wise round through all the heavenly hosts, rich and overflowing with charity, and enriching and inundating the whole celestial company with fresh glory out of the richness and abundance of the trinity and unity of the Divine Nature. This is the first going out, towards God and towards all saints.” ~John of Ruysbroeck*

## **Sharing is Caring**

Yes, sharing is caring . And it is one of the first things most of us are taught as spiritual students. At least if the school we follow is legitimate. But we are also taught that there are things we should share and things we shouldn't.

We should share with others that we are on a path of spiritual enlightenment. We shouldn't share everything we have learned without the permission of our teacher(s). Some things must be kept secret from those who are not ready to learn them. This is for their protection as well as the protection of others.

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

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## **“Eternal Man and His Eternal Source”**



*“Because Man was to be eternal, therefore he must come out of the eternal. ... Also from eternity, there has been nothing else but the Source where the Deity continually rises up, as is mentioned before.*

*“And this Source of the spirit of the Soul is eternal, and its tincture is also eternal; as the Source is in it at all times of this world, while it sticks in the elementary House of Flesh, so is the tincture also, and the dwelling house of the soul; and in which source the Mind inclines itself. ... It stands in both the gates, so long as it lives in the flesh.”*  
~Jacob Boehme

## **Eternal Man**

It is logical to say that if man is an eternal being, he must have come from the realm of the eternal. And since only spirit is eternal, that means man came from spiritual realms. Our physical bodies may have evolved from tiny creatures, to apes, to man, but that isn't the real man. That isn't eternal man. And it certainly isn't true that our spirits and souls evolved from the physical body. We were spiritual beings long before we devolved into the realm of matter. The spirit and soul came first.

## **Eternal Tincture**

I believe what Boehme means when he says that the "tincture" of our spirit and soul is also eternal is that if the spirit and soul are eternal, then the realm they came from must be eternal. That is the realm of spirit, and it is indeed eternal. It also means that the Creator of the spirit and soul must be eternal. A finite being could not create the infinite. A being with a limited live span could not create eternal beings. So the spirit and soul must have been created by an eternal being or force. That is the being most of us call God.

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# “Illuminator of Knowledge and the Fruit-Bearing Trees”



*“Once again, for the third time, the illuminator of knowledge passes by in great glory to leave some of the seed of Noah and the sons of Ham and Japheth—to leave fruit-bearing trees for himself. And he redeems their souls from the day of death. The whole creation that came from the dead earth will be under the authority of death. But those who reflect on the knowledge of the eternal god in their hearts will not perish. They have not received spirit from this kingdom but from something eternal, angelic. . . .*

*“The illuminator will come. And he will perform signs and wonders to scorn the powers and their ruler. Then the god of the powers is disturbed and says, ‘What is the power of this*

*person who is higher than we are?’ Then he brings a great wrath against that person. And glory withdraws and lives in holy houses it has chosen for itself. The powers do not see it with their eyes, nor do they see the illuminator. They punish the flesh of the one over whom the holy spirit has come. Then the angels and all the generations of the powers will use the name in error, asking, ‘Where did this come from?’ or ‘Where did the words of deception, which all the powers have failed to realize, come from?’” ~The Revelation of Adam*

## **Illuminator of Knowledge**

Depending on how you choose to look at it, the Illuminator of true knowledge could be Christ or God. This should not be confused with Adam and Eve eating from the tree of knowledge of good and evil. That knowledge is on the material world, and therefore limited. It is also important to remember that it was good and evil. True knowledge comes from God and is never evil. True knowledge is spiritual and eternal. It isn't about the realm of matter at all.

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

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