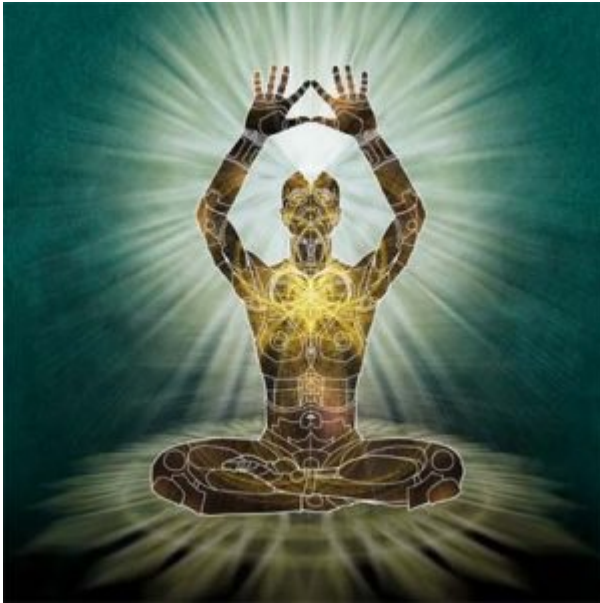


“Supreme Goal of Spiritual Life”



“Hard to reach is the supreme goal of life, hard to describe and hard to abide in. They alone attain samadhi who have mastered their senses and are free from anger, free from self-will and from like and dislikes, without selfish bonds to people and things.

“They alone attain samadhi who are prepared to face challenge after challenge in the three stages of meditation. Under an illumined teacher’s guidance they become united with the Lord of Love, called Vishnu, who is present everywhere. ...

“To be united with the Lord of Love is to be freed from all conditioning. This is the state of Self-realization, far beyond the reach of words and thoughts.

“To be united with the Lord of Love, imperishable, changeless, beyond cause and effect, is to find infinite

joy.”~Tejabindyu Upanishad

Supreme Goal of Life

“What is the supreme goal of life? Some would say that it is to make far more money than you can spend. Others would say it is to rule over the poor and the uneducated. While those may be goal of materialistic life, they are not goals of permanent life, spiritual life.”

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

Original article posted by HAROLD BOULETTE on JUNE 18, 2018

“Beneficial Sunrise Full of Love”



“To meet the sunrise is always beneficial, even when the Sun is covered in clouds—because the Sun’s energy permeates the clouds. In all cases, the sunrise brings an elevation in man.

“In spring and in summer from 22nd March each year it is recommendable for man to go early to bed and to rise early to welcome the sunrise and accept his part from it—like the bees gather the nectar from the flowers. One should try this for a series of years in order to become convinced of the truth of it.

“As we expose ourselves to the Sun, so must we live in the Divine Love. ... The solar rays, absorbed with love, are most beneficial to the body. They act soothingly upon the soul and refreshingly upon the spirit.” ~Biensa Douno

Beneficial Sunrise

“The light of the sun is always beneficial, but is especially so at sunrise. That is because at sunrise it has more of the frequencies that stimulate spiritual growth (specifically, ultra-violet) and less of the one that encourage further sinking into matter. An exception would be for those who have already become so spiritual that their roots in the material world are weak. Those people should take the sun at sunset instead.

“A beneficial sunrise isn’t some special event that happens only occasionally. Any sunrise can be beneficial if you view it with the right mental attitude. As Douno says, even when it is cloudy, there is a benefit in viewing the sunrise. It may even be better for some to view it at those times. That is because clouds can block some of the light from the physical sun, but not the light of the spiritual Sun. It is the light of the spiritual Sun that is the true beneficial sunrise.”

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

Original article posted by HAROLD BOULETTE on JUNE 15, 2018

“Authentic Man and His Many Disguises”



“We know that man is not a thing of only one element; he has a soul and he has, whether instrument or adjunct in some other mode, a body; this is the first distinction; it remains to investigate the nature and essential being of these two constituents.

“Reason tells us that the body as, itself too, a composite,

cannot forever hold together; and our senses show us it breaking up, wearing out. ... If this body then, is really a part of us, then we are not wholly immortal; if it is an instrument of ours, then, as a thing put at our service for a certain time, it must be in its nature passing. The sovereign principle, the authentic man, will be as Form to this Matter or as agent of the instrument, and thus, whatever that relationship be, the soul is the man." ~Plotinus

A Composite Being

"Man is a composite being on the physical level. He has many organ, many parts. And it is even more complicated than Plotinus probably knew or suspected. Not only are we a composite of many parts, but we have other beings living within us. Bacteria that are essential for us to digest our food. Since they are necessary for us to live, one might argue that they too are part of our physical self.

"And at the next level beyond the physical body of matter is energy. While it is often ignored by most people, we are energy beings as much as we are physical beings. We give off electricity and light that can be measured. We take in and send out radiation of many types. His level of our being might be considered the mental or psychic level."

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

Original article posted by HAROLD BOULETTE on JULY 13, 2018

“Rays of Love, Pearl of Wisdom”



“The soul saith further to the Noble Sophia, ‘O thou fair and sweet consort, what shall I say before thee? Let me be wholly committed unto thee. I cannot preserve myself, if Thou wilt not give me Thy Pearl. I submit to thy will, but give me thy Rays of Love, and carry me safely through my Pilgrimage. Do thou awaken and bring forth what thou wilt in me; I will from henceforth be thy own. ...’

“The noble Sophia answered the soul; ... ‘My noble bridegroom, be of good comfort. ... I will be with thee and in thee always to the end of the world. ... Thou shalt drink of my fountain. ... I will put my Rays of love into thy working.’” Jacob Boehme

Pearl of Wisdom

“I find it curious that Boehme, who was known as a Christian mystic, but not Gnostic, often speaks of Sophia, the Gnostic

‘goddess’ of wisdom. You would expect him to be appealing to Jesus or Christ, but no, he appeals to Sophia.”

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

Original article posted by HAROLD BOULETTE on MAY 12, 2018

“Spiritual Doctrine for Spiritual Growth”



*“Few among men the mortals
Who arrive at yonder shore:*

*The rest of the race run
hither and thither along the bank.*

*Those who follow the Doctrine
When the Doctrine is rightly preached
Are the mortals who will pass beyond
The realm of Death, so hard to cross.*

*Leaving the black doctrine,
Let a pandit study the white,
Going from home to homelessness,
Where in seclusion delights are few.*

*Let him desire delight supernal there,
Forsaking lusts, possessing naught;
Let the pandit purge himself
From troubles of the heart.*

*They whose hearts are thoroughly well trained In the Articles
of Full Enlightenment,
Who cling to naught and rejoice when fancy-free;
Who have destroyed Depravities and are full of light,
– Have [even] in the world attained Nirvâna.” ~The Dhammapada*

Yonder Shore

“I think it is clear that the “yonder shore” being written about is not on the other side of a river. Neither is it on the other side of an ocean. We are speaking of a much greater shore than that. It is really the higher dimension of spirit that is here being called “yonder shore”.

“Mortal men reach the other shore of rivers, lakes, and even oceans all the time. Few, however, reach higher dimension of existence, spiritual dimensions. Most, as the quote says, run back and forth along the shore thinking they are making a great journey, but actually going nowhere.

Follow Spiritual Doctrine

“Those who follow “the Doctrine” will be able to reach that yonder shore. But what doctrine? There are many doctrines in the world. Even if we limit it to doctrines on spiritual growth and development, there are dozens, if not hundreds. We have to trust our intuition when searching for a real spiritual school. My intuition led me to [Cosolargy](#), and there I stay. I went into the intuitive feelings and the many dreams I have had that tell me I have made a good choice.”

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

Original article posted by HAROLD BOULETTE on JULY 10, 2018

“Beings of Fire (Light) and Spirit Fear Not Death”



*“What laughter now, what joy In being always on fire?
In darkness wrapped, ye will not seek a light
Behold [this] variegated figure, [This] congested body of
wounds;
Ailing, with many a resolve,
It hath not firmness or stability.
Wasted this form, a nest of disease, and frail;
Broken the mass of foulness,
For life at the end is death.
What are these things like gourds In autumn tossed away?
White bones: when seen, what delight?
Of bones is made the citadel,
With mortar of flesh and blood,
Wherein are stowed away old age,
Death, pride and hypocrisy!
Wax old the gaudy”
~The Dhammapada*

Beings of Fire

“Joy in being on fire? This is not about physical fire. It isn't even about having a fever. It is about the “fire” or energy of spirit. That spiritual Light that awakens and

nourishes the spirit and soul. That spiritual light that brings us the gift of immortality. A gift which we must accept before it is truly ours. We accept it by turning to the spiritual sun willingly to take in that divine light. Hiding in dark caves, natural or man-made won't do. Even when we call the caves temples or churches."

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

Original article posted by HAROLD BOULETTE on JULY 17, 2018

"Goodwill Beats Hate, Fear, and Evil"



"You can only oppose successfully the hatred or evil thought

of others by throwing out toward it the thought of good-will. Goodwill as a thought-element is more powerful than the thought of hate. It can turn it aside. The 'shafts of malice,' even in thought, are real things. They can and do hurt people on whom they are directed, and make them sick. The Christ precept, 'Do good to them that hate you,' is based on a scientific law. It means that thoughts are things, and that the thought of good can always overpower that of evil. ... The fact that all thought, all emotion, all of what is called sentiment, or qualities such as mercy, patience, love, etc., are real elements as real as any we see, is the cornerstone to the scientific basis of religion." ~Prentice Mulford

Thoughts are Things

"Like many others, even today, Prentice Mulford often confused the mind and the soul and spoke about them as if they were one. Nonetheless, there is much truth in what he has to say about many subjects including thought.

"He tells us that thoughts are things, as real as a tree or a hammer and capable of doing as much work, evil or good. He also reminds us that the carpenter does not push in the nail with another nail, but with a hammer. By that, I mean he reminds us that returning the same to those who broadcast hate, fear and evil is not the solution. Hating the hater is only creating more hate, not less. When water is too hot, you add cold water to it, not more hot.

Goodwill

"It may be debatable whether or not goodwill is stronger than hate. In effect, however, it is. In most cases, a person who spreads goodwill is passionate about it, dedicated to it. The strength of her emotions give those thoughts great power."

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

Original article posted by HAROLD BOULETTE on MAY 14, 2018

“Upanishads and the Sun of Light and Life”



*“[Prana](#) is the sun; rayi is the moon.
Matter is solid, matter is subtle;
Rayi therefore is present everywhere.*

*“The sun gives light and life to all who live.
East and west, north and south, above, below,
It is the prana of the universe.*

*“The wise see the Lord of Love in the sun,
Rising in all its golden radiance
To give its warmth and life to all. ...*

*“Those who observe outward forms of worship
Travel after death by the southern path,
The path of the ancestors and of rayi,
To the lunar world, and are born again.*

*“But for those who seek the Self through meditation,
Self-Discipline, wisdom, and faith in God
Travel after death by the northern path,
The path of prana, to the solar world,
Supreme refuge, beyond the reach of fear.” ~Prashna Upanishad*

Sun Gives Light

“The sun does give light, and much more. Light, heat, any many other types of radiation come from the sun. Some of that radiation is beneficial, some isn’t. There is no doubt, however, that if the sun went out, all living beings on Earth would quickly die. Something people forget when they listen to the sellers of drugs and sunblock who tell us the sun is out to kill and we must protect ourselves. For thousands of years, intelligent people as well as spiritual ones have said otherwise. Yet now we have millions listening to the drug vendors who benefit from keeping them weak and ill.”

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

Original article posted by HAROLD BOULETTE on JUNE 6, 2018

“Rule of Truth and Knowledge”



“If you always think about the bad traits in man, you boost the bad in him. If you think about the good traits, you boost the good in him.

“The first crime in the world is to vilify man. All crime is due to the impure thoughts and wishes that leave in people certain impurities and surpluses.

“Strong people are those who transmit love, weak people those who only accept love. ...

“There are three rules you need to keep in mind in order to free yourself from all your delusions:

- *The first rule: Love is a way of life. ... Embracing love, you will avoid the greatest mishaps.*
- *The second rule: the light of wisdom is a way to knowledge. Consequently, if you do not have this way, this light, you cannot acquire knowledge. ...*
- *The third rule: Truth is a way to freedom. Consequently, if you are not in this way of Truth, you cannot be free.”*

~Biensa Douno

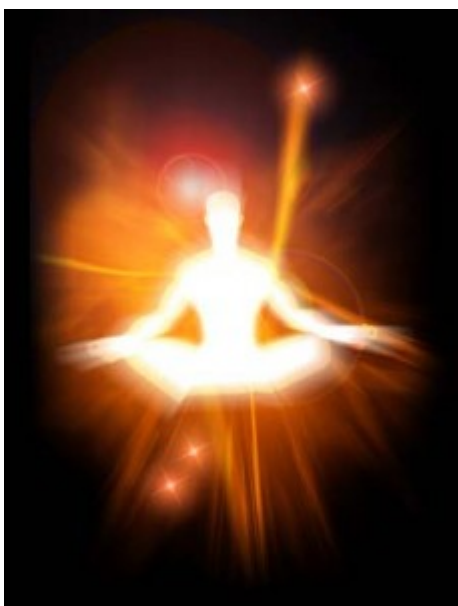
Thinking is Receiving is the first Rule

“Not only spiritual teachers, but many others say that we affect our world with the way we think. This happens in several different ways.”

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

Original article posted by HAROLD BOULETTE on MAY 5, 2018

“Self-Realization of the Spiritual Kind”



“Well have you renounced these passing pleasures so dear to the senses, Nachiketa, and turned your back on the way of the world which makes mankind forget the goal of life. Far apart are wisdom and ignorance. The first leads one to Self-realization. The second makes one more and more estranged from from his real Self. ...

“Like the blind led by the blind. Far beyond their eyes , hypnotized by the world of sense, opens the way to immortality. ... It is but few who hear about the Self. Fewer still dedicate their lives to its realization. ... Blessed are they who, through an illumined teacher, attain to Self-realization. The truth of self cannot come through one who has not realized that he is the Self. The intellect cannot reveal the Self.” ~The Katha Upanishad

Self-realization of the True Self

The term Self-realization is thrown about today in a way that makes a joke of its original meaning. You can [check online dictionaries](#) to find it defined as such things as the fulfillment of ones character, personality, talents, or desires. That is not at all what the ancient spiritual teachers meant by Self-realization.

Essentially, they are telling us that we have two selves: a material and mental self, and a spiritual, divine Self. The spiritual Self is almost always capitalized to show that it is far more important than the mortal self. So when spiritual teachers or books talk about Self-realization, they don't mean that we reach the peak of our profession, that we get a book published, or even have a viral video on Youtube. Those may all be good things to do, but they are not really Self-realization.

Self-realization happens when we awaken our spiritual faculties that are dormant when we come into the world of matter. We awaken them with spiritual light, the light from

the spiritual sun.

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

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