

“Death Before Dying: Way of the Iatromantis”



PHOTO: Stephan Fuelling

“My latest article is out now in *New Dawn* magazine: Special Issue Vol.9 No.6 – it is called ‘Life Patterns & Blood Lines: Reincarnation for the Western Mind.’ This edition is brimming with insightful articles, and among them is one titled ‘Practice Dying’ – Plato (Wisdom from the Ancient World). The ancient Greeks were familiar with the concept of ‘Death before Dying,’ particularly in their mystery schools where the practice of ‘Incubation’ was taught.”

[Read the entire article online at solarancestor.com.](http://solarancestor.com)

[Visit and bookmark Paul Young's blog at:
www.solarancestors.com.](http://www.solarancestors.com)

contributed by Paul V. Young

“Drunk on Illusion and Matter”



“Men on earth judge of men not by what they are, but by what they seem to be. The physical form is apparent to the sense of sight, the real man is unseen. However, as the boot that encloses a foot cannot altogether hide the form of the foot within, so the body that encloses the life entity cannot but exhibit here and there the character of the dominating spirit

within. ... Even on surface earth, where the matter side of man dominates, a vicious spirit will produce a villainous countenance. ... Could you see the real drunkard on surface earth he would be largely outside the body shell, and hideous in the extreme.” ~John Uri Lloyd

What you See

It is a curious bit of synchronicity that I should read this section of Mr. Lloyd’s book as I am also reading the last volume of Dean Koontz’ *Frankenstein* in which the most horrible monster creation of Victor Frankenstein are such incredibly handsome young men and beautiful young women that people think they must be angels, until they start to change.

[Read the complete blog post at Solar Wind.](#)

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“Perceptive Eye and an Open Mind”



“Consider the might and actions of the light mind. How vast it is over the keepers of the watch of the body! He stays in his camp. He closes down the body’s deliberations from the temptations of sin. ... He bestows a great spirit over the elect. ... I have taught you the deeds of the light mind. Whoever has an open and perceptive eye, the light mind can appear to him. Whoever lacks that eye, the light main cannot appear to him. I will teach you and open your eyes to this wonder.” ~Mani

A Perceptive Eye

Mani was a gnostic prophet and teacher who founded the movement called Manichaeism. His teachers were, naturally, very similar to those of other Gnostic teachers, though the words and the allegories he used to express these truths were different.

Specifically, I don’t know of any other school that uses the term “light mind”. Most talk of a spiritual mind or an awakened soul. Regardless, they are all speaking of the same thing which we will call the Awakened Soul, or simply the Soul.

Mani says that this Soul is “vast over the keepers of the watch of the body.” By this he means that the awakened soul, once it is given dominion over the ego (an important step for true spiritual growth), will keep us from making foolish choices that please the body but harm the spirit and soul. This awakened Soul keeps us in “his camp” meaning in the spiritual realm. This does not mean giving up of the physical body and the brain-mind and letting them rot, but it means that, while continuing to take proper care of those lower-vibration faculties, we emphasize the care of the higher facilities: the spirit and Soul.

[Read the complete blog post at Solar Wind.](#)

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“Mental Mastery for Spiritual Growth”



"If we are unwilling to believe in internal mastery over the body, we are perhaps almost equally unaccustomed to the idea of mastery over our own inner thoughts and feelings. That a man should be prey to any thought that chances to take possession of his mind is commonly assumed as unavoidable. ...

"This is an absurd position for man, the heir of all the ages: hag-ridden by the flimsy creatures of his own brain. If a pebble in our boot torments us, we expel it. We take off the boot and shake it out. And once the matter is fairly understood, it is just as easy to expel an intruding and obnoxious thought from the mind." ~William Walker Atkinson

The Need for Mental Mastery

In order to become a real spiritual adept, you must learn spiritual practices and disciplines. But before you even start with that, you can first begin to get your mind under control.

This is one case where I, and the other students of [Cosolargy](#), can agree completely with what Mr. Atkinson says on the subject: mental mastery must precede spiritual mastery. He notes that most spiritual schools require one to practice certain physical disciplines (or at least he hints at it) such

as fasting, long walks, exposure to weather extremes, and so on. One reason for such physical disciplines is to make one physically stronger and healthier, but the other is to simply develop discipline in people who are often lacking in it. It is also done because it is the first step on the ladder of self-discipline that all students must follow. That first is followed by one of mental discipline, then one of spiritual.

Practicing Mental Mastery

Mental discipline isn't really difficult. It works much like growing muscles at a fitness center. If you have never set foot into a gym, you don't start out by doing biceps curls with 200 lbs. You start out with five or ten pounds, then when you can do that easily, increase the weight a little, and repeat that cycle until you reach the desired goal (which is probably not 200 lbs on a biceps curl!). With mental discipline, you don't start out by trying to control every thought that enters your mind, you would go nuts trying. You start out by paying attention to the thoughts that float through your head, and when you notice particularly negative ones, you change the subject quickly. If you don't like your boss, for example, it is fine to think about telling that you quit after you find a better job, but it is not fine to nurse thoughts of killing the jerk. When you find such thoughts in your head, change them, don't nurse them.

[Read the complete blog post at Solar Wind.](#)

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“A Pure Soul and Keeping it Pure”



“It is less difficult to cleanse an impure soul than to restore to health a soul which was once cleansed but has been wounded anew. ... This is due partly to the influence of bad habit and partly to the fact that the demon of objection is always dangling the image of sin before them. But with the co-operation of divine grace, a diligent and assiduous soul may readily achieve even this difficult feat of regaining its dispassion ...

“No one among us can prevail by his own unaided strength over the devices and wiles of the evil one; he can prevail only through the invincible power of Christ. ... Thus I entreat you neither to entrust everything to God and then fall asleep, nor to think, when you are striving diligently, that you will achieve everything by your own efforts.” ~The Philokalia

A Pure Soul

“Rather than cleansing the soul, it would be more accurate to say awakening the soul. It is not that the soul of the materialistic types are soiled or rotten, but that they have never been awakened at all. I’m not sure it is always harder to reclaim a fallen soul than it is to initially awaken one, but it could be true in many cases.

One reason why it might be true is that you cannot really be blamed for having a dormant spirit and soul if no one has after taught you how to awaken those faculties, or even that it is necessary to do so. Once they have been awakened, however, and then you return to the world of materialism and give up on spiritual development, you now must accept at least some of the blame when you realize your mistake. In doing so, you admit that you are weak, and that does not put you in a good mental state to return to the spiritual.”

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“HELIOCENTRICITY: Highway to

the Sun” by Paul V. Young



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[NOTE: A shorter, edited version of this article appeared in the magazine Atlantis Rising (issue #110, March 2015, under the title “Life on the Sun?”). The magazine edited out Paul’s reference to some false “news” he had picked up from TheOnion.com, which until then he hadn’t realize was an online spoof magazine! The version of the article that appears here is new. It incorporates the original article that appeared on Paul’s website (<http://www.solarancestor.com/heliocentricity.html>) with the corrections made regarding the fictional “news” Paul had picked up from TheOnion.com.]

Solar Secrets from RA to NASA

When NASA revealed, in 2012, that it had identified portals called ‘X-Points’ that link the magnetic field of our planet to that of the sun in an uninterrupted path[i], there was little coverage in the mainstream media. Then a year later when scientist Vladimir Dzhunushaliev and his co-authors postulated that there were wormholes connecting our sun to other stars in the galaxy[ii] it likewise didn’t gain much attention. At the same time newspaper reports started

appearing of UFOs approaching the sun[iii], followed by a flurry of You Tube videos during 2013/2014 featuring strange activities around the solar rim[iv]. While we all acknowledge that life on earth could not exist without the light and warmth our sun provides, most would merely consider it to be a giant ball of fire with no solid surface, a body hostile to any life-form that got too close to it. But could we be on the verge of exposing the 'secret life of the sun?'

Our forebears on every continent held that their earliest 'gods' and kings had descended from the sun, with some believing the solar orb itself to be a deity. It may be tempting to dismiss the inventors of language and writing and the builders of the Pyramids, Stonehenge and other megaliths around the globe, as superstitious simpletons, but scratching the surface of old myths and legends can reveal lustrous gems of truth at their core. Considering our modern-day understanding that everything in our solar system, from the planets' stony soil and water to our flesh-and-blood bodies, has its origins in the sun, it's not merely poetic to state that we are 'children of the sun,' or that we belong to it. Seeing the sun in a new light, so to speak, poses challenging questions about our heliacal connection which address our true origins and ultimate destination.

□ Earthly life cannot exist without the sun – does it also nurture our psychic selves – is it the source of our vital life force?

□ Could the sun support fire-based life-forms as suggested by NASA researchers?

□ What's behind the recent surge in popularity of Sun-gazing, or 'Eating the Sun?'

□ Do other-worldly beings dwell on the sun and use the X-Points to connect to earth, and wormholes to reach other stars?

□ What is the nature & construction of the sun? Does this massive ball of plasma have a solid surface of iron?

- What do old religions & myths reveal about the sun and why were so many ancient stone monuments aligned to its movement?
- What do NASA and other agencies know about the 'highways to the sun?' Why are we observing so much UFO activity around it?

Solar Secrets

Can life exist on the sun in any form? According to the satirical website TheOnion.com, the answer is yes. Though written as a parody, and clearly not intended to be taken seriously, a story which appeared in 2013 spoke in a curiously believable way of "fire-based life forms" that have evolved in their own super-heated environment. Referring to a nonexistent study supposedly published by NASA, a fictional lead investigator Dr. Steven T. Aukerman wrote, "With a surface temperature of 10,000 degrees Fahrenheit and frequent eruptions of ionized gases flowing along strong magnetic fields, the sun is the first star we've seen with the right conditions to support fire organisms, and we believe there is evidence to support the theory that fire-bacteria, fire-insects, and even tiny fire-fish were once perhaps populous on the sun's surface." [v] In a curiously plausible way, the writers concluded, "there are numerous logistical, moral, and ethical questions to resolve before scientists could even begin to entertain the possibility of putting fire-people on the sun". [vi]

As strange as it may sound, there are serious researchers who think the idea might be more than a joke.

The Unseen Source

But isn't the sun just a gigantic gaseous ball of fire? No, there is much more to it than that. The 'gas model theory' of the sun began with Galileo, who observed it through a

relatively primitive telescope. Today, the Yohkoh, SOHO, Trace, RHESSI, Hinode, Stereo and Geos satellite programs give us new eyes and, thanks to the work of cutting-edge researchers combined with images obtained from NASA and Lockheed Martin, we know that Galileo was just seeing the photosphere, a liquid-like plasma substance made of neon that covers the outer layer of the sun. Below the photosphere is a denser stratum composed of silicon plasma, which in turn surrounds the rocky iron transitional layer. This hard and rigid ferrite surface rotates every 27.3 days. According to researcher Michael Mozina, "Dr. Charles Bruce and a number of other scientists have already demonstrated the electrical nature of the sun's activities and have put forth solid surface theories of the sun based on predictions that are supported by direct observation". [vii]

Our earth has very real connections to the sun, even if they are not visible to the human eye. The sun has its own atmosphere surrounding the photosphere, consisting of the chromosphere and the corona. It ejects solar winds and the charged ions of its plasma interact with our planet to shape our magnetosphere, under the protection of which life on earth has developed. Then there are those places where the magnetic field of earth connects to the magnetic field of the sun, which we will talk more about shortly. In addition, the very life force that animates us, known by some as Chi or Prana, has its origin in the sun. According to Indian lore, "(F)or our planetary system, the sun is the source of Prana. Likewise, in the course of Pranic healing, Prana may be most effectively availed of through the rays of our sun since the highest concentrations of Prana are found in sunlight. Prana is the life of oxygen. However, this life force is more subtle than oxygen. Just as photosynthesis occurs in plants, a bioluminescence occurs in our bodies through the focused absorption of sunlight whereby we inhale and ingest the salubrious rays of the sun through the medulla oblongata..."[viii]

Indeed, there has been a modern-day resurgence in the old Egyptian practice of sun-gazing. Practitioners, who generally stare at the sun for anywhere from a couple of minutes to half an hour in the evenings, say it provides nourishment and energy and facilitates physical healing as well as literal enlightenment of the consciousness. What is behind this re-awakening of our real connection with the sun?[ix]

The Sons of the Sun

Volumes have been written about the ancients who were alleged to have come down to us from the sun, with the Egyptian sun god Ra being most popularly recognized. The founders of most faiths that exist around the world today are accepted as being 'human': Moses and Jesus, the Buddha, Lao Tze and Confucius, Mohammed and Zoroaster are all considered beings of flesh and blood, while the beings who existed prior to the second millennium BCE are relegated to the realm of 'myth'. Nobody today discusses the historic personalities of Ra and Osiris, Apollo and Helios, Mithra and Sol Invictus or the Hindu Surya as being actual entities, because we have decided they must be allegorical rather than real characters. Someone we do accept as a living historical figure was the Pharaoh Akhenaten, who initiated sweeping changes to Egypt in the fourteenth century BCE and founded a mystical tradition that survives to the present day. He introduced monotheism and worship of the Aten, which he equated with the solar deity Ra, but elevated above the status of the previously revered 'small-g' gods.

Every subatomic particle and cell in your body had its source in our sun. The material nature of the universe is based on light and photons, while the cosmos has another non-material aspect to it – let's call it the 'celestial nature' – which is the intelligent life force. The former is the creation of the latter, which bursts into material existence via the stars. In our case that star is Sol, our father sun. This truth was

understood by Akhenaten but was not welcomed by his subjects, who abandoned the whole concept in favour of their preferred tradition of multiple 'small-g' gods after he died. We owe both our physical being and our intangible vital life force to the sun, which explains the unbreakable solar connection that many of us are re-awakening to in this post-2012 Aquarian age. The earth was formed by accretion out of the solar disc and we ourselves are made of solar matter. The father sun is the source of our heat, light and life. Might it be our destiny to return to it?

Highway to the Sun

In March 2015 NASA will launch four spacecraft called MMS (for Magnetospheric Multi Scale) whose mission will be to find the openings to portals connecting the magnetosphere of earth to that of the sun.[x] NASA already know that these portals exist and have dubbed them X-points, or electron diffusion regions, formed by the connection and disconnection of the two magnetic fields, explosively releasing energy via a process known as a magnetic reconnection. They do not reach right down to the surface of the earth, but open out tens of thousands of kilometres away in our magnetosphere, forming an uninterrupted pathway to the sun, 150 million kilometres away. Is it possible that physical spacecraft could be transported from the sun to a point so close to earth, in an instant? Many of these X-points are unstable and open up only briefly, while some are sustained and boast great yawning openings.

As noted by Arjun Walia on the 'Collective Evolution' website, "It's funny, because there is a lot of evidence that points toward the sun being a giant star gate for the 'gods' to pass back and forth from other dimensions and universes. [...] As far as scientists can determine, these portals aid in the transfer of tons of magnetically charged particles that flow from the Sun causing the northern and southern lights and geomagnetic

storms.”[xi] The MMS craft will be tasked with locating the portal entrances and giving us a three-dimensional view of the whole process.

NASA says these X-points are a fundamental process that occurs throughout the universe. “By studying reconnection in this local, natural laboratory, MMS helps us understand reconnection elsewhere as well, such as in the atmosphere of the sun and other stars, in the vicinity of black holes and neutron stars, and at the boundary between our solar system’s heliosphere and interstellar space.”[xii] So not only do we have a highway from the earth to the sun but also, they suspect, interstellar portals connecting our star to other stars in the galaxy. Author and researcher Chad Stuemke believes that we are now beginning to see the whole picture of cylindrical wormholes that connect stars to each other, with portals from our sun to earth and, most interestingly, to certain sites around the planet that act as gateways to these wormholes.[xiii] The location of these ‘sacred sites’ or vortexes and how to access them is the subject of various other studies and articles. It is worth considering here whether these wormholes might provide passage for UFOs that appear in our skies and also act as highways for non-human entities traveling between the sun and earth.

Solar UFOs, ETs and IDs

If carrying out an online search for accounts of UFOs coming from, or hovering around the sun, one is likely to be overwhelmed by the volume of information available. For a beginner, typical examples may be found in the archives of the website ‘UFO Sightings Daily’.[xiv] Over the past two years there have been an astounding number of videos posted to YouTube showing unidentified craft around the solar disc, some of which appear to have a tentacle-like connection to it, as if ‘re-fuelling.’ Seldom is the possibility considered that these

craft might have actually originated from the sun or that life-forms could live on the solar surface. We simply think it's too hot and inhospitable, so our observations are distorted by the limitations of our current knowledge.

This wasn't always the case. In the 2nd century, Lucian of Samosata first speculated about life on the Sun in his 'True History' and much later, in 1602, Tommaso Campanella wrote about a utopian solar civilization in 'The City of the Sun.' In 1795 William Herschel, the prominent astronomer who had discovered Uranus, published his essay 'On the Nature and Construction of the Sun and Fixed Stars,' describing his theory of populated societies living on the lower surface of the sun, surrounded by two layers of clouds. An opaque lower layer shielded the solar inhabitants from the heat and light of the glowing upper layer, thought to be similar to the earth's aurora. He speculated that dark spots on the sun were openings in its atmosphere and, as it turns out, this year we have seen pictures of the large square black hole near the sun's 'south pole.' [xv]

Is the phenomenon of unidentified mobile objects traveling to and from the sun a new one, or has it been going on for millennia but only come to our attention now by way of our modern technology? The most notable common feature of recent online reports is the sheer size of the observed craft: anywhere from 100km across to the width of earth. [xvi] To keep this in perspective, if a hollow sun was filled up with spherical earths, 960,000 would fit inside; if calculating actual volume and these earths were squashed in with no wasted space, then 1,300,000 would fit inside. Is it possible that the 'Planet X' postulated by the late Zechariah Sitchin could emerge from the sun itself at regular intervals, then return back to it? While many researchers and writers such as Sitchin, Eric Von Daniken and Giorgio A. Tsoukalos prefer to focus on the hypothesis that 'aliens' must be flesh-and-blood beings, a more insightful approach is the consideration of

other-worldly life-forms as inter-dimensional – ‘ID’ rather than ‘ET.’ The term ID describes any discarnate being whose energy field vibrates at a different frequency to our own physical bodies and does not exclude spirits, elementals or angels. In fact descriptions of angels by witnesses throughout history are quite often compatible with the terms ‘fire-body’ or ‘light-body’.

A Magnetic Re-Connection

Since pre-historic times humankind has built monuments that are aligned to the movement of the sun and religions worldwide have held, at their foundation and core, the sun and beings who descended from it: Ra, Aten, Sol, Helios, Perseus, Mithra, Surya, Ri Gong Tai Yang Xing Jun and Amaterasu. Noting the words of Plato in Laws 898E, “The sun’s body can be seen by any man, but his soul by no man,” the author David Fideler points out, “One thing we know for certain is that, in the Pythagorean and Platonic schools of Hellenistic Alexandria, the sun came to be regarded as the doorway linking together the sensible and intelligible spheres, the material and spiritual orders of existence.”[xvii] When Constantine installed Christianity as the official religion of the Roman Empire in the 4th century he incorporated much of Mithraism’s ritual into it, virtually making Jesus the ‘Son of the Sun.’ One of the seven Mithraic degrees aspired to was ‘Heliodromus the Sun-Runner’.

Solar archetypes appear to be imbued in our collective psyche. Worldwide historical legends attest to our heliacal origins and today there is a surge in accounts of UFOs, ETs and IDs coming from the sun, accompanied by speculation that they may be utilizing the X-points as portals. Our physical bodies, like all matter in our solar system, are from the one source – the sun. Do our ethereal bodies have their source in the spiritual sun? Universal mythology infers that humans are the

result of otherworldly beings genetically modifying primitive hominids and then breeding with them, followed by the fall of the Cro-Magnons who later regressed and interbred with the Neanderthals. The memory of this fall is embedded in the DNA of modern homo-sapiens and its product is behind the sprouting of so many religions who offer us the remedy of ascension. Were the 'gods' from the sun?

Obviously we cannot return to the sun in our physical bodies, even if we manage to locate the earthly vortex openings to the solar highways. Could our creators from the heliacal source be reaching out to us now as they have always done? The riddle posed by mystics throughout the ages is how to avoid endless rebirth by being born anew; how to experience death before dying. NASA may know the secrets of outer space, but we need to learn the secret of incubating our luminous solar bodies and that is the great challenge – a lesson we can effectively learn from our sun-running teachers and watchers, by looking back to the great solar disc and heeding the messages. It is our first small step on the sun that will be one giant leap for mankind.

“Ramses looked straight at the sun. The golden disc did not burn his eyes [...] Still the young monarch’s gaze remained fastened on the shining orb that lit up the firmament and created the day [...] The young king understood that he would never have anything to fear from the sun whose earthly incarnation he was. Communing with it, he would be fed by its energy.” Christian Jacq’s historical novel, RAMSES, The Temple of a Million Years (1998) p.194 Simon & Schuster Ltd.

FOOTNOTES:

[i] See
http://www.nasa.gov/mission_pages/sunearth/news/mag-portals.html#.VEicGckYjec

[ii] A number of his papers can be referenced at <http://arxiv.org/find/all/1/all:+AND+Vladimir+Dzhunushaliev/0/1/0/all/0/1> although a more user-friendly summary is found at <http://www.chadstuemke.com/article/connecting-with-the-wormhole/>

[iii] The Daily Mail 25 April 2012, <http://www.dailymail.co.uk/sciencetech/article-2134916/The-Icarus-spacecraft-Mystery-Nasa-sun-watching-satellite-captures-UFO-surfing-hellish-surface-sun.html>

[iv] On-line searches turn up many such videos, e.g.: http://www.wanttoknow.info/ufos/ufo_sun_nasa_video

[v] <http://www.theonion.com/articles/scientists-theorize-sun-could-support-firebased-li,34559/>

[vi] Ibid.

[vii] <http://www.thesurfaceofthesun.com/>

[viii] Quoted from <http://timesofindia.indiatimes.com/life-style/Life-force-energy/articleshow/7593991.cms>

[ix] For further information see the “Eat the Sun” trailer on You Tube <http://www.youtube.com/watch?v=ZM9iDdkKZ7M> and other linked items that appear beside it.

[x] <http://mms.gsfc.nasa.gov/>

[xi] See <http://www.collective-evolution.com/2013/03/08/nasa-discovers-hidden-portals-in-earths-magnetic-field/>

[xii] http://www.nasa.gov/mission_pages/mms/#.VFnBF8m0QgQ

[xiii] <http://www.chadstuemke.com/article/connecting-with-the-wormhole/>

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[xiv] Main page: <http://www.ufosightingsdaily.com/>, For a typical story see: <http://www.ufosightingsdaily.com/2013/09/wormhole-or-ufo-near-ours-sun-on-sept.html>

[xv] See A Square Hole in a Round Sun, <http://www.dailygrail.com/Forteana/2014/5/Square-Hole-Round-Sun>

[xvi] E.g. <http://ufosightingshotspot.blogspot.com.au/2013/10/giant-ufo-coming-out-of-sun-oct-24-2013.html>

[xvii] Jesus Christ Sun of God by David Fideler, Quest Books (1993) p.39

“Prepare for Higher States of Consciousness and Being”



"O Great One, everlasting considerate of our needs, Overseer and Taskmaster of mankind, look down upon us with compassion, and lay not too great a burden upon us. ... We prepare for a higher state of being, but bear with us, for sometimes we grow weary and falter at the task. ... We are entangles in a net of our own weaving. Let us, Your servants, look to You, the Great One, for aid. ...

"The Glorious Ones worship You with service and serve through following the words of guidance. Thus the earthbound spirits worship You. ... We are not as others, O Great One, for we know well that worship and devotion mean service and expended effort, not mere words and ritual." ~The Kolbrin Bible (SCL:25:12-14)

Preparing for a Higher State

"We do need to ask for God's help in achieving higher states of consciousness and in awakening our spirit and soul. Some people think thy can be spiritual without being religious. That may be true, but you cannot be spiritual without God and without seeking the help of God, the Angels, and the Beings of Light that dwell in the spiritual worlds with God.

"We are not perfect, and we need to understand that and admit

it. Positive thinking is great, but nobody seeks that which he believes he already has. We need to believe that no matter where we currently are on the scale of consciousness, there are higher states that we can achieve if we make an effort to do so. Yes, we will make mistakes and we will falter; we are human. When we falter, though, we must just try harder and seek the help of those higher beings who truly want to help, provided our goal is to develop our spiritual faculties and to help others do the same.”

[Read the complete blog post at Solar Wind.](#)

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“Higher Consciousness is the Answer to Violence”



“Each of us is an intellectual cosmos, linked to the world by what is lowest in us, but, by what is the highest, to the Divine Intellect: by all that is Intellective we are permanently in that higher realm, but at the fringe of the intellectual we are fettered to the lower; it is as if we gave forth from it some emanation towards that lower, or, rather some act, which leaves our diviner part not in itself diminished.” ~Plotinus

Higher and Lower

“Plotinus always uses “Intellect” when “Consciousness” would be a better choice to describe what he is talking about. Within us there is a very basic level of consciousness, a level that is shared with higher animals and deals mostly with the world of matter. It is the level that is likely to be competitive, greedy, self-centered, and egotistic. It is the level that is likely to result in irrational obsessions. It is on this lowest level of consciousness that terrorists and other violent people dwell.”

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“Spiritual Love is the Highest Love”



“This movement of renunciation brings—next phase in the unselfing [sic] of the self—a compensating outward swing of love; expressed under the beautiful forms of patience, ‘the tranquil tolerance of all that can happen’,’ and hence the antithesis of Anger; gentleness, which ‘with peace and calm bears vexatious words and deeds’; kindness, which deals with the quarrelsome and irritable by means of ‘a friendly countenance, affectionate persuasion and compassionate acts’; and sympathy, ‘that inward movement of the heart which

compassionates [sic] the bodily and spiritual griefs of all men,' and kills the evil spirit of envy and hate. ... By this energetic love which seeks not its own, 'all virtues are increased, and all powers of the spirit are adorned'; and Avarice, the fourth great mortal sin is opposed." ~Evelyn Underhill (with inner quotes by Ruysbroeck)

Outward Swing of Love

"There can be little doubt that love is the greatest of positive emotions. It is even more than that because love functions on levels other than just the emotional. Love exists on the physical, mental, psychic, and spiritual levels of our being. The greatest love of all, though, is that which occurs on the spiritual level of our being. That is because it is on this level that we achieve—if we are lucky and hard-working—that state of consciousness where we truly understand that while we are individuals, we truly are part of the whole. Even more, with spiritual love we realize that we are actually greater as part of the whole than we are as an individual; when we realize that a brick wall or a brick building is something greater than a random pile of individual bricks. This is not to say that accomplishment doesn't happen on the individual level, but that we accomplish the greatest things when we do it as a part of the whole rather than for our one self and our own ego."

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“Emotions and Higher Thoughts”



Consider some of the emotions, such as anger; hate; love, in its ordinary forms; jealousy; ambition; and the hundred and one other emotions that sweep through our brains. You will find that you are able to set each one of these emotions or feelings aside and study it; dissect it; analyze it; consider it. You will not be able to understand the rise, progress and end of each of these feelings, as they have come to you, and as you recall them in your memory or imagination. ... Don't you see that they are not 'you'—that they are merely something that you carry around with you in a mental bag. You can imagine yourself living without them, and still being 'I,' can you not? And the very fact that you can set them aside and examine and consider them is a proof that they are 'not I' things.” ~William Walker Atkinson

Emotions and Us

“There are two fallacies regarding emotions that the spiritual student must learn to stop believing. The first is that we are

our emotions and our emotions define us. The second is that emotionalism is the highest mental state and being emotional somehow makes us better than animals. Both of those claims are false, and Mr. Atkinson delves into the first in the quote.”

[Read the complete blog post at Solar Wind.](#)

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