

“Sunrise for All, Sunlight for All”



“When the sun rises in the morning, it rises for all, because it loves all. It is considerate to all beings—from the lowest to the highest ones—and that is why all eyes turn to it. But does the sun say to us that we have to enter it? It tells us only to make use of the benefits it is giving. And just as it illuminates the world, so should we shed light and enlighten those around us.

“The greeting of the sun is good for both the physical and spiritual life of man. The flow of solar energy is most powerful and invigorating at sunrise. ... The sun represents the Divine life that rises continually in the human Soul.”
~Beinsa Doumo

Sunrise

The sun does rise for all. It's light nourishes the weeds as

much as the corn and wheat, the dandelions as much as the roses. It doesn't pick and choose who to shine upon, it shines on all. There is a difference, though. The physical sun may shine on all, and all physical beings may benefit from its light and energy, though some may actually be harmed by it. On the other hand, the spiritual sun shines its higher frequency light on all as well, but only those who have raised their frequencies through spiritual practices can absorb its Light. For all others, that spiritual Light just passes right through them like water through a strainer.

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

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“Parallels in the Artist and the Teacher”



"Now the expression of vision, of reality, of beauty, at an artist's hands—the creation of new life in all forms—has two factors: the living molding creative spirit, and the material in which it works. Between these two there is inevitably a difference of tension. The material is at best inert, and merely patient of the informing idea; at worst, directly recalcitrant to it. Hence, according to the balance of these two factors, the amount of resistance offered by stuff to tool, a greater or lesser energy must be expended. ... You, accepting the wide deep universe of the mystic, and the responsibilities that go with it, have by this act taken sides once and for all with creative spirit: with the higher tension, the unrelaxed effort, the passion for a better, intenser, and more significant life. The adoration to which you are vowed is not an affair of red hassocks and authorized hymn books; but a burning and consuming fire." ~Evelyn Underhill

The Task of the Artist

I find it curious that many people seem to thin that the life of the artist is one of leisure, barely working at all, hardly exerting himself. As one who has dappled in art at various times throughout my life (oil painting, soapstone carving,

wood burning, etc.) I know there is considerable work involved in making art.

The task of the artist is to take raw material of some sort, and turn it into something else. Often, the goal is to make something beautiful out of something plain or ordinary, though it can also be to make a social or philosophical comment.

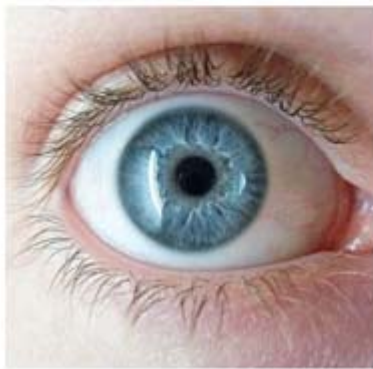
The Task of the Teacher

If you think about it, you can see that the task of the teacher, especially the spiritual teacher, is very similar to the task of the artist. The teacher takes someone raw, untrained, uncouth, and tries to improve him or her. In some cases, the teacher is only teaching a very limited subject, so the student isn't exactly transformed by the process, but is still changed in some way, hopefully for the better.

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

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“Ocular Transmission & Sun Gazing” by Paul Young



“A fact well known to the ancient mystical orders, but less commonly realized among the general public today, is that the eyes not only receive light rays and relay them to the brain, but also transmit energy beams. You can conduct a simple experiment to demonstrate this, by staring at a person some distance from you who is not looking in your direction, even when you are not facing one another. More than fifty percent of the time they will turn to look directly back at you. The more fixed your gaze, the greater the success. Planet Earth is basically a big electro-magnet, and the very substance of the material world we live in is itself a conductive medium. The human is the only mammal whose eye has the sclera, or white of the eye, which is probably an indicator that we are the only mammal capable of transmitting as well as receiving light energy.

“Back in the 1930s, Dr. Paul Brunton coined the term ‘Ocular

Radiation' for this phenomenon but, unfortunately, should you do an on-line search for this phrase today, it will most likely yield information about medical radiation treatment. A more apt title would be 'Ocular Transmission.' One way you can hone your skills in this practice is by focused contemplation. I first experienced the awareness of eye-gazing at a focused meditation conducted by the Brahma Kumaris at Ubud, Bali, in 2002. A group of about twenty people sat in a darkened room and focused on a pin-point of light on a neutral coloured wall in hour-long sessions. The Hindu Yogis called this gazing meditation 'Trataka.' The effect is to awaken the knowledge that the beams of energy travel in two directions, both in and out of the eyes. That the eyes are 'the gateway' or 'window to the soul' (Psyche) is an expression variously attributed to Shakespeare, The Gospel of Matthew, Herman Melville and Edgar Allen Poe.

"Recognizing that the human eye is not only a passive receiver, but also an active transmitter of radiation, is of great assistance in utilising our creative energy, by sharpening the focus of our willpower. It is said that this radiation consists of electricity and magnetism, the latter, of course, being the instrument of attraction. There is much information out there these days on the popular topic of 'The Law of Attraction (LOA),' and Ocular Transmission enables one to cultivate and achieve fixed attention, while the pineal receptor works in drawing the object of desire to oneself. It is advisable to first activate the line from the Intelligible or Solar Heart to the eyes before establishing your needs and wants, firstly because the Psyche, seated in the solar centre, is the best judge for what is right for us and, secondly, our aims have more chance of success if we believe in them 'with all our heart.' The reason why so many LOA practitioners fail in their attempts is they accept the validity of what their brain-based ego-self thinks it wants, when all the while there is a conflict going on at the subconscious level between the head and the heart. Passionate beliefs of the heart will

usually trump the capricious fancies of the brain.”

[Read the full article on Paul's blog at his web site
SolarAncestors.com.](#)

This article was first published in *New Dawn Magazine*, Issue #159 November/December 2016.

“The Healing Power of the Sun”



PHOTO: Stephan Fuelling

"I came across a brilliant article written by Marcus Julian Felicetti, which can be read in full at <http://www.mindbodygreen.com/0-5999/10-Healing-Benefits-of-the-Sun.html>. Following is just an excerpt from it:

"Atapa Snana is the yogic phrase for the healing science of Sun bathing. We live in a modern world that is bombarded with paranoid messages about how dangerous the Sun is. We should remember that the ancient yogis and many other cultures knew how to use the Sun to heal all kinds of illnesses, and bring about radiant health. In the West we also have a history of using Sunlight therapy that dates back to the ancient Greeks. It was called heliosis. Today, the name for Sunlight therapy is heliotherapy. We evolved as a human race ... under the warmth and love of the Sun."

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

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

contributed by Paul V. Young

“Soul Journey in the Material World and Beyond”



“We must understand that, while our Souls do contain an Intellectual Cosmos they also contain a subordination of various forms like that of the Cosmic Soul. ... They must have their provinces according to their different powers, parallel to those of the World Soul. ...

“Emancipated Souls, for the whole period of their sojourn there above, have transcended the Spirit-nature and the entire fatality of birth and all that belongs to the visible world. ... If the Soul returns to this sphere it finds itself under the same Spirit of a new, according to the life it is to live.

“The Universal Circuit is like a breeze, and the voyager, still or stirring, is carried forward by it. ... The vessel itself furnishes incident, tossing as it drives on. And the voyager also acts on himself in virtue of that individuality which he retains because he is on the vessel in his own person and character. ... This it is that constitutes destiny.”

~Plotinus

The Nature of the Soul

When Plotinus says that our souls contain an “Intellectual Cosmos”, he means that it is a cosmos which is intelligently guided, not that it is an intellectual in the sense that we use that word today. If it were, that would mean that “Soul” is just another word for mind, which it definitely is not. Yes, the Soul has intelligence, more than the brain-mind has, but it is spiritual intelligence; knowledge of truth, wisdom, Gnosis.

Plotinus says these Souls must have “their provinces” according to their different powers. In other words, just as our bodies and minds are individuals, so are our Souls, though perhaps not to as big a degree. Physically and mentally we may be very different and have many different, and even opposing, opinions on things. On a spiritual level, however, Souls are almost identical, but the slight difference is important. On a spiritual level, we may all have the same general mission, which is to return the physical universe and everything in it back to its original state of spirit (or Light, if you prefer), but when you get down to the details, we each have a specific mission, a specific calling, and we need to learn and understand what that is. Some of us may be destined to inspire with great spiritual art, others with spiritual writings, others by bringing spiritual sensibilities into business or politics, and so on. Just as we have certain aptitudes on the physical and mental levels, we have certain spiritual aptitudes and we should listen to our intuition with regard to that.

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

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“Everything Everything”

Affects



*“**Everything affects everything else.** Your life can be accelerated and made easier by other people doing good works and opening their hearts, even if they’re on the other side of the planet. Likewise, by clearing **your** clutter and pain, you demonstrate clarity to the world and provide an inner blueprint that others can frequency-match to make it easier to clear their own pain. Good works are incredibly powerful. “... When you withhold your energy and wisdom, sacrifice your self-expression, hesitate to move forward, or indulge in states like apathy and helplessness, you deny both yourself and others the benefits you all might receive from your unique kind of expression.” ~Penney Peirce*

Everything Affects Everything Else

Yes, everything does affect everything else, as well as itself. This is something we rarely bother to think about. If I go on a diet, for example, I am affecting sales at the supermarket by buying different food and less foods. If others do the same, the supermarket will change what it buys from suppliers. This in turn can affect what the farmer decides to grow. We are seeing this with the big switch to organics in the last year or so. First, you could only get organics in specialty stores, then only the largest supermarkets, and now even smaller stores often have some organic produce. This is affecting what the farmers grow, how much chemical fertilizer the chemical companies sell, and on and on.

If you watch the Weather Channel, or possibly other weather TV, you have likely seen one of those programs that show how a dust storm forming over the Sahara desert moves across Africa and into the ocean, where it might become a tropical storm, then a hurricane, and wreak havoc in Florida or South Carolina. You may have also seen Quantum Physics demonstrations of how a particle moved in one location can affect a twin particle in another.

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

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“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)

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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.

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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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