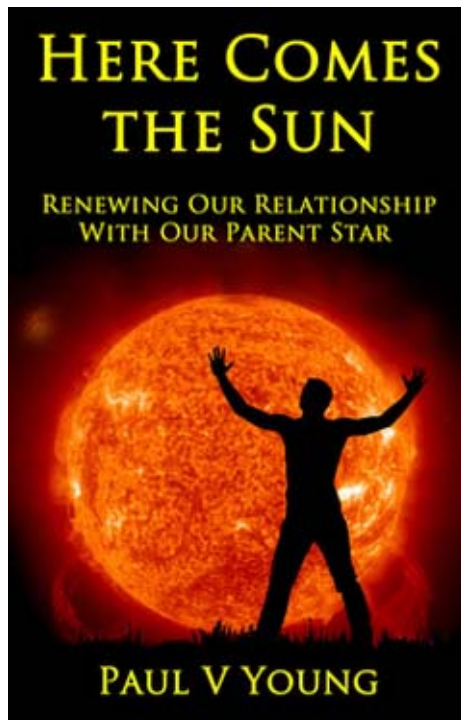


Here comes “Here Comes the Sun”!



Cover of the new book
“Here Comes the Sun” by
Academy Consociate Paul
Vernon

Academy Consociate Paul Vernon has just completed his second full-length book *Here Comes the Sun*. The book is available for sale in ebook and kindle format on the Smashwords web site, where you can read more about the new book and read a 6000-word sample for free.

[Visit the *Here Comes the Sun* page at Smashwords.com to buy a copy or read a sample.](#)

Here is how he introduces his new 40,000-word volume:

“It is time to see the Sun in a new light and elicit its secrets. Today there is resurgence in the practice of Sun-gazing, along with the therapeutic use of Sunlight and colour. While the Sun’s benefits in providing vitamin D and aiding in the healing of depression have been known for some time, there are new revelations in 2016 that it prevents myopia and slows its advance. It is less well known that human biology reacts in a very direct way to the rotations of our star. A number of prominent doctors have come out to publicly endorse the absorption of Sunlight in the human eye and skin, using common sense to avoid over exposure.

“In the scientific field during 2016 researchers are making new discoveries about the ways our planet is intimately connected to the Sun by invisible strings, and the real impact it has on our weather patterns and climate change. Quantum physics shows there may be corresponding connections on a different dimensional level that result in wormhole-type tunnels that bridge our earth to the Sun and beyond.

“Historically the star of our solar system has been honoured by the construction of megaliths such as Stonehenge and Glastonbury in England, Nabta Playa in Egypt and the Temple of the Sun in Mexico. Now alternative researchers believe there is evidence that solar power was harnessed and distributed in structures such as the pyramids and that giant obelisks such as the one at Abu Gurab were actually electrical transmitters. The concept and application of this fits perfectly with the theories of the 20th century genius Nikola Tesla. Great leaders in ancient Egypt, Greece and Rome were guided by mystical activities based on what may be called the solar sciences, and their traditions survive today within certain secretive societies.

“Authors such as James Redfield have suggested that the human body may be destined to evolve into what is known as a light body, and this is now supported by scientific research into matter being constructed of photons. Along with modern technology’s steps towards transhumanism and artificial intelligence, we are witnessing the emergence of a new breed of humans referred to as Indigo children and the Super Psychic kids. Modern day organizations such as Cosolargy suggest that the transmutation can be accomplished by the intake of the Sun’s rays. [emphasis added]

“Spirituality has a role to play in our reconnection with the sun and the technique of ‘Incubation’ as practised by the ancients, called the Way of the Iatromantis, provides an avenue in the pursuit of activating our light bodies and making the next evolutionary step. In rethinking our relationship with the Sun, we see a way forward into a future filled with light.”

[Visit the *Here Comes the Sun* page at Smashwords.com to buy a copy or read a sample.](#)

“Attributes of a Holy Child”



"How am I astonished that there is laid before me a Child, older than all things! His eye is gazing unceasingly upon Heaven. As for the stammering of His mouth, to my seeming, it betokens that with God in silence speaks.

"Who ever saw a Child the whole of Whom beholdeth every place? His look is like one that orders all creatures that are above and that are below! His visage is like that Commander that commandeth all. ... How shall I give nourishment to thee that nourishes all from thy table? How shall I bring to swaddling clothes One wrapped round with rays of glory? ... With Thee I will flee, that I may gain in Thee Life in every place." ~St. Ephraim the Syrian

Is this some kind of riddle? A baby older than all things? No, not a riddle but a statement of fact. This Holy Child is one who has his spirit and soul awake and since the spirit and soul are immortal, to look into the eyes of this Child is to

look into infinity, to look into truth.

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

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“Conscious Transmutation”

Spiritual



“This process of transmutation ... will involve the establishment within the field of consciousness, the making

'central for life,' of those subconscious spiritual perceptions which are the primary material of mystical experience. The end and object of this 'inward alchemy' will be the raising of the whole self to the condition in which conscious and permanent union with the Absolute take place and man, ascending to the summit of his manhood, enters into that greater life for which he was made. ...

"More than the apprehension of God, then, more than the passion for the Absolute, is needed to make a mystic. These must be combined with an appropriate psychological make-up."

~Evelyn Underhill

Spiritual Transmutation

The process of spiritual transmutation (or transformation) does result in changes in consciousness, the ultimate goal of which is "conscious and permanent union with the Absolute." That goal, however, is not one that is achieved overnight or even in one year. For most people, it takes a number of years to reach that level, so no one should feel that they have failed because they have not reached it after a year, two years, or five.

First, we are not all starting in the same place. Just as it is harder to walk from Los Angeles to Boston than it is to walk from New York to Boston, it is harder and takes longer to reach those spiritual goals for one starting the furthest from the goal. And even for several people starting in New York, they won't all reach Boston at the same time. Some walk slower than others. Some need to rest more frequently than others. Some get lost and wonder off the path for a time. So you can't go by what others achieve to determine where you should be on your spiritual quest. Just keep moving forward.

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

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PATH TO LIGHT: Stephan Fuelling



Around the time in 1979 or 1980 during my studies for my master's in physics in Aachen, Germany, I woke up in the middle of the night and 'knew' Isaiah 45:2 and that it was important. I had to wait until I went to my mom's house on the following weekend to look it up in our Lutheran family Bible, since I did not have a Bible in my apartment. I didn't go to church, although I was brought up Lutheran and went to Bible

school when I went to elementary school. The big churches didn't seem to offer what I was looking for. What I read then in our family Bible showed itself to be a significant message (New International Version):

Isaiah 45:1-4

1. "This is what the LORD says to his anointed, to Cyrus, whose right hand I take hold of to subdue nations before him and to strip kings of their armor, to open doors before him so that gates will not be shut:

2. I will go before you and will level the mountains; I will break down gates of bronze and cut through bars of iron.

3. I will give you the treasures of darkness, riches stored in secret places, so that you may know that I am the LORD, the God of Israel, who summons you by name.

4. For the sake of Jacob my servant, of Israel my chosen, I summon you by name and bestow on you a title of honor, though you do not acknowledge me.

(I printed it through line 4, since in the German Lutheran Bible the sentence starts from 2 and ends on line 4.)

Before I finished my master's in 1984, I met Prof. Reinhard Bruch in Freiburg, Germany, in 1983. He just received an offer for a tenure-track position at the University of Nevada-Reno and offered me the opportunity to be his first PhD student. I had traveled the western part of the USA together with my two brothers and my mother a couple of years earlier and knew the area. I had swum in Lake Tahoe then, and so I thought, "What an opportunity that may be!"

So I came to Reno in January 1985, and I received my PhD in physics in May 1991. I was working as a postdoc in Reno when I met Robert Roy, in 1992, who was a member of the International Community of Christ, Church of the Second Advent but didn't

press me to attend. We immediately became close friends. We shared a lot of interests—alternative medicine and spiritual themes. In 1999, after a nice evening with Robert and some deep philosophical and spiritual discussion, I drove home and just entered the intersection at Keystone Avenue and Seventh Street in Reno, when a thought entered my consciousness: “Be careful that your light doesn’t go out,” and all of a sudden the yellow sodium high-pressure lamps that illuminated the intersection went out and the intersection was all dark! I took that as a hint, and I attended service the next Saturday at the University Chapel! Soon, I would become a member. I attended the Sunrise Services at the Red Rock Consecrated Sanctuary and studied the solar techniques. Then I thought, “I should reread chapter 45 from Isaiah” to see if there is anything that relates to this church. And I could not believe my eyes: Chapter 45, verse 6 says: “So that from the rising of the sun to the place of its setting men may know there is none besides me. I am the LORD, and there is no other.”

Which is exactly what our community is about! We observe the sunrise and the sunset and take in the Sun. Then Isaiah 45:2 talks about tossing open the brass doors and breaking the iron locks. I puzzled over this for many years. I wondered whether there is a deeper meaning, especially the metal brass (or copper) and iron. What is going to get unlocked? Then our Music Professor, Gary Buchanan, from our Community gave me an explanation when I asked him whether he could see any relationship if one would consider that the metals are related to the planets (in alchemy and astrology); copper is related to Venus and iron is related to Mars. He wrote back, and here is what he had to say:

Stephan,

In analyzing ancient scripture we can always find several different meanings; e.g., physical, psychic, spiritual, etc. I usually look first for the Kabbalistic meaning. For example, the “five worlds” of Isaiah can also be the higher

realms of the Sephiroth Tree, etc.

In this 45th chapter from Isaiah, the verse 12: “Most Hidden of All Hidden” (in God’s Light) is the physical world. It receives only a fraction of the divine revelation, so to speak.

If Venus is brass and Mars iron, then for sure the “pentacle,” astronomically/astrologically, is the path Venus inscribes in its orbit. (I have attached the chapter from my book that addresses that ... beginning around page #350.)

In traditional interpretations of the chapter it is believed to refer to Cyrus the Great and Babylon – Iraq. Cyrus was the “brass man” with the “iron armies,” etc. The prophecy was also written 150 years before it actually took place; i.e., with the return of the Jews to Israel and the rebuilding of the Temple there/Solomon’s house.

Similarly, parts of our being have metallic symbolism ... and let’s not forget our seven mounts of metal at Red Rock Consecrated Sanctuary ... the seven-fold light, etc. The four “Masonic Elements of Masonic/Rosicrucian/Euclidean Mysticism” are gold, brass, iron, and silver.

Okay, so there will be a major transit of Venus on June 6, 2012 (Pentecost) 198 days before the Winter Solstice on December 22. The planet will pass directly over the face of the sun– thus introducing Isaiah’s “darkness,” only in actuality a heightened “Shekinah” effect on us as we do sunrise services. This, of course, will be the 50th, or Jubilee, year since 1962 when the Sun of Righteousness first appeared.

As the “morning star,” Venus is the appropriate marker of all great calendars, e.g., the Aztec, Mayan, Incan, Mayan, Babylonian, Egyptian, Chinese, etc.

The relationship of Venus and Mars during the June 6 to

December 21 period during 2012 is discussed at several web sites; e.g.,

<http://www.cropcircleconnector.com/inter2008/germany/Secklendorf/Secklendorf2008a.html>

<http://www.surfingtheapocalypse.net/cgi-bin/forum.cgi?noframes;read=209990>

Of course, on the solstice all the planets will be lined up with the sun and center of the Milky Way...which is "dark," but full of "treasures." So, this might be the "making of all lines straight," leveling the valleys, smoothing the waves, etc.

So, these are only a few of the things that come to mind this morning ... I am sure there are other details that could be mentioned.

Overall, Isaiah was talking about the coming of the Christ Light, in the Sun of Righteousness, as taught by the Essene Prophets at Mount Carmel. The esoteric symbolism has to be taken within the context of the solar teachings...the Light, first and foremost, no?

Love & Light,

Gary

(More on that subject in Gary's Cymatics book SONA, chapter 28.)

An interesting thing happened during one winter sunrise service. I stood next to Robert Roy, and I thought I should move my eyes up and down then left and right, etc., to imprint a cross on my retina, when the focused sunlight would 'write' on the retina. After the service Robert approached me and

said: "Did you see the sun today? It moved up and down and up and down, then left and right and left and right!" Then I told him that he must have picked up my exercise—quite amazing! I am not sure, but I think I had my self-made circular polarizing glasses on and possibly I mounted them the "wrong" way. They were supposedly to give left-circular polarized light but by mistake I mounted them wrong, when I took it apart and switched the quarter-wave plate around such that they were right-circular polarizing. Possibly the right-circular polarizing light is for "sending" and the left-circular polarizing light for "receiving." Although Robert did not wear any glasses, only myself, I can't recollect whether I was wearing my polarizing glasses or not and whether at that morning I had them mounted the other way. I didn't realize at the time but later found out that I had swapped direction of the circular polarization. I learned from the teachings of two aspects of the Sun's light. One is good; the other is "dark." I immediately related that to the two circular polarizing directions that light can have. Further I related that to the two Swastikas; the Nazis used the counter-clockwise turning, which I connected to the right-polarized light as we see it when it moves towards us. That is an ancient symbol and stands for the Moon and death, while the clockwise Swastika (left-circular polarized light) stands for the Sun and life!

Another interesting synchronistic event happened after I wrote to our late Head Bishop, Gene Savoy Sr., about how I thought of the workings of "intent" on synchronicity. I compared it with the spinning of a spider web. The strings are so fine, you can't see them. But overnight dewdrops collect on the fibers, and when the sun rises, you suddenly see the spider web with its sparkling dewdrops! Two weeks later I came by Hans Frischeisen's natural foods and vitamin store, Everlasting Health, in Reno. A "life coach" there was giving free Tarot card readings. I thought this might be amusing, and I went to see her. I told her how I thought the Tarot card reading works. I told her it is a "dowsing system" (an

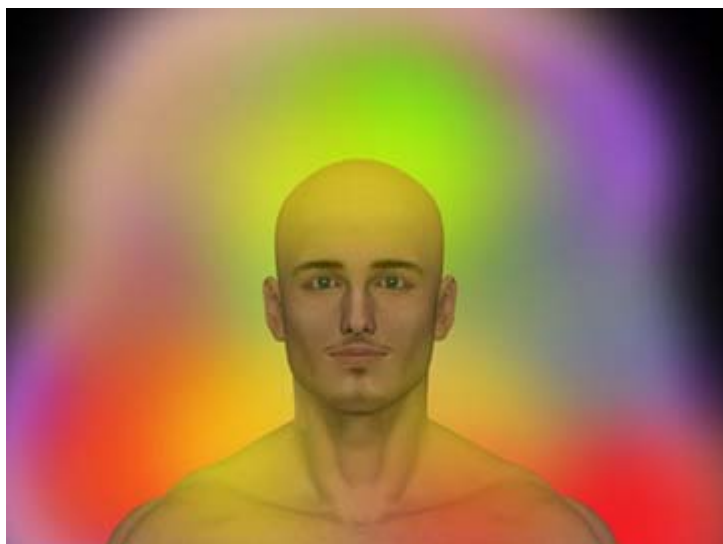
expression I learned from dowzers, who use a method to “program” their dowsing rod or pendulum); it works through intent and synchronicity. It requires a random event, so here the random drawing of Tarot cards from a mixed card stack. One poses a question; best even if one writes it down. Then one draws the cards and the meaning of the cards give you a meaningful answer because of synchronicity. So I picked seven cards and on two of them was the spider web with the dewdrops in the morning sun! I had to laugh – sometimes the synchronicity shows its kind of humor!

Just before the Venus crossing the Sun in June 2012, I became worried that maybe these “bronze gates” could open, since according to another myth, about 40 demons were locked up in the Sun. Then a strange number of synchronistic events happened. A colleague of mine, Prof. Jim Henson, Dept. of Electrical Engineering, asked me whether I would give one or two lectures about fusion and fission, to which I agreed. I asked a colleague from the Physics Department, Prof. Ron Phaneuf, who had given lectures about this subject, if he had any material that he could share with me, which he did. He gave me a long Power Point presentation about fission. The first slide showed Pandora’s Box, an ancient Greek myth about a woman that was given a box by the Gods where demons were locked up. But the Gods also made Pandora very curious, so she could not resist and opened the box to release these demons. When she closed the box again, all the demons were gone, but hope was the only thing left in the box. When I read about this myth, which I did not know about, I suddenly realized that it may have something to do with the demons locked up in the Sun and the upcoming Venus crossing. I got a little worried. Then I encountered the words “Pandora’s Box” several times—I saw it as part of a Windows installation, while watching an antivirus program displaying names of files it was checking. I saw it on TV, on car radios at the electronic outlet store BestBuy (it is all related to the Pandora’s Internet music service), and the final event was during an

emergency faculty meeting that was about a graduate student failing the exam for the second time; her advisor wanted her to pass. To continue our meeting, we had to move from the department conference room downstairs into an unoccupied classroom (classes were over for the semester). When the discussion was heated up, our Russian colleague, Prof. Victor Kantsyrev, who sat in front of me, turned around and said with great sincerity right into my face in his Russian accent: "If we allow this student to pass, then we open Pandora's Box!" And I froze instantly...

Well, the June Venus crossing came, my son Phillip and I watched it on Interstate 395 at the end of Washoe Valley, and it was an exciting moment! But other than that, nothing happened. So, again, my mental focus created these events, and they manifested through synchronicity.

"Movement, Vibrations, and Spiritual Frequencies"



“The great Third Hermetic Principle—the Principle of Vibration—embodies the truth that motion is manifest in everything in the Universe—that nothing is at rest—that everything moves, vibrates, and circles. This Hermetic Principle was recognized by some of the early Greek philosophers who embodied it in their systems. ... The teaching are to the effect that Spirit is at one end of the pole of vibration, the other pole being certain extremely gross forms of matter. Between these two poles are millions upon millions of different rates and modes of vibration. ... Science teaches that all matter manifests, in some degree, the vibrations arising from temperature or heat. ... Then all particles of matter are in circular movement, from corpuscle to suns.”
~The Kybalion by The Three Initiates

Movement

When we look at things on one level only, we see a rock that is standing perfectly still while the jogger runs past it. We think one is moving, the other is not, but actually both are moving. The rock is not moving the same way as the jogger, but it is moving. The rock is made up of atoms that all have electrons spinning around them, but that is not the only

motion taking place. The rock is, much like the jogger that ran past it, constantly vibrating. Nothing can exist that does not vibrate. And what we see, hear, and feel around us will vary depending on our own frequencies of vibrations.

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“Awakening to the Infinite Light”



“The light of the infinite spirit came down to feeble nature for a short time until all of the impurity of nature became void, and in order that the darkness of nature might be exposed. I put on my garment, which is the garment of the light of the majesty—which I am. I came in the appearance of the spirit to consider the whole light, which was in the depths of the darkness, according to the will of the majesty, in order that the spirit by means of the word might be filled with his light independently of the power of the infinite light. And at my wish the spirit arose by his own power. His greatness was granted to him that he might be filled with his whole light and depart from the whole burden of the darkness. For what was behind was a dark fire that blew and pressed on the spirit. And the spirit rejoiced because he was protected from the frightful water. But his light was not equal to the majesty. What he was granted by the infinite light was given so that in all his members he might appear as a single image of light. And when he arose above the water, his dark likeness became apparent. And the spirit honored the exalted light: “Surely you alone are the infinite one, because you are above every unconceived thing, for you have protected me from the darkness. And at your wish I arose above the power of darkness.” ~ The Paraphrase of Shem

The Power of the Infinite Light

“It is said that when the realm of matter was created as an automatic reaction to the deeds of the fallen angels, God took pity on the poor creatures of matter found in the place. To make it possible for that realm to be redeemed, God sent His Great Infinite Light into the world to form spirits in all being and to form souls in the higher beings, us humans. Another variation makes more sense to me.”

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“WE Don't Lose Anything with Spiritual Development”



“Each new stage achieved in the mystical development of the spirit has meant, not the leaving behind of the previous stages, but an adding on to them; an ever greater extension of experience, and enrichment of personality. So that the total result of this change, this steady growth of your transcendental self, is not an impoverishment of the sense-life in the supposed interests of the super-sensual, but the addition to it of another life—a huge widening and deepening of the field over which your attention can play. Sometimes the mature contemplative consciousness narrows to an intense point of feeling, in which it seems indeed ‘alone with the Alone’: sometimes it spreads to a vast apprehension of the Universal Life, or perceives the common things of sense aflame with God.” ~Evelyn Underhill

Development of Our Spiritual Faculties

“Some people fear that the development of their spiritual faculties will mean giving up their material life. Other fear that knowledge gained through years of study in material schools will be lost and replaced with the spiritual and mystical. This is simply not the case.”

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“The Rhythm of Cycles”



“The great Fifth Hermetic Principle—the Principle of Rhythm—embodies the truth that in everything there is manifested a measured motion; a to-and-from movement; a flow and inflow; ... a pendulum-like movement; ... There is always an action and reaction; an advance and a retreat; a rising and a sinking; manifested in all of the airs and phenomena of the Universe. Suns, worlds, animals plants, ... mind and matter, yes, even Spirit, manifests this principle. This principle manifests in the creation and destruction of worlds; in the rise and fall of nations; in the history of all things; and finally in the mental states of Man.” ~Three Initiates

The Need for Cycles

“So many people misunderstand the principles of cycles and much of our difficulties are caused by our failure to recognize this principle. In order to breath, you must inhale and then exhale and repeat that cycle over and over. You can’t just breath in constantly because your lungs can’t hold all that air. Even if they could, the exhale serves more than to release the used air from which most of the oxygen has been removed, The exhale is a cleansing thing that helps remove certain toxins from the body.

“Back when electricity was being developed as a power source, Thomas Edison favored direct current which flows in one direction only. Tesla favored alternate current which moves in both directions in cycles. While direct current is easy to use (think batteries) its major problem is that it can’t travel far. If we had followed Edison’s plan, we would have direct current generators every few blocks supplying just a small area. Tesla say that alternating current could be used over much greater distances and it is the method we adopted.”

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“Fantasy, Egotism, and Their Effect on Spiritual Growth”



“The Lord dwells in the souls of the humble; but shameful passions fill the hearts of the proud. Nothing so strengthens these passions against us as arrogant thoughts, and nothing uproots the evil herbs of the soul so effectively as blessed humility. Hence humility is rightly called the executioner of passions. Let your soul be free of evil fantasies and illuminated with thoughts of what is truly noble. Remember constantly the saying, ‘a self-indulgent heart becomes a prison and a chain for the soul when it leaves this life; whereas an assiduous heart is an open door.’ Truly, when pure souls leave the body they are guided by angels who lead them to the life of blessedness. But unclean and unrepentant souls will be taken in charge by the demons.” ~The Philokalia

Humility VS Egotism

“It seems today that a majority of people have embraced a world where the bigger your ego and the more grandiose your passions, the better person you are. Such people become celebrities, business leaders, and even run for president. Then we wonder how we ended up with a world where the one percent owns almost everything and the rest of us are, to all practical purposes, their slaves.

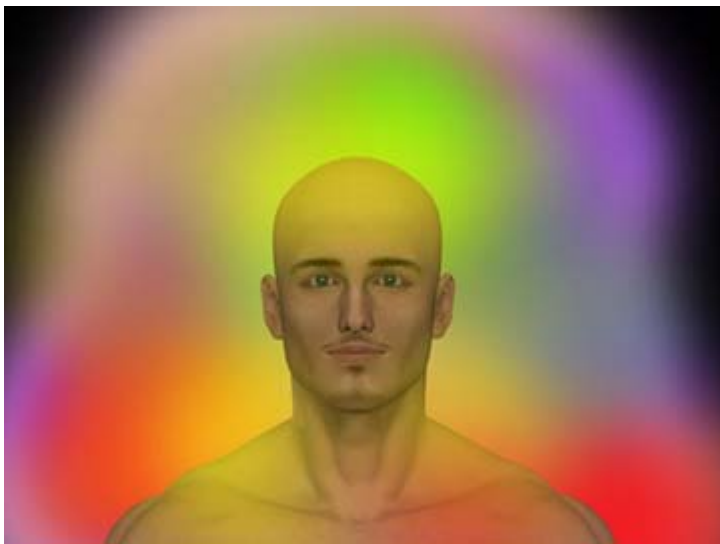
“On the other hand, there are those spiritual teachers and spiritual schools that not only say that humility is better than egotism, but that the ego must be utterly destroyed if we are to make any spiritual progress at all. A few years ago, a friend suggested I read the books of a currently very popular writer on the subject of being spiritual. I got about a third of the way through his book and gave up. He seemed to be saying only one thing on every page, but with slightly different words: the ego is completely evil and must be totally eliminated.

“The truth is somewhere between those extremes, but leaning more toward humility, at least if you want to get serious about developing your spiritual faculties. We don’t want to destroy ego because it gives us drive, it gives us the desire to accomplish things. Rather than destroying the ego, it needs to be controlled and governed by an awakened and developed spirit and soul. If you visit certain parts of the world, you can find many people with a great deal of humility, but because they have virtually destroyed their egos, they accomplish nothing, and have no desire to accomplish anything, including saving their own souls. Obviously, that is not the best way to do it. Develop humility, but don’t destroy the ego in the process, just keep it in check. Don’t let ego hold you back as in the illustration on this post.”

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

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“Three Levels of Mind in Man”



“Next in order, above the Instinctive mind, is what we have called the Intellect, that part of the mind that does our reasoning, analyzing; ‘thinking,’ etc. You are using it in the consideration of this lesson. But note this: You are using it, but it is not You, any more than was the Instinctive Mind. ...

“The third, and highest, Mental Principle is what is called the Spiritual Mind, that part of the mind which is almost unknown to many of the race, but which has developed into consciousness with nearly all who read this. ... All the great thoughts and idea float into the field of consciousness from

this part of the mind. All the great unfoldment of the race comes from there. ... His [mans] knowledge of the great occult truths reach him through this channel.” ~William Walker Atkinson

Three Mind and Thought Levels

“Mr. Atkinson doesn’t specifically connect these three levels of the mind with the brain, but he seems to imply it. In that, we in Cosolargy disagree with him. The Instinctive and the Intellect are together what I call the brain-mind to show the relationship, but the spiritual mind is part of the spirit, that part we call the soul. And it is not surprising that it is unrecognized and unused in most people because it is dormant when we come into the physical world, and must be awakened to be used.”

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

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