

“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."

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"Dealing With Causation"



"Every cause has its effect; every effect has its cause; everything happens according to law; chance is but a name for law not recognized; there are many planes of causation, but nothing escapes the law" ~The Kybalion

"The principle of Cause and Effect embodies the truth that law pervades the universe; that nothing happens by chance. ... The underlying principle of Cause and Effect has been accepted as correct by practically all the thinkers of the world worthy of the name. To think otherwise would be to take the phenomena of the universe from the domain of Law and Order, and to regulate it to the control of the imaginary something which men have called 'chance'. ... But a little consideration will show you there can be no such agent as 'chance, in the sense of something outside of Law. ... The existence of such a Something would render all natural Law ineffective." ~Three Initiates

Causation

For many centuries, nearly all people have accepted cause and effect as a real thing. When a mining crew or construction engineer sets dynamite in a location to blow up a rock, he can be reasonably certain that the explosive will cause the rock it is under to explode. It won't cause a random rock somewhere

else to explode. It won't send out streamer of confetti instead of exploding. It wont turn the rock into an elephant. It's predictable. It follows laws, specifically the law of Cause and Effect (or causation).

Some have interpreted recent findings in the field of quantum physics as denying the law of causality, but I think this is a misinterpretation. What I have read doesn't say that an effect does not have a cause, it says that a single event can be both a cause and an effect of another event. This, according to quantum theory, is because linear time is not real, therefore a future event can be the cause of a past effect just as easily as it can be the cause of a future one. So if an event seems to be an effect for which no cause can be found, it is possible that the cause simply hasn't happened yet.

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“The Mystic’s World and

Experience”



“The mystic assumes—because he tends to assume an orderly basis for things—that there is a relation, an analogy, between the microcosm of man’s self and the macrocosm of the world-self. Hence his experience, the geography of the individual quest, appears to him good evidence of the geography of the invisible. Since he must transcend his natural life in order to attain consciousness of God as essentially transcendent to the natural world. His description of that geography ... will be conditioned by his temperament, by his powers of observation, by the metaphor which comes most readily to hand. ... The so-called journey itself is a psychological and spiritual experience: the purging and preparation of the self, the movement to higher levels of consciousness, its unification with that more spiritual but normally unconscious self which is in touch with the transcendental order.” ~Evelyn Underhill

The Mystic’s Experience

“While the details of the awakening spiritual faculties of

mystics may vary, the overall method doesn't. Underhill does make a good point in that how the mystic describes that experience to others will vary depending on his education, background, religion and beliefs. It is like many catholic miracles where an angel or Being of Light appears to someone, but because of their beliefs and theological upbringing, they see as Mary. If the same spiritual being appears to a Jew, a Hindu, or an atheist, what that person will say she saw will be very different."

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**"Thoughts and Feelings are
Things and Can Effect Us"**



“The student must work his way upward to the realization that his thoughts and feelings are as important for the world as his actions. It must be realized that it is equally injurious to hate a fellow being as to strike him. The realization will then follow that by perfecting ourselves we accomplish something not only for ourselves, but for the whole world. The world derives equal benefit from our untainted feelings and thoughts as from our good demeanor ... We must admit that our every feeling produces an effect, just as does every action of our hand.” ~Rudolf Steiner

Thoughts and Feelings are Things

“If we are to be successful as a spiritual student, we must get away from the idea that thoughts and feeling are insubstantial things and can’t hurt anyone, because it is a false belief. I think most of us are smart enough to know that our spouses or mothers would rather be slapped than told they are fat, ugly, and you hate them. But it isn’t even necessary to voice negative thoughts and feelings for them to do harm.”

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“Solar Beings, Solar Life”



"Some secret orders have taught that the sun was inhabited by a race of creatures with bodies composed of a radiant, spiritual ether not unlike in its constituency to the actual glowing ball of the sun itself. The solar heat had no harmful effect upon them, because their organisms were sufficiently refined and sensitized to harmonize with the sun's tremendous vibratory rate. These creatures resembled miniature suns, being a little larger than a dinner plate in size, although some of the more powerful are considerably larger. Their color is the golden white light of the sun, and from them emanate four streamers of Vril." ~Manly P. Hall

Solar Beings

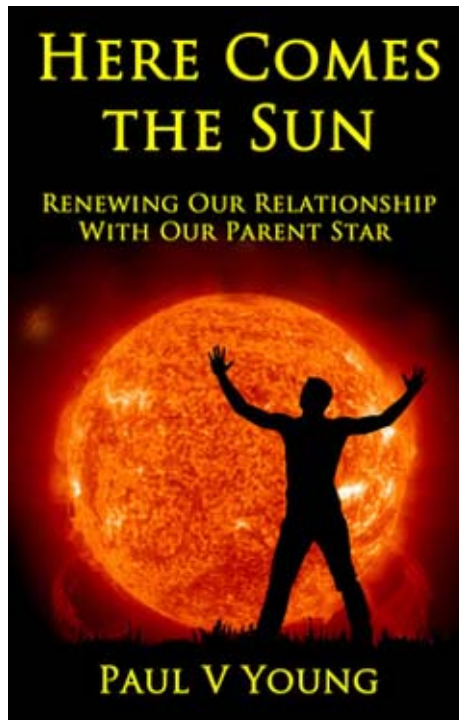
It is curious that Mr. Hall seems to always refer to this solar beings in past tense, as if they have all died or all belief in such beings has disappeared. Neither is true. Solar Beings have not dies off and there are those who believe in them in various forms. Yet, what Mr. Hall says about them is probably not true.

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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.](http://Smashwords.com)

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.

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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.

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