

Kundalini Yoga and Solar Techniques



PHOTO: sandywoodsfarm.org

Is preparation for sun gazing one of the reasons for the art of Kundalini Yoga? Is sun gazing an unrevealed, lost, or hidden aspect of that yoga? Here are some examples that hint that that might be so:

Morning Sadhana—it is an important aspect of Kundalini Yoga. It begins at three every morning and continues until sunrise,

consisting of group (or individual if a group is not available)

chanting of the Adi Shakti mantra, considered one of the, if not the, most powerful mantra of Kundalini Yoga.

*Ek Ong Kar A
Sat a Nam A
Siri Wah He Guru*

An abbreviated Sanskrit meaning of these words is “There is one Creator whose name is Truth. Great is the ecstasy of that Supreme Wisdom!” The Adi Shakti mantra represents divine feminine creative power, agent of change, cosmic existence, its most significant form being the Kundalini Shakti, dependent on no one, yet interdependent with the entire universe. This mantra is designed to awaken the kundalini force within.

Why chant a powerful mantra relating to the feminine, which relates to fire, which relates to the sun, with the intent to awaken the kundalini, at dawn?...hmmmm...

Here is another reason Kundalini Yoga seems to be a preparation for sun gazing. Many of the Kundalini Yoga kriyas (techniques) are focused around strengthening and balancing the navel center, or solar plexus. The yogis believe the solar plexus is important because it is where we received nourishment before birth. When that connection is severed at birth, the sustenance assumes a more subtle form: The Divine Mother, or “energy of the universe,” empowering us through the navel/solar plexus center. In Kundalini Yoga instruction, it is taught repeatedly “When our Navel Center is strong and balanced, we can access a power source awesome in its magnitude.” What would that power source be? Might it be the sun? Hmmmmmm....

There is a strong pulse beneath the navel. Ideally this should be felt under the umbilicus. If this pulse is displaced, many

chronic problems can ensue.

So, they say, a strong navel center is considered to be a prerequisite for the attainment of the long-term benefits of Kundalini Yoga. Maybe they consider it important to strengthen our solar plexus, not only to build stamina and stay healthy but also so we can take in and make use of the sun's energy more efficiently.

Here is another example that might relate to morning sun gazing. There is a Kundalini Yoga practice done upon rising every morning to make sure the eyes are clear from the night's sleep. Yogis are instructed to do this by gagging themselves with their finger or toothbrush until their eyes water. They are also to cough up phlegm caught in the "monkey glands" (whatever those are); all this would keep the yogis healthy, including preventing their eyes from getting cataracts.

Preparation to sun gazing was not mentioned in the Kundalini Yoga teachings, but might it have been included in the teaching at one time? It might be worthwhile to investigate the possibility that Kundalini Yoga is related somehow or is a way to prepare a person for sun gazing.

Marie Fritz

May 27, 2015

"A Shift in Perception"



"Imagine that you could shift your perception a hair to the left or right and the world of form would dissolve into a world of light and energy. You'd be walking around encountering varying densities of energy and levels of light that you would recognize as your car, or a happy person, or a sick dog, or rain. You'd be walking on energy a little denser than you, which you's recognize as ground, through a porous energy you'd know as air. You'd feel the waves of an upcoming meeting or event long before you became involved in it. If you placed attention on an idea, it would dance and develop and interact with you, right in front of you, like an animated cartoon becoming real. ... If you can imagine this reality, you're on your way to activating the next Intuition Age attention skill: practicing unified field attention."

~Penney Peirce

"The shift in perception described by Ms. Peirce shouldn't require using our imagination since what she is asking us to do is see reality, but for most of us, it does. We can't see the world in the way she describes without using our imagination, even though what she describes in the quoted section is not imaginary at all, but the reality that hides

under the outer layer of illusion.

“Occasionally, a person does develop the ability to see the world as it really is, and what happens to such people varies widely. Fortunately for Francis of Assisi, when he became spiritually awakened while watching a sunrise from his sickbed and started seeing things differently, I think that what he saw is something close to what Peirce describes.”

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“Communion With the Spiritual Worlds”



Fractal Mind series. Abstract composition of human head and fractal colors suitable as element in projects related to mind, dreams, thinking, consciousness and imagination

So we will go straight to St. Teresa, and inquire of her what was the method by which she taught her daughters to gather themselves together, to capture and hold the attitude most favorable to communion with the spiritual world. She tells us ... that the process is a gradual one. The method to be employed is a slow, patient training of material which the license of years has made intractable. ...

The real mystical life, which is a truly practical life, begins at the beginning; not with supernatural acts and ecstatic apprehensions, but with the normal faculties of the normal man. 'I do not require of you,' says Teresa to her pupils, 'to form great and curious consideration in your understanding, I require of you no more than to look.'

It might be thought that such looking at the spiritual world, simply, intensely, without cleverness, ... was the essence of contemplation itself; and indeed one of the best definition has described that as a 'loving sight,' a 'peering into

heaven with the ghostly eye.' ~Evelyn Underhill

"The two major things St. Teresa says is generally accepted in all real spiritual schools. First, becoming spiritual, becoming enlightened, is a process, not a single event (with a few, very rare, exceptions). It is a process that is gradual and takes years to accomplish. You don't become enlightened by simply joining a church or spiritual school anymore than you become rich by buying the latest issue of *Forbes* magazine. You have to follow the teachings of the spiritual school regularly and you will progress gradually until you can truly claim to be enlightened."

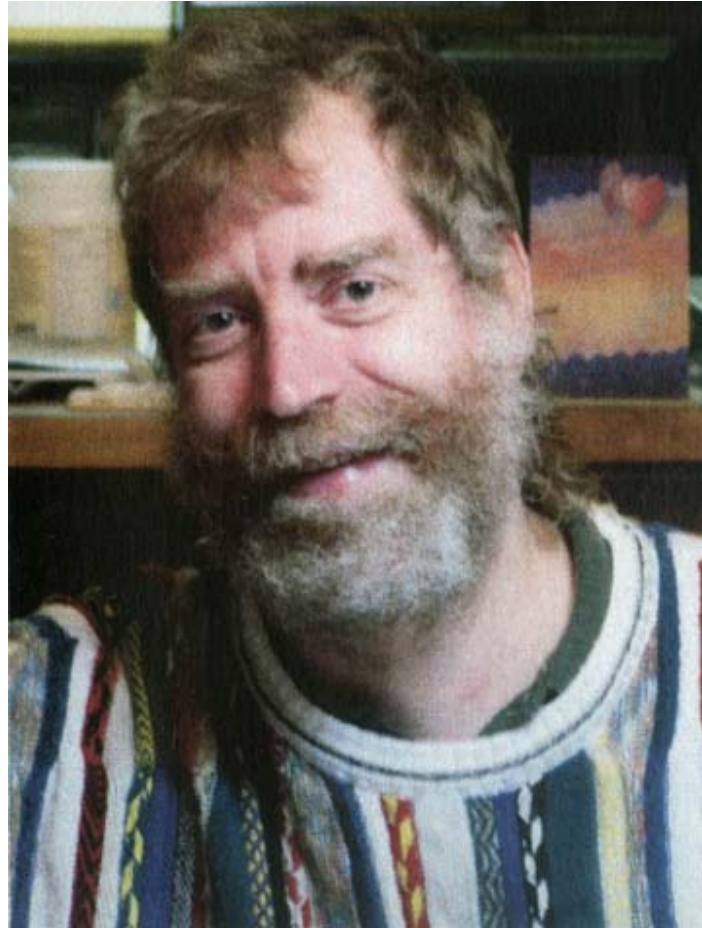
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PATH TO LIGHT: Russell Ault

Jr.



Russell Ault Jr in 2007

Consociate Russell Stewart Ault Jr. (January 7, 1954–June 18, 2015) passed away unexpectedly on Thursday, June 18, at Pardee Hospital in Henderson, North Carolina. A self-employed accountant by profession, he also worked part-time in the Distance Learning Center at Blue Ridge Community College. Russell first applied to the Academy Program in 1985 and remained an active member of the Academy until 1989, when his financial and personal situation forced him to discontinue his affiliation with the Community until 2007. In that year Russell again enrolled in the Academy to complete the program and remained a Community member until his passing in 2015. The

following account of Russell's "PATH TO LIGHT" is drawn from his own words shared with us in 2007:

From the late 1970s through the 1980s, I pursued spiritual studies through the Rosicrucian Order (AMORC), Astara, and ultimately Cosolargy International. I discontinued my studies when I married, because my wife (now ex-wife) did not support my seeking and meditation practices once finances became tight. But I still meditated 20–30 minutes each day, attended weekly dharma sessions at the local Buddhist hermitage, and studied the Holy Bible frequently.

Of all the religions known to me, mystic Christianity and Buddhism appealed to me most throughout my life. I was brought up Southern Baptist and had no problem following the beliefs of that church until I entered college. In college I started asking questions of the Baptist preachers and Sunday school teachers. Their responses typically quoted various Bible verses that did not answer my questions. I had read the entire Bible carefully by that point. And to my mind, the Bible gave examples of how each person could behave to become a more fully realized human being; however, I found that most Protestant Sunday sermons seemed to imply that emulating Jesus's behavior was an unreachable goal. The conclusion of the Protestants was to worship Jesus so he would be an intermediary between one and God instead of using one's entire heart, soul, and mind to discipline oneself to become like Jesus with the goal of beholding God "face to face." That was my path of worship.

For me, the most helpful teachings of Buddhism were from the hermitage in my local community. The two Buddhist abbots held discussions on "Western" Buddhism. Their lessons were true to the teachings of the Buddha, but their practices did not include the long chanting and formal observance that are prevalent in Eastern Buddhist temples. The two abbots were ordained in both the Theravada and Mahayana traditions, but they discussed the truth given by all the great masters and

welcomed seekers from all spiritual traditions. The discussions they led and the meditative practices they taught were intended to assist individuals to watch their behavior and improve their reactions bit by bit over time. The wisdom they gave was intended to be practical and for the purpose of helping individuals free themselves from destructive emotions so that they could walk in peace in day-to-day life.

I also became interested in learning more about the Seventh-Day Adventist Church and Islam. Some of the seminars offered by the Seventh-Day Adventists that I attended revealed the incredible research they have conducted into the Christian scriptures, especially those that relate to prophecy. Where the prophecy given in one place in the Bible was unclear, the Adventists found verses in other parts of the Bible that quite plausibly explained the metaphorical language of the unclear prophecy.

I knew little about Islam—only that Muslims believe that Muhammad did not start a new religion but attempted to restore the proper teachings that were given first to the Jews and then to Christians. Both of these groups had distorted the true interpretations of their scriptures. With the large number of terrorists justifying their violent actions on the Koran, I was interested in learning more about Islam if for no other reason than to be informed about the second-largest religion in the world. And I knew that most Muslims found Islam a religion that teaches peace and unity, not war.

The beginnings of my search for higher truths began when I was a senior in high school during the 1970s. I had picked up a copy of *Test Your ESP* by Martin Ebon, even though I had no idea what ESP (extrasensory perception) was. Once I found out, I wanted to learn more about using the higher faculties of my mind.

The second mystically oriented book I acquired was written by one of Edgar Cayce's sons. The book discussed the psychic

experiences of many people. The author found that many intuitive people were confined to mental institutions, perhaps because they were unable to cope with their gifts. Of course, back then there were many fewer individuals with knowledge of psychic matters so those who were overwhelmed by their psychic senses often did not receive the help and understanding they needed. The book also briefly mentioned how one could meditate and get in touch with these higher realities by using safe techniques.

The following year I went off to college. In addition to studying for my college courses, I was determined to learn more about the potential that one's mind could actualize. I reread the Bible, now looking more closely at the numerous examples of seekers reaching transient states of higher consciousness and then being inspired to write about their experiences of Divine Love and sometimes to write prophecy on what one should do or avoid doing.

The search was not easy. The ministers I spoke to about these topics were at best not sure how to respond to my questions and at worst would warn me that any investigations in these areas amounted to devil worship. This latter response hardly seemed true to me since the major prophets in the Bible had the mystical experiences about which I wished to learn more, and they were definitely worshiping God. I finally decided to expand my search to groups outside the Southern Baptist tradition.

Fortunately, many spiritual groups had formed in the town where I attended college. When I joined some of them, I noticed how applying their techniques helped me as well as how other members of the organizations grew (or not) through their practices.

In 1982 I made a trip to India to meet the leader of the social service and meditation group Ananda Marga. At that time, the leader, Prabhat Ranjan Sarkar, wanted his followers

around the world to come to Calcutta to meet him. While there, a number of these travelers, myself included, visited Nepal with the special intention of going to the Monkey Temple in Kathmandu.

In 1985 I made a trip to Egypt with Astara to meditate in the King's Chamber of the Great Pyramid and to visit various energy centers in that country.

In 1988 I traveled to China with a t'ai chi instructor and a number of his students to visit Wuhan Mountain, where t'ai chi had originated, as well as other locations relevant to the origin and practice of t'ai chi.

My quest came to a sudden end in 1992 when I married a woman who claimed spirituality and meditation were extremely important to her; however, within a year of the marriage, she had changed her actions and spent most of her time in front of the television set instead of continuing her artistic crafts and direct contact with nature. Her constant complaints about finances led me to spend more time working and to eventually drop out of the spiritual groups I had joined.

A few years later she left me, but the divorce and property settlement were not finalized until 2000. During that time I joined no mystical groups but continued to meditate on—my own at first, but after 2006, with the Buddhists who had moved into the area. I also attended a few seminars sponsored by the Seventh-Day Adventists.

Initially I felt that these organizations were enough to remind me of the ancient wisdom that had been given thousands of years ago and to help me grow spiritually. However, by that time things were not as they had been before. Ever since I had first encountered Cosolargy in the 1980s and heard how important our Sun was to not only our physical lives but also to our spiritual lives, I had been monitoring the unusual events taking place on the Sun.

Solar Cycle 23 was supposed to have attain its maximum in mid-2000, but the maximum continued for a few years longer. The intensity of the solar flares had also been at unusually high levels. From my findings, there seemed to have been more X-class flares (the most powerful class of flare) during the first few years of this millennium than during any period in the past. The general consensus was that global warming was due primarily to increased greenhouse gases around the Earth created by human technology; however, this belief did not explain why the Martian polar ice cap was melting at the same time as those on Earth. Nor did this belief explain the increased energy of the atmospheric storms on Jupiter and Saturn. What if global warming were due to the increased energetic output of the Sun? The next Cycle, the 24th, was predicted to be 30–50 percent stronger than its predecessor. And the peak of the Cycle was predicted to be in the auspicious year 2012.

Another major event that would happen in the year 2012, according to several reports, was the crossing of our solar system over the galactic plane, an event that happens twice every 62 million years. This period is about equal to that of the alautun cycle, the longest cycle of the Mayan calendar. Some authors stated that the Mayans believed 2012 to be the year that time was to end and then restart again (although I had found one author who reported that the current cycle would not end until October 12, 4772). I considered that crossing over the galactic plane could be a time when the Earth would encounter more meteor strikes since there could be more debris floating in the region of the galactic plane than is usually found in our solar system; this could pose a new risk that Earth had not faced in recorded history.

I also considered that as the Earth was crossing the galactic plane and heading toward the northern side of the galaxy, its inhabitants might encounter ever increasing amounts of light–electromagnetic radiation—in the form of cosmic rays

coming from a large group of galaxies in the direction of the constellation Virgo. The DNA of all living creatures might be damaged or transformed. In fact, a study of 500 million years of fossil data, which was published in Nature in 2005, indicated that the greatest risk of extinction occurred every 62 million years.

All of this might be relevant to the dawn of the new cosmic age spoken of in the Teachings of Cosolargy, I thought. If nothing else, this information provided fuel for my quest for truth, using both my brain, when researching data from the physical sciences, and my intuition, when contemplating information from mystical sources.

Even though I had developed my brain to process immense amounts of information and had attempted to develop my intuition as well, I still felt the need to really awaken my consciousness.

What I had not found was a system of spiritual transformation that incorporated information of the great changes in the energy coming to all people on the Earth as well as practices to use these ultradimensional forces to activate the higher centers in sincere seekers. And that is why I wished to again enroll in the Academy of Cosolargy to learn the spiritual disciplines and to be of assistance to others in these changing times.

Russell Ault Jr, 2007

“Seek With the Soul, Not the

Head”



Search for the Paths. But, O Lanoo, be of clean heart before thou startest on thy journey. Before thou takest thy first step learn to discern the real from the false, the ever-fleeting from the everlasting. Learn above all to separate head-learning from Soul-Wisdom, the ‘eye’ from the ‘Heart’ doctrine.

“Yes, ignorance is like unto a closed and airless vessel; the soul a bird shut up within. ... But even ignorance is better than head-learning with no Soul-Wisdom to illuminate and guide it. The seeds of Wisdom cannot sprout and grow in airless space. To live and reap experience the mind needs breadth and depth and points to draw it towards the Diamond Soul. Seek not these points in Maya’s realm; but soar beyond illusion, search the eternal and the changeless ... mistrusting fancy’s false suggestions. ~H. P. Blavatsky

“It is hard to find truth when one accepts fantasies as real. We live today in a world where a judge has said in court that a so-called news network is under no obligation to tell the truth simply because they call it news. We hear candidates for the Presidency of the United States making the most outrageous statements, which they never back up with facts, yet thousands follow them and applaud their excellent use of fantasy in their campaigns. We have one infallible scientist telling us one thing, and another such expert telling us the exact opposite. And then, of course, we have the very wealthy who can say whatever they want and then pay some ‘expert’ to swear to it.”

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

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contributed by Harold Boulette

Sunbow over Japan



On Friday, May 22, 2015 the country of Japan was umbrellaed with a sunbow display that lasted virtually the entire day. Hundreds of people across the country submitted pictures of the phenomenon to local Japanese newscasts.

On that same day, another little known and unusual event took place prior to the appearance of the sunbow. At 4:30 am, shortly before sunrise, about 30 people from Australia, Canada, Ireland, Japan, and the U.S. gathered at Lake Biwa for a Sunrise Celebration. Lake Biwa is the largest fresh water lake in Japan, located 51km NE of Kyoto.

The sunrise gathering was embellished with music and chants from three different cultures and an early morning Japanese dance in traditional dress. During all the music and chants, the friendly appearance of two large hawks (4ft wingspan) circled above the celebratory gathering for a little more than 10 minutes.



Shortly after sunrise, a sunbow began to take shape and within a half hour a double bow fully encircled the sun. Everyone at Lake Biwa saw this spectacular display unfold. Soon after, countless people across the entire country began to notice, photograph, and share this wondrous event.

Photophones clicked, and clicked, and shared, and clicked. Thousands of people tipped their gaze to look skyward. This continued through the entire day. Everyone was noticing. It was as if the sun was casting a rainbow of kisses over the land. But before the sun would set for the day, one more and probably the most interesting thing took place: On that day across Japan many people saw and many people reported that Lake Biwa appeared within the face of the solar orb. And it was not just the outline or the shape of the lake, but Lake Biwa was superimposed on the sun.

"The hawks were spectacular. They were amazing. They took more than ten minutes from their morning to circle and prance above us all as we celebrated and greeted the morning sun.

"A bit later, these flying creatures began doing this really incredible thing. They would scout the shoreline and select a particular type of discarded tree branch. These special branches were noted by little pieces of bark hanging loosely from the wood. So the hawks would gather these branch pieces, fly over the lake, and drop them onto the water, where the branch would float, with the dangling bark below the surface. Not long after, fish would surface to nibble on the bark phalanges. These hawks would then skillfully swoop down and lift the unsuspecting fish from the water; all as a result of their cleverly devised 'lures'. "— Amanda Buchanan

report by Michael McIntyre

Mastering Self



The student must himself give birth to a new and higher man within himself. This higher man now becomes the inner ruler who directs the circumstances of the outer man with sure guidance. As long as the outer man has the upper hand and control, this inner man is his slave and therefore cannot unfold his powers. If it depends on something other than myself whether I should get angry or not, I am not master of myself, or, to put it better, I have not yet found the ruler within myself. I must develop the faculty of letting the impressions of the outer world approach me only in the way in which I myself determine; then only do I become in the real sense a student. And only in so far as the student earnestly seeks this power can he reach the goal. ~Rudolf Steiner

“Can you imagine someone who has a brand new Ferrari and, instead of driving it, has it towed by a donkey like an old wooden cart? The idea is ridiculous, isn't it. Yet that is to a large degree how many of us live. We have something very powerful within us: a greater self, a superman, but we leave

him locked up and unused. We have a Ferrari, but we never take it out of the garage. We have a treasure chest full of gold, but we leave it buried in the back yard and live in poverty.”

< [Read the entire blog online at spiritsun.net.](http://spiritsun.net) >

by Harold Boulette

Crop Circles Resemble Phosphenes

Dream, Vision, and Paranormal Experience Forum: July 2015

This is your forum to share higher-level experiences in Cosolargy through the images of your dreams and visions. All postings are anonymous. Send in verbal descriptions and, if you have them, drawings or paintings.

The primary value in these postings is simply to allow others to see that people do have relevant or meaningful dreams and visions. Another value is to see if others find that the dreams and visions we post are similar or identical to their own. This is why we ask for your comments.

Dreams are communications from the unconscious mind and sometimes the higher self. Some are simply compensation for attention directed elsewhere during the day; some are indications of bodily processes, and some help us work through

conflicts. Occasionally, they communicate information from higher realms and thus have more than individual value.

As Cosolargists, we are learning to navigate higher realms. Dreams are part of these higher realms. The Worlds of Light, the realm of spirit, sometimes breaks through to the psyche and gives us information. What breaks through deserves our attention and analysis. In this section of the Community Communique, we offer Community members a forum for sharing their dreams and visions for the edification of the Community and themselves.

Vision No. 3 “Crop Circles Resemble Phosphenes”



Crop circle in wheat field photographed on Martinsell Hill, Wiltshire, England July 19, 2009 PHOTO: temporarytemples.co.uk

Above is a picture of a crop circle similar to what I have

seen behind closed eyes after viewing the sun using the “clock system” described in COSOLARGY PAPER 1: *Introduction to The System*.

I know media says crop circles are made by a couple of guys in the night, but real evidence proves otherwise. I have photographed and have eye-witness documentation of National Geographic making phony crop circles for their television special that de-bunked the phenomena saying they are ALL phony. Some are phony, most are not.

With all that in mind...a lot of the crop circle pictures I have seen are similar to many symbols and geometric shapes that I see after gazing at the sun behind closed eyes.

< [Follow this link to other pictures of crop circles](#). >

Marie Fritz

The Mystic Path to Ultimate Knowledge



Retro styled poster with
all seeing eye and pyramid

The mystics, again, are, by their very constitution, acutely conscious of the free and active 'World of Becoming,' the Divine Immanence and its travail. It is in them and they are in it: or, as they put it in their blunt theological way, 'the Spirit of God is within you.' But they are not satisfied with this statement and this knowledge; and here it is that they part company with vitalism. It is, they think, but half a truth. To know reality in this way, ... this is indeed, to know it supremely from the point of view of man, ... but it is not to know it from the point of view of God. ... Thus the skilled spiritual vision of Lady Julian, transcending the limitations of human perception, entering into harmony with a larger world ... saw the all enfolding Divine Life. ~Evelyn Underhill

"Whether you call them mystics, adepts or Gnostics, their ultimate goal is more than just a connection with God and with all creation, it is to experience being God. That is not to

say that we are God, as some egotistical philosophies state, but that we are part of God and, under the right circumstances, and after sufficient training and experience, we can join with God so completely that for a time we will not recognize ourselves as anything but God, all of God with all the power, all the knowledge, all the experience, and yes, all the responsibility because God does feel responsible for what he creates and does not just create random crap (the fallen angels, or devils, do that).

“This is not a state achieved by many, even in the greatest mystery schools and Gnostic communities, at least not during their time on the material plane of existence. But those who head down the path of enlightenment while they are still in physical form will find that one they leave this plane they can continue on that path.”

< [Read the entire blog online at spiritsun.net.](http://spiritsun.net) >

by Harold Boulette

Prepare Yourself For Life in the Light



This we say to the Brilliant One, the Guardian of Goodness: The departed one has not walked with ignorance; he has not been slothful in carrying the burden of his duty. He has not been swayed by passions of the body; he has not despoiled the house of another; he has not caused undue sorrow, nor has he maltreated a child for pleasure. He has succored the poor and weak; he has done all that is good; therefore, let none of Those Who Lurk in Darkness seize him. His radiant light is strong; those who would seize him are repulsed by the light and slink away. He lives; he lives forever. ... He has been refined in the furnace of tribulation, he has overcome all earthly temptations. He has lived the life which enhances goodness; he has prepared himself for life in the light. Receive him, O Brilliant One! ~The Kolbrin Bible SCL:1:32-33

“A wonderful prayer to say at a funeral, but what really matters is being worthy of this prayer. The prayer is essentially asking that this person who has died be allowed into Heaven, into the realm of Light. This immediately tells us two things: Not everyone gets to go to Heaven simply because he has physically died. That would mean that murderers, rapists, and criminals and diseased minds of all sort would be in Heaven. If that were true, Heaven would not be paradise, would not be the highest level, it would just be hell. So heaven is only for the worthy. But who are the worthy?”

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by Harold Boulette

