

Dream, Vision, and Paranormal Experience Forum: September 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. 4:



I have had quite a few experiences while solar gazing. I have also used the phosphene eyelid technique; however, I'm not sure what it's called, but it has to do with the solar cross image within my eyes. I don't know how many are aware of this experience, and I am not using the correct terminology regarding this, nor do I have access to the Academy series that describes this event. I have always been very reluctant to discuss this event, as I have discovered that it is not all that common, so I am at a loss for words.

I have never before tried to explain my solar experiences to anyone. I have called the a disk, but my preceptor referred to it as an orb. I could not find the text of *The Cosolargy Papers* that explains this event, but in the back of my closet I found a book titled *GLOSSARY: Lectures on Metaphysics, Philosophy, and Mystic Theology; with an Exposition on the Spiritual Orders of Antiquity*, volume 1 (Lectures 1-12). Scanning through it I read of the geometric figures, and in a paragraph on transmutation there was a reference to the solar orb, which "assumes varied geometric forms that communicate to the observer, this being a subjective experience that conveys knowledge...."

In a very bare-bones explanation (without relating my emotional or spiritual experience), I will tell you that two years after joining the Community, I was told in a dream to view the noontime sun through the leaves of a tree for several minutes for the next two or three days. On the second day I felt this burst of energy in front of my open eyes and perceived a very brilliant light that assumed the form of the sun orbiting in front of my eyes.

Over the next four months the orb/disk began to settle down into a manageable image in front of my open eyes. I asked what symbol it was that I was seeing. On Christmas night while sitting in a darkened room, I realized the spinning disk had

slowed. So I concentrated on it, and it stopped in front of me. And I realized it was the image of the Cross of Cosolargy. It then began spinning until it became the solar disk that I had referred to earlier, which I still see today but in different figures. In September 2008 many brilliant symbols appeared before my open eyes, and since that time it appears that the cross has become somewhat different. Another event that occurred in August 2008 happened when I walked out the front door and glanced at the setting sun. I turned away, and a bright light flashed. When I turned back to the sun, it was a brilliant, flaming red ball, and I heard myself pray in a foreign language. I blinked and the brilliance was gone. There are also other events that I am coming to recognize as significant visions in my life.

I have also experienced the images of the phosphene techniques (pressing on the eye lids), and I have seen within my closed eyes for the first time the image of a bright sun in both eyes, then later the image of a bright sun in the right eye and a dark, star-sprinkled sky in the left eye. I assumed, since I had seen this later, that I was seeing in the right and left side of my brain simultaneously.

I have been reluctant to speak about this event, because in September 1984 I had attended a Convocation in Reno and mentioned this sun disk after having observed Sunrise Services, and no one said one thing to me in response so I did not mention it again, but I also have to relate that I felt intuitively not to speak of it until now.

In regard to what I am now beginning to comprehend was my grand experience in the sun, I am overwhelmed by this "vision," as I refer to it.

During the years since I first noticed the spinning disk, I had not reflected upon it. All I saw at that time was the Community Cross; however, since 2008 other geometric designs have appeared to me—all at one time in a darkened room. And

over time they began to rotate and seemed to meld in my head.

In the past few weeks, I have been seeing the solar orb and cross surrounded by a large white ring with symbols, which itself is surrounded by a dark reddish ring with rays coming from it. It appears quite suddenly and crosses my vision at the same time the solar cross is spinning. I do not understand this. I can't understand at this time what it all means, but it seems to be evolving. (Since then, as these events have appeared, I have found again in my dresser the set of archetypal symbol cards, each with a different symbol of the sun.) When I can catch a better look at it I will share this.

M.J. May

“The Wormhole of Evolution”

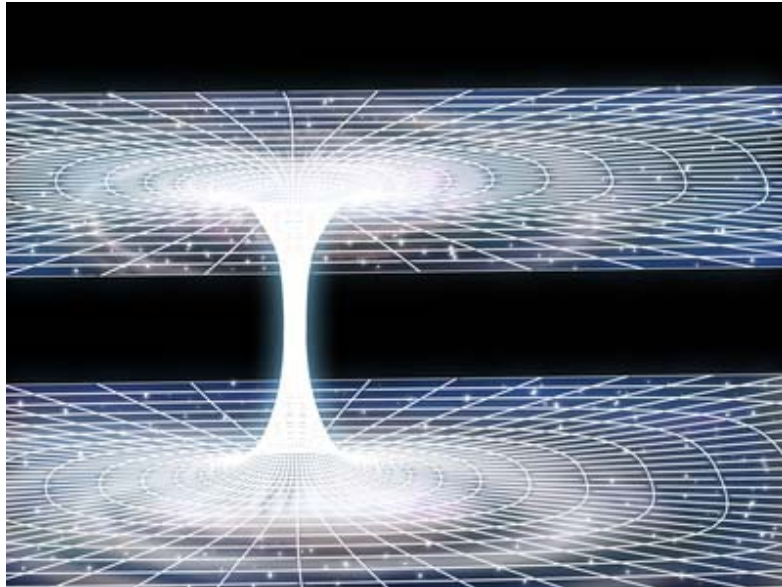


Illustration of a wormhole ripping
its way through outer space

"On the outgoing arc of evolution Initiation is performed by contact with the life of a swarm on the returning arc. Thus Initiation enables the Initiate to cut across the arc of evolution, and to obtain the reactionary capacities by sympathetic induction, instead of the lengthy process of experience.

"The function of Initiates on the outgoing arc is to enable their swarms to adapt themselves more speedily to the conditions of a newly achieved plane, because they have acquired some concept of the nature of these conditions."

~Dion Fortune

"I had not thought of spiritual development in quite this way, but it is an interesting approach. In Science Fiction and Fantasy novels, we hear of worm holes often and scientists are taking the idea more seriously these days. Ms. Fortune is saying that the spiritual Initiate, the mystic or adept, is creating a kind of wormhole on a spiritual level. This wormhole allows one to move from the downward path to the

upward one, to reverse direction on the path of spirituality and consciousness.

“In Fortune’s theory, there are, in a sense, two kinds of “evolution” happening simultaneously. She explains it in details over several chapters, but for our purposes we can simplify it to one downward path, more appropriately called “devolution” and an upward path of true evolution.”

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

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“The Most Wondrous Light”



Oh Light of all Lights,
May Your Divine Word speak to our hearts.
Oh Splendor of all Splendors,
Open wide the gates of Your Life upon
This corpuscent world, and heal your children.
Bring us back to thee, Oh Mighty Breath of Life.

May Thy Light and Love strengthen us
As we shine forth upon this Earth,
This we pray as we find fulfillment in Thy infinite Fountain
Of Divine Grace and Light. Through Your Word,
Most Bountiful Illuminator, and the intercession of
All those most wondrous bearers of your Christ Light.
We give you our Eternal Thanks.

Mary J. May
2006

“Earthly Wisdom VS Divine Wisdom”



Way to heaven. Resurrection concept, empty grave.

“Though thou lovest the Earthly Wisdom now, yet when thou shalt be clothed upon with the Heavenly Wisdom, then wilt thou see that all the wisdom of the world is folly; and wilt see also that the world hates not so much thee, as thine enemy, which is mortal life. And when thou thyself shalt come to hate the will thereof, by means of a habitual separation of thy mind from the world, then thou also wilt began to love that despising of the mortal life, and the reproach of the world for Christ’s sake. And so shalt thou be able to stand

under every temptation, ...” ~Jakob Boehme

“It is understandable that when the material world is all one knows, he finds many things to love in that world. You can hardly expect people to be anything but materialist when all they are taught in the schools is the material world (not that I am suggesting we teach spirituality in state-run public schools, but they should at least acknowledge that there is more than the low level of matter to the complete universe.)

“Boehme says that we will lose that love of matter and materialism once we have been, “clothed with heavenly Wisdom,” or, as we prefer to call it, Divine Wisdom or Gnosis. He is correct in saying that, but the statement can be misleading.”

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

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“The Solar Triad”



“In his Hymn to the Royal Sun, the Emperor Julian gives a theory of the triad which is almost identical with that of the illuminated Swedenborg. The sun of the divine world is the infinite, spiritual and uncreated light, which is verbalized, so to speak, in the philosophical world, and becomes the fountain of souls and of truth; then it incorporates and becomes visible light in the sun of the third world, the central sun of our suns, of which the fixed stars are the ever-living sparks. The Kabalists compare the spirit to a substance which remains fluid in the divine medium and under the influence of the essential light, its exterior, however, becoming solidified, like wax when exposed to air, in the colder realms of reasoning and of visible forms.” ~Eliphas Levi

There are many sacred triads including the well known Christian one of three Gods in one. The quoted passage is about another one that is of great importance to us: the triad of the sun or Light. This triad consists of the physical sun, the spiritual sun, and us because we are greatly affected by the sun.

Science completely agrees on the importance of the physical sun to life on Earth, but go no further than that. Like the foolish ship's captain who sees only a small part of the iceberg sticking out of the water and refuses to believe that there is even more of it hidden below the surface, the scientist can't accept anything his material tools can't measure as real, so he simply ignores them.

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“Cosmic Equilibrium”



Yin and Yang fantasy with the angels
on the clouds

"The forces of the Cosmos tend to maintain equilibrium compensating each other, nevertheless, at irregular intervals, conditions which require compensation, and these give rise to varying degrees of irregularity to the movement of Great Entities, and hence to the presence of positive evil, sin and disease within their spheres.

"The Cosmos itself has to strive to attain adjustment at the commencement of each phase of its evolution, and the irregularities which occur before adjustment is effected. ... Cosmic evil is a limitation, an opposition, and is the prime condition of manifestation. For without limitation, finiteness, there can be no manifestation, and without death or discarding of the outworn, there can be no progress. These elements then of Cosmic opposition are always present in a manifested universe." ~Dion Fortune

"The forces of the material universe need to maintain a balance or the whole thing may fall apart like a house of cards caught in a sudden gust of wind. But maintaining the

equilibrium continuously is a difficult, and possibly impossible, job. Things do get out of balance in areas and may seem to say that way for quite a while to us humans, but to Nature, correcting such difficulties in twenty, thirty, even fifty years is like the blink of an eye. It may seem to us that things are regularly out of balance, but such imbalances do get corrected over time."

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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."

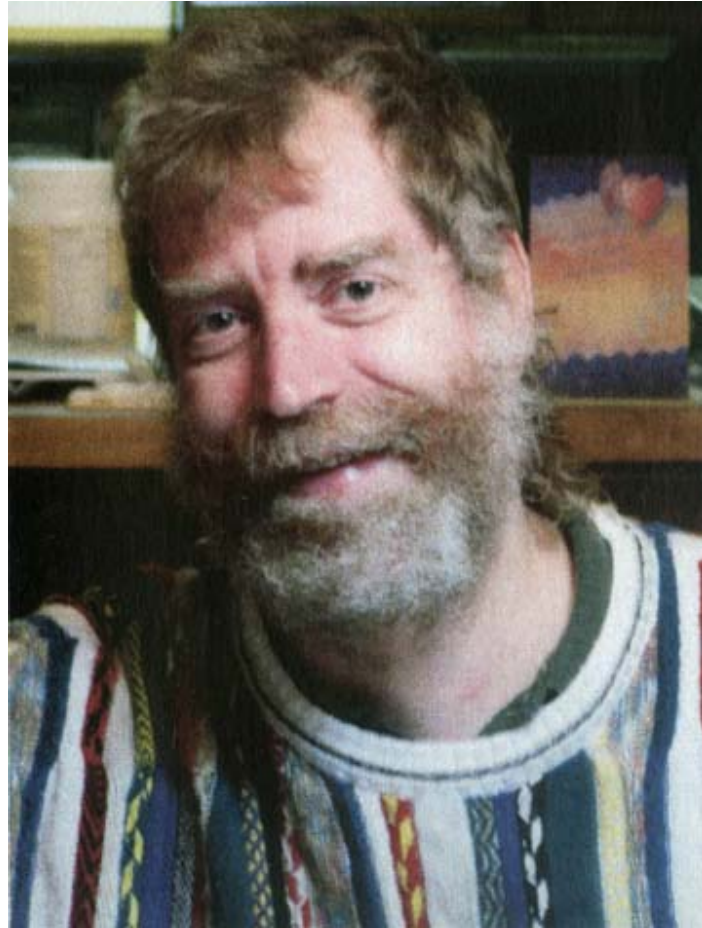
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PATH TO LIGHT: Russell Ault

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