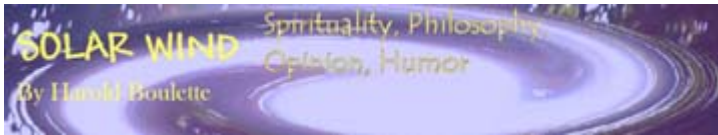


“Self-Control for Spiritual Growth”



“A clear rule for self-control handed down by the Fathers in this: stop eating while still hungry and do not continue until you are satisfied. When the Apostle said ‘Make no provision to fulfill the desires of the flesh’, he was not forbidding us to provide for the needs of life, he was warning us against self-indulgence. ... If we avoid avarice not only by having no money, but also by not wanting to have any, this leads us toward purity of soul. Freedom from anger, from dejection, self-esteem and pride also contributes to purity of soul in general.” ~The Philokalia

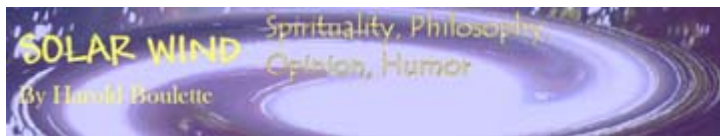
“Self-control isn’t about denying the needs of the body and mind, but rather denying the whims and desires. We all practice self-control to some degree, but if we are pursuing a spiritual path, it is important that we control our desires and whims even more.”

< [Read the entire article online at Solar Wind](#). >

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<http://blog.spiritsun.net/> >

contributed by Harold Boulette

“It Takes Practice”



“We have already agreed that, if we wish to grasp the real character of spiritual life, we must avoid the temptation to look at it as merely a historic subject. If it is what it claims to be, it is a form of eternal life, as constant, as accessible to us here and now, as in any so-called age of faith: therefore of actual and present importance, or else not at all. This is why I think that the approach to it through philosophy and psychology is so much to be preferred to the approach through pure history.” ~Evelyn Underhill

Of course it is useful to the spiritual student to study the history of spirituality and religion, but that alone is not enough to cause spiritual growth or lead to true enlightenment. If your goal is to become wealthy, just studying the history of wealth or reading the biographies of wealthy people will not make you wealthy. You need to do certain things to become wealthy, not just read about it. You need to practice a great deal to become an Olympic athlete, not just read about the history of the Olympics.

This is even truer with spiritual studies than with other disciplines for the simple reason that only the basic spiritual studies and techniques are ever written into books. The more advanced teachings are not written down, or are hidden in cryptic language that requires knowledge of the

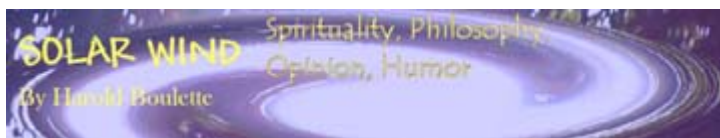
interpretation key to understand much like an encrypted file on a modern computer cannot be read unless you have the decryption key that will unscramble it. So much of the advance spiritual training must come verbally from a spiritual teacher who has that knowledge.

< [Read the entire article online at Solar Wind.](#) >

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“Connecting With the Divine”



“Samadhi, in the Yoga tradition, is the supreme state of enlightenment, or God realization. Living in samadhi is a choice, but it is a mutually reciprocated choice. When we choose the Divine above all else, the Divine returns the gesture. All the great mystics have demonstrated this level of

connectedness, ...

I was given a powerful experience of the Divine, almost a revelation. And yet, in the end, I chose not to live full time in Samadhi. There were many reasons for this choice, and the circumstances surrounding it were complex, but ultimately I made the choice because, as I can see in retrospect, I lacked the maturity to handle it. I desired the experience and was granted it, but, in Hindu terms, karmic impressions of previously crystallized ego structures remained to be worked through.” ~Russill Paul

“The supreme state of enlightenment or God realization in the Yoga tradition? But isn’t Yoga an exercise system? No, it isn’t. That is just a small part of what real yoga is and by itself is about as useful and meaningful as a car with one wheel.”

< [Read the entire article online at Solar Wind](#). >

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“More on Matter and Spirit”



“The ideas of some of our schoolmen about matter are, from the kabalistic standing-point, in many ways erroneous. Hartmann calls their views ‘an instinctual prejudice.’ ... The visible effects of matter are but the effects of force. He concludes thereby, that that which is now called matter is nothing but the aggregation of atomic forces... That they [scientists] know nothing whatever of matter, they deify it. Every new phenomena which they find themselves unable to explain, is triturated, compounded into incense, and burned on the altar of the goddess who patronizes modern scientists.” ~H. P. Blavatsky

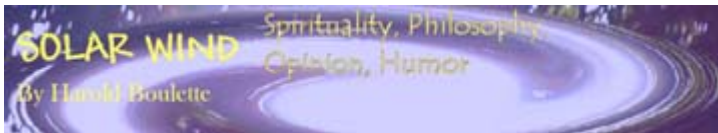
“Some of what Blavatsky wrote here several decades ago is no longer completely true, but it still remains a valid complaint. Most scientists, with the exception of the quantum physicists, don’t understand matter anywhere near as much as they think they do.”

< [Read the entire article online at Solar Wind.](#) >

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“The Future of Christianity”



“A Christian of the future will be a mystic or he or she will not exist at all.” ~Karl Rahner, a Catholic Theologian

“This statement serves as a poignant reminder that doctrinal accuracy alone (ie., believing the ‘right things’) will never secure the survival of the Christian faith. The truth that Rahner summed up so succinctly is of course that there can be no expression of the mystery of God if there is no experience of the mysterious God. However, there is one further point that needs to be made, that is that there can be no experience of God if there is no mystical approach to the mystery of God.” ~Dion A. Forster

“In other words, reading about God does not bring about enlightenment anymore than reading financial books makes you wealthy or reading diet books makes you lose weight. Yet we have many Christians today who worship the Bible as if it were God rather than a book about God.”

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a small poem



PHOTO: Matthew Madonna

Waves of goodness
Know your truth
Feel grateful
In your youth

Strength not power
Brave and bold
From this day

Until you're old

Just say yes
Witness wow
Love yourself
The time is now

Now's the time
Vibration raising
You are special
Plus amazing

That's not all
You're precious too
Literally awesome
Because you're you

Say your prayers
With intention
Take deep breaths
Release your tension

If you believe
It's all good
It likely is
So you likely should

by Matthew Madonna

“Do It Yourself”



*For years, I've been interested in the Buddhist concept of **skillful perception**: healing your own pain and not adding more suffering to the world. I think leaders in the Intuitive Age are going to be skillful perceivers and practical visionaries—those whose feet are firmly grounded on the earth, with heaven in every cell. You can be a leader, inventor, healer, or truth communicator. You can set an example for others by the way you live, how you share, and what you say. You can be a spokesperson for the soul. ... Instead of waiting for someone else to improve a situation, if you think of something that would help, you're the one who is supposed to do it. The collective consciousness caused you to notice the idea for a good reason. ~Barbara Grizzuti Harrison*

“An excellent philosophy that is somewhat similar to what I was taught in college by my professor in Systems Analysis: all solutions create new problems so look for the solution that creates the smallest new problem.”

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Gerald Pollack: “The Fourth Phase of Water” Part 4

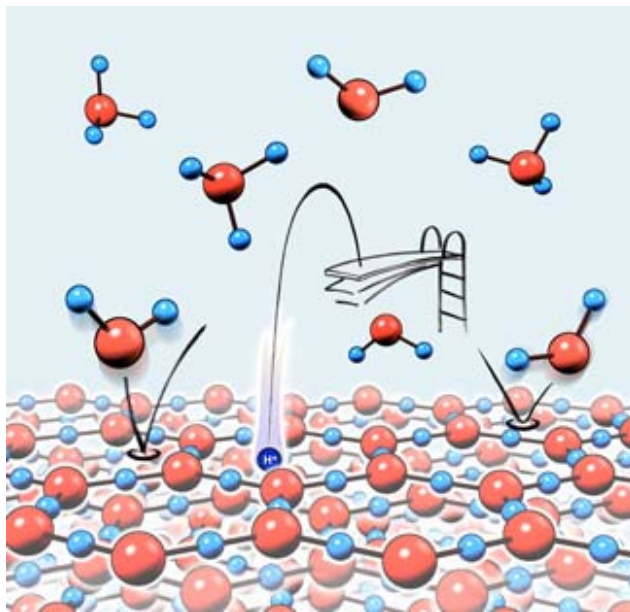


PHOTO: Ebner & Sons

What Cosolargists have to say on the 4th phase of water (aka vicinal water and EZ water):

The following is an email discussion between the Reverend Dr. Gary Buchanan, author of Sona and Sonatherapy, and physicist Dr. Stephan Fuelling on the 4th phase of water (aka vicinal water and EZ water):



PHOTO:
Scribd.com

Reverend Dr. Gary Buchanan:

Pollack has done wonderful research on 4th-phase (EZ) water, and it is important, for sure. I have discussed a lot of this in my books, and in conversations with Dr. Pollack, of course.

The main point I perceive is that EZ water in the body, and on the surface of standing water, is that it is a negative ionic field that is impervious to solutes. That is, particles, bacteria, viruses, et al. have a difficult time penetrating that/those layer(s), if [they even can] at all. In other words, the natural state of the body's interior is coatings of this kind of *protective* water.

What Pollack has proven is that *LIGHT shining on EZ water increases the ion layers . . .* up to a millionfold. This is to say, sunbathing and solar techniques almost certainly strengthen the 4th-phase water viscosity, thus providing additional protection from outside influences—disease, etc. Perhaps help better lubricate, etc.

The thing I have discussed with him personally is the application of sound waves/frequency combinations at different amplitudes: how may those affect the layers of the water, how does EZ water transport the phonons, different kinds of bosons, solitons, oscillons, etc.?

Unfortunately, he has not really followed up in that area, which would be tremendously helpful information in the vibrational healing field, obviously. He did put a speaker by some of the water, ionic layers observed under a microscope, and noted that the ionic field moved away from the

sound/speaker. But, he was using a high-powered (big) speaker, with a huge electromagnetic coil, and employing extremely high and loud sound in the kilohertz range!

I suggested perhaps the reason the fields moved “away” was because of the huge coil next to the water—not [because of] the sound, per se. So, I suggested using a smaller speaker, at least six inches away from the water (to eliminate EM influences), and use normal sounds, e.g., within the human audible range, at low amplitude.

In recent correspondence he said he might look into that, if he has time!

Oh well, one tries.

Stephan, you might like to do a little experiment along these lines, as you have access to a lab and equipment. EZ water is easily available online from several places. The effects of light and sound on this vital water within the body may prove quite revealing and important to our understandings of health and healing, as well as solar techniques. “Baptism” may also be relevant; the global emphasis upon the healing and purifying qualities of water among religious orders, for example.



Dr. Stephan
Fuelling
PHOTO: Stephan
Fuelling

Dr. Stephan Fuelling:

Infrared [IR] & sound must work even better! But the sound level can't be too high, or it has to go from high to low over a treatment period. What I envision is that sound will shake the 'frozen' water layer and it may allow temporarily the mobilization of toxins that would otherwise be frozen inside the cell and enable them to get out. Then IR lamps are turned and the IR is absorbed and then the sound level is slowly diminished, which will promote the structured water to be built up again and that pushes the toxins out [of the cells and] into the lymphatic system, which also needs agitation, and the sound will do that, too.

I remember that infrared sauna is so good for detoxification, even of mercury. Could it be that the IR promotes the structured water and it pushes the mercury out of the cells??

If one would include rebounding on a little trampoline, maybe after the IR/Sona therapy, then this will activate the lymphatic system on a larger scale, meaning that the fluid is transported out of the lymph and into the bloodstream, where the liver and kidneys can remove it.

I read the fascinating story about Dr. T.C. McDaniel with his cardiovascular problems that he had when he was 57. He must be 99 years old now, and he retired just a few years ago! He sells an anionic surfactant that helps stabilize the Zeta potential in the blood. This is the other extreme: the blood must be in a highly liquid state, and NOT structured like the water in the cells! Here the water is used to transport nutrients and oxygen and to get toxins removed from the cells.

The two systems go hand in hand but with quite opposite states of water. The water in the cell – highly structured – and the water in the blood – highly liquid state – two opposite extremes but both extremely important for good health.



PHOTO:

Scribd.com

Reverend Dr. Gary Buchanan:

Yes, Stephan. Pollack talks about using IR on the water.

Of course, the problem I have researched is that IR has an immediate, beneficial effect, certainly. However, prolonged usage can begin tearing down the cells! Red stimulates dramatically, so cell stimulation is a given. However, once set into motion that speeding-up can often lead to rapid “dying-off.” (Niels Bohr stuff). Once turned on, those cellular energies are difficult to manage. This is why in therapies I normally use orange, orange-lime, etc. Stimulation, but moderate.

And, sure, the blood is a different type of water structure from that of the vicinal waters, which is why it would be so nice to do microscopic analyses with sound and light on the different kinds of bodily fluids, cells, etc.

It would also be quite interesting to see what [founder of Cymatic Therapy, Dr. Peter] Manners’ “detox” commutations [healing frequencies] do in that regard!

Deliver Me from the Darkness



Deliver me from the darkness
Out of the mist that lingers beyond.
Be gentle and patient
For I am a Chosen one
Here to learn and grow, experience and expand
Seeking wisdom and the gift of knowing
Peace and harmony, ebb and flowing
Here on the Earth, a School of learning
Of mystery, forever evolving
Life and death until the end of the line
When at last I Become . . . I reach the sublime.
Take my hand and show me the way.
Lead me and guide me forever, I pray.
Open the door to knowledge and truth
To mystery and insight, miracles and more

For I am a learner seeking to grow
To Become and to Be . . . til at last I am Home.

Diana Carragher

5-20-13

Gerald Pollack: “The Fourth Phase of Water” Part 3

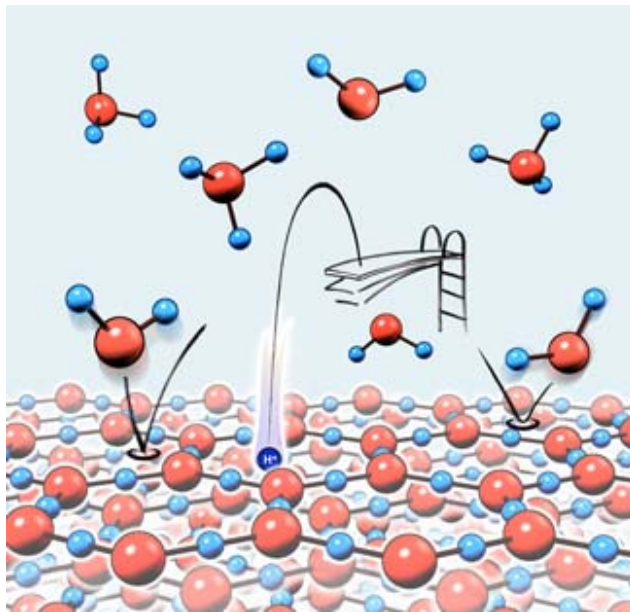


PHOTO: Ebner & Sons

What cosolargists have to say on the 4th phase of water (aka vicinal water and EZ water):

Below is a summary introduction to the 4th phase of water by

physicist Dr. Stephan Fuelling: "The 4th State of Water, Zeta Potential and Colloidal Stability, Lymphatic System and the Dry State of the Cells"



Dr. Stephan Fuelling PHOTO:
Stephan Fuelling

"The 4th State of Water, Zeta Potential and Colloidal Stability, Lymphatic System and the Dry State of the Cells: A Short Introduction"

by Dr. Stephan Fuelling

This is a very brief summary of interesting facts that I have collected over the years on this topic.

We begin with the research of Dr. Gilbert Ling, microbiologist, who discovered that the water in the cells is not 'free' but in sort of a 'frozen' gel-like state. He discovered that the carbonyl end groups of the protein chains of large proteins in the cells attract cations (e.g., Na⁺ and K⁺) but that the potassium 'wins', due to its smaller size and due to molecular kinetics. That is the reason for the large concentration of potassium and the small amount of sodium in

the cells, while the surrounding media is high in sodium and low in potassium. In addition, the carbonyl and amide end groups on the protein arms attract water molecules, and up to 7 layers of structured water molecules will surround these protein chains, so that all the water in the cells is structured. This structured water also forms an impenetrable wall, where foreign objects such as sodium ions would not be able to pass without special ion channels and transport mechanisms. But there had already been Nobel Prizes given for the theory of 'membrane pumps' that would constantly pump the sodium that had entered the cells through osmosis (in this theory) out of the cell. So Dr. Ling was criticized for his research. And only due to the support of the inventor of magnetic resonance imaging (MRI), Dr. Raymond Damadian, from the company Fonar, who at the time was also criticized and ridiculed by his colleagues for his invention, was Dr. Ling able to continue his research.

Dr. Gerald Pollack from the University of Washington in Seattle (Dr. Gary Buchanan knows him) picked up on Dr. Ling's research about 10 years ago and looked further into the properties of this 4th state of water. He has published two books on this subject, and just a few days ago announced his third book, available now in print, *The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor* . (It can be ordered through Ebner and Sons at www.ebnerandsons.com.)

Dr. Gilbert Ling's website is www.gilbertling.org, and I recommend his book *Life at the Cell and Below-Cell Level*, which you can order through his website. Most important to note is that Ling founded the crucial theory of the living cell in his "A Physical Theory of the Living State: the Association-Induction Hypothesis" in 1962. All of his work is disregarded, unfortunately, by mainstream cell physiologists, his students fled in panic when they heard that Ling's research would not anymore be supported by the National Institutes of Health. Sounds a lot like what happened to

Galileo when the supporters of the Ptolemaic system, through the Catholic Church, had the stronger hand (this is also what Ling is compared to).

Now I come to the second part of my summary, the discoveries of the chemical engineer Thomas M. Riddick. He studied the stability of water colloidal suspensions and developed a technique to measure the Zeta potential, which is an electrical measure of the stability of a colloidal system. He may have founded the company Zeta Meter Inc., where you can order his out-of-print book *Control of Colloid Stability through Zeta Potential*, with a closing chapter on its relationship to cardiovascular disease; a short introduction about the Zeta potential can be downloaded also from: < <http://www.zeta-meter.com/downloads.htm> > and

< <http://web.archive.org/web/20110407125601/http://www.hbci.com/~wenonah/riddick/> >

The most important discovery is that aluminum electrolytes (such as aluminum chloride) in very small concentrations destroy the Zeta potential. Aluminum is found in some antacids, baking powders, deodorants, and vaccines. Also cookware made from aluminum should be avoided. Processed foods and baked goods often contain aluminum as well as hydrogenated fats (trans-fats).

The 98- or 99-year-old physician Dr. T.C. McDaniel applied Riddick's discoveries and attributes his old age and well-being to this (see: < <http://www.tcmcdaniel.com/> >).

There are a couple of YouTube links on that site that are worth watching as well. He sells an anionic surfactant as an electrolyte supplement to keep the Zeta potential in balance. (see 'Products')

So there are two completely opposite water systems in our body, the structured water (4th state of water) in our cells

and the Zeta potential optimized liquid in our blood to carry colloidal particles without coagulation!

To wind things up, the last item I wanted to report on is the discovery by Dr. Samuel C. West. He studied the lymphatic system and discovered that during injury blood plasma and lymphatic liquid floods the space between the cells (interstitial space) and blocks oxygen and nutrient support to the cells, but when you apply pressure right after the injury and you prevent swelling, then 'super healing' will take place, and the wound will heal in no time. The same holds for burns, you press the burnt side of your finger (for example) against a cold surface for a while and then keep a compression wrap around it, and then no water blister will form (I tried that out!) Dr. West also promoted the rebounder to exercise the lymph system: the lymphatic system is the waste system of the body and it requires motion to move the lymphatic liquid because it does not have a pump!

< www.speedhealing.com >

His son, Prof. Karl West, is continuing Dr. West's teachings with lectures offered during the year. There are also DVDs, etc., available for those more interested in this subject.

< PART 4 >