

Dream and Vision Forum: March 2013

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. Be sure to include how you felt in and after the dream. Carl Jung noted that dreams that include strong affect (feeling energy) tend to be archetypal and important for the dreamer.

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 whether 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 Communiqué**, we offer Community members a forum for sharing their dreams and visions for the edification of the Community and themselves.*

Dream No. 1



"More than a handful of times, I've had dreams that include 'Twin Suns.' Sunrises and sunsets. Would anyone know whether this is a commonplace dream? Or, have any other *Communiqué* readers had 'Twin Sun' dreams and might know what they mean? Or what waking-life events occurred before or after your dream? Thanks!"

Dream No. 2



"There were a pair of giant mice in my dream. These were rather large, a foot high and maybe three feet in length with their tails. The pair of mice were not aware of me until I batted one on the side of its head. 'That was sort of exhilarating,' I thought to myself and popped it again with a left hook on the other side of its head. 'Criminy! This is really fun! Let's throw a few jab combination at the other monstro-mouse.' Bam! Bam! Boom! 'This is so easy. Never thought I had such skills. Let's try sweeping "THAT ONE" with an open right.' Bullseye! 'Wow, those critters slide around pretty easily.' Then I awoke to find, *for the first time ever*, my cat of two years sleeping next to me."

Dream No. 3



"I am lying in bed, face up and with no covers on. Suddenly, the ceiling diffuses and gives way to a pitch-black vault. Quickly, it became the only presence. The silence was soft. The emptiness, gentle. Motion was absent. There was no ebb or flow.

"This scene stood fast for quite some time. Then, somehow from underneath, a tiny spark gave breath and began to ascend the vault. As it trailed along the dome, kindred sparks appeared on both sides of my peripheral vision and began their ascents. The sparse parade of little stars, one by one, gathered at the zenith.

"They all turned around each other, as if trying to assemble in their proper places. This propulsive dance fed their brilliance. A tiny galaxy was forming.

"This hovering constellation took on intelligence, or rather it had an urge. It was animated. Intent. Satisfied or self-approved. And at this very point, or moment, the small stars collapsed in on themselves and began to rain from the center of the dome top like snowflakes in a windless air. Suddenly the shower of stars took on momentum and velocity with their descent and hurled themselves into my chest, then dispersing in a flower-like fashion. My eyes opened. I was still lying in bed, face up, and no covers.

"Even still today it perplexes me that the tone of the dream was difficult to discern from a waking state."

Dream No. 4



“All things considered I don’t know whether I would call it a dream. This is, however, my most memorable waking/nodding-off thing. It was a delirium I guess. I don’t name it. [Experiences while falling asleep are called hypnogogic events; and those while awakening, hypnopompic. They can seem more real than a typical dream—ed.]

“It was about 1975, after Convocation, and I was taking antibiotics. On the way home on the plane I became ill enough that the staff at the airport put me in a wheelchair and wheeled me to my friend’s car to go home.

“I should have gone to the hospital but I had not the wits to ask her to take me there, so home I went and fell into bed. I turned off the light and went to sleep—or so I thought. Then things began happening.

“I became aware of something going on in the corner of the bedroom up by the ceiling. There was a hole that went through to another reality there, and a reptile was looking at me with a cold eye. The look was of an alligator’s eye with a vertical pupil. Not friendly. All I wanted to do was sleep. After that came dusty images of things that should have been in a museum—taxidermy animals and people. The one I best remember is a cowboy on a horse in a jumping pose. What these all had to do with anything was a mystery to me. I turned the light on by the bed and I couldn’t see them anymore. What a relief since I was so, sooo tired. I turned off the light, and there was the reptile eye again. Creepy.

“Then came the party. Yes, with costumes, music, and dancing. I was surrounded by numerous figures who wanted me to dance for them. No faces on these guys, but they had wonderful, colorful robes from the top of their heads to the floor. Very unusual even for Halloween costumes. I decided I would never have people like this over to the house for tea so I refused

to do what they wanted. I turned away from them and was facing a line of figures in robes again. What will I do? I'm surrounded! But I had resources. I reached into my pocket for the Community Cross I had there and I stuck it on my forehead. One look in their direction and the last group vanished, leaving their robes on the floor. All gone. I could sleep safely after that.

"That is it. Whatever you call it. With the antidepressants I'm on these days I don't dream much, but I remember this one in great detail. What was extraordinary about it was the clear detail of all the textures and colors. I have kept the Community Cross on the wall wherever I sleep ever since."

Dream No. 5



"I dreamt I was doing services at one of the churches at the North Sanctuary. There were four of us total. One person was standing in front of the table. I was behind the table, with a person on either side of me. We were all wearing blue vestments. As the sun came up over the horizon it changed form and became a white dove. I felt a presence touching my heart center and was so overcome that I fell to my knees. After I recovered, the person next to me said he saw different types of spheres superimposed over the sun. When I awoke I felt exhilarated like a teenager."

Kauai Sunset



Academy Consociate Paul
Schmittendorf viewing sunset at
Ke'e Beach, Kauai. PHOTO: Paul
Schmittendorf

Winter Glow

Longtime Community member Patrick Newman sends us a poem by Carla Desrosiers, who survived a bad car accident that killed her husband – his nephew. She went on through a long recuperation to marry again and have a family. So, although

not an especially religious person, she knows about Light and Darkness.



Winter sunrise PHOTO: Stephan Fuelling

WINTER GLOW

*Blackness borders shrunken days;
The weakened, chastened sunshine rays
Appear resigned to lose the fight
Against the dark, encroaching night...*

*Quick! Strike a flame! Let's help the sun
Hold back the darkness! Everyone –
Raise up a candle, light a spark!
We won't surrender to the dark...*

*We'll BE the light – just watch us glow;
Illuminating smiles show
Where Kindness, Love, and Laughter dance
The Dark and Cold don't stand a chance!*

by Carla Desrosiers

Heart Filled



PHOTO: Tom Fee

*One whose heart
is filled with sorrows
of the past
will have less room
for the joys of the present.*

Tom McFee 1960

SEASON 'S GREETINGS from

Rowena Kryder

From Dr. Rowena Kryder (www.creative-harmonics.org) now a resident member of our Reno Community.



**Rainbows Ring the Sun,
November 20, 2012**



PHOTO: Jim Elliott

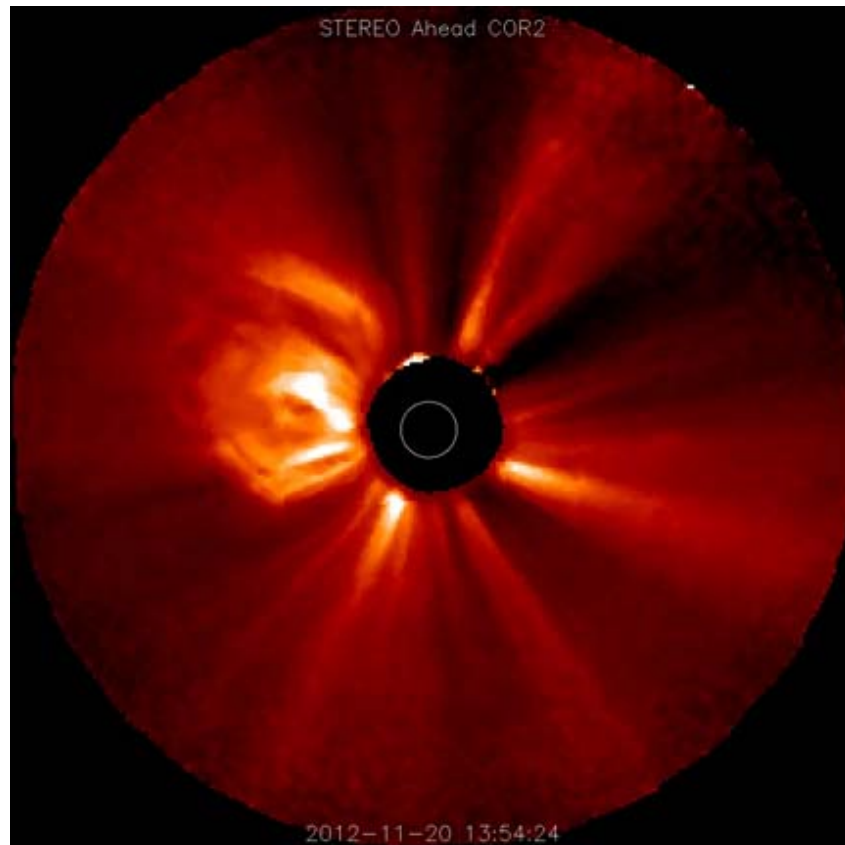
A rainbow appeared around the sun on November 20, 2012, at 11:00 a.m., a few days before Thanksgiving.

My wife Karen spotted the ring through the kitchen window about 9:00 a.m. GMT. I took a look, too. Thinking it might be picture-worthy, I got out the Nikon D7000, took a shot, and did a little “photoshopping” to boost the colors in the ring. Then I posted it to Facebook where Roger Weld saw it and sent me this link to NASA:

<

http://www.nasa.gov/mission_pages/sunearth/news/News112012-cme.html” >

The text relating to the NASA image indicated: “NASA’s Solar Terrestrial Relations Observatory (STEREO) captured this image of a coronal mass ejection on Nov. 20, 2012 at 8:54 a.m. EST, about two hours after it left the sun. Credit: NASA/STEREO.”



NASA's Solar Terrestrial Relations Observatory (STEREO) captured this image of a coronal mass ejection on Nov. 20, 2012, at 8:54 a.m. EST, about two hours after it left the sun. PHOTO: NASA/STEREO.

Dismissing the differences between GMT & EST time zones because the sun was shining in both at the same (sun) time, the NASA picture and the picture I took were taken almost at the same time. Each is a different visual reflection of the same event.

submitted by Jim Elliott

“Answer the Call”: A Poem



Whence cometh the Source
Of all that is . . . the Driving Force,
The impetus for life here on Earth
Eternal or a time 'til the Self knows its worth?
Sift through the years . . . millenniums of time.
Search and seek and you shall find
The Light that shines . . . the path . . . the way
To Enlightenment . . . and so we pray
For the strength and fortitude . . . eyes open wide.
Look to the Light that emits from inside.
Know the Truth, for it shall bring
The promise of Eternity . . . the coming of Spring.
So open your heart . . . open it wide.
Release all the love secreted inside.

Answer the Call.

Share it with All.

diana carragher

9/12

Earth Changes and Second Advent Prophecy



PHOTO: Earth
Changes Media

I have been a subscriber to Mitch Battros's Earth Changes Media (earthchangesmedia.com) for two years or more and have always been impressed by his capable research and thoroughness. Consolidation of ancient wisdom and current scientific findings are keys to his study of the effects of the sun on the earth and most interesting in light of our Community's Prophecies.

Mitch Battros presents fascinating, and sometimes shocking, research from the world's top scientists. After years of dialogue with these experts, Mitch has been accepted into the guarded halls of NASA (National Aeronautics and Space Administration), NOAA (National Oceanic and Atmospheric Administration), ESA (European Space Agency), the Royal Observatory, the US Naval Observatory, and other highly esteemed scientific bodies.

In addition to the latest research on the Sun's influence on our "weather," Mitch also presents groundbreaking evidence of how the Sun and other celestial orbs produce "charged particles" and their impact on humanity.

Here are some important articles to read for more details:

(Part 1) Something is Happening with the Earth's Core

(Part 2) Magnetic Pole Reversals and Possible Crustal Displacement

(Part 3) What Are the Effects to Animals and Humans?

(Part 4) We Are Witnessing a Pole Reversal "Right Now"

Anyone can keep up with things by going about once a week to the Earth Changes Media site yourself, but a membership gets you a notification whenever Mitch has something new and also gives you access to the archives. I am presenting his links in order for you to see where he is going with current thought. Part IV in this group of articles discusses the earth trending in the direction of a magnetic pole shift involving earthquakes, volcanoes, and extreme weather—all of which have been part of our Prophecies. It seems to me that he brings our Prophecies up-to-date and fills out the picture we already have.

Article and links submitted by Frieda Nelson

INSIGHT INTERVIEW: Mason

Dwinell, Part 4



Mason at party. PHOTO: Mason Dwinell

CC: All right. Let's get back to your book then.

There are a couple of anecdotes you mention in your book that I found rather intriguing. I would like you to take a little time to talk about them in more detail than you did in your book, if you would. The first (on p. 74) deals with prisoners of war who were forced to stare at the sun for hours with amazing results. I have never heard of these accounts. Could you let us know more details? Who wrote them and where can we find the accounts?

MD: Hearsay. I also looked for concrete documentation, but

along with so many other bits and pieces of sungazing there seems to be a dearth of solid information to support this unique practice.

CC: That is unfortunate. I was hoping you had found something “concrete,” as you say. But it has been my experience too that it is often very difficult to find concrete historical documentation for these things.

The other anecdote that caught my attention is a one-line mention you make about parents who were working with the sun during the conception of their child. You say of them (on p. 77): “The parents’ sungazing practice was one of a spiritual nature *therefore they still ate food.*” (Emphasis is my own.) This makes sense to me. But it may not make sense to some other people who practice looking at the sun. How do you reconcile “spiritual” sungazing with eating physical food and “physical” sungazing, if I may use that term, with *not* eating physical food? How do you explain this to people?

MD: Hmmm—that gets confusing and begins to become a word association game. similar words can have very different meanings to people. For me it goes back to the intention, the driver, the emotion pushing a choice. Regardless of whether one uses the word *spiritual* or *physical*, there is a force that inspires action. The feeling which creates action or reaction, that is fascinating to me.

CC: What about action for a purpose? What about directed action? A “calling”? Or a response to a “calling out” or a “calling together”? Has anything like this been part of your experience with the sun? Do you find such things to be of interest?

MD: Nope. Such mirages are an illusion, or perhaps a delusion, driven by foreign energy (entities), running their programs in people’s energy field for their own agenda. We must be careful and diligent to keep such energy at bay as to not compromise

our own systems.

CC: I take it that that is why you are so distrustful of organized religion and spiritual institutions in general, because of the possibility that Dark energies, or as you say, foreign energy entities, may be what is directing such organizations. Is that the case?

Have you ever considered that there may be such a thing as a School that provides instruction and guidance on how to avoid the influence of such foreign entities? And that there have been such Schools in the past?

MD: I'm not distrustful of organized religion and such; more so simply not drawn to them.

Oh yes, Robert, I have considered many such things.

CC: I ask you this because I know you have received training and are licensed in particular healing arts and sciences, but I wonder why you consider that you are better off experimenting with the sun on your own than you would be if you received training in the spiritual arts and sciences related to the sun and the benefits of others' experience. After all, you did once (about ten years ago) apply to our Academy.

MD: I never assumed I would be better off one way or another. My sungazing experience happened rather organically, all while I was enrolled in The American College for Traditional Chinese Medicine.

CC: Thank you, Mason, for granting us this interview. It was interesting for me to read your book after seeing the film *Eat the Sun*. The book gave me another perspective on what you were going through during the time the movie was being made and gave me a sense of the depth of your search that I think did not quite come through in the film. I am happy to hear that you are continuing the work that you set off to do when we met

some ten years ago.

Do you have any parting lines you would like to leave us with? Perhaps something touching on a topic that we didn't touch during our interview?

MD: Thanks for the cathartic expedition into passages long since written, educational and insightful. I appreciate your efforts and look forward to checking out your final presentation.

INSIGHT INTERVIEW: Mason Dwinell, Part 3



Mason as he be at Burning Man
2012. PHOTO: Mason Dwinell

CC: How would you approach sungazing differently now that you have had the experiences you have had as a more mature individual? Have you found any guidance through ancient texts, for example, the “secret” of the eighth-century Chinese text *The Secret of the Golden Flower*, or the old Hermetic admonition to “get to know the Light”?

MD: Sunrise only. Incorporate the moon a little. Be very empty prior to gazing. Go slowly. Have a goal of being without a goal. Gaze without a camera crew. Let it all go!!!

CC: “Gaze without a camera crew.” I understand that completely. I know how that can change the energy of the event.

Now I would like to take a little time to discuss what I guess we could call technical matters.

To begin, you seem to recommend staring directly into the sun, a conscious focusing, rather than the method of looking around the sun and relaxing the mind and the eyes with the eyelids half closed in the way Buddha, say, is depicted. Why is this? And where did you get the idea to do so?

MD: Hmmm—yes, looking right into the sun. But very much so relaxed, neutral; allowing for the ability to relax deeper, further, to let it go. But still conscious and focused. Must still be present and alert—feeling all that is coming up from within, as opposed to being checked out. Far too many guru-yogin types have all the right answers, but in reality are totally checked out.

Be careful. Regarding bliss, there is a colossal difference between being vacant and being present.

CC: Yes, there certainly is a big difference between being present and being in a trance. That is not really what I was asking about, but I get from your response that you are working from a relaxed state. I only ask because in the movie *Eat the Sun* you looked tense at times, as if you were fighting to keep your eyes open. But I see now that that is not actually what you must have been doing.

In your book you write (p. 81) “Sunlight actually cleanses and rebuilds the whole of your being, bringing a new vibration to your mind, thoughts, feelings, and physical body: total rejuvenation.” And later in the book you write (p. 122) “. . . enlightenment, realizing and expressing one’s being is absolutely not dependent upon an ultra-clean body. In fact, ultimately, it has nothing to do with a body.” With you, I would say that both of these statements are more or less true, except that I would clarify that enlightenment has nothing especially to do with a *physical* body. And I am bringing this

up to lead into my next question for you.

Now, I am aware that many raw foodists have come upon sungazing as a natural progression of their quest for seeking “pure” food, recognizing that the energy that prepared their uncooked food and provided the nutrients of that food came through the sun, and that sunlight itself was an even more pure source of “food” or nutriment than uncooked or raw food. What do you generally say to raw foodists who speak to you about the cleansing quality of sunlight and the relation of sunlight to enlightenment? Anything more than what you have said in these two sentences from your book?

MD: Interestingly enough, I speak about this stuff to very few people.

What you ask about is certainly two different worlds. Yes, playing with the vibration of one’s body can be fun, challenging, and quite an adventure, as well as help to isolate different blocks if one wishes to evolve an aspect of their energy. However, unless, and until, said person is willing to actually look into why the choice of drinking beet juice occurs in the first place, they are still falling short of our human experience. Oftentimes the motivation behind a certain diet, practice, or lifestyle is a defense mechanism, enabling the person to hide even deeper from their real issues. The same can be said for the participation of sungazing. What is the intention, the drive, that subtle emotion that puts action into motion. Indeed, using imagination and motivation to alter diet, appearance, and the like is fascinating, and I love it, but to become aware of how the different aspects of your energy expresses itself is paramount if we truly wish to participate in this earth life. So whether one is eating cheetos or the sun, without the awareness of you, there is nothing [gained].

CC: It is no surprise that you speak about these things to few people. Few people care to look deep into life for an extended

period of time. And fewer still care to look deep into their own psyche and spirit. Fewer still are able to personalize impersonal forces or energies to strengthen themselves, psychically and spiritually, rather than simply trying to get along with these forces by doing what they think is the right thing.

In the final part of your book, which deals with health concerns, you say (on p. 113): "As your awareness increases, the magnitude and wonder of your earthly experience will become more magnificent." And during your talk here in Reno, you said something like you "back anything that increases awareness."

In our System of practice, we recognize two distinct forms of higher awareness or higher consciousness, one of a psychic nature, wisdom of the kind that is acquired and grows through experience, and another of a spiritual nature, wisdom of the kind that just "knows" and is "revealed from heaven" we might say.

When you speak of awareness and the true "you," the true self, are you making a similar distinction? Could you talk a little bit about the concepts of awareness and the true self as you understand them?

MD: Sort of. However, there is more. Yes, anything that encourages people to look inside is a good thing. Listen. What do you feel? What do you hear? Can you differentiate the expressive energy between your personality, your DNA, your different organ systems, your mind, foreign energy, old patterns, ancient past-life patterns, your atoms, your soul, your true self??

Another cool aspect about listening is: generally it inspires even more listening—possibly, better listening. Awareness breeds awareness. There is so much for us to experience, to become aware of, and at the end of the day the common

denominator of everyone i know, or have read about, who has heard, felt, and known is that they sit still. They meditate. They learn to quiet the mind, and they listen. To me meditation is simply a tool to learn how to be present. To feel what is occurring now. With practice, we all could be present all the time. But at the end of the day it starts with you. Heal thyself. Do you meditate??

CC: I tried a few meditation techniques back about thirty-five to forty years ago of the quieting, calming, centering, slowing down, relaxing kind. Now the solar techniques I have been practicing for the past thirty-plus years serve as my meditation and contemplation ritual—meditating with eyes open not closed, “speeding up” not slowing down, and still centered, calm, and relaxed. And it has been my experience that, as you say, spiritual awareness breeds spiritual awareness, and awareness heightens Consciousness by accumulation, bit by bit.

It has been my experience, and I think the experience of everyone who continues to practice our spiritual System, that working with the sun over an extended period of time actually opens your deep being “to the light,” so to speak, and parades in front of you one by one all sorts of personal issues, and these issues must be dealt with if you are to remain in or regain your psychical and spiritual health. In a very essential way, therefore, I see sustained work with the sun for spiritual purposes to be by its nature a healing process of grand, even ultradimensional, proportions.

Is this the kind of thing you hope to pursue in the future with your sungazing?

MD: Yes—utilizing an emotional process to evolve how we act and react is paramount to my daily life. Although one can tap into all of that by sitting on a cushion in the dark. The sun’s mojo makes the process infinitely easier, but certainly able to do without.

That said, the piece that continues to tickle the back of my brain rests in the arena of human potential. Can we fly? Can we dematerialize and rematerialize? Can we travel interdimensionally with our bodies? Can we dance with the light of immortality?

While I have heard all is possible, until I actually do it, it is simply a myth.

CC: I was actually referring to more of a cosmic Process, not an emotional process centered in our human nature but a Process that links our inner nature to its ultimate ultradimensional origin and regenerates our immortal spiritual Light body, that uses the sun of our solar system as a gateway to higher realms. To me, that does not seem to be the kind of thing you can tap into by sitting on a cushion in the dark. Have you ever considered the importance and value of seeking contact with your immortal nature as a human potential in itself rather than seeking to extend the potentials of human physical action—like flying, dematerialization, physical interdimensional travel? Or do these things seem to you to be automatically and intimately interrelated?

MD: Yes, related. And I assure you, one can tap into everything and anything by sitting on a cushion in the dark.

However, I fear we are getting a touch off base here as your agenda, projections, and such are beginning to express themselves.

<[PART 4](#)>