

# “Signs: Birds Talk to Me”



Huginn and Muninn sit on Odin's shoulders in this illustration from an 18th-century Icelandic manuscript.

**Every night about six o'clock  
Birds come back to the pond to talk  
They talk to me, birds to talk to me  
If I go down on my knees**

– *Private Universe* lyrics (by Neil Finn / Crowded House)

Last week, a flock of birds demanded my attention in a way I could not ignore. Have you ever received messages from birds? It is more common than you might expect and, if your first reaction was to say 'no,' it could be more due to a simple failure of recognition.

Commonly, birds bring omens of impending loss or disaster, sometimes several days before the event. There have been times I've found a bird perched outside my front door, or even

tapping with their beak on the window above my desk, and it is only a few days later when I learn of the passing of a friend that I make the connection. There are several theories as to how and why the phenomenon occurs... but first, allow me to describe my latest incident.

[Read the entire blog article by Paul Young posted online June 15, 2020 at SouthernSunlight.com.](#)

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## “Respect Yourself and Others”



*“As students, you have to have one thing: You have to have respect and honor for one another. Because when you respect others, you respect yourself. When you love others, you love yourself. Always direct your mind to Gd and say, ‘Lord, teach me to love people as you love them, teach me to know people as you know them, and teach me to act as you act.’*

*“The basic reason for all things is the spirit. The first result of the spirit in the world, the first result in the world with which life begins, that is love. The result of love is the life on Earth. The life that we have is a result.*

*“In order to love somebody, you have to be ready to get in his situation and he has to be ready to get in your situation too. A king must get in the situation of his citizens and vice versa.*

*“Love is not the easiest science. You, when you enter love, will be absolutely free. You will enter one completely new world. ... You will look at all of your life, and you will see that in everything is hidden something nice.” ~[Biensa Douno](#)*

## **Respect Fellow Students**

Some people seem to have the idea that as students, they are in competition with the other students in the class. They act as if they were in a race and there can be only one winner. Not only is that not true with a class of students, but it is the opposite of the truth. Students will actually advance better if they work together rather than competing with each other.

The idea that we should be in competition with each other is understandable. It is an idea promoted by the manipulators who control the masses as much as possible. Competition, much like fear, is a great way to manipulate and control people. But now that we are at the dawn of a New Golden age of Spirit, many are realizing the foolishness of operating in fear and in

competition with everyone. Unfortunately, others are embracing fear and competition as if they were great treasures, but that will soon end. In the business world, people working together to accomplish a goal is called synergy, and it is considered a good thing. Yet, at the same time they promote teamwork, the corporations also encourage competition with ideas like promoting only the top ten percent of performers.

Respect does not need to be limited to our fellow students. We should, in fact, respect all people, even those we strongly disagree with. But again, turning the people against each other is how the powers that control the material world keep us under their thumbs.

[Read the entire article online at spiritsun.net.](http://spiritsun.net)

Original article posted by HAROLD BOULETTE on MARCH 16, 2020

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## **“Zatiti Ema Cooks”**



Corresponding Consociate Zatiti Ema sent us a link to her vegan recipe videos on YouTube. So we are sharing them with you.

You can find them on her YouTube station (<https://www.youtube.com/channel/UC84AC3BRfoQzWvHPuQWVsGQ>)

or on her web site (<https://www.redblackgreenandvegan.com/>).

[Watch the interview Zatiti did in 2018 on the “Sisters4Fitness Wellness Show.”](#)

Sisters4Fitness is a 501(c) nonprofit organization dedicated to fighting the obesity epidemic among women, especially African American women, through exercise and nutrition.



Link submitted by Zatiti Ema

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**“Supersensual State of  
Spiritual Growth”**



*“Nothing truly but your own willing, hearing, and seeing do keep you back from God, and hinders you from coming to this Supersensual State or the Life which is above Sense. And it is because you strive so against that, out of which you yourself are descended and derived, that you thus break yourself off, with your own Willing, from God’s Willing, and with your own seeing from God’s Seeing. In as much as as in your own seeing you see in your own Willing only, and with your own understanding you understand but in and according to this thy own Willing, as the same stands divided from the Divine Will. This thy Willing moreover stops thy hearing and makes you deaf towards God, through your own thinking upon terrestrial things, and your attending to that which is without you, and so it brings you into a Ground, where your are laid hold on and captivated in Nature. And having brought you here, it overshadows you with thine own chains, and it keeps you in your own dark prison which you make for yourself; so you can not go out thence, or come to the state which is above Nature and above Sense. ~[Jacob Boehme](#)*

## Our Own Willing

There is no doubt that it is our own will and our own beliefs that keep us from truth, wisdom, and God. It is true that we get much of this from others, but it is still our will, beliefs, and subconscious mind that is blocking our spiritual vision and growth.

We are a product of the world and society we live in. Our parents, teachers, friends, and even total strangers teach us things when we are young and we retain them and believe them. The problem with this is that very often the one teaching us doesn't know that those teachings are true any more than you do. They only know that it is what is accepted as true by the majority of the society, or the church they belong to. And since modern science behaves much like a dogmatic church, they are as much a contributor to false beliefs as the churches are. So by the time we reach an age where we can make decisions on our own, we have already been filled with false and speculative beliefs and ideas that hold us down like a bunch of sandbags attached to a hot air balloon. But the responsibility for clearing out the subconscious so we can gain access to the truth is ours, not theirs.

[Read the entire article online at spiritsun.net.](https://spiritsun.net)

Original article posted by HAROLD BOULETTE on MARCH 21, 2020

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# “Works of Sinners and Works of God”



*“Marvel not at the works of sinners; but trust in the Lord, and abide in thy labor: for it is an easy thing in the sight of the Lord on the sudden to make a poor man rich. The blessing of the Lord is in the reward of the godly, and suddenly he maketh his blessing flourish. Say not, What profit is there of my service? and what good things shall I have hereafter? Again, say not, I have enough, and possess many things, and what evil shall I have hereafter? In the day of prosperity there is a forgetfulness of affliction: and in the day of affliction there is no more remembrance of prosperity. For it is an easy thing unto the Lord in the day*

*of death to reward a man according to his ways. The affliction of an hour maketh a man forget pleasure: and in his end his deeds shall be discovered. Judge none blessed before his death: for a man shall be known in his children. Bring not every man into thine house: for the deceitful man hath many trains. Like as a partridge taken and kept in a cage, so is the heart of the proud; and like as a spy, watcheth he for thy fall: For he lieth in wait, and turneth good into evil, and in things worthy praise will lay blame upon thee. Of a spark of fire a heap of coals is kindled: and a sinful for he worketh wickedness; lest he bring upon thee a perpetual blot. Receive a stranger into thine house, and he will disturb thee, and turn thee out of thine own."*  
~[Ecclesiasticus](#)

## **Works of Sinners**

What Ecclesiasticus means by "the works of sinners" is those things made by or deeds done by man, which are not done in accordance with the Law of God. Such creations may seem like wonderful things to materialistic people, but they are not. When are done without taking God's Law into account, they may harm the environment, waste natural resources, give off harmful radiation, or otherwise cause damage to the world.

Obviously, things like murder, rape, and theft are the works of sinners, but Ecclesiasticus is talking about the less obvious ones. The buildings we build, the statues and monuments, the labor-saving devices that make us fat and lazy.

[Read the entire article online at \*\*spiritsun.net\*\*.](#)

Original article posted by HAROLD BOULETTE on MARCH 25, 2020

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# “Sun Vibes: ‘Love Hertz’”



**Consider for a moment all the frequencies that travel through the air and bombard your body on any given day:** from mobile phones, wi-fi, radio, microwaves and ☐ coming soon ☐ 5G. These manmade inventions all transmit at different frequencies that are constantly penetrating our brains. Modern devices emitting artificial electromagnetic radiation are said to be linked to anxiety, depression, insomnia, and even cancer.

Being attracted to the Sun as I am, I decided to check what, if any, frequencies linked it with us human beings, particularly with a view to reunifying the divided Self – Head and Heart. Of course, there is an infinite variety of frequencies that originate from the Sun and stream towards us, ranging from the extremely low infrasonic to the ultrasonic.

Once you start researching the matter, it becomes obvious that a lot of online bloggers are simply playing around with numbers. There are several different frequencies claimed to match the oscillation of the Sun – *and* the frequency of love.

Some websites claim that frequencies such as 396, 639 and 963 hertz are beneficial for achieving your goals and attracting abundance (this includes the renowned LOA expert Bob Proctor) and, as you might expect, there are often soundtracks for sale to help you attune with them. I think this owes something to the concept allegedly stated by Nikola Tesla: *“If you knew the magnificence of the three, six and nine, you would have a key to the universe.”*

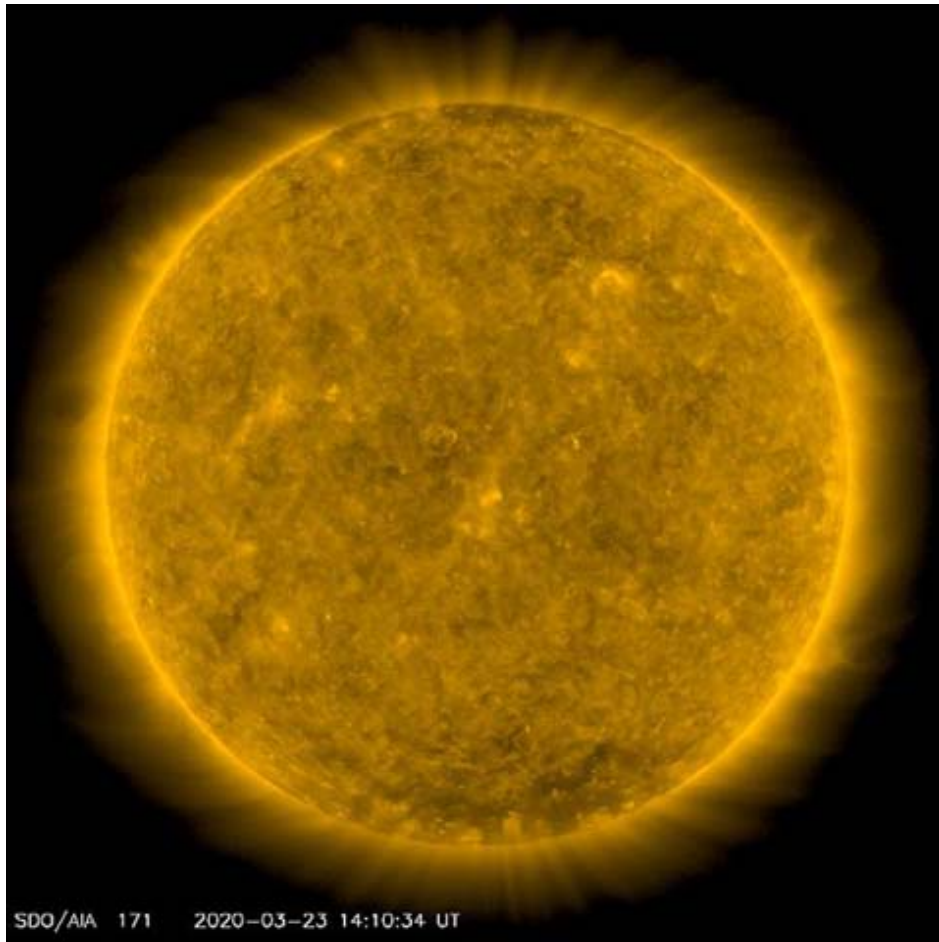
Often these recorded soundtracks are binaural, meaning you get different wavelengths through each ear using headphones – one in their chosen higher range and the other, for example, perhaps matching the brain’s Alpha pattern. A *hertz*, I should mention, simply means one cycle per second, and is named after the German physicist who identified it in the 19<sup>th</sup> century.

It seems to me that if you want to attune with another plane, you must be on the same frequency as it, just as a radio must be tuned into the wavelength of the transmitting station. So, I went searching for the frequency that best attunes our Heart and Head.

[Read the entire blog article by Paul Young posted online May 28, 2020 at SouthernSunlight.com.](#)

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## **“Starshine”**



The quiet Sun at 171 Angstroms wavelength.  
Credit: SDO/NASA.

**March 23, 2020**

**The Sun does not power itself.**

“Yeah we all shine on, like the moon, and the stars, and the Sun.”

– John Lennon

The Solar Dynamics Observatory was launched from Cape Canaveral on February 11, 2010. SDO’s mission is to observe the Sun in a variety of wavelengths, from visible to ultraviolet and infrared. The Sun is conventionally thought to be a ball of hydrogen fusion, so aspects of its behavior should not directly contradict that theory.

In the thermonuclear model of the Sun, temperatures in its

core are said to exceed 15 million Celsius, with compressive strain that exceeds 340 billion times Earth's atmospheric pressure. 700 million tons of hydrogen are said to be converted into helium every second in the core. Radiation from those particle interactions is said to require more than a million years to escape from the core of the Sun, since the photons collide over and over again with the dense matter inside.

The surface of the Sun is the photosphere, followed by the chromosphere, and then the corona, the outermost part of the Sun's visible atmosphere. One of the Sun's greater mysteries is why temperatures rise to approximately 20,000 Celsius at the top of the chromosphere. However, the greatest mystery of all is why the corona can be as much as two million Celsius!

[Read the entire article posted online March 23, 2020 at  
thunderbolts.info](http://thunderbolts.info)

link submitted by Robert Petrovich

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## **“Live Again Through Spiritual Rebirth”**



*“That which most men would think themselves most happy for, and would prefer before all things, if the would grant it unto them after their deaths, thou may while thou lives grant unto thyself; to live again. See the things of the world again, as thou has already seen them. For what is it else to live again? Public shows and solemnities with much pomp and vanity, stage plays, flocks and herds, conflicts and contentions; a bone thrown to a company of hungry curs; a bait for greedy fishes; the painfulness, and continual burden bearing of wretched ants, the running to and fro of terrified mice; little puppets drawn up and down with wires and nerves: these be the objects of the world among all these free from all manner of indignation; with this right [ratiocination](#) and apprehension, that as the worth is of these things which a man does affect, so is in very deed every man’s orth more of less.” ~[Marcus Aurelius](#)*

## **Prefer to Live Again Before All Things**

I'm not sure all men prefer it above all other things, but I think it is true of most of us. What we want is to live for a long time. A very long time. We want it so badly that many have accepted the idea that we are reborn into the world over and over again with very little evidence to back up the belief. But many are not just satisfied with being born again. They want to be reborn smarter, richer, more attractive, and otherwise better than they are now. Aurelius is saying that it is possible, and without waiting for death and the afterlife. You can live again now, not later.

## **Grant Unto Thyself**

Aurelius is saying that rather than waiting for death to bring us to a better, more illuminated life, we can seek and gain that life now, while still alive on earth. This is what has been taught by mystics and mystery schools for ages, but only a few ever listened. That is changing, though, now that we are at the dawn of a new Golden Age of Spirit. The spiritual sun known as the Sun of Righteousness is now shining down on us. This is making it easier for men to awaken and develop their spiritual faculties. It is also making it more imperative since the arrival of this sun also marked the beginning of the End Times, the age when the illusions of materialism will be pushed away and the truth revealed. We are learning to live again and be reborn right where we are.

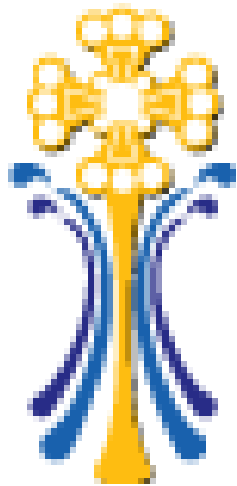
[Read the entire article online at spiritsun.net.](http://spiritsun.net)

Original article posted by HAROLD BOULETTE on MARCH 24, 2020

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# Healing Center at Steamboat Reopens





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# “Statutes of Men and the Law of God”



*“Man directs his life by the laws of God and the statutes of men. The statutes of men, which are for the good of men, are to be upheld by the Children of Light, who shall not live for the next life only.*

*“These laws, though stricken on marble and set up on everlasting pillars at the gateways of the temples, are but*

*diversions for the eye and exercise for the tongue, unless graven also on the tablets of your heart. Thus, you shall not fall into error.*

*“A man does not obey the statutes because they are the law of the land, but because they accord with his nature and inclinations. The true nature of Man stems from the Godly directive within and is, therefore, above the edicts of kings.*

*“In upholding the laws and statutes, the chief concern should be a man’s good intent. If he intends well and is diligent, he can be forgiven much, but if he intends well but is thoughtless, then he shall not be looked upon so kindly. Remember; men do not dispense justice, they can but hope to serve it. God alone knows what is good or wicked within his heart, therefore, He alone can dispense true justice.” ~[The Kolbrin Bible](#) (MAN:8:1-4)*

## **Law of God**

To anyone who is truly spiritual, the Law of God reigns supreme. God knows all. God is all. So to try to second guess God is foolhardy. Of course, the real problem is to distinguish what is actually the Law of God from what is the opinions of men putting words into God’s mouth. The only way to truly know God’s Law is to awaken our spiritual faculties. The awakened soul is then in direct contact with angelic beings and occasionally with God, therefore, it knows truth and it knows God’s Law. What’s more, it knows the importance of following God’s Law and has no interest in rebelling and doing its own thing.

[Read the entire article online at spiritsun.net.](http://spiritsun.net)

Original article posted by HAROLD BOULETTE on FEBRUARY 12,  
2020