

“Generosity has Value for Spiritual Growth”



Anathapindika, who lived 2,600 years ago, was an early follower of the Buddha. Anathapindika was a businessman who was very generous, and he used his time and energy to help the destitute people of his city. He gave away a lot of his wealth to the poor, yet he did not become less wealthy. He received a lot of happiness. ...

“One day the Buddha learned that his beloved disciple, Anathapindika, was very sick. He went to visit him and urged Anathapindika to practice mindful breathing while in bed. ...

“The first question Shariputra asked was, ‘Dear friend Anathapindika, how do you feel? Is the pain in your body growing worse, or has it begun to lessen?’ Anathapindika said, “No, friends, the pain in me is not lessening. It is getting worse all the time.’ ...

“Shariputra invited Anathapindika to breathe in and out mindfully and to focus his attention on his happiest recollections: his work for the poor, his many acts of generosity, and the love and compassion he shared with his family and his fellow students of the Buddha. In just five or six minutes, the pain that Anathapindika had been feeling throughout his body lessened as the seeds of happiness in him were watered, and he smiled. Watering the seeds of happiness is a very important practice for those who are sick or dying.” ~Thich Nhat Hanh

Value of Generosity

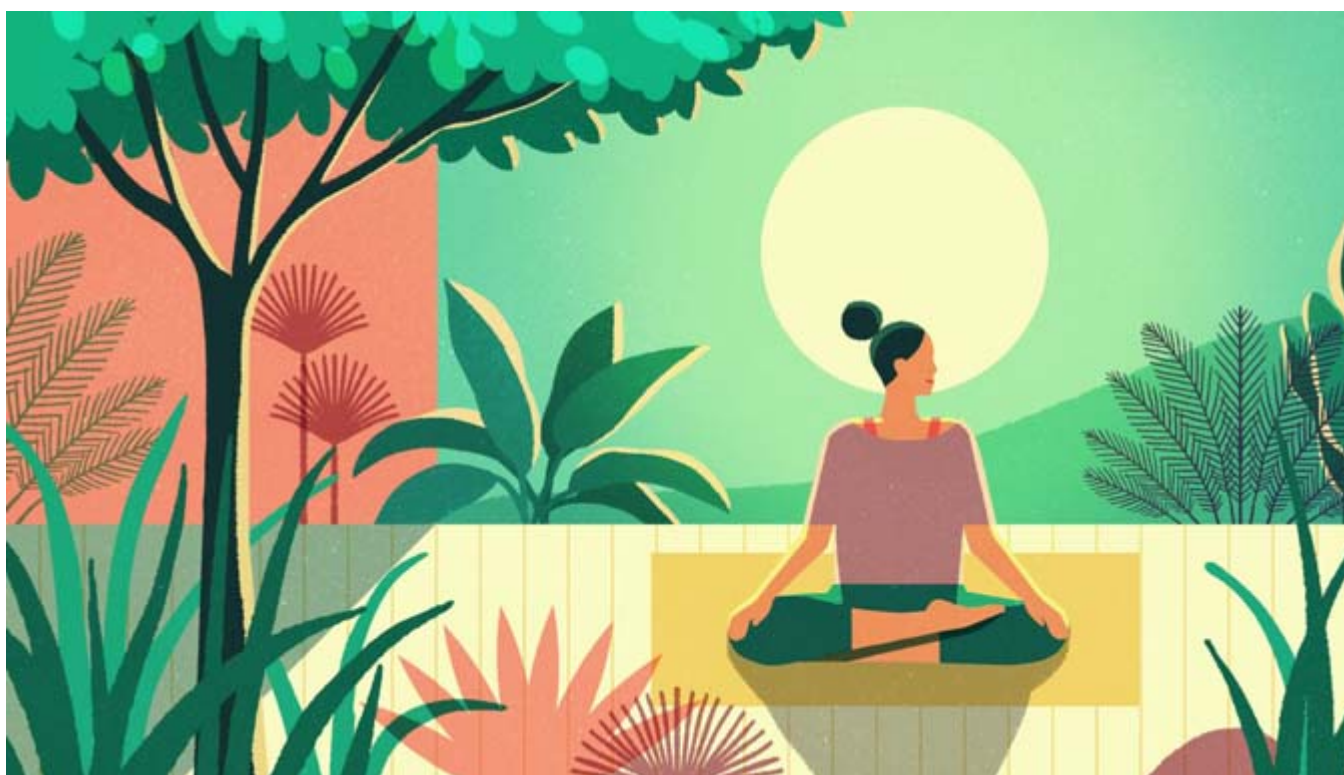
I heard somewhere that J. K. Rowling, author of the Harry Potter books, was the first person to make it to the billionaires list, then get removed because she donated so much to charity, she was no longer a billionaire. I'm sure nearly all those still on that list think she is a fool. Actually, they are the fools. Their greed will not make them healthy. It won't give them a long life. And it usually doesn't even make them happy. They live in fear of being robbed, or in some other way losing what they value most: Money.

That don't understand what Rowling and all spiritual people do.

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

Original article posted by HAROLD BOULETTE on MARCH 16, 2019

“Is Sunscreen the New Margarine?”



Current guidelines for sun exposure are unhealthy and unscientific, controversial new research suggests—and quite possibly even racist. How did we get it so wrong?

“These are dark days for supplements. Although they are a \$30-plus billion market in the United States alone, vitamin A, vitamin C, vitamin E, selenium, beta-carotene, glucosamine, chondroitin, and fish oil have now flopped in study after study.

“If there was one supplement that seemed sure to survive the rigorous tests, it was vitamin D. People with low levels of vitamin D in their blood have significantly higher rates of virtually every disease and disorder you can think of: cancer, diabetes, obesity, osteoporosis, heart attack, stroke, depression, cognitive impairment, autoimmune conditions, and more. The vitamin is required for calcium absorption and is thus essential for bone health, but as evidence mounted that lower levels of vitamin D were associated with so many diseases, health experts began suspecting that it was involved in many other biological processes as well.

“And they believed that most of us weren’t getting enough of it. This made sense. Vitamin D is a hormone manufactured by the skin with the help of sunlight. It’s difficult to obtain in sufficient quantities through diet. When our ancestors lived outdoors in tropical regions and ran around half naked, this wasn’t a problem. We produced all the vitamin D we needed from the sun.

“But today most of us have indoor jobs, and when we do go outside, we’ve been taught to protect ourselves from dangerous UV rays, which can cause skin cancer. Sunscreen also blocks our skin from making vitamin D, but that’s OK, says the American Academy of Dermatology, which takes a zero-tolerance stance on sun exposure: “You need to protect your skin from the sun every day, even when it’s cloudy,” it advises on its website. Better to slather on sunblock, we’ve all been told, and compensate with vitamin D pills.

“Yet vitamin D supplementation has failed spectacularly in clinical trials. Five years ago, researchers were already warning that it showed zero benefit, and the evidence has only grown stronger. In November, one of the largest and most rigorous trials of the vitamin ever conducted—in which 25,871 participants received high doses for five years—found no impact on cancer, heart disease, or stroke.

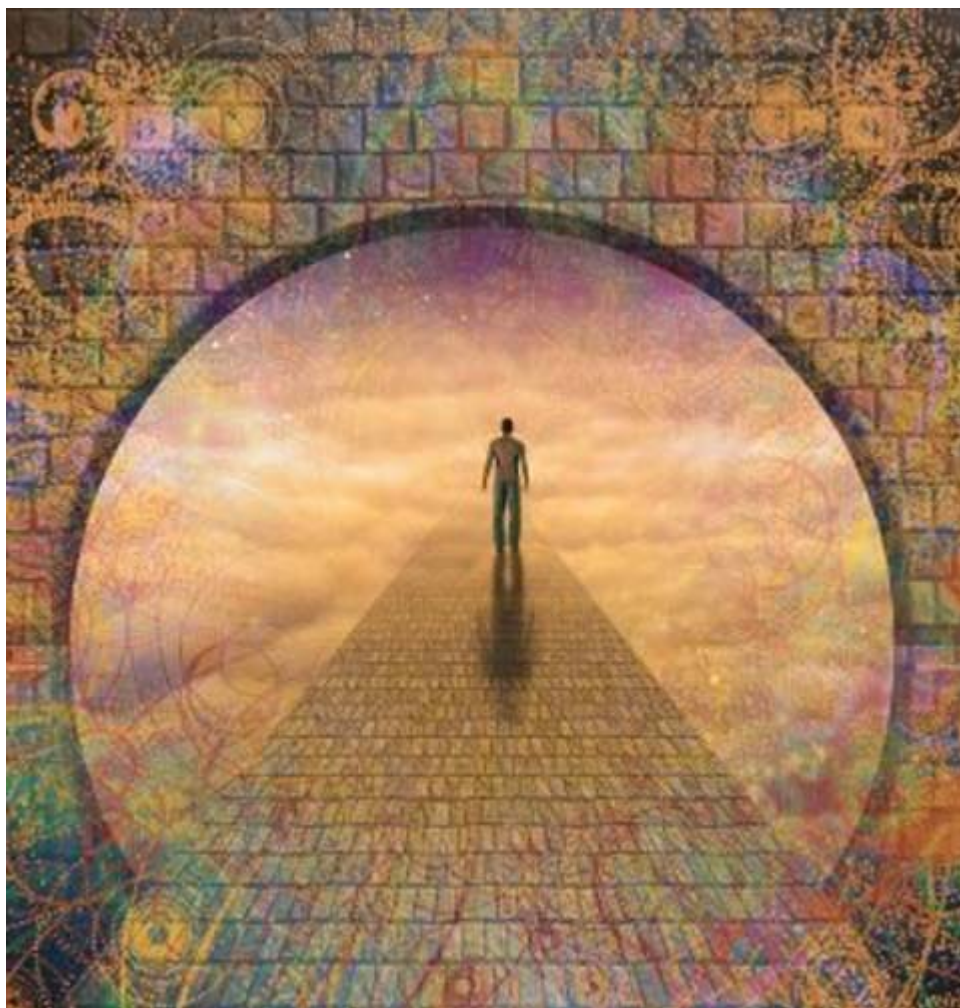
“How did we get it so wrong? How could people with low vitamin D levels clearly suffer higher rates of so many diseases and yet not be helped by supplementation?

“As it turns out, a rogue band of researchers has had an explanation all along. And if they’re right, it means that once again we have been epically misled.”

[Read the entire article by Rowan Jacobson posted online January 10, 2019 at outsideonline.com.](#)

link submitted by Harold Boulette

“The Great University of the Coming Golden Age”



"The great university will be divided into grades, admission to which will be through preliminary tests or initiations. Here mankind will be instructed in the most sacred, the most secret, and the most enduring of all Mysteries—Symbolism. The initiate will be taught that every visible object, every abstract thought, every emotional reaction is but the symbol of an eternal principle. Here mankind will learn that Chiram (Truth) lies buried in every atom of Cosmos; that every form is a symbol and every symbol the tomb of an eternal [verity](#). Through education—spiritual, mental, moral, and physical—man will learn to release living truths from their lifeless coverings.

"The perfect government of the earth must be patterned after the divine government by which the universe is ordered. In that day when perfect order is reestablished, ... men will no

longer seek for happiness, for they shall find it welling up within themselves. ... Then shall sages sit upon the seats of the mighty and the gods walk with men.” ~Manly P Hall

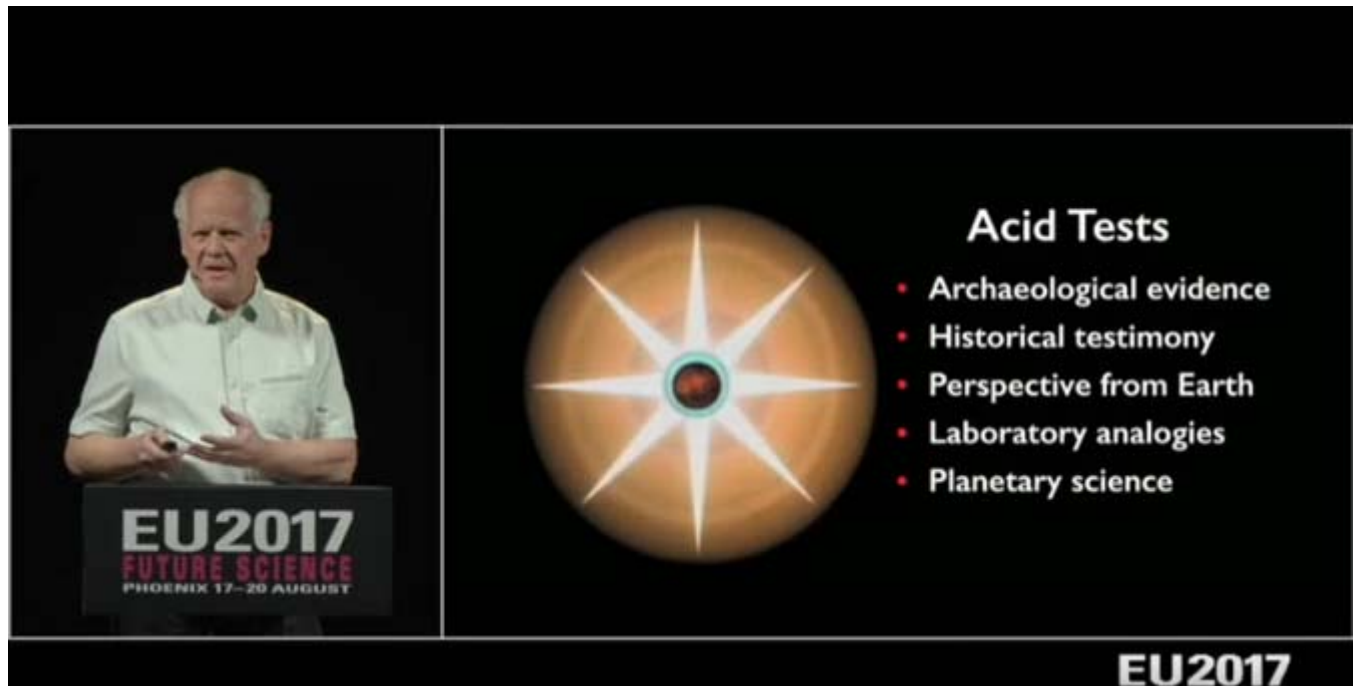
The Great University

This university will have a spiritual orientation rather than a material one. It will be a university that meets the original definition of that word, which is a school that teaches universal truth. It will be controlled by spiritual masters rather than politicians and corporate leaders. They will not have the task of turning people into compliant workers, but of helping them awaken their creative spiritual powers. It will help lead them on the path, but it will not walk it for them. Each of us must eventually walk the True Path himself. The True Path, not one we make up ourselves in our own limited mind.

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

Original article posted by HAROLD BOULETTE on FEBRUARY 16, 2019

“Dave Talbott: Mythology as Undiscovered History | EU2017”



David Talbott of the Thunderbolts Project examines the protocol for cross-cultural investigation, bringing an objective standard to a field of study that scholars have long assumed to be hopelessly subjective.

Is it really possible to identify extraordinary natural events hidden within a carnival of ancient myths and symbols? His claim is that world mythology speaks for “real” history, but only in the sense that every archetype or cross-cultural theme has its referent in extraordinary natural phenomena. Events that are not occurring today were anciently interpreted through the lens of human imagination, as witnesses on earth translated intensely experienced events into the only

languages available to them.

By identifying the underlying natural condition, it becomes clear that many different archetypal themes among the early cultures trace back to the same extraordinary events. The remarkable fact is that nothing in our natural experience today will account for a single archetype. And yet, the archetypes are inseparably connected to each other, constituting a substructure of human memory in ancient times. This collective memory would not be possible in the absence of the natural provocation.

[Watch the talk posted online by the Thunderbolts project October 13, 2018 at YouTube.com \(45:12\).](#)

link submitted by Robert Petrovich

“We Are Light, We Are Spirit”



“Then something happened inside of him that transformed his life forever. He looked at his hands, he felt his body, and he heard his own voice say, ‘I am made of light; I am mad of stars.’

“He looked at the stars again, and he realized that it's not the stars that create light, but rather light that creates the stars. ‘Everything is made of light,’ he said, ‘and the space in-between isn't empty.’ And he knew that everything that exists is one living being, and that light is the messenger of life, because it is alive and contains all information.

“Then he realized that although he was made of stars, he was not those stars. ‘I am in-between the stars,’ he thought. So he called the stars the tonal and the light between the stars the nagual¹, and he knew that what created the harmony between the two is life or intent.” ~Don Miguel Ruiz

Made of Light

Ruiz is correct. We are light. Our real self is light. That real self is our spirit and soul. Our physical body is a

creation of darkness. Darkness in the sense that much of its light has been removed, so relative darkness, not absolute darkness.

Realization

Unfortunately, when we awaken our body and mind on the material level of being, everything seems to be matter. We don't remember our spirit and soul. We don't remember that we are light. Our spirit knows, but it lies dormant within us. Once it is awakened, we realize what we are. We remember that we come from the Great Light and we are light. So how do we awaken the spirit and soul? With light, of course. Specifically, the light of the spiritual sun.

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

Original article posted by HAROLD BOULETTE on FEBRUARY 14, 2019

“Positive Energies of the Spiritual Sun”



"The energies of the Sun are positive and act favorably on people. The earth energies are negative and act unfavorably on people. The former energies help humanity to rise, and the latter to descend. Try to tune into the energies that come from above.

"The first violinist in nature is the Sun. The first ray of the sun is the first aria. ... The sun is a book, and God write something new in it every day.

"Light is a sign of love. When the sun shines on us that shows that God is sending us light. ...

"The Divine world has only one direction, only one point, one source from which all things proceed. This point is called 'the Eternal East,' the point of the eternally rising Sun."

~Biensa Douno

Positive and Negative Energies

While it is essentially true to say that solar energy is positive and earth energy is negative, it can be misleading to put it that way. For one thing, it seems to imply that if one leaves the Earth, he would leave negative energies behind. But there are, in fact, negative energies on the moon, on Mars, on all planets. There may even be negative energies in the sun

and the stars, but they are not as strong as the positive ones.

To put it more accurately, there are positive energies that pull us up. Up towards Heaven and higher levels of consciousness. Up towards God. There are also energies that pull us down toward matter and death. That is why it's a struggle to grow.

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

Original article posted by HAROLD BOULETTE on APRIL 6, 2019

The Healing Center Has a New Web Site



THERE MUST BE SOMETHING IN THE WATER

Steamboat Hot Springs is a natural spring with geothermal mineral water. Mineral water is defined as water that contains a large quantity of dissolved minerals or gases. Most mineral water from natural springs contains calcium carbonate, magnesium, sodium sulfate, and is impregnated with carbon dioxide. All of these elements are found in the Steamboat water. In addition, our water also contains sulfur, lithia, soda and a high level of silica.

[LEARN MORE](#)

Come look. Steamboat Healing Center has a new web site:

<http://steamboatsprings.org/>

“Sharing Light and Truth With Others”



“The rich and enlightened man shall distribute gifts to all the angelic choirs and all spirits, each in particular according to its merits, out of the richness of his God and out of the generosity of his own ground; which is illuminated and overflowing with great and wonderful gifts. ... This enlightened man goes swiftly and in ghostly wise round through all the heavenly hosts, rich and overflowing with charity, and enriching and inundating the whole celestial company with fresh glory out of the richness and abundance of the trinity and unity of the Divine Nature. This is the first going out, towards God and towards all saints.” ~John of Ruysbroeck

Sharing is Caring

Yes, sharing is caring . And it is one of the first things most of us are taught as spiritual students. At least if the school we follow is legitimate. But we are also taught that there are things we should share and things we shouldn't.

We should share with others that we are on a path of spiritual enlightenment. We shouldn't share everything we have learned without the permission of our teacher(s). Some things must be kept secret from those who are not ready to learn them. This is for their protection as well as the protection of others.

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

Original article posted by HAROLD BOULETTE on FEBRUARY 6, 2019

“Eternal Man and His Eternal Source”



"Because Man was to be eternal, therefore he must come out of the eternal. ... Also from eternity, there has been nothing else but the Source where the Deity continually rises up, as is mentioned before.

"And this Source of the spirit of the Soul is eternal, and its tincture is also eternal; as the Source is in it at all times of this world, while it sticks in the elementary House of Flesh, so is the tincture also, and the dwelling house of the soul; and in which source the Mind inclines itself. ... It stands in both the gates, so long as it lives in the flesh."

~Jacob Boehme

Eternal Man

It is logical to say that if man is an eternal being, he must have come from the realm of the eternal. And since only spirit is eternal, that means man came from spiritual realms. Our physical bodies may have evolved from tiny creatures, to apes, to man, but that isn't the real man. That isn't eternal man. And it certainly isn't true that our spirits and souls evolved from the physical body. We were spiritual beings long before we devolved into the realm of matter. The spirit and soul came first.

Eternal Tincture

I believe what Boehme means when he says that the "tincture" of our spirit and soul is also eternal is that if the spirit and soul are eternal, then the realm they came from must be eternal. That is the realm of spirit, and it is indeed eternal. It also means that the Creator of the spirit and soul must be eternal. A finite being could not create the infinite. A being with a limited live span could not create eternal beings. So the spirit and soul must have been created by an eternal being or force. That is the being most of us call God.

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

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“Illuminator of Knowledge and the Fruit-Bearing Trees”



“Once again, for the third time, the illuminator of knowledge passes by in great glory to leave some of the seed of Noah and the sons of Ham and Japheth—to leave fruit-bearing trees for himself. And he redeems their souls from the day of death. The whole creation that came from the dead earth will be under the authority of death. But those who reflect on the knowledge of the eternal god in their hearts will not perish. They have not received spirit from this kingdom but from something eternal, angelic. . . .

“The illuminator will come. And he will perform signs and wonders to scorn the powers and their ruler. Then the god of the powers is disturbed and says, ‘What is the power of this

person who is higher than we are?’ Then he brings a great wrath against that person. And glory withdraws and lives in holy houses it has chosen for itself. The powers do not see it with their eyes, nor do they see the illuminator. They punish the flesh of the one over whom the holy spirit has come. Then the angels and all the generations of the powers will use the name in error, asking, ‘Where did this come from?’ or ‘Where did the words of deception, which all the powers have failed to realize, come from?’” ~The Revelation of Adam

Illuminator of Knowledge

Depending on how you choose to look at it, the Illuminator of true knowledge could be Christ or God. This should not be confused with Adam and Eve eating from the tree of knowledge of good and evil. That knowledge is on the material world, and therefore limited. It is also important to remember that it was good and evil. True knowledge comes from God and is never evil. True knowledge is spiritual and eternal. It isn't about the realm of matter at all.

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

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