

“Unity of Spirit Through Inner and Outer Development”



*“Now consider diligently how we can acquire and possess the most inward exercise of our spirit in the created light. The man who is well adorned with the most virtues of the outward life, **and** has risen into nobility and divine peace by inward practices, he possesses the unity of the spirit, enlightened by supernatural wisdom, flowing fourth in generous love toward heaven and earth and lifting itself up by its reverence and its merits, and flowing back into that very ground, the most high Unity of God, from which all things proceed. For each creature, according to whether it has received more or less from God, has more or less of ascending love and inward tendency towards its origin, for God and all His gifts invite us into Him, and through charity and the virtues and resemblance, was designed to enter into Him.*

“Through this loving inclination of God, and His inward working to the unity of our spirit, and further through our

glowing love and the pressing of all our powers together into the very unity in which God dwells.” ~[John of Ruysbroeck](#)

Well Adorned With Virtue

While most people will interpret “virtues” as meaning social things, I think it is spiritual virtues that are meant here. Social virtues like being polite, kind, helpful and so on are all good things. We should all have a virtuous social life. But a virtuous spiritual life is something different.

Spiritual virtue can be summarized in a few words: put the soul first. In other words, when life forces you to choose what is good for the material world, the physical body, the mind, or the soul, the soul should be priority number one.

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

Original article posted by HAROLD BOULETTE on AUGUST 23, 2019

“When the Sun Spins in the Sky”



The crowds at Fátima wait for a miracle on Oct. 13, 1917.

(Image credit: Public domain)

Last Sunday was the anniversary of an event known as The Miracle of the Sun that occurred at Fatima, Portugal, a hundred-and-two years ago. Lest you think the event was isolated or insignificant, I would like to mention other cases of similar Solar Miracles that I have explored and written about in the past, including: Medjugorje in Bosnia; Georgia, USA; Misamis Oriental, Philippines.

My personal experience had led me to understand that, once you come to see the Sun is not a ball of fire in the sky, but an intelligent sphere of plasma having its origins in higher dimensions, you are able to establish a rapport with it if you wish. If you are not familiar with the four examples below, take a few minutes to read over the facts and see if you begin to sense there is more to the majestic Solar Orb than you've previously acknowledged.

[Read the entire article posted October 18, 2019 at
southernsunlightcom.wordpress.com.](https://southernsunlightcom.wordpress.com)

by Paul V. Young

“Music of the Spheres Singing to the Soul”



“Many early instruments had seven strings, and it is generally conceded that Pythagoras was the one who added the eighth string to the lyre of Terpander. ...

“The Pythagorans believed that everything which existed had a voice and that all creatures were eternally singing the praise of the creator. Man fails to hear these divine melodies because his soul is enmeshed in the illusion of material existence. When he liberates himself from the bondage of the lower world with its sense limitations, the music of the spheres will again be audible as it was in the Golden Age. Harmony recognizes harmony, and when the human soul regains its true estate it will not only hear the celestial choir but also join with it in an everlasting anthem of praise to that Eternal Good controlling the infinite number of parts and conditions of being.” ~[Manly P. Hall](#)

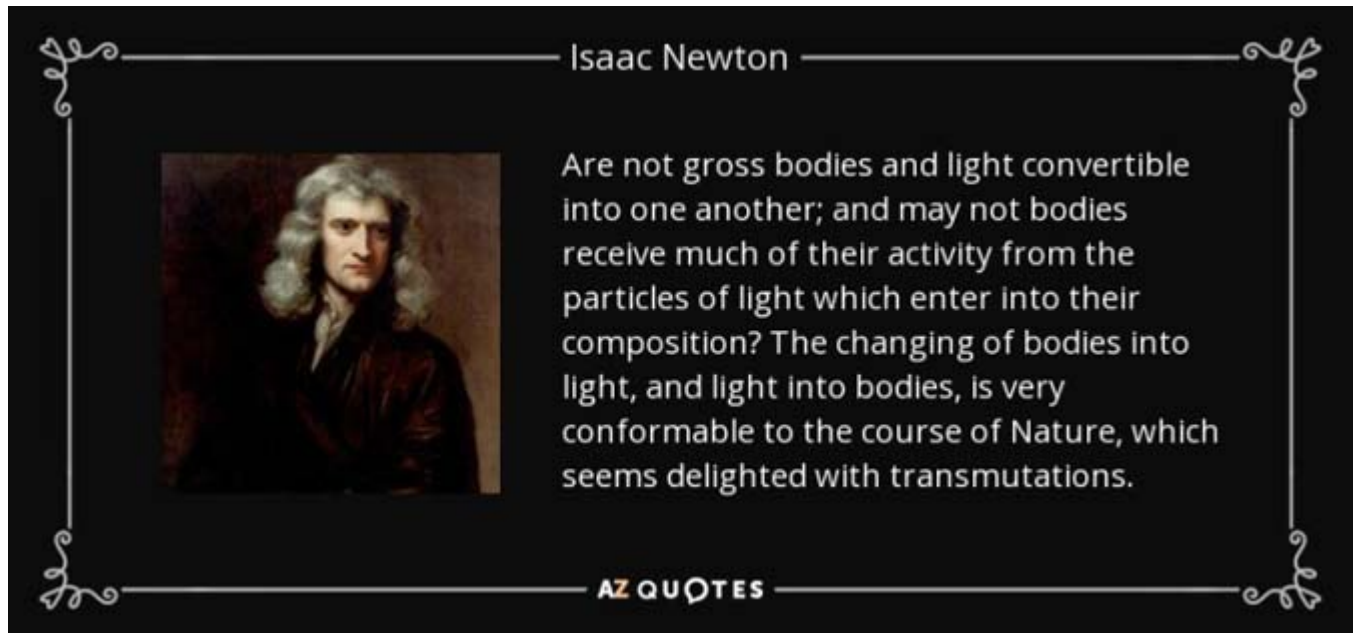
Seven or Eight Strings

Halls gives credit to Pythagoras for added the eighth string to a lyre that had always, like several other stringed instruments, had seven. He gives no reason for doing so, however. Permit me to do it for him.

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

Original article posted by HAROLD BOULETTE on AUGUST 16, 2019

“The Light Body – Real, or Merely Poetic?”



I believe that to survive into the future, humans will have to activate their light bodies in the fifth dimensional state – having form and substance, but beyond flesh-and-blood bodies like present-day humans. Many traditions speak of humankind’s ‘fall’ and it seems that the hybrid offspring of otherworldly visitors somehow became trapped in physical form. If the DNA of those distant ancestors is still driving us, it may be the destiny of humanity to return to this higher state of being.

Sound far-fetched? The authors James Redfield, Michael Murphy and Sylvia Timbers, in their book *God and the Evolving Universe*, suggested that such a state of existence is a “dimension in the chain of human evolution,” stating, “In short, we propose that our emergent capacities, which alter our physical functioning to some degree whenever they make their appearance, can gradually give rise to a new and more

luminous embodiment.”

[Read the entire article at southernsunlightcom.wordpress.com.](https://southernsunlightcom.wordpress.com)

Original article posted by PAUL YOUNG on AUGUST 30, 2019

“Healing Music for Body, Mind, and Soul”



It is highly probable that the Greek initiates gained their knowledge of the philosophic and therapeutic aspects of music from the Egyptians, who in turn, considered Hermes the founder of the art. According to one legend, this god constructed the [first lyre](#) by stretching strings across the concavity of a turtle shell. Both Isis and Osiris were patrons of music and poetry. Plato, in describing the antiquity of these arts among the Egyptians, declared that songs and poetry had existed in Egypt for at least ten thousand years and that these were of such an exalted and inspiring nature that only gods or godlike men could have composed them. In the Mysteries the lyre was regarded as the secret symbol of the human constitution, the body of the instrument representing the physical form, the strings the nerves, and the musician the spirit." ~Manly P. Hall

Healing Music

The idea that music has healing powers is not new. Ancient shaman played drums and chanted to heal. The Australian Aborigines used the didgeridoo more for healing than for music. In modern times, the art of using sound for healing has become a science. Scientific methods have been used to find specific sounds and frequencies that heal certain illnesses or body parts.

We all know that certain types of music can be soothing. Other types can excite and make you happy. Still others can make you sad. Our mother's singing or playing lullabies to us as babies is generally our first introduction to this. Some farmers play music in their fields to produce better crops. And when I toured a small Tequila distillery in Mexico a few years ago, I learned that they played classical music to the bins of aging tequila. They said it produced a smoother, more mellow product.

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

Original article posted by HAROLD BOULETTE on MAY 4, 2019

Hot Springs Connection

Conference Attended



The 2019 Hot Springs Connection Conference, held November 4th – 8th at Indian Wells and Desert Hot Springs, California in the Greater Palm Springs area, was attended by Gene Savoy Jr. and Radheka Patel Savoy.

This was the 2nd annual conference of the Hot Springs

Connection, a collaboration to unify the hot springs industry in the United States and abroad. Attending were 125 owners and operators of hot springs, primarily in the United States. Also represented were hot springs from Canada, Australia, and New Zealand. Gene and Radheka attended on behalf of Steamboat Hot Springs Healing Center and Spa.

[The Hot Springs Connection](#) is receiving world-wide recognition to unite geothermal soaking facilities on a global level. During the week, like-minded industry professionals discussed and shared ideas on balancing environmental, social, cultural and economic aspects for successful hot springs management. Some of the topics discussed and addressed at the conference were: historic/heritage preservation; water stewardship; natural resource protection; wellness trends; product customization; efficient operations; regulatory requirements; utilizing geothermal energy; new design standards; tourism marketing; and hospitality training.

Also introduced and launched at the conference was a new [Hot Springs Association](#), a trade association of hot springs owners and operators. The purpose of the Association is to bring together owners and operators to collaborate and cooperate with each other in order to promote the hot springs industry to the public, to share information and ideas, to influence policy, to share new technology, and to work together to represent the diverse hot springs of North America. In addition to the Association, a separate [Hot Springs of America website](#) was announced and launched. It is the only site that lists and maps every hot spring in the United States. Steamboat will be joining the Association and will be listed on the Hot Springs of America website.

[Take a look at the excellent story and photos that the City of Desert Hot Springs posted on their website!](#)

by Gene Savoy Jr.

“Ocular Transmission of the Sun’s Light”



In my last Blog I wrote about Sun-gazing, a topic which was fresh in my mind, having just attended the annual Cosolargy convocation during September. The ritual of Sun-gazing has had a recent surge in popularity. It was practised by a number of ancient cultures, including the Egyptians and Aztecs. Modern-day practitioners who claim success with it start at a minute or less per day and build up their exposure over time. Sunrise and Sunset are the preferred times to view the Sun. An informative source is the movie, 'Eat the Sun', available on line, or start with the trailer on You-Tube.

A fact well known to the ancient mystical orders, but less commonly realized among the general public today, is that the eyes not only receive light rays and relay them to the brain, but also transmit energy beams. You can conduct a simple experiment to demonstrate this, by staring at a person some distance from you who is not looking in your direction, even when you are not facing one another. More often than not they will turn to look directly back at you. The more fixed your gaze, the greater the success. Planet Earth is basically a big electro-magnet, and the very substance of the material world we live in is itself a conductive medium. The human is the only mammal whose eye shows the sclera, or white of the eye, which is probably an indicator that we are the only mammal capable of transmitting as well as receiving light energy.

Back in the 1930s, Dr. Paul Brunton coined the term 'Ocular Radiation' for this phenomenon[3] but, unfortunately, should you do an on-line search for this phrase today, it will most likely yield information about medical radiation treatment. A more apt title would be 'Ocular Transmission.'

[Read the entire article at southernsunlightcom.wordpress.com.](http://southernsunlightcom.wordpress.com)

Original article posted by PAUL YOUNG on OCTOBER 4, 2019

“Illuminated Consciousness – The Mystic’s Goal”



“In Illumination we come to the state of consciousness which is popularly supposed to be peculiar to the mystic: a form of mental life, a kind of perception, radically different from that of ‘normal’ men. His preceding adventures and experiences cannot be allowed the quality. His awakening to the consciousness of the Absolute—though often marked by a splendor and intensity which seem to distinguish it from other psychic upheavals of that kind—does but reproduce upon higher levels those characteristic processes of conversion and falling in love which give depth and actuality to the

religious and passionate life. The purification to which he then sets himself—though this possesses as a rule certain features peculiar to mystical development—is again closely related to the disciplines and mortifications of ascetic, but not necessarily mystical, piety. ... Here, the mystic does but adopt in a more dramatic form the principles which all who would live with an intense life, all seekers after freedom, all true lovers must accept. ... The mystic has now a veritable foothold in that transcendental world into which they penetrate now and again.” ~[Evelyn Underhill](#)

Illuminated Consciousness

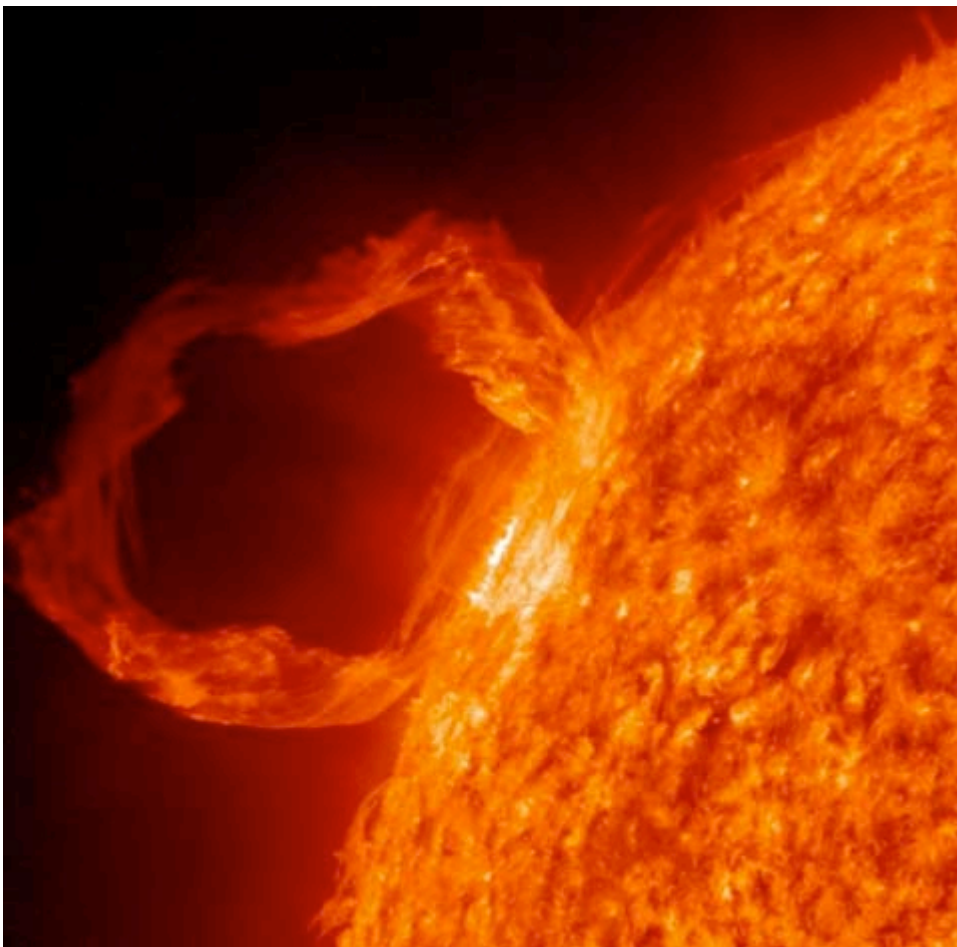
There are many interpretations of what constitutes illumination. There are probably even more about what consciousness is. Underhill here puts the two together and defines it quite simply: illuminated consciousness is that which is “peculiar to the mystic”. That might be a good definition if we were all familiar with mystics and mysticism. Today, however, few are. For our purposes, we will keep it simple and say that a mystic is one who devotes his life to spiritual development. Real spiritual development, not just the basic first step of meditation.

A major part of spiritual development is the attainment of higher states of consciousness. How many levels of consciousness there are is a matter of conjecture. But we can say that we can't consider ourselves at all illuminated until we climb to a level of consciousness where we understand the spiritual nearly as well as the physical. These higher states are radically different because they reveal the reality of the physical world as eventually illusion. They further reveal the spiritual realms, which are real and permanent.

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

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“Will the Sun Lash Out at Us?”



I write a lot about the benefits of the Sun, and feel just a

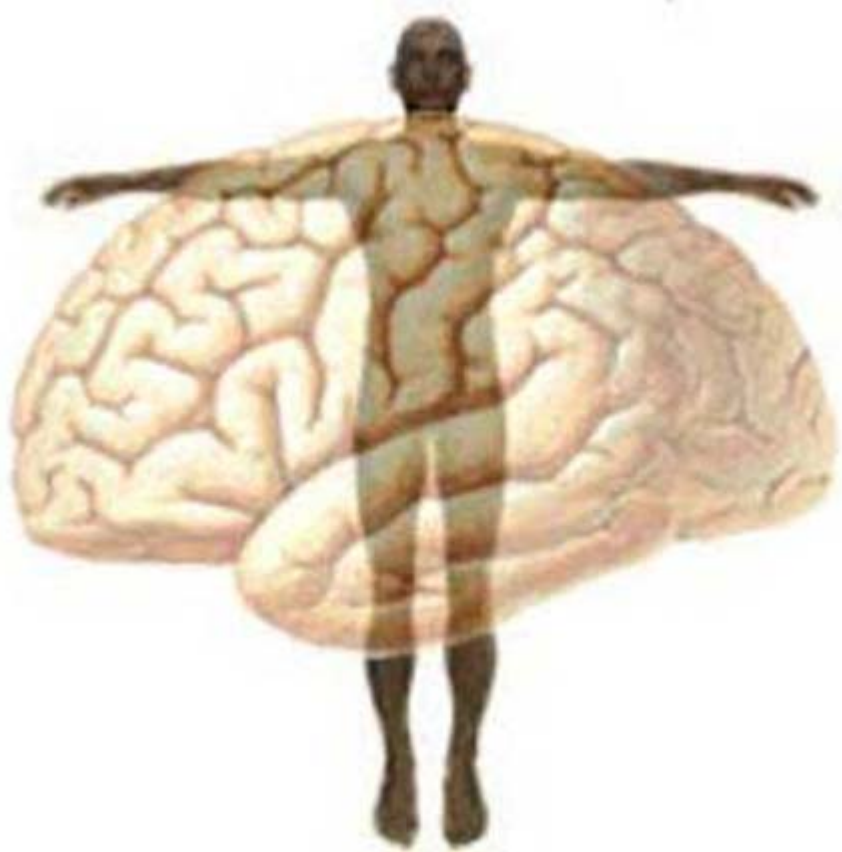
twinge of sadness as I must also acknowledge that, just like the reputation of the Hindu deity Shiva, our star may be thought of as both Creator and Destroyer. It has lashed out at our planet in the past by way of solar flares causing geomagnetic storms, and some believe we are due for another massive one.

Recently I have exchanged emails with Dr Jamal Shrair and acquired a copy of his book, Helical Universe. Dr Shrair has told me, "As I have indicated many times before, the Sun is now located in high energy region and approaching the most dense one, therefore, the chance for massive solar flare is almost certain and it is going to be a devastating one." He later added, "A destructive solar flare is certain, and it will hit in the near future." To clarify what he means by the near future, he posted elsewhere that it will happen "for sure if not this year then next year."

[Read the entire article at southernsunlightcom.wordpress.com.](http://southernsunlightcom.wordpress.com)

Original article posted by PAUL YOUNG on OCTOBER 11, 2019

"Body as a Tool of Mind and Soul"



“The body is but the machine used by the mind. If it be weak, the power of our thought may be largely used and almost useless in resisting its weakness. The mind is then the workman endeavoring to carry out his design with an imperfect tool. Eventually, this defective tool may derange and destroy entirely the workman’s power.

“Strength of mind and body is the cornerstone of all enjoyment and success. The weak body enjoys little or nothing. Our bodies are reservoirs of force. ... What is most desirable for all to know is, how to retain the most of that force during our waking hours and if possible to increase it; because this force has a commercial value in dollars and cents. The weak and exhausted body is neither the body for ‘business’ or pleasure, and all business is best done when it is a pleasure to do it.” ~[Prentice Mulford](#)

The Body as a Tool

Yes, we can think of the body as a tool for the mind. It might be more accurate, however, to think of the body and mind more like partners who need to work together. Mulford notes that a mind cannot do its job very well with a weak or sick body. It is also true that the body can't accomplish much with a damaged or weak mind.

But it doesn't stop there. While Mulford may only be interested in the body and mind, there is also the spirit and soul to be considered. The spirit and soul certainly don't need the physical body to function. They may use it, however, to help with certain things that they wish to do.

It is not true, however, that the body can exist without a spirit. It can exist without a soul, or at least without the divine soul which is the soul most people mean when they talk about the soul. We also have a mundane soul that is linked to the body. The divine soul, however, is very loosely connected to the body and will leave if the body and mind commit serious acts of violence such as murder.

So in short, we are complex beings and we function best when all the parts work together in peace and harmony. Body, mind, psyche, spirit, and soul all need to be friends and partners. When they are not, or one part is too weak or damaged to properly function, the whole being suffers.

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

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