

“Rule of Truth and Knowledge”



“If you always think about the bad traits in man, you boost the bad in him. If you think about the good traits, you boost the good in him.

“The first crime in the world is to vilify man. All crime is due to the impure thoughts and wishes that leave in people certain impurities and surpluses.

“Strong people are those who transmit love, weak people those who only accept love. ...

“There are three rules you need to keep in mind in order to free yourself from all your delusions:

- *The first rule: Love is a way of life. ... Embracing love, you will avoid the greatest mishaps.*
- *The second rule: the light of wisdom is a way to knowledge. Consequently, if you do not have this way, this light, you cannot acquire knowledge. ...*
- *The third rule: Truth is a way to freedom. Consequently, if you are not in this way of Truth, you cannot be free.”*

~Biensa Douno

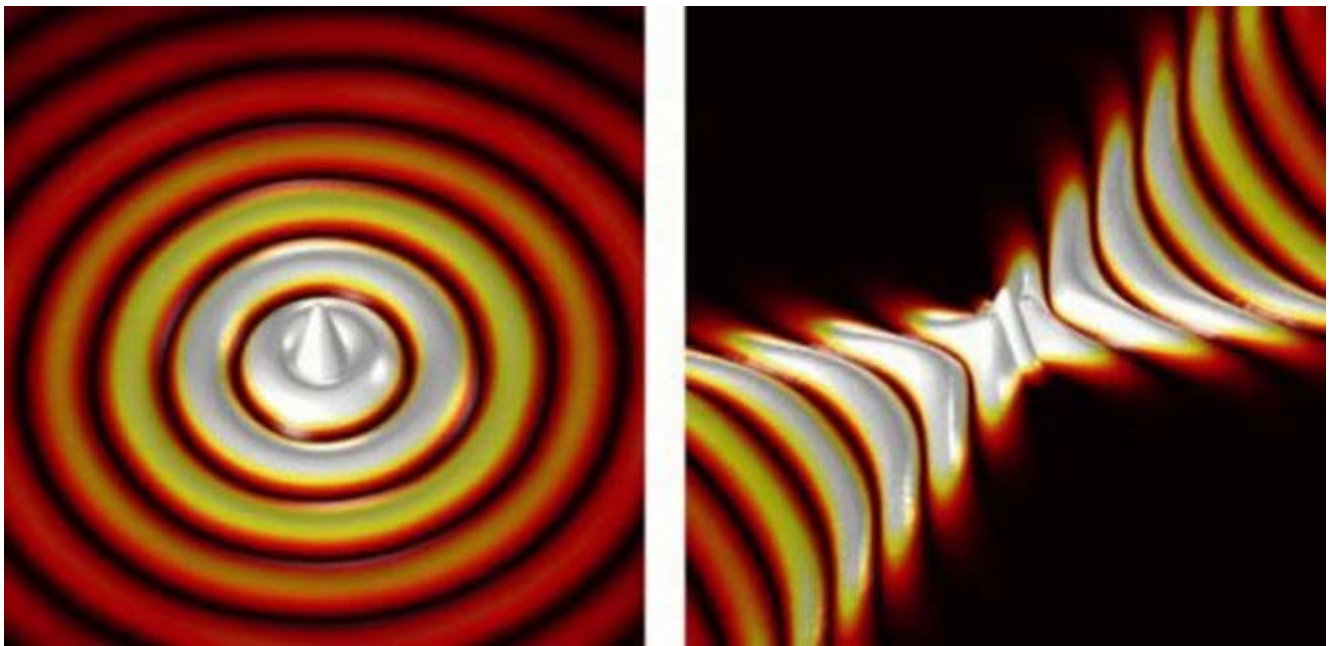
Thinking is Receiving is the first Rule

“Not only spiritual teachers, but many others say that we affect our world with the way we think. This happens in several different ways.”

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

Original article posted by HAROLD BOULETTE on MAY 5, 2018

“Turning light upside down”



This is an illustration of waves propagating away from a point-like source. Left: Regular wave propagation. Right: Wave

propagation on a hyperbolic metasurface.

PHOTO: P. Li, CIC nanoGUNE

Researchers have developed a ‘hyperbolic metasurface’ on which light propagates with completely reshaped wavefronts.

“Researchers from CIC nanoGUNE (San Sebastian, Spain), in collaboration with the Donostia International Physics Center (DIPC, San Sebastian, Spain) and Kansas State University (USA), report in *Science* the development of a so called ‘hyperbolic metasurface’ on which light propagates with completely reshaped wavefronts. This scientific achievement towards a more precise control and monitoring of light is highly interesting for the long run technological challenge of miniaturizing optical devices for sensing and signal processing.

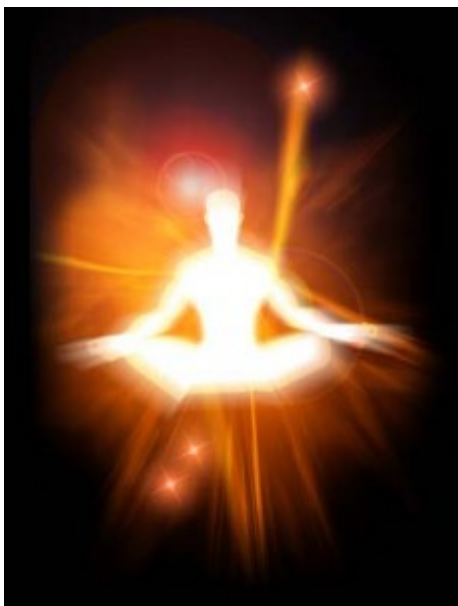
“Optical waves propagating away from a point source typically exhibit circular (convex) wavefronts. ‘Like waves on a water surface when a stone is dropped,’ explains Peining Li, EU Marie Skłodowska-Curie fellow at nanoGUNE and first author of the paper. The reason of this circular propagation is that the medium through which light travels is typically homogenous and isotropic i.e. uniform in all directions.

“Scientists had already theoretically predicted that specifically structured surfaces can turn the wavefronts of light upside down when it propagates along them. ‘On such surfaces, called hyperbolic metasurfaces, the waves emitted from a point source propagate only in certain directions and with open (concave) wavefronts,’ explains Javier Alfaro, PhD student at nanoGUNE and co-author of the paper. These unusual waves are called hyperbolic surface polaritons.”

[Read the entire posted February 22, 2018 by Elhuyar Fundazioa at sciencedaily.com.](#)

link submitted by Frieda Nelson

“Self-Realization of the Spiritual Kind”



“Well have you renounced these passing pleasures so dear to the senses, Nachiketa, and turned your back on the way of the world which makes mankind forget the goal of life. Far apart are wisdom and ignorance. The first leads one to Self-realization. The second makes one more and more estranged

from from his real Self. ...

“Like the blind led by the blind. Far beyond their eyes , hypnotized by the world of sense, opens the way to immortality. ... It is but few who hear about the Self. Fewer still dedicate their lives to its realization. ... Blessed are they who, through an illumined teacher, attain to Self-realization. The truth of self cannot come through one who has not realized that he is the Self. The intellect cannot reveal the Self.” ~The Katha Upanishad

Self-realization of the True Self

The term Self-realization is thrown about today in a way that makes a joke of its original meaning. You can [check online dictionaries](#) to find it defined as such things as the fulfillment of one's character, personality, talents, or desires. That is not at all what the ancient spiritual teachers meant by Self-realization.

Essentially, they are telling us that we have two selves: a material and mental self, and a spiritual, divine Self. The spiritual Self is almost always capitalized to show that it is far more important than the mortal self. So when spiritual teachers or books talk about Self-realization, they don't mean that we reach the peak of our profession, that we get a book published, or even have a viral video on Youtube. Those may all be good things to do, but they are not really Self-realization.

Self-realization happens when we awaken our spiritual faculties that are dormant when we come into the world of matter. We awaken them with spiritual light, the light from the spiritual sun.

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

Original article posted by HAROLD BOULETTE on MAY 4, 2018

“Rare and unseen pictures of Mahatma Gandhi”



Gandhi when he was practising as an attorney in South Africa. He sits in front of a window bearing his name, accompanied on the left by H.S.L. Polak, his

clerk at the time, and
a Russian woman Miss
Schlesin. Photo credit:
Getty Images

A collection of 44 rare black-and-white and color photographs of Mahatma Gandhi with descriptive captions were recently posted online.

[View the entire gallery at https://www.msn.com/en-za/news/photos/rare-and-unseen-pictures-of-mahatma-gandhi/ss-BBIxAR4.](https://www.msn.com/en-za/news/photos/rare-and-unseen-pictures-of-mahatma-gandhi/ss-BBIxAR4)

link submitted by Gene Savoy Jr.

“All-Knowing Self, Eternal and Formless”



“The all-knowing Self was never born, nor will it die. Beyond cause and effect, this Self is eternal and immutable. When the body dies, the Self does not die. If the slayer believes that he can slay or the slain believes that he can be slain, neither knows the truth. The eternal Self slays not, nor is ever slain.

“Hidden in the heart of every creature exists the Self, subtler than the subtlest. Greater than the greatest. ... When the wise realize the Self, formless in the midst of forms, changeless in the midst of change, omnipresent and supreme, they go beyond sorrow.

“The Self cannot be known through study of the scriptures, nor through the intellect. The Self can be attained only by those whom the Self chooses.” ~The Katha Upanishad

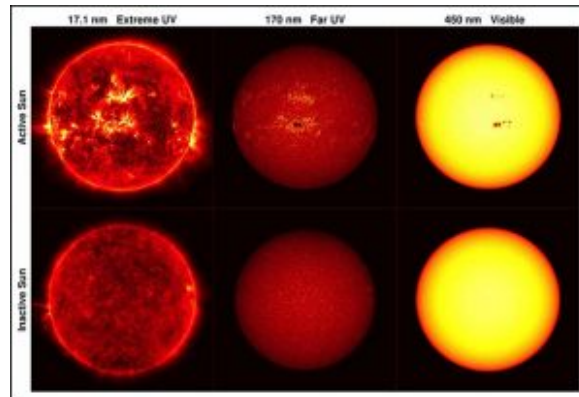
All-knowing Self

“A few days ago, someone on a Facebook spiritual group was bragging that he knew Self. He claimed that since he knew who he was, he knew Self. He felt that since he knew what he did that morning, he knew Self. Believing that everything about him was himself, he felt he absolutely knew Self. He was totally wrong.”

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

Original article posted by HAROLD BOULETTE on MAY 18, 2018

“Better Data for Modeling the Sun’s Influence on Climate”



NASA’s Solar Dynamics Observatory satellite took these images of the Sun at three different wavelengths. The top row shows the Sun on 2 February 2014 during an active phase with several sunspots. The bottom row shows the Sun on 3 March 2018 during a period of low solar activity with no sunspots. The left-hand images were taken in the extreme UV wavelength region (17.1 nm), the center images were taken in the far UV region (170 nm), and the right-hand images were taken in the visible region (450 nm). Dark sunspots cause a small decrease in irradiance in the visible band, but

they increase irradiance in the ultraviolet bands. Scientists wonder how solar activity across wavelengths influences climate. PHOTO CREDIT: NASA

Several international initiatives are working to stitch together data describing solar forcing of Earth's climate. Their objective is to improve understanding of climate response to solar variability.

"Compared to other stars, our Sun is a remarkably steady source of light and heat, but its output does vary. Solar light, heat, and particle streams drive weather and atmospheric chemistry, but how (and how much) does the Sun's variability affect the climate here on Earth? The role of solar variability in recent global warming is not just a bone of contention; it is also a question of overriding importance for the scientific understanding of our Sun and of climate change.

"Scientists simulate historical and future climates by setting up a suite of initial conditions and seeing how these conditions change when various factors, called forcings, are applied. For example, how does Earth's surface temperature change if it receives more or less heat from the Sun? How do the streams of ionized particles that make up the solar wind affect certain weather patterns on Earth? Data sets compiled from historical records provide the necessary information for model forcing, so ensuring that these data sets provide accurate, relevant information is key to producing realistic climate model scenarios.

"Recently, a series of initiatives brought together scientists

working on different aspects of this highly multidisciplinary issue. These efforts shared several common objectives, including better estimates of solar forcing and identifying and quantifying the uncertainties in these estimates.”

[Read the entire article by T. Dudok de Wit, B. Funke, M. Haberreiter, and K. Matthesonline posted September 4, 2018 at eos.org.](#)

link submitted by David Mitchell

“Christ Light and Becoming One With It”



“Now in the light, Christ demands a going out in conformity with this light and with this coming. So the man goes out, and knows and finds himself, through this simple light which has poured into him, to be united and established and penetrated and confirmed, in the unity of his spirit and mind. Thereby the man is raised up and set in a new state. ... Here the man possesses the essential and supernatural unity of his spirit, as his own dwelling-place and as his own eternal, personal heritage. He ever has a natural and a supernatural tendency toward the same unity; and this same unity through the gifts of God and through simplicity of intention, shall have an eternal loving tendency towards that most high Unity, where, in the bond of the Holy Ghost, the Father and the Son are united with all saints.” ~John of Ruysbroeck

Christ Light

“Whether you call it spiritual light, higher light, or Christ Light doesn’t matter. What is important is that you understand that this is something beyond ordinary physical light. Spiritual light operates on higher frequencies than physical light. When Ruysbroeck calls it “this simple light,” he doesn’t mean simple as in simple-minded. He means simple as in pure and uncomplicated. It isn’t really uncomplicated, however. Within that light is stored all the wisdom and truth of reality. It is uncomplicated in the sense that it carries pure truth, unpolluted with the deceptions of matter. Yet it carries all truth, so that cannot be considered simple.”

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

Sun Pillar Display



PHOTO CREDIT: David Mitchell

The photograph here was taken at the Sanctuary on 2 September 2018 by Consociate David Mitchell. He is using it in a university class on atmospheric physics he is teaching, since it is a perfect example of a sun pillar. Sun pillars occur when the Sun is near or just below the horizon (in this case it has just barely peeped above the horizon). Horizontally oriented hexagonal plate ice crystals produce this display. But science aside, he thought it was a nice picture of possible aesthetic interest.

“Hidden History Evidence that Proves Recorded History is Wrong”



In this lecture, [Michael Cremo](#), the author of [Forbidden Archeology](#) (1998) and [Human Devolution](#) (2003), presents his argument for the “devolution” of Man from pure Consciousness, using as a starting point the scientific theories of Alfred Russel Wallace and ancient Vedic histories that discuss the origin of humankind, and suggesting that the original and true self can be restored.

Cremo looks at forbidden archeology and human origins, his scientific papers and theories, as well as ancient Sanskrit history and lore. The ancient Sanskrit material describes periodic catastrophes that wipe out life on Earth over broad cycles of time. (According to this material, we are now in the middle of one such 300 million-year cycle, and in about 180

million years, we can expect a huge devastating cataclysm.)

Dealing with archaeological anomalies, and evidence for extreme human antiquity, Cremo says that if humans have been here for millions and millions of years “that means our current scientific understanding of who we are and where we came from is wrong.” There is evidence for very ancient human presence on this planet. Ancient Sanskrit material refers to humans existing for millions of years. Cremo supports this concept with evidence that mankind existed in another form, a higher form, originally.

[Watch the entire video of the lecture posted March 3, 2017 on YouTube \(1:27:12\).](#)

link submitted by Frieda Nelson

**“Search for first stars
uncovers ‘dark matter’”**

Pattern of radio waves on the sky caused by the combination of radiation from the first stars and the effect of dark matter. Blue regions are those where the dark matter cooled down the ordinary matter most strongly. If a similar pattern is detected with new radio telescopes over the next few years, this will confirm that the first stars have revealed the dark matter.

PHOTO: Prof. Rennan Barkana.

"A team of astronomers led by Prof. Judd Bowman of Arizona State University unexpectedly stumbled upon "dark matter," the most mysterious building block of outer space, while attempting to detect the earliest stars in the universe through radio wave signals, according to a study published this week in Nature.

"The idea that these signals implicate dark matter is based on a second Nature paper published this week, by Prof. Rennan Barkana of Tel Aviv University, which suggests that the signal is proof of interactions between normal matter and dark matter in the early universe. According to "Prof. Barkana, the discovery offers the first direct proof that dark matter exists and that it is composed of low-mass particles.

"The signal, recorded by a novel radio telescope called EDGES, dates to 180 million years after the Big Bang.'

[Read the entire article posted online February 28, 2018 by the American Friends of Tel Aviv University at sciencedaily.com.](#)

link submitted by Frieda Nelson