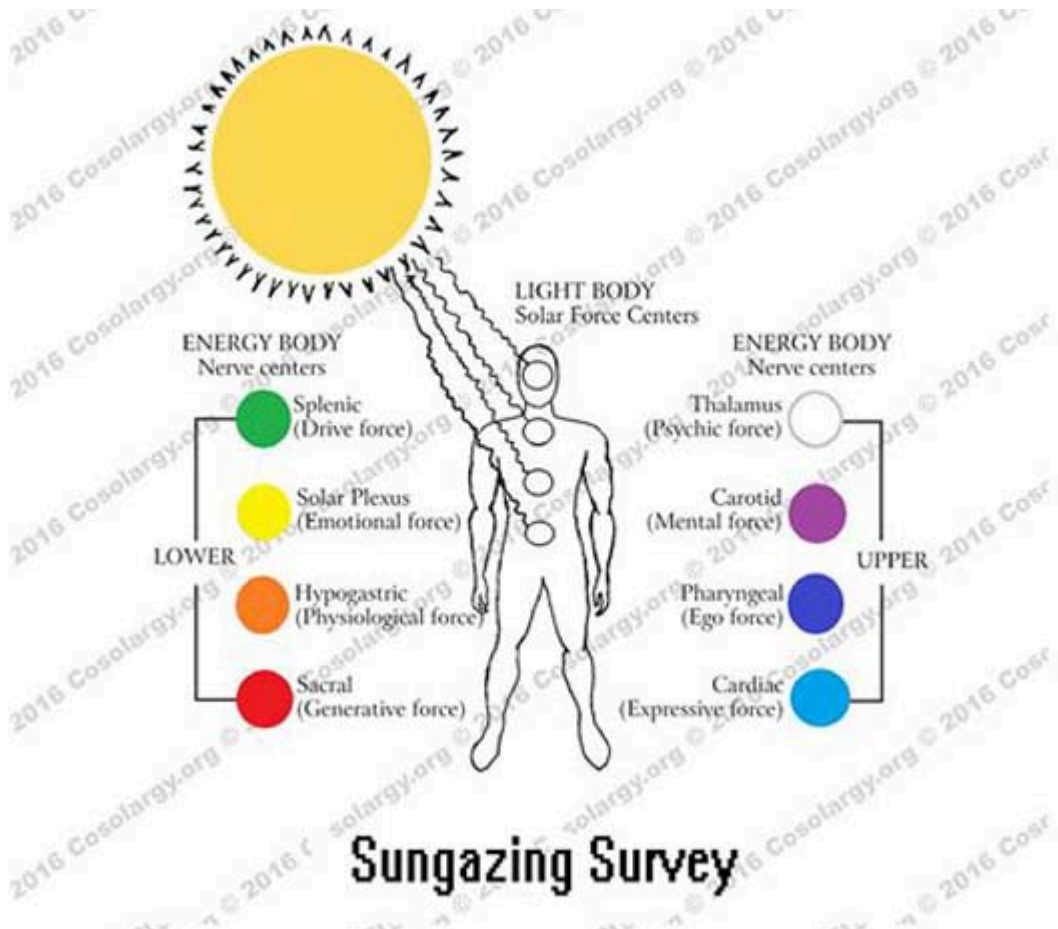


COSOLARGY.ORG Sungazing Survey Results: Summer 2017



A twenty-item Sungazing Survey on *Cosolargy.org* elicited responses by posting a link to the survey on several Facebook sites four different times, from May 2017 to July 2017. Some respondents did not respond to every single question, which accounts for percentage anomalies in the results.

Fifty-six people responded to these Facebook posts, none of whom indicated any association with Cosolargy. Thirty-two were male. Twenty-four were female. About a quarter of the respondents had been sungazing for less than 6 months, and almost

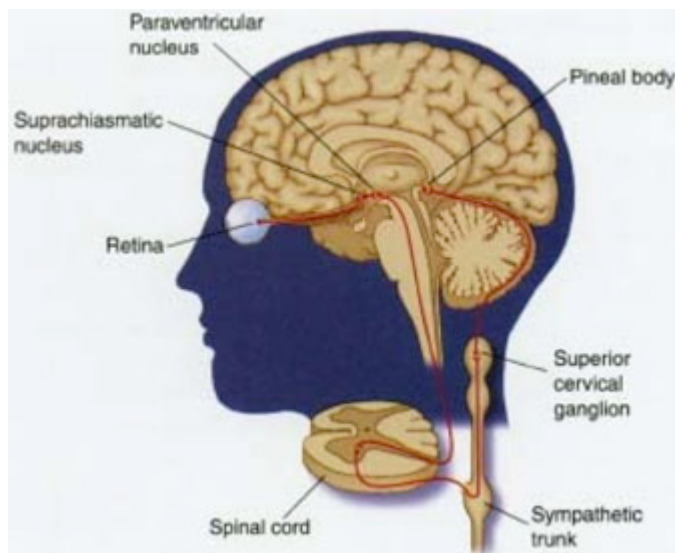
20{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} for more than five years.

Reports of Physical Changes:

Two-thirds reported a decrease in sleep.

84{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} said there was a reduction in their caloric intake.

These responses are interesting because they both relate to functions of the hypothalamus.



The hypothalamus is located at the ventral base of the brain directly above the pituitary gland. This structure is quite small, only 4 grams, taking up about 0.5{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} of the volume of the entire brain. It is often divided into ten areas,

associated with functions including: ***hunger***, thirst, thermogenesis, sexual activity, goal-seeking behavior, endocrine functions, and influencing activity in the parasympathetic nervous system. Orexin is also produced in the hypothalamus. Orexin is associated with vigilance and ***wakeful states***: people who suffer from narcolepsy seem to have a deficient orexin-system and respond positively to pharmaceutical orexin. You can read more about this fascinating hypothalamic structure and its association with sunlight at: [“Sunlight: Oxytocin and Orexin”](#)

These responses are also interesting because only about 90{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff

8b909} of neural-retinal information is dedicated to image construction. Some of the retinal information has projections to the brainstem area, where blinking and some saccadic eye movements are mediated. Retinal projections also reach the superchiasmatic nucleus (SCN), a collection of neurons that make up part of the hypothalamic structure. The SCN is the first stop for optical-neural information in the retinal-hypothalamic pathway.

During sungazing sessions, people reported the following:

Breath suspension:
32{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff
8b909}

Time disassociation:
50{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff
8b909}

Symbols in or around the sun:
30{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff
8b909}

Double suns:
59{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff
8b909}

Sun changing from dark to light:
64{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff
8b909}

In reporting all of the phenomena in this survey, almost 25{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff
8b909} said it would be advantageous to have a teacher who had learned from others who practiced the art and science of sungazing for generations. 25{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff
8b909} also reported knowing more than three sungazing techniques.

Most sungazers had perceived the sun to change colors:

41{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} reported one color change

11{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} reported perceived the sun in two different color changes

16{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} said they had seen the sun to appear in three or more different colors

(The color choices provided were: red, blue, green, and violet .)

Negative Repercussions:

Two of the fifty-six participants felt their eyes were harmed as a result of practicing sungazing.*

** These people were not following the methods taught in Cosolargy.*

reported by Michael McIntyre

“Something Beyond the

Physical and Intellectual”



“There are certain centers in the mental being of Man from which may come light regarding the existence of the Absolute and higher order of Beings. In fact, from these centers come to man the part of his mental ‘feelings’ that he calls ‘the religious instinct’ or intuition.’ Man does not arrive at that underlying consciousness of ‘Something Beyond’ by means of his intellect—it is the glimmer of light coming from the higher centers of the Self. He notices these gleams of light, but not understanding them, he proceeds to elect elaborate theological and creedal structures to account for them. The work of the intellect, however, always lacks that feeling that the intuition itself possesses. True religion, no matter under what name it may masquerade, comes from the ‘heart’, and is not comforted or satisfied with these intellectual explanations.” ~William Walker Atkinson

Higher Centers

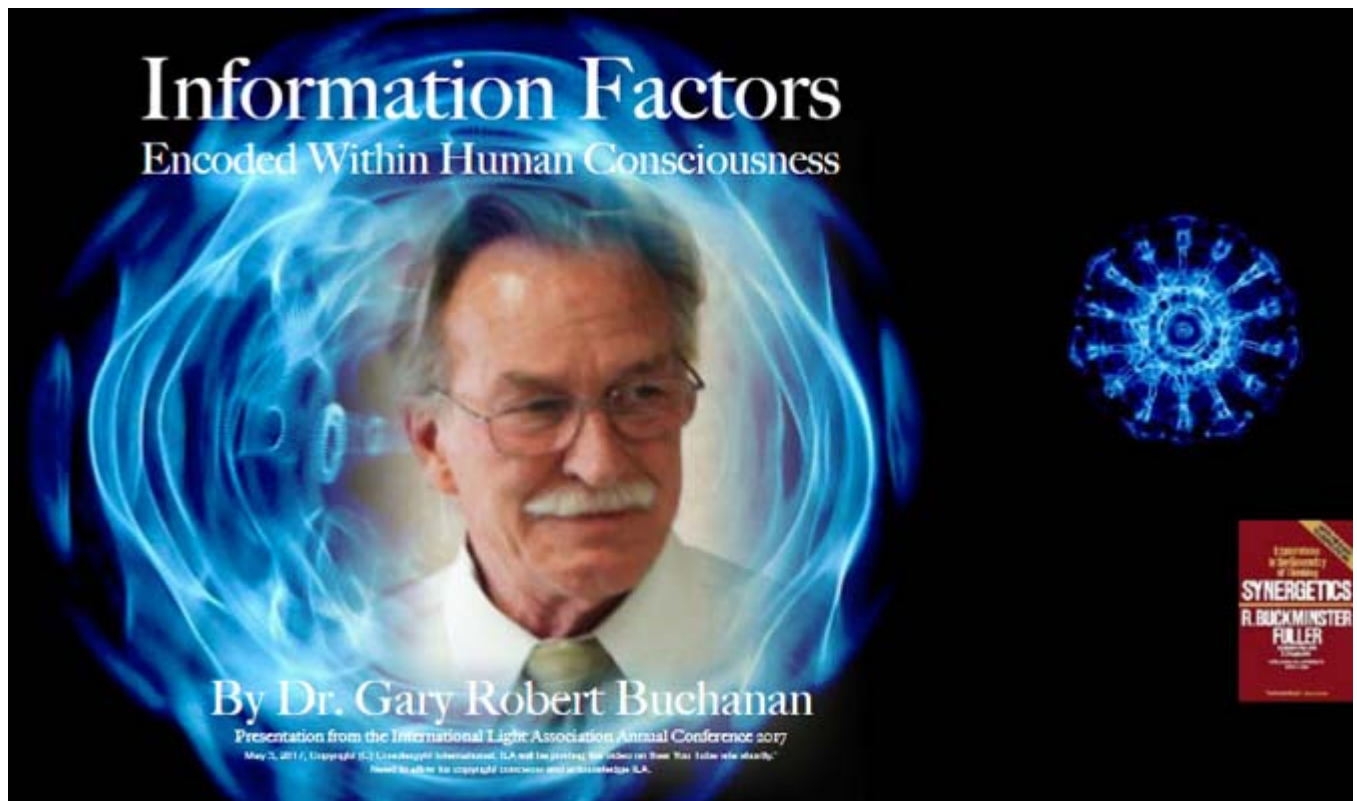
“While Mr. Atkinson says this “light” that makes us believe in the Absolute, and in worlds and beings beyond the physical, is a mental faculty, he does say it is from higher centers. It

is not, he quickly points out, coming from the intellect. While the intellect is certainly useful on the material plane, it knows nothing of the spiritual, the “Something Beyond”. This faculty is not in the brain-mind at all, but is coming from the spirit and soul. Even in those of us who have not bothers to awaken those faculties, they seem to seep through a little anyway. When we do awaken those faculties, intentionally or accidentally, they will seep through even more.”

[Read the complete blog post at Solar Wind.](#)

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<http://spiritsun.net/>

“Information Factors Encoded with Human Consciousness”



The July 2017 edition of the online magazine *Science to Sage*, titled "Symbolism Language Creation," holds an article written by Dr. Gary Buchanan: "Information Factors Encoded with Human Consciousness." Follow the preliminary link below to see the article.

[Read the article on pp. 4-17 of Science to Sage at issuu.com.](http://issuu.com/sciencetosagemagazine)

>

A second article is in the works.

The full link for the magazine is <http://sciencetosagemagazine.com/>.

“Equality in Community Guided by Divine Light”



“In days gone by, you have had leaders to guide you, but before them were even greater leaders, whom you have not known. The inspiration of their word is something that must never be lost; it must be preserved for all time.

“You must establish a community, where men can live together and where they can enjoy the companionship of women. Men always benefit from united effort, but this is inseparable from necessary restrictions. Let the restrictions imposed be such that no man can feel resentment because of the restraints set upon him. Let the only ordinances and restriction imposed be founded on the nature of man and upon spiritual and moral values.

“We must seek to assure freedom of action for every man and woman, so long as it does not prejudice the equal rights of

others. ... The rewards must go to the men who are best in all ways. ...We must to provide for the sick and helpless, for the old and incapable. ... We must make men high-minded and above all pettiness. ... We must be a guiding light before the eyes of all men.” ~The Kolbrin Bible (SOF:1:6-11)

Great Leaders

There have been many great leaders in the world of various types. There are great political leaders, great business leaders, great leaders in science and art. The greatest leaders of all, however, are the great spiritual leaders. They are the greatest because they care for our immortal spirits and souls rather than our mortal bodies. They are great because they believe in equality.

[Read the complete blog post at Solar Wind.](#)

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“Michael Armstrong: The ‘Culture Shock’ of Planetary

Catastrophe | EU2015 talk”



Thunderbolts speaker Michael Armstrong PHOTO: Thunderbolts.com

[Watch the video online at Thunderbolts.com \(38 minutes\)](http://thunderbolts.com)

Michael Armstrong will review the broad spectrum of human and cultural effects that followed from solar system instability and episodic catastrophe. These effects include earth's environment and ecology, physical changes in human biology, striking shifts in collective, cultural orientation, and a profound impact on human thought and behavior.

The two most prominent themes in Electric Universe research are the growing knowledge of the role played by the electric force in nature, from microcosm to macrocosm and the global impact of ancient planetary catastrophe on humankind, affecting every culture on earth. In this presentation, Michael Armstrong will review the broad spectrum of human and cultural effects that followed from solar system instability

and episodic catastrophe. These effects include earth's environment and ecology, physical changes in human biology, striking shifts in collective, cultural orientation, and a profound impact on human thought and behavior.

Michael Armstrong is an original member of the thunderbolts.info editorial staff and has a formal science background in chemistry. He has studied the catastrophism reconstruction model for over 40 years and has lectured on catastrophism material at an international conference sponsored by the province of Milano, Italy and hosted by the University of Milano/Bergamo. Michael is the producer of various related video material and publisher of the books Thunderbolts of the Gods, The Electric Sky, and The Electric Universe.

(NOTE: This video is another production by Community member Gerry Simonson.)

[Watch the video online at Thunderbolts.com \(38 minutes\)](http://thunderbolts.com)

link submitted by Robert Petrovich

“Pythagorean Y and the Road Less Traveled”



"The famous Pythagorean Y signified the power of choice and was used in the Mysteries as emblematic of the Forking of the Ways. The central step separated into two parts, one branching to the right and the other to the left. The branch to the right was called Divine Wisdom and the one to the left Earthly Wisdom. ...The neophyte must then choose whether he will take the left-handed path and, following the dictates of his lower nature, enter upon a span of folly and thoughtlessness ... or whether he will take the right-handed road and ... regain union with the immortals in the superior spheres.

"It is probably that Pythagoras obtained his concept of the Y from the Egyptians, who included [it] in certain of their initiatory rituals." ~Manly P. Hall

Pythagorean Y

"I don't think the Pythagorean Y is as famous today as Mr. Hall indicates, but the idea of the forking of the ways certainly is. Many, however, think of this decision symbol as representing something much simpler like deciding which profession to go into or who to marry. While we make many decision in our lives, only one is the Y. That one decision is

whether we want to follow the path of materialism or the path of spirituality. All other decisions are secondary. And I have no doubt that poet Robert Frost was really talking about this in his "[The Road Not Taken](#)" where the wise traveler eventually chose the "one less traveled". The path less traveled is the spiritual path."

[Read the complete blog post at Solar Wind.](#)

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<http://spiritsun.net/>

"Soul's Light and God's Presence"



“God is present in all, even in those who do not recognize Him; but men flee from God, they step out of Him, or, to speak more correctly, out of themselves. They cannot grasp Him before whom they are thus fleeing, and, having lost themselves, they hunt after other gods. But if the soul progresses on the road to perfection, begins to realize her own higher state of existence, to know that the fountain of life is within herself. ... She will see herself even as the pure Divine Light itself, as a God, radiant in Beauty, but becoming dark again as her light is rendered heavy if it approaches the shadows of the material plane.” ~Franz Hartmann

God Within and Without

“Yes we truly can find God within. We can also find Him without. If God is everywhere, He is within and without and we need to look in both areas to find Him and know Him.

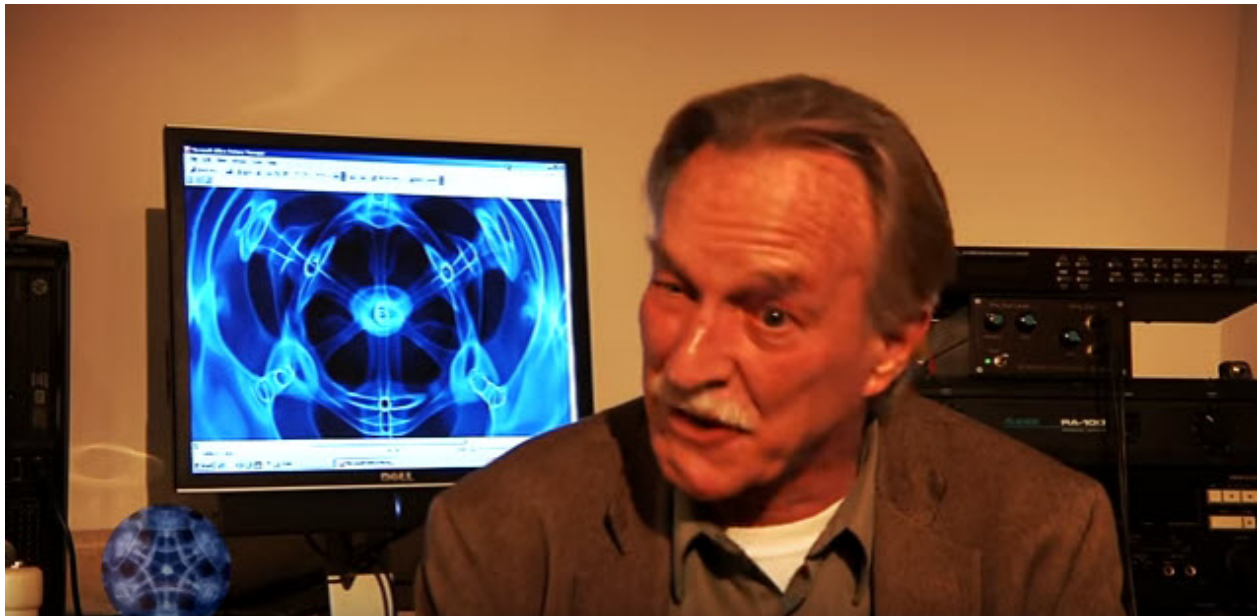
“Many men (and women) do flee from God, then complain they can’t find Him. Mr. Hartmann says this is really fleeing from

ourselves. What he means is that we are fleeing from our true selves, our spirits and souls, so as to justify excessive involvement in the world of matter. But hiding under the bed doesn't make the monster go away and hiding in materialism won't make the spiritual realms go away."

[Read the complete blog post at Solar Wind.](#)

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Gary Buchanan "Alone with His Thoughts" on Cymatics



Gary Buchanan "Alone with My Thoughts" interview

Gary Buchanan is featured in "Cymatics with Gary Robert Buchanan," episode 21 of a series of film interviews on Healing with Frequency and Sound made by Adam Abraham. This is a 50-minute film interview recorded earlier this year at Steamboat Healing Center.

In the film, Gary discusses the principles of vibration, light, and sound that underlie Sonotherapy, and some of the dramatic improvements he has seen or facilitated. The film also contains some nice drone footage of Steamboat and even some of Red Rock Consecrated Sanctuary.

In the film Adam Abraham of the International Light Association visits the Steamboat Healing Center and Spa, in Reno, Nevada, and talks with Gary Robert Buchanan, DMA, Director of Research.

"The center is one of the few places in the world that offers Sonotherapy, a non-invasive approach that utilizes sound, color, light, water and subtle energies," say Adam. "Biological vibrations that have been meticulously captured in analog form and scientifically proven beneficial to the body

and its energetic fields help restore discordant and disrupted information patterns.”

The video has just been released in conjunction with the online magazine Science to Sage. which will be running two upcoming issues on Gary Buchanan’s presentation to the International Light Association in Fort Lauderdale on May 3, 2017. While Gary’s presentations will be the lead stories, the two-part series will be on Sonatherapy and the underlying archetypal science as well as a full layout on sun-gazing, ancient religions, and the International Community of Christ, Red Rock Consecrated Sanctuary, and all of us “sun-gazers.” And there will be LOTS of photos.

[Watch the interview with Gary Buchanan published Jun 27, 2017on You Tube \(49:45\).](#)

The Community Communique will provide links to the magazine articles as soon as they are available.

Sonatherapy

<http://sonatherapy.com/>

Steamboat Healing Center & Spa

<http://steamboatsprings.org>

Follow on Facebook:

<https://goo.gl/mSora2>

Adam’s Blog: Thought For Food

<http://phaelosopher.com>

“New Birth and Being a Temple of God”



“Now here we may understand what our New-Birth, or

Regeneration, is; and how we may become, and continue to be, the temple of God; though in this Life's Time, according to the outward Humanity, we are sinful mortal men. Christ, in the human essence hath broken up and opened the gates of our inward Heavenly Humanity, which was shut up in Adam; so that nothing is now wanting, but that the soul draw its Will out of the vanity of the corrupted flesh, and bring it into this open gate in the Spirit of Christ. Great and strong earnestness is needed her. For to know only is not faith; but an hunger and thirst after that which I want.” ~Jacob Boehme

A New Birth

“When spiritual leaders like Boehme speak of a new birth, or rebirth, they are not talking about reincarnation. They are talking about a spiritual birth of sorts. Since the spirit and soul are immortal, they are not truly born, or reborn. They are simply awakened from a deep coma-like state that is similar to death. So when those spiritual faculties are awakened, it is often referred to as a New Birth or Rebirth.

“Boehme says this new birth is necessary to be a temple of God, and he is correct. Foolish people think they can be a temple of God no matter what they do, what they say, or what they think. Nonsense. God will not dwell in the physical body or in the brain-mind. He dwells only in the spirit and soul. Therefore, the only way to know God, and be one with God, is to awaken those spiritual faculties and use them.”

[Read the complete blog post at Solar Wind.](#)

Visit and bookmark Harold Boulette's blog Solar Wind at:
<http://spiritsun.net/>

“The Heart Has Its Own ‘Brain’ and Consciousness”

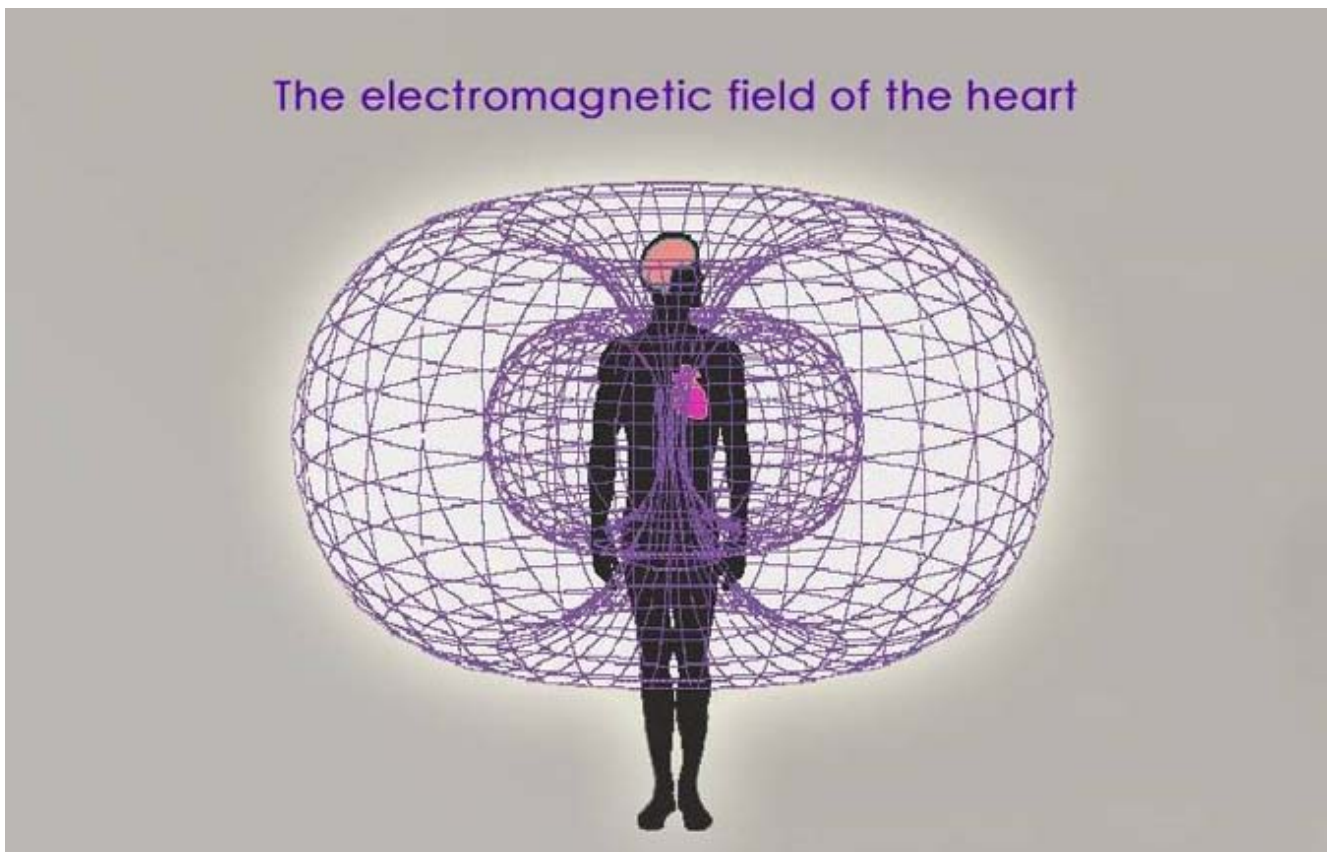


PHOTO: in5d.com

“Many believe that conscious awareness originates in the brain alone. Recent scientific research suggests that consciousness actually emerges from the brain and body acting together. A growing body of evidence suggests that the heart plays a particularly significant role in this process.

“Far more than a simple pump, as was once believed, the heart is now recognized by scientists as a highly complex system with its own functional “brain.”

“Research in the new discipline of neurocardiology shows that the heart is a sensory organ and a sophisticated center for receiving and processing information. The nervous system within the heart (or ‘heart brain’) enables it to learn, remember, and make functional decisions independent of the brain’s cerebral cortex. Moreover, numerous experiments have demonstrated that the signals the heart continuously sends to the brain influence the function of higher brain centers involved in perception, cognition, and emotional processing.”

[Read the entire article by Rollin McCraty, Ph.D., Raymond Trevor Bradley, Ph.D. and Dana Tomasino, BA online at in5d.com.](#)

link submitted by Ted Staver