

“Prepare for Higher States of Consciousness and Being”



“O Great One, everlasting considerate of our needs, Overseer and Taskmaster of mankind, look down upon us with compassion, and lay not too great a burden upon us. ... We prepare for a higher state of being, but bear with us, for sometimes we grow weary and falter at the task. ... We are entangles in a net of our own weaving. Let us, Your servants, look to You, the Great One, for aid. ...

“The Glorious Ones worship You with service and serve through following the words of guidance. Thus the earthbound spirits worship You. ... We are not as others, O Great One, for we know well that worship and devotion mean service and expended effort, not mere words and ritual.” ~The Kolbrin Bible (SCL:25:12-14)

Preparing for a Higher State

“We do need to ask for God’s help in achieving higher states of consciousness and in awakening our spirit and soul. Some

people think they can be spiritual without being religious. That may be true, but you cannot be spiritual without God and without seeking the help of God, the Angels, and the Beings of Light that dwell in the spiritual worlds with God.

“We are not perfect, and we need to understand that and admit it. Positive thinking is great, but nobody seeks that which he believes he already has. We need to believe that no matter where we currently are on the scale of consciousness, there are higher states that we can achieve if we make an effort to do so. Yes, we will make mistakes and we will falter; we are human. When we falter, though, we must just try harder and seek the help of those higher beings who truly want to help, provided our goal is to develop our spiritual faculties and to help others do the same.”

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

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<http://spiritsun.net/>

“Higher Consciousness is the Answer to Violence”



“Each of us is an intellectual cosmos, linked to the world by what is lowest in us, but, by what is the highest, to the Divine Intellect: by all that is Intellective we are permanently in that higher realm, but at the fringe of the intellectual we are fettered to the lower; it is as if we gave forth from it some emanation towards that lower, or, rather some act, which leaves our diviner part not in itself diminished.” ~Plotinus

Higher and Lower

“Plotinus always uses “Intellect” when “Consciousness” would be a better choice to describe what he is talking about. Within us there is a very basic level of consciousness, a level that is shared with higher animals and deals mostly with the world of matter. It is the level that is likely to be competitive, greedy, self-centered, and egotistic. It is the level that is likely to result in irrational obsessions. It is on this lowest level of consciousness that terrorists and other violent people dwell.”

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

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“Crystals: Tools for Modern Cosolargists” by Ryan Anderson

*Presented at the 2016 Cosolargy Forum
September 9, 2016
Monastery Gardens
Red Rock Consecrated Sanctuary*



Ryan Anderson presenting "Crystals: Tools for the Modern Cosolargist"

Hello everyone, my name is Ryan Anderson.

I am a student of Cosolargy, and have been coming out to Red Rock since 2009. Today, we are going to dive into the fascinating world of crystals.

The word *crystal* is derived from the Greek word *krystallos*, which means, "frozen light."

How many of you have experience with crystals?

I see a lot of you raised your hands.

For those of you that did not raise your hands, you may have a closer relationship with crystals than you think.

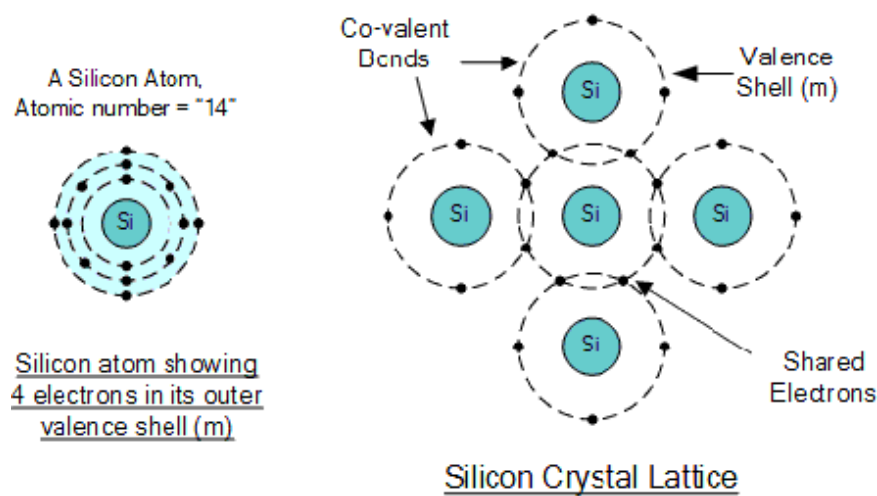
Whether we are aware of it or not, humans who are integrated into the modern world of technology utilize crystals in some sense every day.

The chips in our cellular telephones are comprised of the element Silicon, which is the same element that makes up a

quartz crystal.

Same goes for solar cells or solar panels, laptop computers, lasers, even the chips in our vehicles, are made up of laboratory grown crystals from the element Silicon.

Silicon is the 14th element on the Periodic Table, and is one of the fundamental constituents of the universe. It is one proton heavier than aluminum, one proton lighter than phosphorus.



Silicon

Silicon is readily available, all over the world.

It is one of the most abundant elements comprised within the earth's crust.

Scientists have come up with simple and reliable ways of growing silicon into perfectly structured crystals, which is one of the primary technologies in modern computer chip manufacturing.

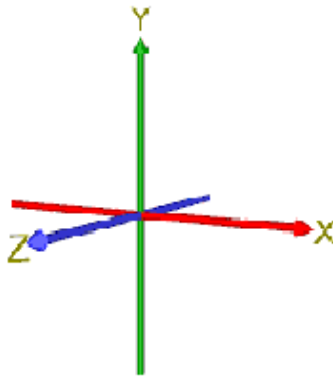
Recently, scientists at England's University of Southampton, have successfully demonstrated the ability to record and retrieve optical data from crystals, using what they call... get this... **Five dimensional laser technology**.

They are calling their project the 'Superman' memory crystal:
<http://physicsworld.com/cws/article/news/2013/jul/17/5d-superman-memory-crystal-heralds-unlimited-lifetime-data-storage>

The five dimensions I am referring to aren't exactly the dimensions that come up in Cosolargy, science fiction films, and some physics.

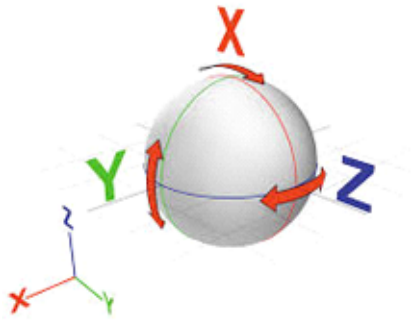
Let me see if I can explain this to you:

The first 3 dimensions referred to in this technology are the x-axis, the y-axis, and the z-axis.



X-axis, Y-axis and
Z-axis

The 4th dimension in this technology is axis orientation, which is the plane or planes in which the crystals can be rotated or moved.



X, Y and Z rotation

The 5th dimension in this technology is the amount of the intensity of Light that the laser can deliver to the crystal.

This technology stands to provide a way for humans to store data in massive quantities, for a practically unlimited lifetime.

Using this technology, the scientists were able to record 360 terabytes of information onto fused quartz discs using ultra-rapid pulses from lasers.



Scientists are able to record 360 terabytes of information onto fused quartz discs using ultra-rapid pulses from lasers.

The data recorded using the laser produces short and intense

pulses of light – on the order of one quadrillionth of a second each – and it writes the file in fused quartz. Reading the data back requires pulsing the laser again, and recording the polarization of the waves with an optical microscope and polarizer.

So, to break this down into the simplest of terms, light is being used to store and retrieve information from crystals.

This is not really surprising, based on some of the things we have learned in the system of Cosolargy.

I see some striking similarities between these scientific techniques, and some of the techniques that we as Cosolargists use to absorb and reflect sunlight.

For example, I mentioned that scientists are recording data onto crystals using short and intense pulses of light. This technique, is quite similar the blinking technique.

It is also similar to the thatch technique.

It is similar to the technique we use for looking at the sun through the leaves of a tree being gently blown by the wind, or by looking at the reflection of the sun in the ripples of a water source, like a lake or pond.

It is the same basic concept: pulses of light being used to send and receive information.

So, let's take this a step further.

We understand that crystals have the capability to store massive amounts of information. Many of the crystals that we see in rock shops, or have in our homes, were formed tens of millions of years ago, deep within the earth, by immense amounts of heat and pressure. These crystals, being formed deep within the ground, have been exposed to subtle vibrations from moving tectonic plates and low frequency sound waves from the pulse of the earth. So one could conclude, based on our understanding of their ability to store information, that crystals, in a sense, contain the vibrational memories of the Earth.

So, how do we access that information that is stored within crystals?

Perhaps, in a fashion similar to modern day scientists, we access can access the information using pulses of Light from the Sun, only using our eyes, and our brains, as the computer processor, and receiver of information.

Crystals can be used as an intermediary between yourself and the Sun for many of the techniques you have learned throughout your studies of Cosolargy.

It is quite simple to place a crystal on a stand or a table, and position yourself in a place where the sun is reflecting off of one of the faces into your eyes.

It is also possible to simply hold the crystal in your hand and position it to reflect into your eyes. While these methods are basic, and do not really require a demonstration, there is another way to optimize the polarized light of the sun reflecting off of, or through, a crystal.

What I really want to familiarize you with today is how to use crystals to produce saturated colors.

When a color is fully saturated, the color is considered to be in its purest and truest version.



Original
picture



50{1fa2ef75e2e
78439128d99df0
3acfe1d8ee3047
374abe3d4676fe
3470ff8b909}
saturation
applied

When you look at the trees right here [at the Sanctuary], and you see the green leaves, that is not true green. It is a combination of many different wavelengths, and the result is, well, greenish.

Even when you look at a rainbow in the sky, the colors you perceive are not saturated colors, because the atmosphere between you and the rainbow creates distortion.

One could presume that the colors we see in nature are not pure colors, but they are a degeneration of Light.

Perhaps some of you have experience with crystals throwing off saturated colors, or maybe you have used prisms to achieve the same effect, or perhaps you have seen the phenomenon before and were unaware of what was happening.

My first experience with saturated color was about 8 years

ago, and was purely by chance.

I had a small, clear quartz crystal sitting in the middle of my kitchen table, left there randomly from the day before.

It was sometime in the afternoon when the sun was a bit lower in the sky.

The sun was shining in through a window in the kitchen and hitting the crystal that was sitting on the table.

I was walking from my living room to my front door, and as I walked by the kitchen, I glanced over at the crystal, and into my eyes was reflected one of the most brilliant and colorful flashes of Light I have seen.

I stopped in my tracks, and backed up a little.

I saw the colors again, but as I moved too far back, they were gone again.

After a bit of fussing with my position, I was able to figure out exactly where to stand to see the wonderful colors that were emanating from the crystal.

Every color of the rainbow was visible, in very pure form. From where I was standing, I was seeing some of the most vivid blue Light I had ever seen in my life.

The more I leaned to the left, the colors shifted from blue, to vivid green, to electric yellow, then orange, and finally red.



The more I leaned to the right; the colors I would see would go back up the scale, all the way past blue into indigo and violet. It was a very small window.

If I leaned too far either direction, the colors would disappear.

I stood there for a long time, moving side to side, fascinated by the vividness of these colors.

The colors were celestial and other worldly, and produced within me strong feelings of excitement, peacefulness, joy, and gratitude.

I had seen nothing like this before in the physical world.

This now makes a lot of sense to me, because I have learned that **saturated colors do not occur in nature.**

I left the crystal on the table in the same place, and the next day, around the same time, the sun would shine through the window and into the crystal and produce the same vivid colors.

Since then, I have played done multiple experiments with crystals to achieve the same effect.

It really isn't too complicated, it just requires a bit of patience and some moving around.

Firstly, to expedite the process, an optically clear crystal, like this one, is ideal.

This is an optical grade quartz crystal from a recent find in Columbia.



Optically clear crystal



Optically flawed crystal

I have found in my research that crystals with optical qualities will throw off saturated colors more easily and effectively than crystals that are cloudy or have inclusions.

There are many optical grade crystals available to purchase online or at your local rock shop.

Some of the more affordable and easily attainable crystals for this exercise would be optical calcite.

So, what you want to do, is take your optical grade crystal, and stand near a wall outdoors.

From here, you hold the crystal up in the air and position it so the sun is shining through it and reflecting Light onto the wall.

Crystals have many faces, so you will see many different beams of polarized light shining onto the wall through the crystal.

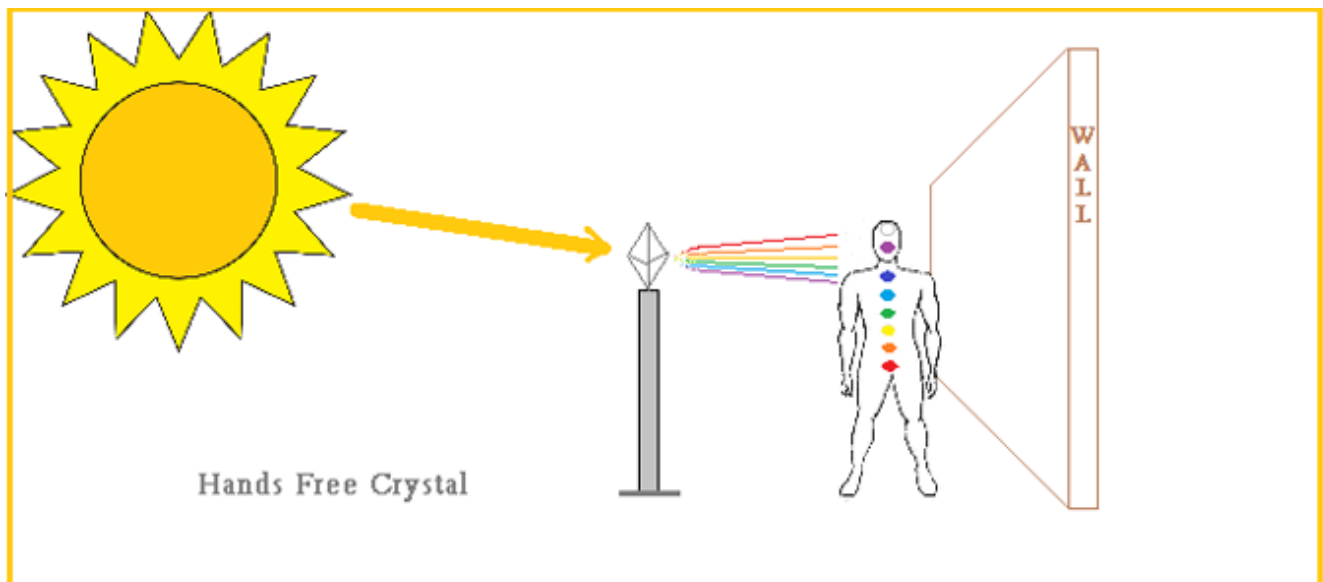
Once you have found the right way to hold the crystal so it reflects on the wall, you want to slowly turn or rotate the crystal in either direction, until you see something special. What you will see is a full spectrum rainbow reflecting out of the crystal onto the wall.

Once you have found the proper way to hold the crystal to where it is reflecting the rainbow of colors onto the wall, you will want to use some kind of a stand or table to hold the crystal in that position.

Ideally, you want the saturated colors to be reflecting at eye level, that way you can stand there and do your techniques peacefully, without having to worry adjusting the crystal.

Sometimes, if it is later in the day, you have to hold the crystal a lot higher have the colors reflect at eye level. Morning or evening when the sun is lower in the sky is most ideal for this exercise.

Once you have your crystal in place, and it is reflecting saturated colors onto the wall, position yourself between the crystal and the wall, so that the saturated colors are now shining into your eyes.



Position yourself between the crystal and the wall, so that the saturated colors are now shining into your eyes.

From here, you can get acquainted with the saturated colors. You can figure out which way to lean to see each individual color.

Once you have this system in place, you can proceed to do any number of solar techniques you have learned, hands free.

It will be helpful, once you figure out exactly where you need to set your crystal to achieve this effect, to mark down the time of day, and take note of the position of the crystal on the stand or table.

You should then be able to come out the next day and position the crystal in the same manner, around the same time, and more easily find where the saturated colors are reflecting.

I would like to note, that for centuries, people have been fascinated by prismatic effects producing these saturated colors. A similar technique was done in the 1600's by Sir Isaac Newton. It is recorded that he made the first prism discoveries, while he was developing a telescopic lens. He covered the window in his room to darken it.

He cut a slit in the window cover so only a tiny beam of light was allowed in.

He then put a prism in front of the beam of light, and noticed a rainbow on the opposite wall.

He concluded that light is a mixture of all of the colors and the prism separated them into red, orange, yellow, green, blue, indigo, and violet.

As the light travels from the air to the prism, it slows down as it enters the prism.

If light enters the prism at an angle, this slowing makes it change direction, as well as speed.

The bending of Light is called refraction, and is determined by the wavelength and the angle the light hits the surface of the prism.

Each color has a slightly different wavelength, so the colors are dispersed at different angles according to their respective wavelengths.

Interestingly enough, it is possible to put another prism in the path of the colored rays in such a way that they will emerge from the second prism as a beam of white light, and the light beam will have returned to its faster speed in air.

The thatch technique we learned about in the academy texts, which involves spreading your hands open and waving them in front of your eyes while looking at the sun, can also produce saturated colors.

Using crystals to reflect the saturated colors is just a quick way to achieve the same goal.

Some Cosolargists are familiar with saturated colors, as they can be present while experiencing having 5th dimensional experience or vision.

I believe it is important for all of us to familiarize ourselves with these colors, to know what they look like, and feel like, as they can be useful in recognizing when we are having a 5th dimensional experience.

So, in front of me is a table of crystals. In a moment, I would like everyone to feel free to come over and have a look at what's here.



Crystal display

There are crystals on the table from all over the world, including South America and Africa, but most of them are local, from California.

Feel free to pick them up, hold them, whatever you want.

But first, to take to topic of crystal memory one step further, let us consider this final idea.

Crystals, spending most of their existence in the ground, have been subjected to the pulse of the earth for millennia.

We can presume, from what we know about the memory and storage capabilities of crystals, that they contain subtle information from of our planets past.

Could it be possible, that we, as humans, could use crystals, to reflect the Light of the Sun into our eyes and download the terrestrial memory stored within said crystal?

I believe, that using the Light of the sun, it is possible to process the geo-information stored within crystals. In the same manner we process intelligence factors from looking at the sun.

I would urge each of you to do your own experiments with crystals, play around and saturated colors, and record your data.

– written and prepared by Ryan Anderson

**“Spiritual Love is the
Highest Love”**



"This movement of renunciation brings—next phase in the unselfing [sic] of the self—a compensating outward swing of love; expressed under the beautiful forms of patience, 'the tranquil tolerance of all that can happen', and hence the antithesis of Anger; gentleness, which 'with peace and calm bears vexatious words and deeds'; kindness, which deals with the quarrelsome and irritable by means of 'a friendly countenance, affectionate persuasion and compassionate acts'; and sympathy, 'that inward movement of the heart which compassionates [sic] the bodily and spiritual griefs of all men,' and kills the evil spirit of envy and hate. ... By this energetic love which seeks not its own, 'all virtues are increased, and all powers of the spirit are adorned'; and Avarice, the fourth great mortal sin is opposed." ~Evelyn Underhill (with inner quotes by Ruysbroeck)

Outward Swing of Love

"There can be little doubt that love is the greatest of positive emotions. It is even more than that because love functions on levels other than just the emotional. Love exists on the physical, mental, psychic, and spiritual levels of our being. The greatest love of all, though, is that which occurs on the spiritual level of our being. That is because it is on this level that we achieve—if we are lucky and hard-working—that state of consciousness where we truly understand

that while we are individuals, we truly are part of the whole. Even more, with spiritual love we realize that we are actually greater as part of the whole than we are as an individual; when we realize that a brick wall or a brick building is something greater than a random pile of individual bricks. This is not to say that accomplishment doesn't happen on the individual level, but that we accomplish the greatest things when we do it as a part of the whole rather than for our one self and our own ego."

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

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**“Emotions and Higher
Thoughts”**



Consider some of the emotions, such as anger; hate; love, in its ordinary forms; jealousy; ambition; and the hundred and one other emotions that sweep through our brains. You will find that you are able to set each one of these emotions or feelings aside and study it; dissect it; analyze it; consider it. You will not be able to understand the rise, progress and end of each of these feelings, as they have come to you, and as you recall them in your memory or imagination. ... Don't you see that they are not 'you'—that they are merely something that you carry around with you in a mental bag. You can imagine yourself living without them, and still being 'I,' can you not? And the very fact that you can set them aside and examine and consider them is a proof that they are 'not I' things." ~William Walker Atkinson

Emotions and Us

“There are two fallacies regarding emotions that the spiritual student must learn to stop believing. The first is that we are our emotions and our emotions define us. The second is that emotionalism is the highest mental state and being emotional somehow makes us better than animals. Both of those claims are false, and Mr. Atkinson delves into the first in the quote.”

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

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Gary Buchanan back from international water conference



Gary Buchanan presenting at the 11th Annual Conference on the Physics Chemistry and Biology of Water

The report on Gary Buchanan's participation at the Eleventh Annual Conference on the Physics Chemistry and Biology of Water is in! Gary expressed great appreciation for being invited to present and said he truly enjoyed meeting and sharing with all the other presenters. You will find details in the links below.

Gary Buchanan spoke on the final day of the conference, Sunday, October 9, 2016. His talk served as a kind of summation or roundup of the topics spoken about during the week-long conference. You can watch his entire 22-minute talk on the October 9th live stream produced for the conference from 1:42:45 through 2:15:43 on the video recording. Also of interest is the talk of John Reid, one of Gary Buchanan's colleagues and research partners, which directly precedes Gary's on the October 9th live stream.

[Watch Gary Buchanan's talk at the Conference on the Physics Chemistry and Biology of Water on the October 9th Live Stream \(from 1:42:45 through 2:15:43 on the video recording\).](#)

[Read or download the formal paper of Gary Buchanan's presentation at the conference on Scribd.](#)

[Watch the Water Conference interview with Gary Buchanan on YouTube \(1:34 minutes\).](#)

Now back home in Reno, per the advice of Gerry Pollack, organizer of the conference, Gary plans to undertake some pH analyses of the Cymatic wave fronts in water at his Steamboat Healing Center office to determine the variations of EZ on the surface and within the underlying bulk.

[Visit Gary's web site at www.sonatherapy.com.](http://www.sonatherapy.com)

[Check out a video or two on Gary's You Tube "Sonatherapy" channel.](#)

[Watch Gary Buchanan's conference talk on Gary's You Tube "Sonatherapy" channel \(35 minutes\).](#)

"Dealing With Causation"



“Every cause has its effect; every effect has its cause; everything happens according to law; chance is but a name for law not recognized; there are many planes of causation, but nothing escapes the law” ~The Kybalion

“The principle of Cause and Effect embodies the truth that law pervades the universe; that nothing happens by chance. ... The underlying principle of Cause and Effect has been accepted as correct by practically all the thinkers of the world worthy of the name. To think otherwise would be to take the phenomena of the universe from the domain of Law and Order, and to regulate it to the control of the imaginary something which men have called ‘chance’. ... But a little consideration will show you there can be no such agent as ‘chance, in the sense of something outside of Law. ... The existence of such a Something would render all natural Law ineffective.” ~Three Initiates

Causation

For many centuries, nearly all people have accepted cause and effect as a real thing. When a mining crew or construction engineer sets dynamite in a location to blow up a rock, he can be reasonably certain that the explosive will cause the rock it is under to explode. It won't cause a random rock somewhere else to explode. It won't send out streamer of confetti instead of exploding. It won't turn the rock into an elephant. It's predictable. It follows laws, specifically the law of Cause and Effect (or causation).

Some have interpreted recent findings in the field of quantum physics as denying the law of causality, but I think this is a misinterpretation. What I have read doesn't say that an effect does not have a cause, it says that a single event can be both a cause and an effect of another event. This, according to quantum theory, is because linear time is not real, therefore a future event can be the cause of a past effect just as

easily as it can be the cause of a future one. So if an event seems to be an effect for which no cause can be found, it is possible that the cause simply hasn't happened yet.

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

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Gary Buchanan Speaking at International Water Conference



Reverend Canon Gary Buchanan will be in Sofia, Bulgaria October 6-9, 2016 to speak at the 11th Annual Water Conference. He will be speaking along with Dr. Gerald Pollack, an old colleague of his who has gained fame in recent years for his theory of fourth-phase water, and who is chairing the conference, and along with several Nobel Prize laureates. Rev. Buchanan's work on Sonotherapy and his use of water to form archetypal cymographs made him a candidate for speaking at this prestigious international conference. In fact, his cymographs have gained so much interest that the conference organizers are using his cymographs on their Facebook page and throughout their newsletter.

Use the links below to find more information on the conference and to follow the conference live or streaming on Facebook.

Follow this link to the web site of the 11th Annual Water Conference:

<http://www.waterconf.org/>

Follow this link to the participants list where Rev. Buchanan is listed, and where you can read more about his research and the talk that he will be presenting at the Water Conference:

<http://www.waterconf.org/participants-materials/2016/>

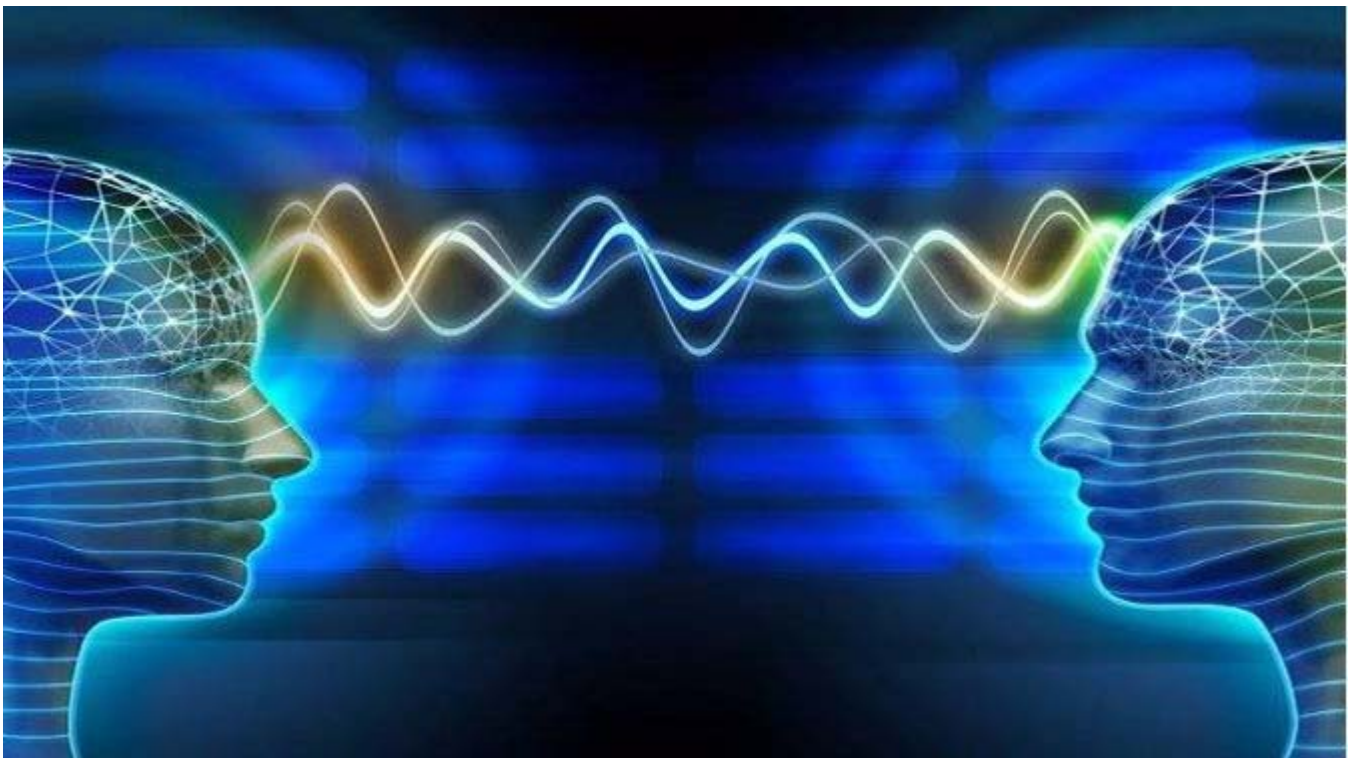
Here is the link to the Facebook page where you can follow the conference live or streaming:

<https://www.facebook.com/waterconf/>

Rev. Buchanan will be speaking from Sofia, Bulgaria on Sunday, October 9, 2016 from 10:10-10:45 AM, which translates to 12:12 AM October 9, 2016 – 10 hours earlier.

His talk is titled "SONATHERAPY®, CYMATICS, AND PHONON CHAINS: The Healing Potentials of Sound in the Body's Vicinal Waters."

“Study Proves Extrasensory Mind-to-Mind Interaction at a Distance”



A group of international neuroscientists and robotics engineers have discovered for the first time that human brains can indeed “talk” directly to one another, even from thousands of miles away.

“A brain-to-brain communication study conducted in coordination with Harvard Medical School has proven that extrasensory mind-to mind interaction can happen over great distances by leveraging different pathways in the mind.

“The study, coauthored by Alvaro Pascual-Leone, Director of the Berenson-Allen Center for Noninvasive Brain Stimulation at Beth Israel Deaconess Medical Center (BIDMC) and a Professor of Neurology at Harvard Medical School, found that information can be successfully transmitted between two intact human brains from distances over 5000 miles apart.

“The researchers were curious if one could communicate directly with another person, and tested their hypothesis by reading the brain activity from one person injecting brain activity into the second individual. You could call it a neuro-physical version of ‘instant messaging.’ ”

< [Read the entire article posted online by Christina Sarich at The Mind Unleashed \(themindunleashed.org\).](#) >

link submitted by Harold Boulette

“The Mystic’s World and Experience”



“The mystic assumes—because he tends to assume an orderly basis for things—that there is a relation, an analogy, between the microcosm of man’s self and the macrocosm of the world-self. Hence his experience, the geography of the individual quest, appears to him good evidence of the geography of the invisible. Since he must transcend his natural life in order to attain consciousness of God as essentially transcendent to the natural world. His description of that geography ... will be conditioned by his temperament, by his powers of observation, by the metaphor which comes most readily to hand. ... The so-called journey itself is a psychological and spiritual experience: the purging and preparation of the self, the movement to higher levels of consciousness, its unification with that more spiritual but normally unconscious self which is in touch with the transcendental order.” ~Evelyn Underhill

The Mystic’s Experience

“While the details of the awakening spiritual faculties of mystics may vary, the overall method doesn’t. Underhill does make a good point in that how the mystic describes that experience to others will vary depending on his education, background, religion and beliefs. It is like many catholic

miracles where an angel or Being of Light appears to someone, but because of their beliefs and theological upbringing, they see as Mary. If the same spiritual being appears to a Jew, a Hindu, or an atheist, what that person will say she saw will be very different.”

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

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