

“Quiet Waters and the Light of the Spiritual Sun”



“Lo! Quiet waters are before you—holy and tranquil and pleasant—for they are not the waters of contention that cast Joseph into the dungeon. ... Nor are they waters of strife. ... There are waters whereby there is reconciliation made with Heaven. ... In it are baptized the sons of Hagar, and are become gentle and peaceful.

“In the beginning the Spirit that brooded moved on the waters; they conceived and gave birth. ... The Holy Spirit has brooded in Baptism, and in mystery has give birth to eagles. ... Lo! They are baptized and they become virgins and saints.”
~St. Ephraim the Syrian

Quiet Waters

“White water rafting may be great fun, but for those seeking

spiritual growth, calmer waters are better. The Quiet Water is the water of spirit. Water is symbolic of both cleansing and growth. This quiet water does both. It cleanses us of false beliefs and false life styles. It nourishes our spirits and souls allowing them to grow just as water helps plants to grow in the garden.”

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

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**“Explore the Extraordinary,
Explore the Spiritual”**



"All of us spend so much of our time in a world of the mundane and minutia, bogged down in the everyday grind, isolated and disconnected in our closeted lives, that we lose sight of the breathtaking extraordinariness of our existence. So step out from the ordinary ... and get used to the extraordinary.

"Reach out and recapture the wonderment that absorbed your childhood, that filled every waking moment with sheer fascination of new discoveries, however simple ... Then immerse yourself in anything that uplifts and inspires you, that reminds you of the extraordinary potential and raw power of the human spirit and moves you to your very soul. ... And then remind yourself of the astonishing order and design underlying all life."

~Elizabeth Brown in "Dowsing the Ultimate Guide for the 21st Century".

The Mundane World

"Most of us certainly don't think of our day-to-day life as mundane, yet it is for nearly all of us. We do the same things over and over, work at the same job, listen to the same music, have the same hobbies, and so on. Often the only time we change in any significant way is when either circumstances for

us do too, such as when a flood destroys our home and we are forced to move elsewhere, or when some crisis happens that causes us to rethink matters, such as when a relative or friend dies.

“In my case, it was after my younger brother died. Partly, it made me realize that I really was mortal, something we generally avoid thinking about. And when I looked around me at what I and most others did as our regular lives, I found it lacking in significance. I had been involved to a small degree in spiritual studies before his death, but it was only after that I became serious about it. Nothing makes you stop and think about the afterlife more than death.”

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“Hospitality: an Overlooked Virtue in a Materialistic World”



“When we receive visits from our brethren, we should not consider this an irksome interruption of our stillness, lest we cut ourselves off from the law of love. Now should we receive them as if we are doing them a favor, but rather as if it is we ourselves who are receiving a favor; and because we are indebted to them, we we should beg them cheerfully to enjoy our hospitality.

“accepting the task of hospitality, the patriarch used to sit at the entrance to his tent (cf. Gen. 18:1), inviting all who passed by, and his table was laden for all comers, including the impious and barbarians, without distinction. Hence he was found worth of that wonderful banquet when he received angels and the Master of all as his guests.” ~The Philokalia

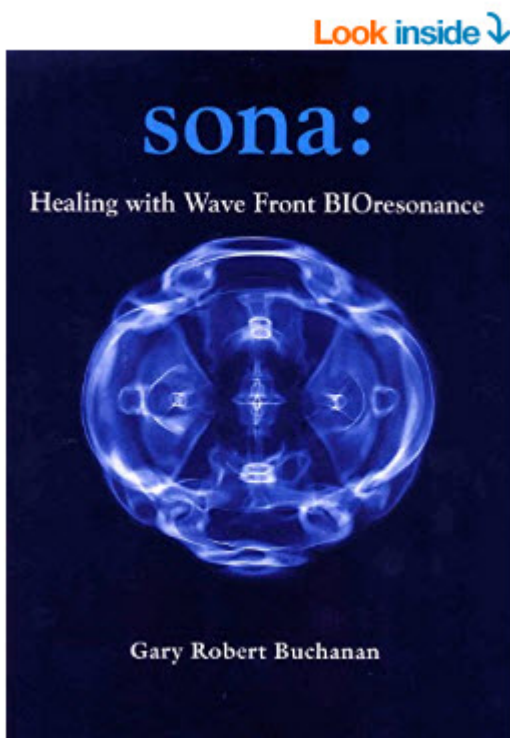
Giving Hospitality

“Hospitality is an often overlooked, yet important, virtue. The giving of hospitality is closely related to the virtues of kindness, generosity, and love. You cannot honestly claim to love people if you refuse to be hospitable to them. You cannot claim to be kind if you limit your kindness to those you agree with, or to those who are friends. The truly hospitable person must be hospitable to all—but within reason.”

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

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“SONA Book on Amazon Kindle”



Dr. Gary Robert Buchanan's book SONA: Healing with Wave Front BIOresonance has been uploaded to Amazon Kindle. Check out the free excerpts. Pass the link on to your friends in the healing community.

[Link to SONA book on Amazon.com.](#)

SONA: Healing with Wave Front BIOresonance, published in 2008, is one of two textbooks written by Dr. Gary Robert Buchanan, Director of Wave Front BIOresonance Research & Development at Steamboat Healing Center in Reno, Nevada. The second textbook, published in 2012, is *Sonatherapy: Healing with Light, Color, Sound, Water & Subtle Energies*. Both books are available in bound volumes with CDs from the web site www.sonatherapy.com.

“Phenomenal World and How to Experience it”



"If a man had only one sense he would obtain but a one sense idea of the outside world. If another sense is added his knowledge is doubled, and so on. The best proof of the relation between increased sense perception and development is had in the study of the evolution of animal forms. In the early stages of life the organism has only the sense of feeling—and very dim at that—and a faint sense of taste. Then developed smell, hearing, and sight, each marking a distinct advance in the scale of life, for a new world had been opened out to the advancing forms of life. And when man develops new senses—and this is before the race—he will be a much wiser and greater being." ~William Walker Atkinson

"If a new sense or two were added to the present normal number in men, that which is now the phenomenal world for all of us might, for all that we know, burst into something amazingly different and wider." ~Prof. Masson

Sense and Senses

"It is obvious, I think, that the more senses we have, the better we can comprehend the world around us. I doubt that the senses developed in exactly the sequence Atkinson suggests because I know there are primitive life forms that still exist with only touch, a limited sense of taste (if any), and a primitive eye spot capable of distinguishing light from dark, but little more. That seems to indicate to me that sight comes before smell and hearing, but it may vary depending on the environment the species develops in. It makes sense, though, that since sunlight is important to all forms of life, they would very early in the evolutionary process develop the ability to sense its location.

"Of course, there is one "sense" that is greater than any of the senses, and that is the mind. It is up to the mind to take the information from the senses and interpret it. . . ."

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“Philosophers and Why We Need Them”



“The reason philosophers have trouble agreeing, then, is partly because that is the nature of the subject (philosophers deal in questions that people in general don’t agree upon) and partly because philosophers go about their

business by challenging assumptions and concepts. ...

"Despite the inherent difficulty of philosophy, its value should not be underestimated. As recent discoveries in genetics and biotechnology have shown, it is impossible to know what to do with scientific discoveries without reflecting on what sort of a society we want to live in and what duties we owe to each other, our descendants and the environment. ... None of these issues are questions for science or for art, but for philosophy." ~Philip Stokes

The Important Job of the Philosopher

"First, we have to define what we mean by "a philosopher". Merriam-Webster says a philosopher is one who "studies ideas about knowledge, truth, the nature and meaning of life, etc." By that definition, I think nearly all of us could claim to be philosophers. A real philosopher, we might say a professional philosopher, goes beyond just studying those thing, but forms opinions about them and shares those opinions. Another definition is, "a person who seeks wisdom or enlightenment," and those are the real philosophers.

"Some people seem to think than anyone who is highly opinionated and is willing to share those opinions with anyone who will listen is a philosopher. I think most such individuals would more accurately be called critics.

"As Mr. Stokes points out, the primary purpose of the philosopher is to help us use knowledge, especially science, in a way that is beneficial for us and nature, and does not destroy us after a time. Some such philosophers are called [Ethicists](#) these days, but that is just trying to rename something considered too artsy and flighty (philosophy) with a more scientific name. An ethicist is still a kind of philosopher."

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

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**“Mind-Altering Quantum
Experiment Shows Time Has
Never Existed As We Think It
Does”**



“ 2012 US National Medal of Science award winner Yakir Aharonov, who is regarded as one of the world’s leading quantum theorists published a paper in Nature Physics showing that the present is constrained by the past and the future. This means that what happens in the present can depend on what happened in the future, which makes no sense, as quantum physics rarely does. It also means that what happened in the past can effect the present. Seems strange, doesn’t it? It’s definitely something hard to wrap your head around.

“We choose to examine a phenomenon which is impossible, absolutely impossible, to explain in any classical way, and which has in it the heart of quantum mechanics. In reality, it contains the only mystery.”

Richard Feynman, a Nobel laureate of the twentieth century (Radin, Dean. Entangled Minds: Extrasensory Experiences In A Quantum Reality. New York, Paraview Pocket Books, 2006)

This isn't the first time quantum physicists have studied the structure of time."

[Read the entire article posted online March 25, 2016 at cosmicscientist.com.](http://cosmicscientist.com)

link submitted by Frieda Nelson

"Spiritual Vocation and Spiritual Duties"



"So here is your vocation set out: a vocation so various in its opportunities, that you can hardly fail to find something to do. It is your business to actualize within the world of

time and space—perhaps by great endeavors in the field of heroic action, perhaps only by small ones, ... that holy creative energy, which this world manifests as a whole but indifferently. You shall work for mercy, order, beauty, significance: shall mend where you find things broken, make where you find the need.” ~Evelyn Underhill

Spiritual Vocation

“Ms. Underhill says it is our job as spiritual people to actualize “holy creative energy”, or spiritual energy in the world. While that is not the only job of the spiritual adept, it certainly is an important part of it. There are many ways to do this. You can talk to people in a loving positive way. And while you’re talking to them, see positive spiritual energy flowing from you to them (we all exchange some energy with others when we meet, but it works best when done with intent). We can share our knowledge online, in books, and in other media.

“We don’t have to limit that sharing of energy to other humans. We can share with animals, plants, and even the so-called non-living things. Sit on a bench in the park and send spiritual energy to the squirrels, dogs, and other animals. Some may sense it and approach you in acknowledgment. Send it to the grass, the trees, even the bench you are sitting on. When you do, encourage these other beings to send energy back to you. It is one of the best ways to learn to understand other beings, even if only on a subconscious level.”

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

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“God’s Image and the Eyes of the Righteous”



“The eyes of the Righteous shall see God’s Image and hear His Word. He shall no more be hidden from them and his Light shall not be revoked by the Darkness. He shall dwell with men on earth in the enlightened Words of Light ordained to be fulfilled by His Image as a perpetual lamp lit in the Sun of His Righteousness—as the flaming oil of Nephtai over the heavenly altar.

“He shall prepare a banquet in Heaven of the Bread of Life and the Waters of Truth to nurture all Souls that hunger for Life. He shall breathe eternal Life into the nostrils of Spirits who sleep and make them to stand upright, and walk in the way of God.” ~[Gene Savoy](#)

God's Image

"It is an important distinction. Mr. Savoy doesn't say the Righteous will see God, he says they will see God's Image. We find in other writings by this spiritual teacher that the Spiritual Light that comes to us through God's agent, the Spiritual Sun or Sun of Righteousness, is the Image of God."

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

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<http://spiritsun.net/>

"Heliotherapy" by Paul Young



HELIO THERAPY



Healing With the Sun



"I will prefix this article with a paragraph quoted from Marcus Julian Felicetti:

'Atapa Snana is the yogic phrase for the healing science of Sun bathing. We live in a modern world that is bombarded with paranoid messages about how dangerous the Sun is. We should remember that the ancient yogis and many other cultures knew how to use the Sun to heal all kinds of illnesses, and bring about radiant health. In the West we also have a history of using Sunlight therapy that dates back to the ancient Greeks. It was called heliosis. Today, the name for Sunlight therapy is heliotherapy. We evolved as a human race ... under the warmth and love of the Sun.'

"It is not just the frequencies and rhythms of the Sun that affect us biologically. The radiations that it emits include not only the solar winds, but the Sunlight we take for granted. Solar Ultra-Violet rays provide us with the best natural source of vitamin D, which is absorbed through our skin by a process called dermal synthesis, and then activated

in a second step known as hydroxylation in the liver and kidneys. This enhances our absorption of calcium, iron, magnesium, phosphate, and zinc. It is essential for our bone health and it appears that calcium does not benefit us much without vitamin D. When I was recovering from multiple bone fractures in the Royal Brisbane Hospital in 1995, the nurses would often wheel us orthopaedic patients out onto what they called their 'Sun verandah' when conditions were bright, to increase our intake of Sunlight.

Even the simple act of sunbathing causes the secretion of the 'feel good' hormones serotonin, beta-endorphins, and dopamine although, as we have noted earlier, this should only be done for short periods and with due regard to the risks of skin damage.

"UV rays are considered by many to be the bogeymen of the light spectrum, mainly due to their association with cancerous cell mutations, when over-exposure to the Sun occurs. People also screen them out by wearing UV-rated sunglasses. Personally, I never wear sunglasses. They block light from getting into the eyes, which affects the ability of the optical nerve that runs to the hypothalamus to adjust the skin's resistance to the Sun. That resistance is based on how much light is taken in by your eyes. It may sound anomalous, but UV radiation is used to treat some skin conditions, such as acne. It is also used to sterilise medical equipment because it can kill harmful bacteria."

[Read the full article by Paul Young on the blog at his web site SolarAncestors.com.](#)

This article was first published in *New Dawn Magazine*, Special Issue Vol.10 No.5 (October 2016), the theme of which was "How To Escape the Sickness Industry."