

How to Make a Color Light Box for Heliogenics in Australia

Having reached the level in my Cosolargy studies that deals with light, color and color bodies, I wanted to devise a practical way to use the A4 size color gel filters that I received with the booklet. I am what might be called an anti-handyman, and shun stores like IKEA that peddle DIY and self-assembly units. Fumbling with items that need to be screwed, glued and rudely inserted is not my idea of a relaxing weekend. The hammer is the natural enemy of the anti-handyman and I never allow one to get within 10 feet of my thumbs. So I scouted around my local K-Mart store – which I guess is the Australian version of Walmart – and found some components that would fit snugly together in a few minutes.



PICTURE 1: Stuff from K-Mart

The parts I ended up with were, as shown in picture 1, a wooden frame designed to hold an 8" x 10" picture, a small plain metal lamp base, a 2-pack of size E27 53 watt halogen light bulbs, and a small storage box made of wicker, with a cloth lining. Total cost was thirty dollars in Australian play-money, which converts to just over twenty bucks in real currency (U.S. dollars).



PICTURE 2: Components

I stood the box on end (picture 2) and removed the solid backing from the picture frame. I did, however find that it is better to retain the glass panel to press the color filter up against, using the cardboard inner frame to secure it in place. Unlike viewing the Sun with filters, glass does not inhibit the use of color treatments. The inner measurement of the box opening was actually about $8 \frac{1}{2}$ " x 11" but, with the overhang of the cloth lining, the frame nestled into it and stayed in place without any need for fastening (picture 3).



PICTURE 3: Color Lamp

And because it is not tightly sealed, the cord of the lamp passes comfortably under the frame. Changing filters from one color to another is quick and easy.

The ideal way to use it is in a darkened room. It has been suggested to me that using colors at the lower end of the spectrum like red and orange might not be advisable at night before retiring because, just like ingesting a cup of your favorite caffeinated beverage, it could disturb your sleep pattern. If you have block-out curtains then it will work fine in the daytime. Blues and violets should produce a more calming effect before sleeping. I use mine in my bedroom, sitting on a chair next to the bed, and there is a mirror on the opposite wall, so the light is enveloping. Any further discussion about my bedroom and mirrors would be too much

information.

The recommended time for exposure to color screens using artificial light is 15 to 30 minutes. As you can see, the box is small and the bulb is close to the filter as well as the surrounding cloth insert. I have been using mine for 15 minutes per session daily and have not noticed any deterioration to the filter or overheating of the fabric, so the 53 watt (800 lumens) bulb seems to be sufficient to cast enough light without damaging its surrounding components which, as you'd expect, are all made in China. I would refrain from leaving it on for more than 30 minutes or falling asleep with it on. Since I cannot afford a decent lawyer, I will borrow my legal disclaimers from the Chinese packaging: *Never use this appliance in a bath, shower or swimming pool; Not intended for use by persons, including children, with reduced sensory or mental capabilities or lack of experience and knowledge, or Australians unless under supervision.*

by Paul V. Young

“The Rhythm of Cycles”



“The great Fifth Hermetic Principle—the Principle of Rhythm—embodies the truth that in everything there is manifested a measured motion; a to-and-from movement; a flow and inflow; ... a pendulum-like movement; ... There is always an action and reaction; an advance and a retreat; a rising and a sinking; manifested in all of the airs and phenomena of the Universe. Suns, worlds, animals plants, ... mind and matter, yes, even Spirit, manifests this principle. This principle manifests in the creation and destruction of worlds; in the rise and fall of nations; in the history of all things; and finally in the mental states of Man.” ~Three Initiates

The Need for Cycles

“So many people misunderstand the principles of cycles and much of our difficulties are caused by our failure to recognize this principle. In order to breath, you must inhale and then exhale and repeat that cycle over and over. You can’t just breath in constantly because your lungs can’t hold all that air. Even if they could, the exhale serves more than to release the used air from which most of the oxygen has been removed, The exhale is a cleansing thing that helps remove certain toxins from the body.

“Back when electricity was being developed as a power source, Thomas Edison favored direct current which flows in one direction only. Tesla favored alternate current which moves in both directions in cycles. While direct current is easy to use (think batteries) its major problem is that it can’t travel far. If we had followed Edison’s plan, we would have direct current generators every few blocks supplying just a small area. Tesla say that alternating current could be used over much greater distances and it is the method we adopted.”

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

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“Fantasy, Egotism, and Their Effect on Spiritual Growth”



“The Lord dwells in the souls of the humble; but shameful passions fill the hearts of the proud. Nothing so strengthens these passions against us as arrogant thoughts, and nothing uproots the evil herbs of the soul so effectively as blessed humility. Hence humility is rightly called the executioner of passions. Let your soul be free of evil fantasies and illuminated with thoughts of what is truly noble. Remember constantly the saying, ‘a self-indulgent heart becomes a prison and a chain for the soul when it leaves this life; whereas an assiduous heart is an open door.’ Truly, when pure souls leave the body they are guided by angels who lead them to the life of blessedness. But unclean and unrepentant souls will be taken in charge by the demons.” ~The Philokalia

Humility VS Egotism

“It seems today that a majority of people have embraced a world where the bigger your ego and the more grandiose your passions, the better person you are. Such people become celebrities, business leaders, and even run for president. Then we wonder how we ended up with a world where the one percent owns almost everything and the rest of us are, to all practical purposes, their slaves.

“On the other hand, there are those spiritual teachers and spiritual schools that not only say that humility is better than egotism, but that the ego must be utterly destroyed if we are to make any spiritual progress at all. A few years ago, a friend suggested I read the books of a currently very popular writer on the subject of being spiritual. I got about a third of the way through his book and gave up. He seemed to be saying only one thing on every page, but with slightly different words: the ego is completely evil and must be totally eliminated.

“The truth is somewhere between those extremes, but leaning more toward humility, at least if you want to get serious about developing your spiritual faculties. We don’t want to destroy ego because it gives us drive, it gives us the desire to accomplish things. Rather than destroying the ego, it needs to be controlled and governed by an awakened and developed spirit and soul. If you visit certain parts of the world, you can find many people with a great deal of humility, but because they have virtually destroyed their egos, they accomplish nothing, and have no desire to accomplish anything, including saving their own souls. Obviously, that is not the best way to do it. Develop humility, but don’t destroy the ego in the process, just keep it in check. Don’t let ego hold you back as in the illustration on this post.”

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

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“Light in the Brain”

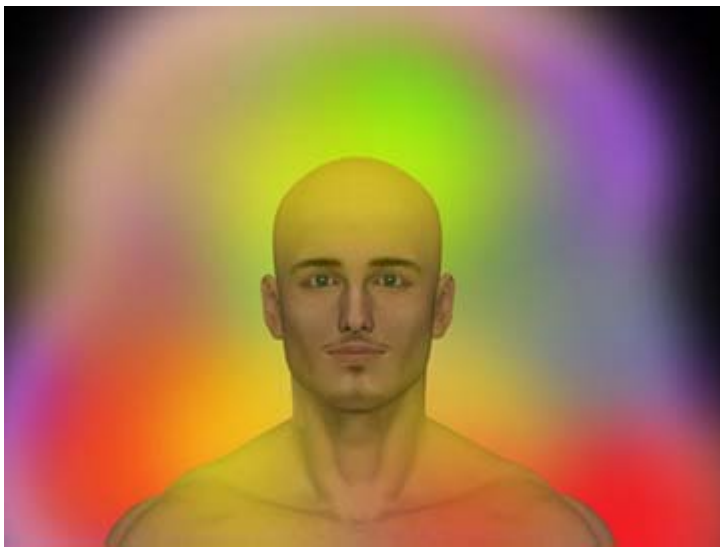


“Light has long been a metaphor for advanced mental processes—enlightenment. In this regard, images of light have been used as methods of meditation to arrive at relaxation and expanded mental states. Now, research shows that special light sensitive cells in the eye are not used for vision, but rather, send neuronal fibers through complex circuits directly into higher brain centers of learning and emotion.”

[Read the entire article online at the blog of Jon Lieff, MD.](#)

Resident Consociate Michael has this to say about the article: “For its brevity, this is one of the most complete articles ever written on the effects of sunlight. It is very easy reading and all the information, though not cited, is supported by research publications I’ve read over the past four or five years.”

“Three Levels of Mind in Man”



“Next in order, above the Instinctive mind, is what we have called the Intellect, that part of the mind that does our reasoning, analyzing; ‘thinking,’ etc. You are using it in the consideration of this lesson. But note this: You are using it, but it is not You, any more than was the Instinctive Mind. ...

“The third, and highest, Mental Principle is what is called the Spiritual Mind, that part of the mind which is almost unknown to many of the race, but which has developed into consciousness with nearly all who read this. ... All the great thoughts and idea float into the field of consciousness from this part of the mind. All the great unfoldment of the race

comes from there. ... His [mans] knowledge of the great occult truths reach him through this channel.” ~William Walker Atkinson

Three Mind and Thought Levels

“Mr. Atkinson doesn’t specifically connect these three levels of the mind with the brain, but he seems to imply it. In that, we in Cosolargy disagree with him. The Instinctive and the Intellect are together what I call the brain-mind to show the relationship, but the spiritual mind is part of the spirit, that part we call the soul. And it is not surprising that it is unrecognized and unused in most people because it is dormant when we come into the physical world, and must be awakened to be used.”

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

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Gary Buchanan Keynote Speaker at Globe Sound Healing

Conference



The Reverend Dr. Gary Buchanan will be a keynote speaker at the Globe Sound Healing Conference to be held September 24-26, 2016 in Sausalito, California. Rev. Buchanan, the founder and primary researcher of SonaTherapy, has been researching and developing this new sound and light therapy over the past decade, was invited to speak at this annual conference for the first time this year.

See details below on the conference.

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Come join us for ecstatic times, filled with lots of important information on vibrational healing and many moments of profound shared peace and stillness.

GLOBE SOUND HEALING CONFERENCE and Outdoor Festival

www.GlobeSoundHealingConference.com

Headlands YMCA – Rodeo Beach – Sausalito, CA
(Just across the Golden Gate Bridge from San Francisco)
September 24-26, 2016

A Benefit for the Sound Healing Research Foundation
a 501(c)(3) Non-profit Foundation
Therefore all registration fees and donations are tax deductible

www.SoundHealingResearchFoundation.org

The Sound Healing Research Foundation is performing clinical research on the use of Sound and Music in the following areas:

- Pain Management
 - Autism
 - ADD/ADHD
- PTSD Treatment for Veterans (Anger, Grief, Depression, Anxiety and Panic Attacks)
 - Drug Rehabilitation
 - Sleep Disorders
- Preemies, Babies and Young Children
- The Frequencies, Sounds and Musical Flow of Love
- Sound Healing for Elementary and High Schools (Public and Private)

* * *

A good balance of
Sound Healing Science, New Technologies,
and Life Transforming Experiential Workshops and Concerts.

30 of the top Researchers, Pioneers, Instructors, Doctors,
Sound Therapists, and Musicians in the field addressing
important issues and topics in this rapidly expanding field of
Sound Healing.

* * *

Many Options:

- All Inclusive White Light Pass – 3 Days of Sound Healing Workshops (includes the Post Conference Workshops), Exhibits, Sound Garden Music (day and night), 8 Meals and Lodging for 3 nights (Friday, Sat, Sun) – \$380
- Golden Light Pass – 3 Days of Sound Healing Workshops (includes the Post Conference Workshops), Exhibits, Sound

Garden Music (day and night) – \$190

- All Access Pass: 2 Days of Sound Healing Workshops, Exhibits, Sound Garden Music (day and night) – \$150
- Single Day Conference Pass – \$100
- Saturday is “Kid Friendly” day with workshops throughout the day that kids can also attend
- 2 Days of Exhibits and Sound Garden Access (Live Music) – Only \$10 per day
- Post Conference Workshops to choose from – \$30 each

To Register go to

<http://www.GlobeSoundHealingConference.com/LoveConf/register.html>

Register by July 10th before prices rise in frequency.

* * *



KEYNOTES

Elena Mannes – The Power of Music : Pioneering Discoveries in the New Science of Song

Gary Buchanan – SonaTherapy

David Gibson -The Complete Guide to Sound Healing

PRESENTERS

Eileen McKusick, Elizabeth Grambsch, Randy Masters, Lupito (Crystal Tones), Jennifer Catalano, Ryan Moore, Silvina Vergara, Michele Newman, Lisa Lippincott, Helane Anderson, Jennarose Whitmore Johnson, Bonnie Johnstone, Scott Huckabay,

Tami Gosnell, Naia Graham, Emily Lewis, Evelie Sales Posch,
Aashay, Aniina, Diana Rowan, Lauri Poldre, Lakshmi Dasi and
more. and more.

More Info on Presenters

www.SoundHealingCenter.com/LoveConf/presenters.html

WORKSHOPS

- Sound, Meditation, & Consciousness • Sound and Children
- Natural Acoustic Sound Healing: Voice, Bowls, Tuning Forks,
Gongs
 - Healing Sounds and Music • Sound and Research
 - New Sound Technologies • Sacred Geometry
 - Voice Analysis • Sound and Intuition

More Info on Workshops

www.SoundHealingCenter.com/LoveConf/workshops.html

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Meals only \$15 each

www.SoundHealingCenter.com/LoveConf/info.html

(Important to book early as we will definitely sell out)

More Conference info and details at

<http://www.GlobeSoundHealingConference.com>

(415) 777-2486 Info@SoundHealingCenter.com

"Come and Be Vibrated into Bliss"



**“Man Has a Spiritual Link
That He Can’t Afford to
Ignore”**



"If man were all of one piece—I mean, if he were nothing more than a mere thing, acting and acted upon according to a fixed nature—he could be no more subject to reproach and punishment than the mere animals. But as the scheme hold, man is singles out for condemnation when he does evil; and this with justice. ... For he is no mere thing. ...

"This does not, however, outside the Providence of the Reason of the All; the Over-World cannot be dependent upon the World of Sense. The higher shines down upon the lower, and this illumination is Providence in the highest aspect: The Reason-Principle has two phases, one which creates the things of process and another which links them with the higher beings. ... "Men possess, then, a distinctive Principle: but not all men turn to account all that is in their nature; ..." ~Plotinus

Man is Different

"We do not consider an animal evil when it kills other animals to survive. Even when it kill a human, we generally don't think of it as evil or needing punishment, though we probably hunt down and kill it for our own protection, not to punish it. Likewise, when a person eats a poisonous plant and dies, we do not blame the plant, for the plant did not choose to be poisonous or to be eaten. Man is, on the other hand, held responsible for his action, on both the material and spiritual levels. Man has a spiritual link."

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

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“Live A Life of Many Activities Including Spiritual Growth”



Different types of sports played
by people

“This threefold union with Reality, as your attention is focused now on one aspect, now on another, of its rich simplicity, will be actualized by you in many different ways:

for you are not now to suppose that an unchanging barren ecstasy is now to characterize your inner life. ... The sense of your own dwelling within the Eternal transfuses and illuminates it, the sense of your own necessary efforts, a perpetual renewal of contact with the spiritual world. ... When the greater love overwhelms the lesser, and your small self-consciousness is lost in the consciousness of the Whole, it will be felt as an inner stillness, a quiet fruition of Reality. ... Since you are a child of Time as well as of Eternity, such effort and satisfaction, active and passive love are both needed by you, if your whole life is to be brought into union with the inconceivable rich yet simple one in whom these apparent opposites are harmonized.” ~Evelyn Underhill

“Today, perhaps more than ever, it is hard to stay focused on one thing, but that is not necessarily bad. I don’t mean the kind of lack-of-focus some people have where they never accomplish anything because they keep changing their mind on what they want to accomplish. I mean those of us who do no what we want, and will work towards a goal for years when necessary, but not all day, every day. We need to live a rich life of many worthy activities, not just one, but make sure spiritual growth is one of them.”

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

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“Useful Seeds of Gold”



“When the alchemists stated that every animate and inanimate thing in the universe contained the seeds of gold, they meant that even the grains of sand possessed a spiritual nature, for gold was the spirit of all things. Concerning these seeds of spiritual gold the following Rosicrucian axiom is significant” ‘A seed is useless and impotent unless it is put in its appropriate matrix.’ Franz Hartmann comments on this axiom with these illuminating words: ‘A soul cannot develop and progress without an appropriate body, because it is the physical body that furnishes the material for its development.’ ... Everything which exists has a spirit—the seed

of Divinity within itself. ... Regeneration actually the unfoldment of the omnipresent Divinity in man, that this Divinity may shine forth as a sun and illuminate all.” ~Manly P. Hall

Seeds of Gold

“If you were hoping that *Seeds of Gold* was something you could buy at your local Nursery and plant in the back yard to grow your own gold, sorry to disappoint you. As usual, when the alchemists spoke of seeds of gold they meant the spirit hidden in all things, just as the true alchemists sought to turn the man of lead (materialist, low consciousness) into a man of gold (spiritual, high consciousness) and not literally change one metal into another. Referring to this spiritual nature as “seeds” seems appropriate to me since, like seeds, they are a potential that can grow into something much greater, just as an acorn can grow into a great oak tree.”

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“Principles, Dimensions, and Transformation of Worlds”



“The devil cannot see the Soul, for the second Principle, wherein it lives, and in which God and the Kingdom of Heaven stands, as also the Angels and Paradise, is shut up from him, and he cannot get to it.

“In this consideration you may find what I understand by a Principle. For a Principle is nothing else but a new Birth, a new life: Besides, there is no more than one Principle wherein there is an eternal life, that is, the eternal Deity. And this would not have been manifested, if God had created no Creatures in Himself, (viz. Angels and Men,) who understand the eternal and indissoluble band, and how the Birth of the eternal Light is in God. ...

“The divine Essence in the divine Principle has wrought in the root of the first Principle, which is the begetter, Matrix, or Genetrix. ... In the second Principle, (viz. In the holy Birth,) there is only Spirit, Light, and Life.” ~Jacob Boehme

The Principles

“It seems that Boehme is using the word “Principle” in the way that we use “Dimension” in Cosolargy. Another difference is that he seems to be numbering them starting with the highest as number one, then down to the lowest. In Cosolargy, we number the lowest dimension as one, and go up to the highest as the ninth. So what Boehme calls the first Principle, we call the ninth Dimension.

“Boehme tells us that the second Principle (eight dimension) came into existence when God created the Angels and Men. This tells us that God alone exists at the highest level that Boehme calls the first Principle.”

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

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