

“Idealism and Awakening the Soul”



In Idealism we have perhaps the most sublime theory of Being which has ever been constructed by the human intellect: a theory so sublime, in fact, that it can hardly have been produced by the exercise of “pure reason” alone, but must be looked upon as a manifestation of that natural mysticism, that instinct for the Absolute, which is latent in man. But, when we ask the idealist how we are to attain communion with the reality which he describes to us as “certainly there,” his system suddenly breaks down; and discloses itself as a diagram of the heavens, not a ladder to the stars. ~Evelyn Underhill

“In several previous articles, I have discussed the idea that the physical world that many of us consider “reality” is largely an illusion. A large part of the reason it is an illusion is because our beliefs, our prejudices, our education, etc. have a much greater effect on what we see around us than we think. We tend to believe that we all see it the same, but that has been proven false many times. You can say words like, “beauty,” or “sexy,” or “cute” and the image formed in the persons mind will vary considerably. The gay guys answer to “who is the sexiest movie star?” will almost certainly be different than the straight guys answer. And one person will visualize a small child in response to “cute” while another will see a puppy.”

< [Read the entire article online on Harold's blog at spiritsun.net.](#) >

contributed by Harold Boulette

Could the Sun Be Good for the Heart?



PHOTO: ted.com

Could the sun be good for the heart?

Our bodies get Vitamin D from the sun, but as dermatologist Richard Weller suggests, sunlight may confer another surprising benefit too. New research by his team shows that nitric oxide, a chemical transmitter stored in huge reserves in the skin, can be released by UV light, to great benefit for blood pressure and the cardiovascular system.

Dermatologist Richard Weller devised several inventive clinical studies which strongly suggest that sunlight may trigger compounds very similar to tri-nitrate, a chemical used to increase blood flow in patients during pectoris angina, or heart attack, episodes. He also has done research correlating latitude and sunlight availability as one of the predictors for population heart disease risk.

< [Watch him give a summary of his work in these areas in his March 2012 TED talk \(13 minutes\).](#) >

link submitted by Michael McIntyre

Our True Nature



"The words of man are inadequate to express just what man really is, the knowledge of his true nature is beyond the understanding of the unawakened spirit. The inheritance within the grasp of man is without limitation, for it is the totality of all things. Man has not been misled in the hope and belief that the seemingly mortal is in fact immortal. The spirit does not mislead men. They are deceived by their own eyes; they are misled, so they are unable to see things as they are in reality. All that men see and experience throughout earthly existence is veiled in illusion. Man may think his eyes reveal things as they are, but no mortal eye has ever beheld a thing as it actually is. It appears to man through the colored distorting glass of his own mortality."
~The Kolbrin Bible GLN:15:52

"The materialistic type of person will immediately question this. "I know what I am," he will say, "I know my nature." He will then proceed to tell you about his profession, his family, or his body, which of course is NOT what he, or any person, truly is. Our true self is spiritual and the material self can be thought of as a mask or a costume we are wearing that is covering the true self. But the brain/mind, which developed to deal with the physical world, cannot understand this except in a very abstract way. Its purpose is to understand and deal with the physical world, not the spiritual. Only the spirit and soul understand the spiritual and the true self, but first they must be awakened."

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

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**Steamboat Healing Center Now
100{1fa2ef75e2e78439128d99df0
3acfe1d8ee3047374abe3d4676fe3
470ff8b909} Green!**



A 24 kilowatt photovoltaic array was commissioned for Steamboat Hot Springs Healing Center & Spa by local company Black Rock Solar (BRS) in July 2014. By October 2014 the system installed by Black Rock Solar was fully operational and now provides 100{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} of the electrical energy needs for the main spa building.

This renewable energy project was undertaken by BRS in conjunction with the state of Nevada to provide a model of sustainability in the area, and is projected to offset 500 tons of greenhouse gases and save the International Community of Christ (ICC) more than \$85,000 over the next 25 years.

In July the solar array was installed but operational until the major electrical panel was replaced, because the old electrical panel could not carry the load. The cost for replacement was \$18,000, but even with that purchase, which has been financed over a period of a few years, ICC began to save money almost immediately because of the high rate of utility payments. Nevada Energy (NV Energy), the regional supplier of public utilities, also needed to change the transformer on the power pole that supplies the main spa building. But once the project was completed, the spa became a 100{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} green facility with the photovoltaic array providing all the electricity and geothermal providing all the heat.

The project began its conception phase in April 2013, when ICC was approached with the idea by local Episcopal priest Rev. Stephanie Schatz, who had converted her downtown church building to solar power and gave Bishop Gene Savoy Jr. the contact information for Black Rock Solar, a local green energy company that works only with non-profit entities.

In May, Gene sent the necessary application information to BRS, and BRS in turn applied to NV Energy's non-profit grants program for solar generation of power , a photovoltaic incentive program available to customers of NV Energy. (***Click on proposal photo above or promotional flyer below to enlarge.***) BRS determined that the main building at Steamboat Spa would be most beneficial to ICC. And according to the grants available at the time, the main spa building was best for the project at the time.

From May through October 2013 BRS did their analysis and presented ICC with their report. By the end of November, BRS and ICC submitted an application to NV Energy to receive a \$69,000 grant. By December 2013 the project was approved by NV Energy and the grant money was awarded to BRS, the company doing the installation, and work began. The company projected that the installation would be completed by the end of June

2014, and their work on the project was actually completed by July.

This Building Is Powered By The Sun!



**BLACK ROCK SOLAR HEREBY DEDICATES THIS 24 KW SOLAR ARRAY
TO THE INTERNATIONAL COMMUNITY OF CHRIST.**

The photovoltaic array on the grounds of this building provides electricity
for the programs and services carried out by
the International Community of Christ – Steamboat Springs for its community.



Black Rock Solar and the International Community of Christ are working together
toward sustainability, reducing our carbon footprint and providing a cleaner
environment for future generations. This renewable energy project will offset
over 500 tons of greenhouse gases and save the International Community of Christ
more than eighty-five thousand dollars over the next 25 years.

S Y S T E M C O M M I S S I O N E D J U L Y 2 0 1 4

The Soul and the Ego



“When the soul is disturbed by anger, confused by drunkenness, or sunk in deep depression, the intellect cannot hold fast to the remembrance of God no matter how hard we try to force it. Completely darkened by the violence of the passions, it loses totally the form of perception which is proper to it. Thus our desire that our intellect should keep the remembrance of God cannot make any impression, because the recollective faculty of our mind has been hardened by the rawness of the passions. But, on the other hand, when the soul has obtained freedom from there passions, then, even though the intellect is momentarily deprived by forgetfulness of the object of its longing, it at once resumes its proper activity.” ~The Philokalia

✖ “While I agree with what this quote says, I would change a few things. First, the soul does not get angry, depressed, or drunk. Those are all attributes of the mind. On the other hand, it is the soul that remembers God and communicates with God, not the mind or intellect. It seems that the writer of this section of the Philokalia gets the two confused, or

perhaps worse, thinks they are one and the same thing. In a sense, this might be true if we are talking about the mundane soul, the animal soul, but I can't see why a book of religious instruction would be talking about that soul.

"The spiritual soul, the divine soul, does not suffer from any of the weaknesses mentioned. What can happen is that the spiritual soul is not awakened, but remains in a coma-like condition when the material mind, specifically the ego, dominates and controls what we do. So in a sense, the soul can be a captive of passions and material desires because it is not allowed to awaken and grow when we spend all our time and all our thoughts on material matters. Also, even after the soul has been awakened, the ego, often with some help from dark or demonic beings, can push it away and force it back into that comatose condition."

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

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Random Universe: A Lot of

Flap?



PHOTO: Galawebdesign

It has been noted by climate scientists and others that a butterfly flapping its wings in Brazil could give rise to a hurricane somewhere else on earth. This is due to the fact that small, almost imperceptible differences in initial conditions are amplified over time without bound.

It must also be true that an atomic scale event inside a neuron of the nervous system of a butterfly could also result in it flapping its wings or not. Since events on the atomic scale are subject to randomness as described by quantum theory, one must conclude that a large degree of randomness is “baked into” the nature of the material world. It would seem to be a fools errand to expect that everything can ever be perfectly in order here.

The above raises an interesting question however. What would the world look like if there were no randomness in atomic scale events? Would it even remotely resemble the world we live in now? This question runs too deep for me to even know how to approach it. Food for thought.

—Ron Theriault
December 2014

Being Spiritual is not Part Time



“Our aim should be to induce, in a wholesome way, that sense of the spiritual in daily experience which the old writers called the consciousness of God. The monastic training in spirituality, slowly evolved under pressure of experience, nearly always did this. It has bequeathed to us a funded wisdom of which we make little use; and this, reinterpreted in the light of psychological knowledge, might I believe cast a great deal of light on the fundamental problems of spiritual education. ...

“Further, in all this teaching, those inward activities and

responses to which we can give generally the name of prayer, and those outward activities and deeds of service to which we can give the name of work, ought to be trained together and never dissociated. They are the complimentary and balanced expressions of one spirit of life;...” ~Evelyn Underhill

“Spirituality should not be something we do only on Sunday morning (or Saturday or Friday, depending on your faith). It needs to be part of our life every day. And not only part of our lives in the sense of saying our prayers before bed, or when we first wake up. It needs to be part of what we do all day. That doesn’t mean that we need to stop our materialistic pursuits every hour or two and spend five minutes praying, although there is nothing wrong with doing that. It means that in all our activities, all our conversations, and even all our thoughts, we need to get our spiritual side involved.”

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

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Conversing With Trees



A very spiritual young man was taking a walk through the forest one day. The fresh air and the auras of the trees energized him and he walked boldly and with a smile on his face. Yet, after walking for several hours, he became tired and lay down in the grass beneath a great old tree. As he began to doze, he started to overhear a conversation. The words were difficult to understand at first and he soon realized that he was not hearing it through his ears, it was coming directly into his mind from some unknown source. He managed to stay calm and in his very relaxed state, both physically and mentally. The conversation began to make sense and he finally figured out that he was hearing the great old tree he was lying under conversing with another tree, a younger tree that spoke like a student or disciple of the old tree. The conversation went like this:

"You have been here centuries great one. Long before any humans lived in this forest. How was it different without them?"

"Not as different as you might expect because while the humans were not here in body, their thoughts, which control much in this world, travel great distances and so had a profound effect on the forest, even though they themselves did not know it."

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

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Civilization and the Mystery Schools



“It appears that all the perfection of civilization, and all the advancement made in philosophy, science, and art among the ancients are due to those institutions which, under the veil of mystery, sought to illustrate the sublimest truths of religion, morality, and virtue and impress them on the hearts of their disciples. ... Their chief object was to teach the doctrine of one God, the resurrection of man to eternal life, the dignity of the human soul, and to lead the people to see the shadow of the deity, in the beauty, magnificence, and splendor of the universe.” ~Robert Macoy

- ❑ Many who have studied ancient history have come to the conclusion that the ancient schools of religion and

philosophy, primarily the type known as mystery schools because most of their teachings were kept secret, were very much responsible for the creation of civilization. They taught these things primarily to the students of these academies and they in turn passed them on to others. When most humans were gatherer-hunters, the mystery school students taught them how to plant seeds and grow crops and how to capture certain animals alive and keep them and raise them. I suspect we can thank them for domesticating dogs and cats, though I haven't read anything specific about that. They taught people how to start villages and elect village leaders to govern the group (I know some people today consider government an evil thing, but without government we would have anarchy and chaos with the strong killing the weak and stealing their food, etc.) They created libraries and schools. They taught medicine and other sciences.

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

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About the Souls



“But if Soul and Essential Soul are one and the same, then the Soul will be an Ideal-Form unreceptive to all those activities which it imparts to another kind but possessing within itself that native act of its own which reason manifests.

“If this be so, then, we may think of the Soul as an immortal—if the immortal, the imperishable, must be impassive, giving out something of itself but itself taking nothing from without except for what it receives, ... it cannot be sundered.

“Now what can bring fear to a nature thus unreceptive of all the outer? Fear demands feeling. Nor is there place for courage: courage implies the presence of danger.” ~[Plotinus](#)

“Things get confusing when talking about the spirit and soul. Some will say that the soul is very emotional, others that it is not emotional at all. Some say the soul is concerned with matters of the material world, other that it is only concerned with spiritual things. This is very much like the conflicting ideas of God from Jesus and from much of the Old Testament. Just as the loving, forgiving Father that Jesus spoke of is not the same god in the Old Testament that is vengeful and jealous (what could the real God possible be jealous of?) are actually two very different beings, the conflicting descriptions of the soul are the result of the fact that we have two of them!”

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