

PATH TO LIGHT: Paul Schmitendorf



Hawaiian Sunset PHOTO: Paul Schmitendorf

In November 2007 I received an unanticipated email about a man from India who was going to give a lecture on sungazing. I was both intrigued and skeptical.

In the lecture he explained the basic concepts of looking at the sun, how to do it safely, and why it was a valuable practice for those open-minded enough to try it. So one morning, the following April, after a cold Chicago winter, I went out to the beach at Lake Michigan and waited for the sun to come up over the horizon. When it did, I looked at the sun for 10 seconds and then turned around and went home. I

continued adding 10 seconds each day and before long I was looking at the sun for several minutes.

Slowly, I started to feel something happening. I felt calm, joyful, and sometimes euphoric. As the time looking at the sun each day grew longer, I started to feel something awaken in me. Around the time I reached 25 or 30 minutes a day I began communicating with the sun. I'd express my gratitude each day and ask for guidance on different aspects of my life.

Finally, almost 2 years after the lecture, I reached the goal of 44 minutes a day. Looking at the sun had become an important part of my life, but reaching this goal was a bit anticlimactic. I continued looking at the sun but began to wonder if there was something more to this process.

I asked the sun to direct me on a path that would allow me to learn more about this ancient practice. The path led me to the film "Eat the Sun," which I watched in September 2012. Once I saw the sunrise service and interviews, I knew Reno would be on my path.

I read the *Project X* book and then scheduled a visit with Bob Petrovich. Once I met some of the people in the Community, attended my first Sunrise Service, and learned more about the program, I knew I'd come to the right place. I'm grateful for the opportunity to become part of the Community of Cosolargy and continue working with the sun on a higher level.

The Soul and Immortality



“We have shown elsewhere that the ‘secret doctrine’ does not concede immortality to all men alike. ‘The eye would never see the sun, if it were not of the nature of the sun,’ said Plotinus. Only ‘through the highest purity and chastity we shall approach nearer to God, and receive in the contemplation of Him, the true knowledge and insight, writes porphyry. If the human soul has neglected during its life-time to receive it’s illumination from the Divine Spirit, our personal God, then it becomes difficult for the gross and sensual man to survive for a great length of time his physical death. No more than the misshapen monster can live long after its physical birth, can the soul, once that it has become too material, exist after its birth into the spiritual world.” ~H. P. Blavatsky



“It seems that the vast majority of people fall into one of three schools when it comes to the soul and immortality: (1) either they believe that the soul and spirit does not exist at all and therefore immortality is impossible or, (2) they believe that all people are born with an immortal soul and spirit and no matter what they do in their material life they cannot change that fact and therefore they are immortal always, or (3) they believe in an immortal soul and spirit, but that does not make them immortal unless they do certain

things in their lives.”

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The Yungay Pilgrimage Experience 2014



During Convocation week, on Saturday, October 11, 2014, Bishop Sean Savoy delivered a brief review of the experiences the pilgrimage group had during their time in Yungay on the 2014 Peru Tour, which Rev. Sean headed.

The city of Yungay will be familiar in name to all readers of *Jamil: Child of Light* as the one-time home in Peru of the Child Jamil and his father, the Most Right Reverend Gene Savoy.

The pilgrimage portion of the tour was undertaken by more than

a dozen Community members and friends of the Community.

< [Click here to listen to Sean's report on the Yungay pilgrimage experience \(14 minutes\)](#) >

Sharing Spiritual Knowledge



“Christ, it is true, gives nobody any encouragement for supposing that a merely self-cultivating sort of spirituality, keeping the home fires burning and so on, is anybody’s main job. The main job, confided to His friends is the preaching of the Gospel. That is, spreading Reality, teaching it, inserting it into existence, by prayers, words, acts, and also if need be by manual work, and always under the conditions and symbolisms of our contemporary world. But since we can only give others that which we already possess, this presupposes that we have got something of Reality as a living, burning fire in ourselves.” ~Evelyn Underhill

“The quoted section is a little hard to follow, but basically it says that when we get into spiritual growth, we are

obligated to help others do the same to the best of our abilities. If our interest is only in improving ourselves, we will have little success in our quest for spiritual enlightenment. If you are a Harry Potter fan, recall that at the end of the first book/movie professor Dumbledore reveals to Harry that the reason he was able to get the Sorcerer's Stone was because he wanted it, but did not want to use it. This is somewhat like that but it's more you only get enlightenment if you want it for non-selfish and non-egoic reasons. In other words, if you want it to help all people, to help the world, and most of all to help God."

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PATH TO LIGHT: Crystal Rae

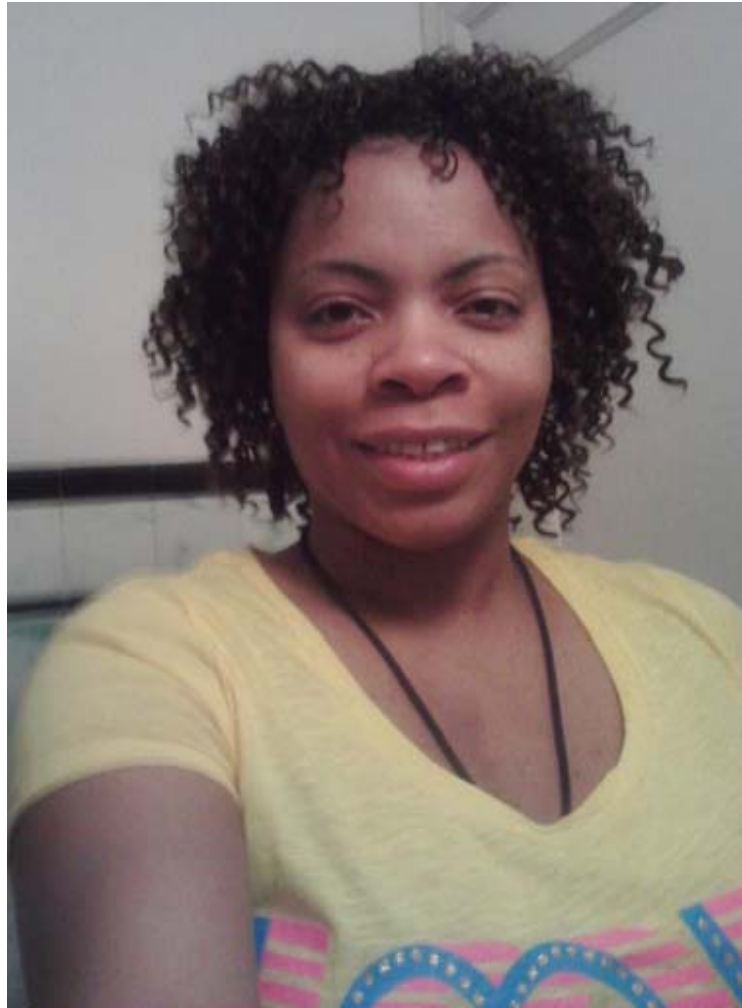


PHOTO: Crystal Rae

Greetings,

I want to give a little background on my spiritual journey. I've been married for almost 15 years, and I had met my husband at a Seventh-Day Adventist conference, about 8 months before we married. I've always been a seeker of knowledge. What had originally guided me to the Seventh-Day Adventists was the subject of the "Sabbath."

As I'd progressed and learned much in that setting, I still sensed that there was more to learn. I had done some research here and there on some biblical subjects, and about 5 years ago—I believe I was approaching the age of 35—I noticed a mark on me that appeared to be somewhat of a birthmark in form, but I didn't have this at birth. I'm a lighter-skinned black woman, and this mark appeared as a brownish tan circle

underneath my left breast bone, but almost centered in the chest. Anyway, what was unusual about this mark was that it started as a full circle, maybe twice the size of a quarter. Well, the full circle started to pull apart and break up into several tiny circles. They spread out and kind of made a link, or chain, of some sort.

I don't recall the time period over which all of this happened, but the circles made a formation and then came back together to the full circle, and then sometime after, the full circle completely disappeared. I thought it was peculiar but didn't think too much on it. Well, as time went on, my curiosity and searching for other spiritual subjects had deepened. If I didn't know better, I would have thought that the mark was some type of activation within me, as I've often reflected upon it.

Well, in my seeking I had come across information that stated that the Bible was mythical stories, as if a lot of the characters hadn't existed or that the stories were taken from "Ancient Egypt." This started a shift for me. My foundation was shaken regarding "Jesus" and the teachings of the Bible. I started seeking all kinds of information for answers.

I've had an experience, as I imagine we all have, where I spontaneously projected outside of my body. One time this happened, early into my marriage, when, somehow, I was in the hallway of my house and in front of our bedroom. I knew my husband and I were in the bedroom that was in front of me. I thought I had died, because I was in one place and also another. I didn't actually see my body but sensed that my husband and I were in the bedroom. It made me afraid because I didn't know about "astral projection" at that time.

I had another experience of hearing some women talking, but my sight was complete blind, as in blackness; I couldn't see anything, but I could hear them discussing something. In my mind, I asked myself, "Why were they discussing this?" and I

wondered, "Who are they?" Then one of the women says to another, "I think she can hear us." That really shook me up, because I didn't know what was going on; it appeared I was somewhere, someplace else. Another time, while in a very relaxed mood, I saw this energy moving from the back of my head, or side of it, and it floated or moved in front of me. It looked like a "spider web" of energy. I just watched it and was amazed. It later dissipated. I had never seen anything like that before; later, I learned from reading, and seeing on the Internet, about an "astral cord" and thought perhaps that is what I had seen.

I have followed some teachings of a certain teacher that have helped me, in some ways to be familiar with energies and beings, etc. I still have no teacher. Some systems are very expensive, and I am unable to afford them at present. I've always wanted to travel to sacred places, meet various beings/teachers, etc.

I had started doing some solar practices and others things that I had learned from Dr. Mitchell Gibson's YouTube videos, and other videos that I had purchased from his website. One time, I had seen these two HUGE beings in my room. The thing is, my eyelids were closed, and I was trying to understand how in the world was I able to see them. They appeared transparent with a bunch of tiny lights throughout their beings. They appeared as if they were statues, but they weren't. I can't even begin to fully express that experience. What I do remember saying to them, by some way of telepathy, was, "You're real, you're really real." I don't know why I was saying that to them, as if I knew them on some level within. I do know that whoever these beings were, they had revealed themselves to me for a reason; one, I think to let me know that they are there and perhaps always have been. They almost looked like two huge cat beings. It's hard to describe them, but it was quite amazing. I also believe spiritual beings can take many forms, sometimes; the same being may be appearing to

us, but in another form.

I had learned about staring into a candle flame, etc. and later was able to see beings around the energy of the candle flame. The head had begun small, then it started becoming bigger; at first, I was a little apprehensive because I didn't know what was going to happen. Oh, initially, the face started out faintly, and then it started to come in much clearer. I grew accustomed to the images. Later, the flames from the candle would emit geometric symbols of all sorts. Some forms I had never seen before. One could have been a blueprint for something, I don't know. What was amazing was that it was golden energy, or plasma or something, that did its thing in the area facing me. Later, the energies had started spinning, clockwise and counterclockwise.

I had seen much activity with the sun gazing that I do around sunset and sunrise. There have been various times, in my meditations while listening to something at very low volume, or listening to attunement, that I was able to hear a kind of garbled speech or someone talking in my left ear. It was always my left ear; never the right ear. Also, for some time now, I have been sensing an energy presence on my left side. Sometimes, around the crown area, as well, but mainly on the upper left side of my body. I have often wondered if some being was checking in on me. I had been told by a couple of people that it was my solar body etc.

For some time, I've been desperately seeking a teaching and direction in my life. I recall on the night of July 6, 2014, how I poured out my heart while sitting in front of my candle flames. There are several faces I'm seeing now and just white flames within the flames as well. I had been saying a prayer, the Ana Beko'ach, and asking for direction, wanting to make sense of the energies I see, and asking whether I have a teacher, and where is my teacher—I had so many questions. The energy of the flames just did its spinning out of energies as usual, but it appeared as if I was heard somehow.

The next day, I heard in a lecture the word *Cosolargy*, and it had triggered a search within me. I was doing some solar work and had seen information regarding solar techniques, etc., on the Jamilian website. I've always been a curious being. I was able to connect with a man named Robert (Bob) at the University. I admit, I do have some financial challenges in my life that I'm working on. My income is limited; however, I am persistent and will do all I can to pursue this chapter in my life with the teachings that this University has to offer me. I believe I'm right where I'm supposed to be at this time. I trust that this Community will assist me further with my spiritual unfolding.

Crystal Rae

Laws on Earth and in Heaven



"I am not influenced by the mere formal actions of men, or by empty sacrifice. Lighted lamps and candles, days of fasting and self-mortification by man cannot sway Me in his favor. I am not to be bribed, for I am God. He who handles fire carelessly and gets burnt cannot blame the fire; neither can he who goes into swift waters and drowns blame the waters."

There are laws, the violation of which brings retribution in its train. They who by their own deeds bring pain and suffering upon themselves cannot blame Me for what ensues. These are the effects of the lesser laws which are easily understood, but above these is the Great Law, which is not so incomprehensible. Men reap as they sow and I am the Fertile Field, which takes no part in the sowing or the reaping.”
~The Kolbrin Bible GLN:15:45

“There was a time, several centuries ago, when the Catholic church allowed the wealthy to essentially buy their way into heaven by making a donation each time they sinned to gain relief from that sin. I think most of the priests and bishops knew that this didn’t work, but I guess they figured that once the rich guy died and discovered the truth, it would be too late for him to come after them for lying. You would think the story of Cain and Abel would have cleared this up, but people with money love to think that it can buy everything including a ticket to heaven. God does not accept bribes, period. Why should He? He can have anything He wants, you have nothing to offer Him, nothing except your dedication to serve Him in completing the Great Plan to return this planet and everyone on it to the realm of Light, the realm of God.

“It never fails, whenever there is a disaster of some sort, there are those who ask why God allows such things to happen. It isn’t God allowing it to happen, it is us making it happen. Yes, even hurricanes and earthquakes are our fault because our thought and our emotion have a great deal of control over this planet. As the quote says, when you stick your hand in fire, you get burned. God didn’t burn you. You knew the nature of fire, but you stuck your hand in it anyway.”

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

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Homemade Color Therapy Device



PHOTO: Paul Schmitendorf

Instinct and Intuition



“Instinct and intuition are the first levels of direct knowing—they both help you perceive the consciousness-and-energy world—instinct is concerned with physical survival (you might think of it as a lower-frequency kind of intuition focused in the reptile brain), while intuition brings guidance from the soul. Intuition registers in one segment of your awareness at a time—your hearing, or vision, or tactile sensitivity, for example. Direct knowing, in comparison, is a heightened intuition that brings inspiration, guidance, and wisdom via all your channels and centers at once. There is no need to go through a process of decoding it; you know immediately.” ~Penney Peirce

“It doesn’t seem like instinct and intuition are related, but, as Ms. Peirce notes, they are. We all know what instinct is, or at least we think we do. We assume that “dumb animals” can’t actually think, so they do virtually everything by instinct. Instinct is what tells a dog to sleep with his back against a wall for protection. Instinct is why beavers build dams, while ducks don’t. Instinct is specific to a species. But instinct isn’t all of it. Instinct is why the squirrels start to bury nuts in the fall, but does it tell the squirrels when the winter will be harsh and they need to bury more nuts than usual? Perhaps, but I’m not sure.”

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“Is Consciousness More than the Brain? | Interview with Dr. Gary Schwartz”



PHOTO: thunderbolts.com

Today perhaps the ultimate unsolved mystery of human life for scientists and philosophers is: How and why does consciousness exist? Although some scientific literature still acknowledges that the question remains open, the overwhelming consensus

among neuroscientists today is that the brain alone creates conscious experience.

But what happens when scientific investigation leads directly to officially “unthinkable” conclusions? To get an idea, watch this interview with Gary E. Schwartz, Ph.D., Professor of Psychology, Medicine, Neurology, Psychiatry, and Surgery at the University of Arizona. He is the Director of the university’s Laboratory for Advances in Consciousness and Health. Much of his professional career has been devoted to examining scientific opinion on the nature of consciousness, in particular the often-unspoken “materialistic” assumptions about the mind-body connection.

It seems that science has not been prepared for the uncomfortable revelation now coming increasingly into scientific review: the self-aware mind is not simply an effect of brain activity; it endures when that activity is ended. Of course, any assessment of this finding will require much more than a brief interview, but the emphasis by Dr. Schwartz on an objective protocol, including double-blind and triple-blind studies, could reduce the emotional responses that the subject too easily provokes.

This emerging science could have a great impact for those exploring the electricity of life and mind-body paradoxes.

Watch the interview, then read the “Manifesto for a Post-Materialist Science” at explorejournal.com.

[Click Here to watch the interview with Gary Schwartz posted on YouTube October 1, 2014 \(14](#)

[minutes\).](#)

[Click Here to read the “Manifesto for a Post-Materialist Science” at explorejournal.com.](#)

link submitted by Robert Anderson

Hidden Symbols



“By symbols men have ever sought to communicate to each other those thoughts which transcend the limitations of language. Rejecting man-conceived dialects as inadequate and unworthy to perpetuate divine ideas, the mysteries thus chose symbolism as a far more ingenious and ideal method of preserving their transcendental knowledge. In a single figure

a symbol may both reveal and conceal, for to the wise the subject of the symbol is obvious, while to the ignorant the figure remains inscrutable. Hence, he who seeks to unveil the secret doctrine of antiquity must search for that doctrine not upon the open pages of books which might fall into the hands of the unworthy but in the place where it was originally concealed.” ~Manly P. Hall

“The ancients were much smarter than most people think. But they didn’t really chose symbols as the best way to communicate, that was already done before any of them lived. Symbols are the language of the soul and the spirit. In a different way, it is even the language of the mind. The ancients knew this and used it. Hall goes on to say that nations and empires come and go, rise and fall, so the ancients had to find ways to share knowledge with future generation that would not likely be destroyed. We all know that the ancient library of Egypt at Alexandria was considered the greatest of its time and held a great deal of information on the mysteries, mystical schools, and spiritual development. It was nearly all lost when the Romans burned the library and we are only know recovering much of that knowledge.”

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

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