

“Changing Your Habits”



*“The transformational process is largely about clearing the clutter that interferes with your soul coming all the way through into your body and life. Unlearning and dissolving old, ingrained perception habits is really the biggest part of this. But unlearning habits and establishing new ones is no more difficult than learning them in the first place. ... Decide what you want and don’t want and entitle yourself to have what you want—**now**. Nothing can happen until you know what you want*

...

“Ask for help. Everything in the nonphysical world is cooperative, service-oriented, and win-win-win by nature. ... Create a new set of criteria for making choices. ... Weigh each choice: does this allow me to experience my home frequency? Does this keep my intuition open?” ~Penney Peirce

It may not be the most important thing, but getting rid of old habits and beliefs that restrict your learning is certainly among the top five things you need to do to advance spiritually.

Some people may say that they have no bad habits or beliefs to get rid of, but this is not about habits that would traditionally be considered bad. This is about habits and beliefs that limit or prevent spiritual growth. For example, believing in the teaching of one church so totally that you never even investigate the teachings of other churches or

other religions is a habit or belief that is restricting your spiritual growth. If your church even tells you that you should not listen to ministers of other churches or faiths, or read books about them, this is a church you should probably leave immediately. A valid church or spiritual school with valid and honest teaching is not afraid to let it's members study other faiths. In fact, they often encourage it as a way of helping to open your mind. It is really shocking how many people will insist their church and their beliefs are the only true ones, but when you ask them what is specifically false about another belief system, they have no answer because they have never bothered to learn anything about other beliefs.

Another common belief that isn't generally considered bad, but for this purpose probably is, is a strong belief in exactly what God is. Many people have such beliefs, though it may be more about what God is like, what His personality is, rather than how He looks. There are some, though, who have become so sunken into the muck of materialism, they can only see God as another physical being, but with great powers. You can never know the real God if you cling to these false concepts and do not approach your spiritual awakening with a completely open mind.

Some of you may argue that eliminating beliefs and habits that you have had for a long time is not easy, and that is true. The quoted text above gives an answer which is probably the easiest and probably the best way to get rid of bad habits and false beliefs: replace them with new ones. Of course, the new ones need to be open beliefs and habits, not the closed type you had before. Instead of switching from one materialistic habit or belief to another, you need to get in the habit of opening up your mind and considering other possibilities. After you practice this for a while, having an open mind and non-judgmental beliefs will become new habits and your path to true enlightenment will become clearer.

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

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“Burning Questions”



Tonatiuh, the Aztec Sun god, who wavered upon his first rising until bloody sacrifices were made. From the Codex Telleriano-Remensis (16th Century).

If folk memory is anything to go by, global warming in its most dreaded form is a thing of the past.

The universality of flood myths is widely known, but fewer people are aware that traditions of unbearable heat, often leading to a devastating Weltbrand, are just as ubiquitous. Although many reports do not identify the cause of the steep rise in temperature or the wildfire associated with the 'age of myth', others persistently attribute it to a group of

phenomena we may conveniently call 'anomalous suns'.

Generally, the sources trace the erstwhile emission of relentless heat to four solar properties, singly or combined, all of which seem equally bizarre when applied to the quotidian sun.

< [Read the entire article by Rens van der Sluijs online at thunderbolts.info.](http://thunderbolts.info) >

Physicist Stephan Fuelling says: "I think that these are just that, 'myths.' If the sun had a strong output burst in human history, then this should have been recorded in the ice records, the activity of the sun relates to the formation of certain isotopes, which would point to such an event. To my knowledge, no such event ever occurred. Extraordinary claims require extraordinary proof. If it can't be proven, then it is a myth."

Robert Anderson responds: "I don't think you can discount mythologies that are so widespread. Science is finding that myths often reflect real events. I know that Stephan rejects the whole electric universe position so his response is not surprising, but I also am aware of the research of Dr. Paul La Violette, an astrophysicist at Portland State who has found ice core evidence of such events, though his theory is that such events were caused by cosmic ray outbursts from the center of the galaxy, all of which coincide with climatic changes on earth. Discussion of his work can be found on youtube and gaiamtv sites."

Spiritual Love



“When a man begins to perceive the love of God in all its richness, he begins also to love his neighbor with spiritual perception. This is the love of which all the scriptures speak. Friendship after the flesh is very easily destroyed on some slight pretext, since it is not held firm by spiritual perception. But when a person is spiritually awakened, even if something irritates him, the bond of love is not dissolved; rekindling himself with the warmth of the love of God, he quickly recovers himself and with great joy seeks his neighbor’s love, even though he has been gravely wronged or insulted by him. For the sweetness of God completely consumes the bitterness of the quarrel.” ~The Philokalia

“People who are not spiritual will undoubtedly disagree with this quote very strongly. They will claim that they are fully capable of love for others even without any awakening of the soul or even belief in God. But the love that is addressed in the above quote is a higher love that cannot exist in those who are not at least partially awakened. This love happens when you look at another person and recognize the spirit and soul within. You recognize that while the physical being is not of God, the unawakened spirit and soul is. And that is what the spiritual person loves.”

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

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Incredible New Discoveries at Stonehenge

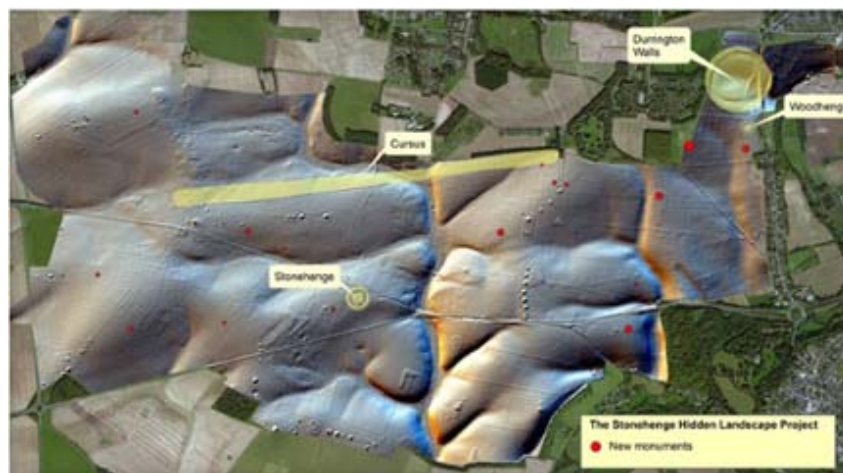


PHOTO: University of Birmingham

Using powerful ground-penetrating radar, investigators working around Stonehenge have detected a trove of previously unknown burial mounds, chapels, shrines, pits – and most remarkable of all – a massive megalithic monument made up of more than 50

giant stones buried along a 1,082-foot-long c-shaped enclosure.

This news is resetting virtually everything everyone thought they knew about Stonehenge.

Follow these links to learn more:

http://io9.com/archaeologists-have-made-an-incredible-discovery-at-sto-1632927903?utm_campaign=socialflow_io9_facebook&utm_source=io9_facebook&utm_medium=socialflow

<http://www.cnet.com/news/digital-mapping-project-reveals-stonehenge-secrets/>

<http://www.citylab.com/tech/2014/09/scientists-discover-dozens-of-monuments-hidden-below-stonehenge/380002/>

links submitted by Frieda Nelson

My Trip to Peru



✖ “I participated in the Peru Sacred Places of Power Tour with Sean Savoy as our group leader. On August 3rd, we visited parts of Lima, the capitol city. We went first to the main square in downtown Lima where many government buildings and the main cathedral are located. As a writer, I of course made special note of the House of Literature there (see photo). We went to the catacombs at Saint Francis Church, which was interesting, but a little creepy. There are piles of human bones and skulls from thousands who were buried there.

“Later, we visited Casa Luna, the home of the Luna family with a large private collection of nativity scenes. After touring the collection, we had an excellent lunch of Peruvian dishes. After lunch, we visited the archeology museum, but we didn’t get to see everything because we were behind schedule.

✖

“Few people seemed to pay much note to this badly faded old tapestry, but I found it very interesting because the pattern has a striking resemblance to the diagram for a modern computer chip! We then went to an old tavern and were shown how to make a Pisco Sour, the national drink of Peru (which I enjoyed regularly during the next ten days).”

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Thunderbolts Project Posts Videos Online



Symbols of an Alien Sky
DVD cover

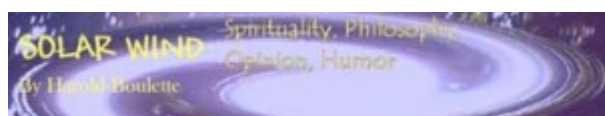
The Thunderbolts Project (www.thunderbolts.info), an

organization advocating the “electric universe” concept, has recently posted on YouTube full-length videos from the three-part documentary series Symbols of an Alien Sky. The first of the series explains the extraordinary figures visible in the sky from Earth some 10,000 years ago; this is, of course, according to the electric universe theory as expounded by David Talbott. The images theorized by Talbott and catalogued from ancient sources worldwide are fascinating.

And the producer of the series is none other than our long-time Consociate Jerry Simonson!

< [Watch Part 1 of the series Symbols of an Alien Sky online at YouTube.com.](#) >

“Infant Development”



“We are beginning to learn the overwhelming importance of infantile impressions: how a forgotten babyish fear or grief may develop underground, and produce at least an unrecognizable growth poisoning the body and the mind of the adult. But here good is at least as potent as ill. What terror, a hideous sight, an unloving nurture may do for evil; a happy impression, a beautiful sight, a loving nurture will

do for good. ... Babyish prayers, simple hymns, trace while the mind is ductile the paths in which feelings shall afterward tend to flow; and it is only in maturity that we realize our psychological debt to these early and perhaps afterward abandoned beliefs and deeds. So the veritable education of the Spirit begins at once, in the cradle ..." ~Evelyn Underhill

I seem to remember reading somewhere that about half of what we learn during our entire life happens during the first five years. While that is partially due to the fact that after a while we are no longer exposed to much that is new, it is also largely due to the fact that as we develop beliefs and create filters in our subconscious mind, we start rejecting anything that contradicts those beliefs.

Recently, there have been posts on Facebook, Twitter, and other social sites that show something like a white infant playing with a black one and saying that racism is something that has to be learned and no one is born a racist. That is true for just about all forms of bigotry. No one is born hating gays, Jews, Muslims, blacks, short people, etc. They learn these prejudices from others, most often their parents, siblings, and caretakers. But it isn't limited to what we directly tell our babies, they learn as much—if not more—from observation.

But the good news, as Ms Underhill mentions, is that they can learn good habits and beliefs as easily as they can learn bad ones. The key thing is we have to make an effort to teach them the positive, knowing that the very nature of the world means they will regularly be exposed to a lot of negative things. We need to teach them to be open-minded rather than trapped in any belief which may later prove to be wrong, no matter how fervently we believe in it ourselves. We also need to be careful about teaching them something negative in an indirect way by promoting a group that practices negative or bigoted

beliefs, such as promoting a church that promotes hatred of gays (I know, I know, they claim they don't hate gays, but their behavior says otherwise), or a club that allows members of only one sex. Even the idea that certain toys are for boys and others are for girls helps to build false beliefs that may be difficult to overcome at a later age.

Most important, though, is the last part of the quote. It is never too early to start teaching kids about spirituality. They need to learn to value the spirit and soul as soon as they are old enough to understand what the words mean.

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

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“Beyond Energy, Matter, Time and Space”

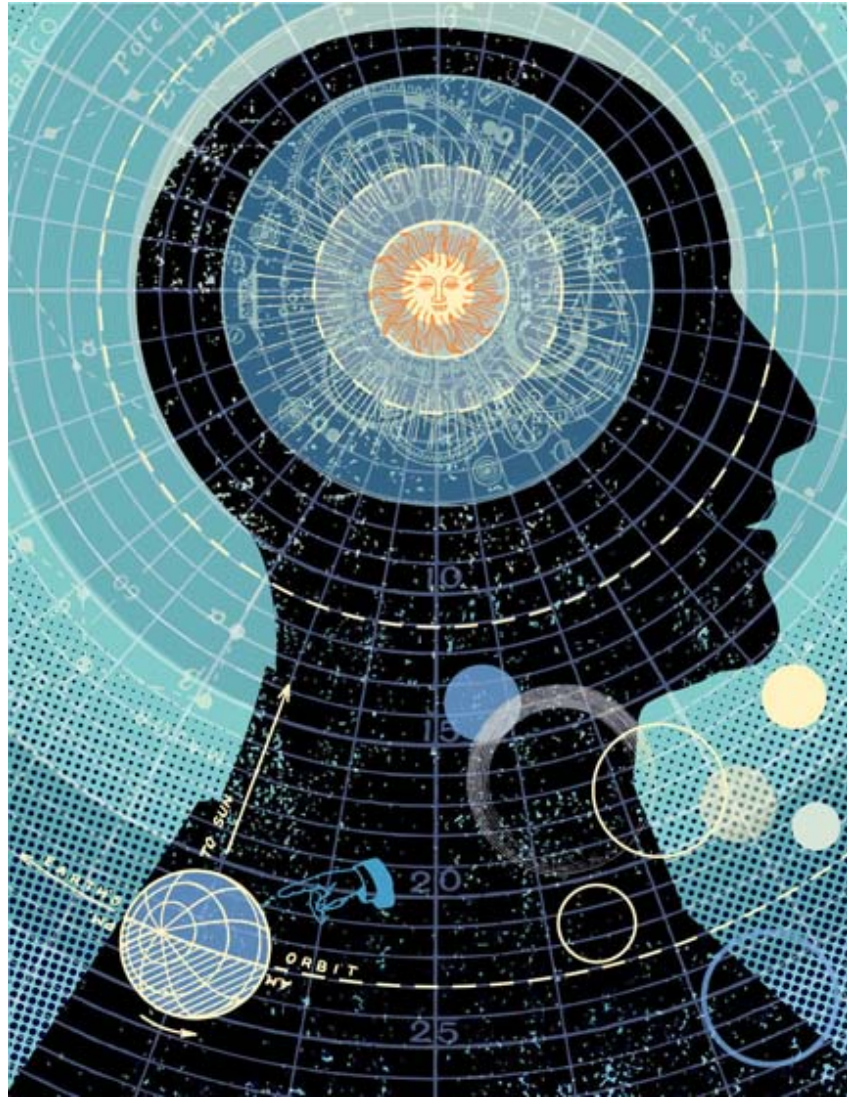


PHOTO: Image byCarl Weins

Though he probably didn't intend anything so jarring, Nicolaus Copernicus, in a 16th-century treatise, gave rise to the idea that human beings do not occupy a special place in the heavens. Nearly 500 years after replacing the Earth with the sun as the center of the cosmic swirl, we've come to see ourselves as just another species on a planet orbiting a star in the boondocks of a galaxy in the universe we call home. And this may be just one of many universes – what cosmologists, some more skeptically than others, have named the multiverse.

Despite the long string of demotions, we remain confident, out here on the edge of nowhere, that our band of primates has what it takes to figure out the cosmos – what the writer

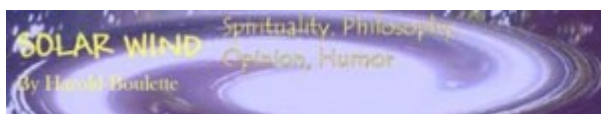
Timothy Ferris called “the whole shebang.” New particles may yet be discovered, and even new laws. But it is almost taken for granted that everything from physics to biology, including the mind, ultimately comes down to four fundamental concepts: matter and energy interacting in an arena of space and time.

Ron Theriault thinks this is a wonderful little essay, with some interesting references. He says: “It clearly highlights the line between the materialist and non-materialist viewpoints that divide science as well as society at large. The second book mentioned (Our Mathematical Universe: My Quest for the Ultimate Nature of Reality) reminded me of an interesting observation I read recently, which I will paraphrase: “. . . human sciences and philosophies have undergone numerous changes and revolutions since recorded history, but mathematics seems to stand apart in that when something is proven in mathematics it is proven for all time.”

< [Read the entire New York Times article by George Johnson online at nytimes.com.](#) >

link submitted by Frieda Nelson

“Despise Possessions?”



"Let us begin, then, to withdraw from the thing of this world. Let us despise possessions and money and all that swamps and drowns our intelligence. ...Those who travel by sea, when overtaken by a storm, do not worry about their merchandise but throw it into the waters with their own hands, considering their property less important than their life. Why, then, do we not follow their example, and for the sake of the higher life despise whatever drags our soul down to the depths? Why is fear of God less powerful than fear of the sea? ...

"Do athletes compete with their clothes on? No, the rules require them to enter the stadium naked. ... Yet, instead of stripping ourselves, we try to engage in the contest while carrying countless burdens on our shoulders, thus giving our opponents many chances of getting a grip on us." ~The Philokalia

We do need to withdraw from the things of the world, but despising possessions and the material world in general is probably going a little too far. We don't need to hate the material world, indeed we should not, because the source of it is the spiritual world, the realm of God and the angels. We don't hate a person for having a physical deformity, so we shouldn't hate the spirit that has been deformed into matter. Spirit is still at it's root. We can have possessions, we can wear clothes and live in a house, but we should avoid becoming attached to these things.

The quoted section gives the example of a ship caught in a storm and how even the owners of the property will throw possessions overboard in order to save themselves. That is the proper attitude to have for material goods, but the real "storm" we should be concerned with is the battle of the Children of Light and the Forces of Darkness for possession of our souls. Many people seem to have the idea that by default, when they die physically, their soul and spirit will go to heaven and be claimed by the Children of Light as one of their

own and the only way they will be claimed by the dark ones is if they do something really evil or, as in many classic novels, sell their soul to Satan. The truth is, if you ask Satan to buy your soul he will laugh in your face. As an old saying goes (on a totally different subject); why buy the cow if you can get free milk?

Satan doesn't need to buy your soul because as long as you are in the grips of materialism, it is already his! You need to wrestle it away from him, in a manner of speaking, by turning away from materialism, by rejecting attachments to physical objects, and become attached instead to God and obeying His will and fulfilling His Plan.

I had to include the part about athletes competing naked for a little humor, but it does make a point. When we become attached to material things, and then try to develop spiritually, the demons can use those attachments to pull us away from our spiritual intentions. Then can cause a car to crash into our beloved auto, they can cause a forest fire to burn our house, etc. By not getting attached to things, we take that away from them.

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

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“Project Sunflower” Underway



Lancaster, Pennsylvania Boys & Girls Club lawn
in April 2014

“Overall the last couple of years I’ve felt a growing connection to the sunflower. I began planting a few of them last year but wanted to do something bigger and brighter. This spring I saw an underutilized section of grass at the Boys & Girls Club in Lancaster, PA and the vision came to me. This vision was to start a sunflower garden and have the kids at the club contribute by helping to plant the sunflowers. Planting day was a huge success with kids enthusiastically and curiously getting their hands dirty and planting the garden. The rain and sun did the rest as we now have well over 100 sunflower plants in our garden. I thank the sun not only for helping the flowers grow but also for inspiring me to start the project.”

Paul Schmitendorf



Lancaster, Pennsylvania Boys & Girls Club lawn
in early August 2014