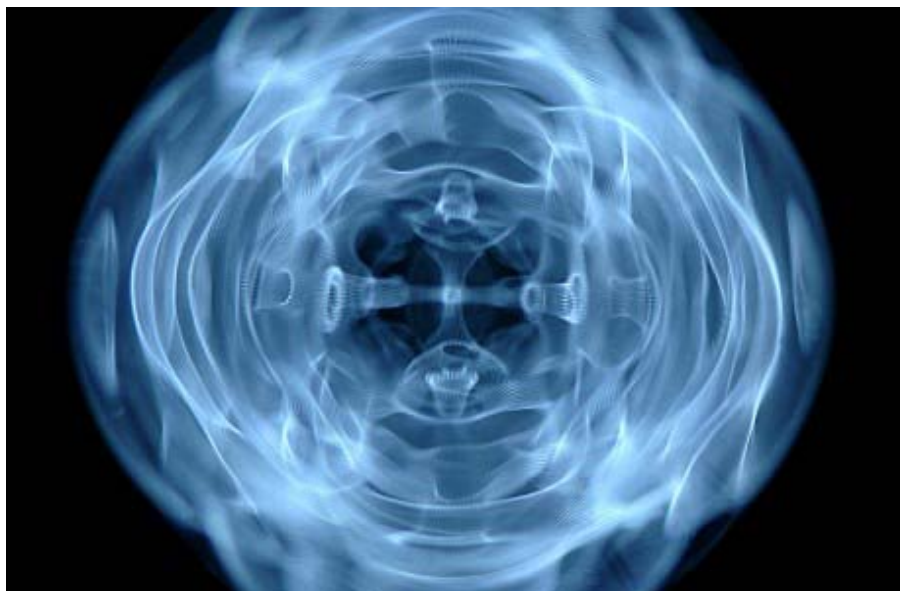


New Site for Sonatherapy Up and Running



Prana glyph PHOTO: Gary Buchanan

On June 23, 2014, Dr. Gary Buchanan announced the creation of a new Sonatherapy web site. The front page of the new Sonatherapy web site is posted at <http://www.sonatherapy.com/>.

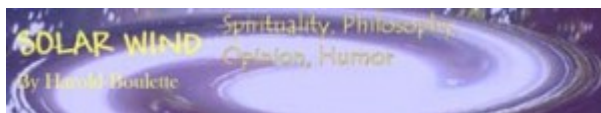
Developed by Dr. Gary Robert Buchanan and practiced at Steamboat Boat Healing Center in Nevada, Sonatherapy combines Light, Color, Sound, Water & Subtle Energies in the promotion of self-healing. A practicing Sonatherapist, Dr. Buchanan regularly meets with clients from around the world each month offering “self-healing” via light, color, sound, water, and subtle energy therapeutics.

On the new web site, links are active to several Sonatherapy videos and a general description of the therapy and its practice. Yet to come are pages on Dr. Buchanan himself and links to order his newest book, *Sonatherapy*.

We will keep you posted on new developments on the site as they occur.

Congratulations, Gary!

“Keeping Evil Thoughts Under Control”



“This is why the Lawgiver, symbolically commanding us to deny entry to sensual pleasure, told us to watch the head of the serpent, because it is watching our heel. Its aim is to bite our heel and so to poison us; ... This means that we should first learn to detect the attack of deceitful thoughts from premonitory signs and to watch their first beginnings, which they contrive to make attractive in appearance so as to attain their end; than we can expose the wickedness of these thoughts by comparing their first beginnings with the final results. ...

“To clarify what has been said, let us take two examples. Often the vice of unchastity has it’s first beginning in self-esteem; ... Under the influence of self-esteem, a man may perhaps enter the priesthood or the life of monastic perfection; ... his self-esteem makes him think highly of himself. ... So, by beguiling him with such thoughts, self-esteem draws him far away from the inner watchfulness that he

should possess.” ~The Philokalia

“Perhaps the most important part of this quote is near the beginning where we are told that when the teacher or master tells us to give up sensual pleasures, it is an allegorical way of saying that we need to watch our own thoughts and stop ourselves from thinking evil things, evil thoughts being anything that turns us away from doing God’s work. It doesn’t have to be thoughts of murder, or rape, or robbery to be evil. Any thought that encourages us to engage in more materialistic activities and cut back on our spiritual ones is an evil thought, but is often not recognized as such.”

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

< Visit and bookmark Harold Boulette’s blog Solar Wind at:
<http://blog.spiritsun.net/> >

contributed by Harold Boulette

“‘The Xplorers: Quest for El Dorado’ with Gene Savoy and

Sean Savoy”

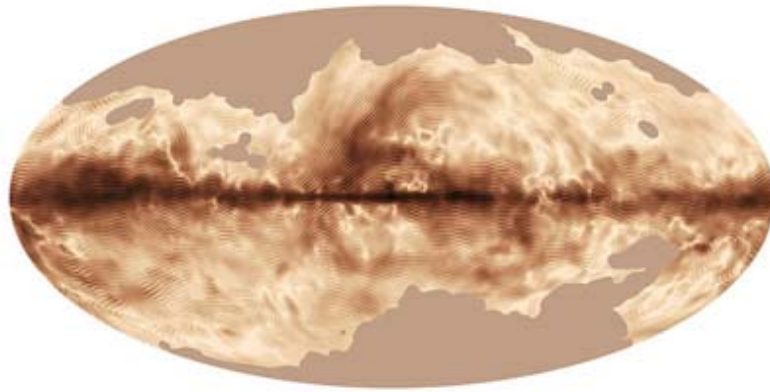


Now posted on YouTube is the trailer for a proposed video on the life and work of American Explorer Gene Savoy. It was shot on location in Peru in 2006, and features interviews with Gene Savoy and his son, Sean, present President of the Andean Explorers Foundation.

The trailer is produced by Road Show Media, filmed by Dana Morrow, and narrated by Jim Cissell. The film project was never undertaken.

< [Watch the 4-minute Xplorers trailer on YouTube.](#) >

“Magnetic fingerprint of our galaxy revealed”



The magnetic field of our Milky Way Galaxy as seen by ESA's Planck satellite. This image was compiled from the first all-sky observations of ... polarized light emitted by interstellar dust in the Milky Way. Darker regions correspond to stronger polarized emission, and the striations indicate the direction of the magnetic field projected on the plane of the sky. The dark band running horizontally across the center corresponds to the Galactic Plane. Here, the polarization reveals a regular pattern on large angular scales, which is due to the magnetic field lines being predominantly parallel to the plane of the Milky Way. The data also reveal variations of the polarization direction within nearby clouds of gas and dust. This can be seen in the tangled features above and below the plane, where the local magnetic field is particularly disorganized. PHOTO: ESA and the Planck Collaboration

"An international team of astrophysicists has released an unprecedented map of the entire sky that charts the magnetic

field shaping the Milky Way galaxy and helps in our understanding of the birth of the universe.

“The team – which includes researchers from the University of British Columbia and the Canadian Institute for Theoretical Astrophysics (CITA) at the University of Toronto – created the map using data from the Planck Space Telescope.

“Since 2009, the Planck telescope has charted the Cosmic Microwave Background (CMB), the light from the Universe a mere 380,000 years after the Big Bang.

“But Planck also observes light from much closer than the farthest reaches of time and space. With its High Frequency Instrument, Planck detects the light from microscopic dust particles within our galaxy and helps identify the non-random direction in which the light waves vibrate – known as polarization. It is this polarized light that indicates the orientation of the field lines.”

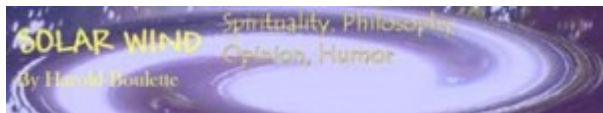
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< [Read the entire article posted online May 6, 2014 at sciencedeaily.com.](#) >

□

link submitted by Frieda Nelson

“Feeding the Spirit”



"Many people seem to take it for granted that if a man believes in and desires to have a spiritual life, he can live it in utter independence of spiritual food. He believes in God, loves his neighbor, wants to do good, and just goes ahead. The result of this is that the life of the God-fearing citizen or the Social Christian, as now conceived and practiced, is generally the starved life. ... Yet the literature of the spirit is full of warnings on this subject. Taste and see that the Lord is sweet. They that wait upon the lord shall renew their strength." ~Evelyn Underhill

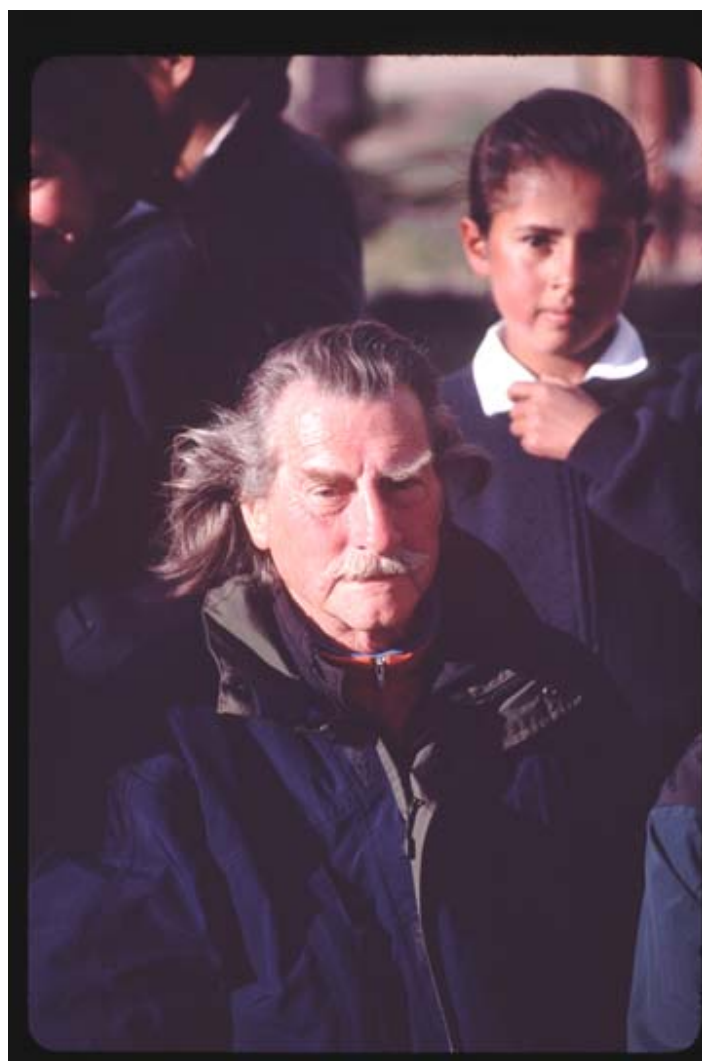
"Most people understand that they must eat a healthy and nutritious diet to have a strong and healthy body, even if they don't bother to practice it. Yet few seem to understand that the spirit and soul require nutrition as well. They must be fed just like the body, or like the body they will shrivel and become weak."

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

< Visit and bookmark Harold Boulette's blog Solar Wind at:
<http://blog.spiritsun.net/> >

contributed by Harold Boulette

PATH TO LIGHT: The Most Right Reverend Gene Savoy Sr.



Gene Savoy Sr. in a crowd in Peru
in the late 1990s PHOTO: Roger
Weld

*There are twenty-six Sayings recorded in volumes I–VI of **The***

Image and The Word: The Secret Sayings of Jamil. The later Sayings were delivered either onboard the Feathered Serpent II, or during voyages that terminated in America or at the Sanctuary grounds. The object of the Sayings was to reveal to The Community what it must do in the world.

Volume VI, published in 1981, presents the Twenty-Second through Twenty-Fourth Sayings. It is in this volume that Reverend Ted Staver found a passage on Reverend Gene Sr's life, described by himself, that seemed to fit the format of the "Path to Light" series. Ted suggested the passage to us, and we are posting it for you.

In the passage that follows, Bishop Savoy is presenting the story of his early life as an illustration in response to a question from one of the Companions of The Way regarding the means by which one comes to know who one really is.

"I was adopted when I was three. I lost my natural father and my mother remarried, so I was adopted. And I was raised with half-brothers and with a stepfather who fed me and took care of me and did the best he could as a father. I loved my father very, very dearly, and my brothers and my mother, of course. But my mother was the only person who really understood me. She had a kind of knowledge of me and gave me something that I needed that no one else in the world ever gave me, at least when I was a child. At the age of five I started going to church and by six years of age I was beginning to listen to sermons and getting involved in theology.

"My stepfather did not go to church. My mother was the granddaughter of a Baptist minister, and her father eventually became religious and became active in the Church, though in my own home there was no formal religion. But from the age of six on I went to various Churches: Baptist,

Methodist, Lutheran, Presbyterian, Episcopalian, Pentecostal, Catholic. I had an urge to enter the ministry, an urge to be spiritual, without knowing why.

“I was different from my brothers and they never really understood me and my religious inclinations. Yet, I never understood the life that we led. Quite simply, I longed for the spiritual life even at that tender age. My mother’s sister influenced me greatly, for she was a Christian Scientist. But the motivation that drove me to worship was an inner compulsion, a driving force that no one understood, not even myself. I did not like school and formal education, not even in later years at business College and University. Like in my earlier home life, there was no spiritual environment. Even the orthodox Church environment was empty, yet it was better than nothing. Still, I longed for a spiritual life of a kind and order not known in the world. No one could instruct me in it. No one was knowledgeable in it. No one I talked to – clergy, teacher, priest, scholar – had the vaguest idea of what I was seeking. I was an alien in a hostile environment, alone, lost, empty.

“The same feeling continued as I got older – I never felt comfortable in the world or that I belonged in it. Though I continued to go to church, was baptized and planned on entering the ministry, I felt alien even to the Christian environment. Like so many, I became interested in Eastern teachings, but again I felt like an alien. I only began to feel comfortable when I discovered the beauty of the ancient religions such as Zoroastrianism and the ancient Egyptian teachings of Hermes Trismegistus. However, I did not become a great student of these religions as I continued to be more inclined toward Christianity.

“Basically, what I am trying to say is that with all my searching in the Christian Church and in the Eastern and Oriental religions, I never became comfortable with religion until I had experienced the visions, and then was able to

endure the strong light of the sun. My eyes were no longer blind to the Light of Christ. The world was no longer Dark. For I saw within the light that illuminated the world a greater Light, the Light of God that illuminates the spirits of men, a Light more brilliant than the light of the stars and the moon and the sun combined. That efficacious Light put my heart and mind to rest. It taught me the meaning of religion in a flash, a rapture of spiritual joy. It instructed me in religion more than any rite or ritual, more than any book, more than any sermon. It was a living communion in which I was able to experience the divine Presence of God. I was reborn! Made spiritual, yet I was without instruction, an innocent child, a neophyte awaiting maturity as eagerly as a babe.

“I found the source of Righteousness. I had found the place where God resides, not by my own motivation, but by the vision of Light, and by the Presence within the Light. What clergyman, what Apostle, what biblical scholar had ever seen God face to face? God dwells in a place accessible only to those who are called to it by Him, it seems. And I knew that it was my destiny to serve God in the formation of this Church. I therefore awaited the birth of The Child from whom I would learn with trust, and hope and belief. I gave up all my human motivations of self; that is, pursuit of my human destiny. It was my destiny to serve God within the framework of the Church to come. God would be my Teacher and I would follow Him. My spiritual eye had been opened, and it saw a realm of spiritual beingness. Now that I had been led to it by revelation, I would devote my whole life to teaching it to others.

“Then I began to have recollections and remembrances. It did not all come at once, it came in stages. And as I had experiences and began teaching and moving about in the world, my remembrances increased by the act of working in the Church. Then, of course, when Jamil was teaching, just by

looking at him I knew many things. He had the flashing eyes and the touch. He did not have to say much – all he had to do was make a gesture with His hands or look at me with a flash, and I knew. I learned from him by his presence and by looking at the sun, and by recalling and putting things together. And after a while I realized that although I was doing all the work, or so it appeared – writing, teaching, recording the words of Jamil, exploring and holding the Church together as best I could, and suffering, as it were, especially as people could not understand and were leaving – that there was a power over the Church that was outside of my control.”

–from *The Image and the Word: the Secret Sayings of Jamil*, Volume VI., by The Most Right Reverend Gene Savoy, pp.81-86

Secrets of Mystery Schools



“The Pythagorean doctrine that God is the universal mind diffused through all things, and the dogma of the soul’s immortality, are the leading features in these apparently incongruous teachings. His piety and the great veneration Plato felt for the MYSTERIES, are sufficient warrant that he would not allow his indiscretion to get the better of that deep sense of responsibility which is felt by every adept.

‘Constantly perfecting himself in perfect MYSTERIES, a man in them alone becomes truly perfect,’ says he in Phaedrus.

“He took no pains to conceal his displeasure that the Mysteries had become less secret than formerly. Instead of profaning them by putting them within the reach of the multitude, he would have guarded them with jealous care against all but the most worthy of his disciples.” ~H. P. Blavatsky

“Most people know of Pythagoras as a great math teacher, particularly of geometry, but he was more a philosopher and spiritual teacher than a mathematician. His interest in mathematical formulas and geometric shapes was only for the purposes of helping himself and his students grow spiritually. His idea that God is universal mind is a good one, but this should not be confused with the intellectualism of the human brain. Divine Consciousness and materialistic intellect are two very different things.”

To read the complete blog post, click on: <http://blog.spiritsun.net/2014/04/10/the-secrets-of-mystery-schools.aspx>

“A ‘crack in the cosmic egg’”



Dark Sector Lab BICEP2 PHOTO:
Steffen Richter, Harvard
University

“The recent BICEP2 discovery of evidence for cosmic inflation might point to new physics.

“Last month, scientists on the BICEP2 experiment announced the first hard evidence for cosmic inflation, the process by which the infant universe swelled from microscopic to cosmic size in an instant.

“Scientists have thought for more than three decades that we might someday find such a signal, so the discovery was not entirely unexpected. What was unexpected, however, was just how strong the signal turned out to be.”

< [Read the entire article posted online in Symmetry Magazine on April 23, 2014.](#) >

link submitted by Frieda Nelson

INSIGHT: Dream, Vision, and Paranormal Experience Forum: May 2014

This is your forum to share higher-level experiences in Cosolargy through the images of your dreams and visions. All postings are anonymous. Send in verbal descriptions and, if you have them, drawings or paintings.

The primary value in these postings is simply to allow others to see that people do have relevant or meaningful dreams and visions. Another value is to see if others find that the dreams and visions we post are similar or identical to their own. This is why we ask for your comments.

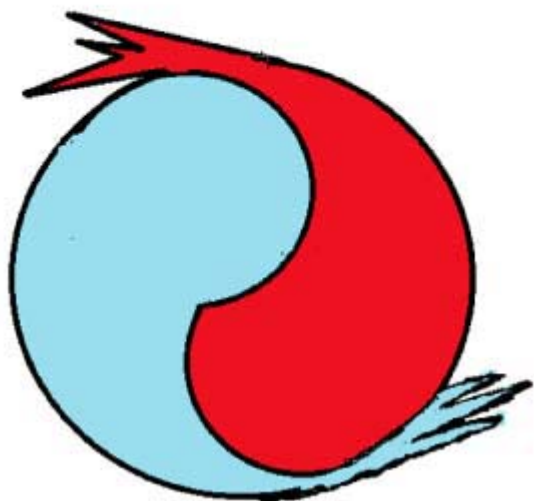
Dreams are communications from the unconscious mind and sometimes the higher self. Some are simply compensation for attention directed elsewhere during the day; some are indications of bodily processes, and some help us work through conflicts. Occasionally, they communicate information from higher realms and thus have more than individual value.

*As Cosolargists, we are learning to navigate higher realms. Dreams are part of these higher realms. The Worlds of Light, the realm of spirit, sometimes breaks through to the psyche and gives us information. What breaks through deserves our attention and analysis. In this section of the **Community Communique**, we offer Community members a forum for sharing their dreams and visions for the edification of the Community and themselves.*

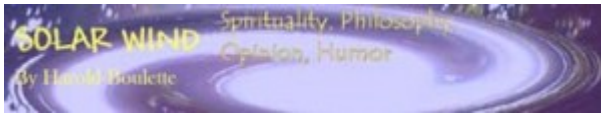
"I experienced the following vision on three separate occasions and know of one other person who had the same visual.

"All three happened at sunrise at the Red Rock Sanctuary. After the Sun had released itself from the horizon it took the shape of the Tao symbol and maintained that appearance for the entire episode, lasting more than five minutes. The symbol was in motion with flares coming off the tails of the Tao.

"It was multicolored, one side red the other side blue."



“Spiritual Study Alone or In Community”



“When we look into history we see the life of the spirit, even from its crudest beginnings, closely associated with two movements. First, with the tendency to organize into communities or churches, living under special sanctions and rules. Next, with the tendency of its greatest, most arresting personalities either to revolt from these organisms or to reform, rekindle them from within. ...This constant antagonism of church and prophet, of institutional authority and individual vision, is not only true of Christianity but of all great historic faiths. ... It is a truism that all such institutions tend to degenerate, to become mechanical, and to tyrannize. Are they then, in spite of these adverse characters, to be looked on as essential, inevitable, or merely desirable expressions of the spiritual life in man; or can the spiritual life flourish in complete freedom?” ~Evelyn Underhill

“Ms Underhill goes on to express her view that we are better off working alone when it comes to spiritual development, and gives hers reasons why. I don’t agree and here are the primary reasons why I thing working with others is not only better, but essential for most of us to grow spiritually.”

To read the complete blog post, click on:

<http://blog.spiritsun.net/2014/02/13/spiritual-study-alone-or->

[in-community.aspx](#)