

“Catch late summer and fall sun rays to experience significant health benefits”



PHOTO:

Naturalnews.com

“The power of the sun for health and healing are far reaching. Optimal times to store up on the sun’s health benefits are between 10am and 3pm. Overwhelming research shows that sunlight improves mood, athletic performance, blood pressure, immunity and bone health while helping to prevent cancers, heart disease and autoimmune disorders. Humans cannot survive without the sun. They have evolved to absorb the sunrays needed according to their proximity to the sun.”

< [Read the entire article by Michelle Goldstein posted online September 14, 2013 at naturalnews.com.](#) >

link submitted by Frieda Nelson

“The Soul Owner’s Manual”



1. **Awakening**

When you arrive on the physical plane of existence, your soul is in a state that is described as inactive, comatose, egg-like, etc. It needs to be awakened before it can truly function, grow, and guide your life. Sadly, the vast majority of people never bother to do this, either because they don't believe they have a soul, or they believe that it will awaken on its own without any effort on their part. This simply does not happen. You do have to make an effort to awaken the soul, although you cannot do it on your own. The only one who can truly awaken the soul is God, but he will not do so unless you do your part to prepare for that awakening. If you do follow the practices that only a good spiritual teachers can recommend, then God will send a special energy into the soul to awaken it and make it conscious. This is what is really meant by being reborn.

2. **Nourishing**

Once awakened, the soul and spirit need to be nourished and cared for just as the physical body and mind do. The method is different, however, because the nature of the spirit and soul is different than the nature of the material body and the brain-mind. We feed the physical body and brain by consuming animals and/or plants. We feed the spirit and soul with spiritual Light. The feeding of the physical body is not a process that just

happens on its own. We need to seek nourishment for it. The same is true of the spirit and soul. We need to seek out the spiritual frequencies of Light that nourish them. Those frequencies are found primarily in the spiritual sun, but they will simply flow through us if we do not attune to them. And this needs to be regularly, not just once or twice a year.

3. **Cleansing**

Just as the physical body and mind need to be cleaned periodically, both internally and externally, the soul and spirit need the same. This cleansing of the spirit and soul is done partly on a mental level by visualizing and imagining that negativity and all forms of evil are being cleaned out of us. Sometimes we need to stimulate this process on the physical level by fasting and other forms of self-sacrifice. And when you bathe or shower, tell yourself you are cleansing your mind and spirit as well.

4. **Educating**

You know that your brain/mind needs to be educated, but your body also needs to learn. When you are a baby, your movements are awkward and uncoordinated but after a while they get better as your brain gets better at controlling our movements. Your soul needs to be educated as well, but fortunately if you follow the recommendations for nourishing, you will be educating your soul at the same time because spiritual Light contains embedded information that we call Information Factors. While reading spiritual books is helpful, the most important thing is to take in that spiritual Light with its Information Factors which are never lies and never just opinions, but always truth.

5. **Sharing**

Once you have achieved a certain degree of enlightenment and filled your spirit with the spiritual Light, you must share that Light with others who have not yet learned to get it directly. You are also obligated to

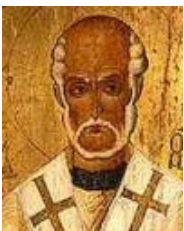
teach others so they can grow spiritually as well. If you fail to do this, you will stop growing spiritually.

< [Read the article posted online September 14, 2013 at Solar Wind.](#) >

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

contributed by Harold Boulette

ADVOCATES FOR HUMAN SPIRITUAL RIGHTS: Nestorius, Part 1



Nestorius,
Patriarch
of
Constantinople

Nestorius (born circa AD 386, perhaps of Persian parents, in

Germanicia, a small town in the patriarchate of Antioch on the fertile plain at the foot of Mount Taurus in the Euphrates district of Syria, now known as Kahramanmaras, South Turkey – died circa 451 at Panopolis, now Akhmim, in the desert of the Egyptian Thebaid) was consecrated Patriarch of Constantinople on April 10, 428 and served until June 22, 431, when he was deposed and later sent into exile. Little is known of the details of Nestorius's life outside of the records kept in the months leading up to and during the council at which he was deposed. He received his education near Antioch, at the neighboring monastery of Saint Euprepus, probably as a pupil of Theodore, Bishop of Mopsuestia, the early companion and friend of the then late patriarch John Chrysostom. As a monk, Nestorius gained a reputation for asceticism and eloquence. Elevated to the coveted position of Bishop of Constantinople and Patriarch of the East, Nestorius was one of the last high official representatives of the catholic and orthodox Imperial Church to hold uncompromisingly to doctrines regarding the nature of Christ that are necessary tenets for one to recognize and acknowledge the manifestation of God as Christ in the Second Advent Age. In his capacity as bishop and defender of the faith, he upheld the doctrines of his teacher Theodore, who distinguished between the "man whom God put on" in the Incarnation and the Logos who put on the man, and who spoke of the divinity of Christ as an "indwelling" of the Logos in the man. For Nestorius, the Incarnation occurred for the purpose of revelation, and union in Christ was the perfect revelation of God. The opponents of Nestorius made of his position a heresy and used his name to anathematize those churches of the East that they could not reconcile to themselves by naming those churches for him. After Nestorius, catholic and orthodox doctrine promoted one or another conception of Jesus as man-God.

There is nothing harder to the souls of men than the sickness of ignorance.

– the opening of a homily by Nestorius



Council of Constantinople 381, fresco
from Stavropoleos Church, Bucharest,
Romania

The Imperial Stage

There are two dramatic elements at work in the theater of the christological controversy: imperious church councils and longstanding rivalries. Both play out across centuries and shape the tragic fate of our protagonist, Nestorius. General church councils mark the opening, the climax, and the denouement of the drama. The drama opens with the Council of Constantinople (381) requiring all those who would call themselves orthodox Christians to believe that Jesus Christ was and is God incarnate, and to confess that God is a single divine being eternally existing as three distinct persons or subsistencies. The climax of the drama takes place at the Council of Ephesus (431), which ends with all Christians of the Imperial Church bound to a dogmatic formula taken almost word for word from the letters written to Nestorius by his main antagonist, Cyril of Alexandria: "One and the same is the

eternal Son of the Father and the Son of the Virgin Mary, born in time after the flesh; therefore, she may rightly be called Mother of God." The denouement begins at the Council of Chalcedon (451), with the acceptance of the "Rule of Faith" expounded at Ephesus by Cyril and the adoption of a reconciliatory Definition of Christ, it continues to unfold over the next 1,543 years.

The second major element of the tragedy is the deadly rivalry between the Christian leaders of Antioch and Alexandria. The city of Alexandria, which at times rivaled Rome as cultural headquarters of the empire and to which theological focus shifted during the second and third centuries, envies the new upstart capital, Constantinople. Antioch, with less influence than Alexandria in the imperial scheme of things but with an old and venerable heritage as the first city where Christians were so called, looks to the new imperial city as a place to regain influence and power. Constantinople, with no great heritage itself, is the stage of action, a "power vacuum" to be filled: Whoever is Bishop of Constantinople is Patriarch of the Eastern Church.

At the council that opens the drama in 381, the christology of Apollinarius, the theological hero of Alexandria, is condemned. Antiochenes consider this a great victory; Alexandrians, a defeat. By the time Nestorius is appointed patriarch, Alexandrians are not only resentful about Apollinarius but fearful that their greatest hero, Athanasius, may too be criticized if not condemned. The appointment of Nestorius comes as a blow to the Alexandrian dream of domination but also as an opportunity to regain it, and Alexandrian spies lurk around the capital watching and waiting to catch Nestorius or some other Antiochene repeating some old Antiochene heresy.

JAPAN REPORT: Letter from Japan, April 2013



Syotaro Hagihara, Yukinori Matsushita, and Syotaro's mother Kuniko Hagihara PHOTO: Miyuki Okayama

On April 6, 2013 we all celebrated the completion of the fifth class of Cosolargy students in Japan to complete the two-year course. The two members of this class were Kuniko Hagihara and her son Syotaro Hagihara.

Following the celebration, we held a social gathering in the seminar room.



Miyuki Okayama, Syotaro Hagihara,
Yukinori Matsushita, and Kuniko
Hagihara before the celebration
PHOTO: Miyuki Okayama

Sincerely,

Miyuki Okayama

Moab Sunrise



Consociate Paul Schmittendorf taking in the sunrise at North Window in Arches National Park, Moab Utah PHT0: Paul Schmittendorf

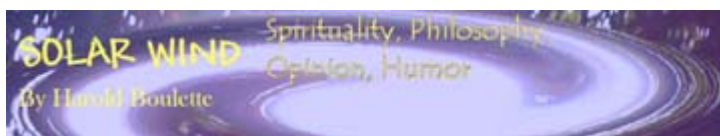
Academy Consociate Paul Schmittendorf sent us this photo from his trip on the way to Reno to attend the 2013 Convocation. The photo was taken on the morning of Saturday, September 28, 2013 at the North Window in Arches National Park, Moab Utah. Paul told us “needless to say, it was a pretty magical place to see the sun rise.”

For those of you who don’t recognize Paul as the minute human being in the picture above, we are including the close up below to help you recognize him.



Paul
Schmittendorf
taking in
sunrise at
Moab (Detail)

“Self-Control for Spiritual Growth”



“A clear rule for self-control handed down by the Fathers in this: stop eating while still hungry and do not continue until you are satisfied. When the Apostle said ‘Make no provision to fulfill the desires of the flesh’, he was not forbidding us to provide for the needs of life, he was warning us against self-indulgence. ... If we avoid avarice not only by having no money,

but also by not wanting to have any, this leads us toward purity of soul. Freedom from anger, from dejection, self-esteem and pride also contributes to purity of soul in general.” ~The Philokalia

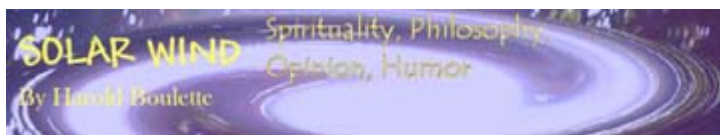
“Self-control isn’t about denying the needs of the body and mind, but rather denying the whims and desires. We all practice self-control to some degree, but if we are pursuing a spiritual path, it is important that we control our desires and whims even more.”

< [Read the entire article online at Solar Wind](#). >

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<http://blog.spiritsun.net/> >

contributed by Harold Boulette

“It Takes Practice”



“We have already agreed that, if we wish to grasp the real character of spiritual life, we must avoid the temptation to look at it as merely a historic subject. If it is what it

claims to be, it is a form of eternal life, as constant, as accessible to us here and now, as in any so-called age of faith: therefore of actual and present importance, or else not at all. This is why I think that the approach to it through philosophy and psychology is so much to be preferred to the approach through pure history." ~Evelyn Underhill

Of course it is useful to the spiritual student to study the history of spirituality and religion, but that alone is not enough to cause spiritual growth or lead to true enlightenment. If your goal is to become wealthy, just studying the history of wealth or reading the biographies of wealthy people will not make you wealthy. You need to do certain things to become wealthy, not just read about it. You need to practice a great deal to become an Olympic athlete, not just read about the history of the Olympics.

This is even truer with spiritual studies than with other disciplines for the simple reason that only the basic spiritual studies and techniques are ever written into books. The more advanced teachings are not written down, or are hidden in cryptic language that requires knowledge of the interpretation key to understand much like an encrypted file on a modern computer cannot be read unless you have the decryption key that will unscramble it. So much of the advance spiritual training must come verbally from a spiritual teacher who has that knowledge.

< [Read the entire article online at Solar Wind.](#) >

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<http://blog.spiritsun.net/> >

contributed by Harold Boulette

Open House, Health Fair & Expo: October 6, 1-5 PM



Give yourself the tools to be healthy!

Are you looking for a fun afternoon? Come join us OCTOBER 6 from 1 to 5 PM for expert advice , therapy demonstrations, vendors, food, music, prizes and much more. Take some time and enjoy learning what Steamboat Hot Springs Healing Center is all about.

CO-SPONSORS

- + [Electric Blue Elephant](#) Vegetarian & Vegan Restaurant
- + [Steve Starr Entertainment](#)
- + [Swill Coffee & Wine](#)

PROGRAM OF EVENTS from 1 to 5 PM

- + Facility tours ongoing every 20 minutes
- + Therapy demonstrations every 15 minutes:

- Sound Table/Spectrum therapy demos
- Reflexology Massage demos in Tahoe Room
- Chair Massage demos in Manzanita Room
- Aromatherapy Massage demos in Aspen Room
- Energy Work demos in Truckee Room

+ Expert Speaker Presentations:

- 1:15-1:45 PM- Pearl Laperla – “What You Need to Know About Your Immune System to Survive in the Future”
- 2-2:30 PM – [Michelle Smith & Sue Bello](#) – “How to Kick Your Cravings and Get Back Into Your Life”
- 2:45-3:15 PM – Rebecca Willis – “History of Steamboat Springs”
- 3:30-4 PM – [Tina Mokuau](#) – “Enhancing Your Beauty with Simple Makeup”
- 4:15-4:45 PM – [Gary Robert Buchanan](#) – “Using Sound, Light, Color, Geothermal Water and Subtle Energy for Healing”

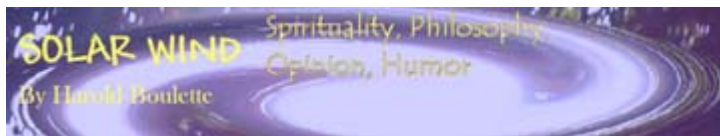
+ Vendors:

- Bella Bucha Kombucha
- Juice Plus
- The Makeup Artist (Tina Mokuau)
 - Oceans of Youth
 - Om Home
 - Purium
- Reno Hypnosis Center
- Roxxy Star Cosmetics
- Yoga for Kidz

PLUS. . . ongoing **RAFFLE PRIZES** given out throughout the event.

Call (775) 853-6600 for more information.

“Connecting With the Divine”



“Samadhi, in the Yoga tradition, is the supreme state of enlightenment, or God realization. Living in samadhi is a choice, but it is a mutually reciprocated choice. When we choose the Divine above all else, the Divine returns the gesture. All the great mystics have demonstrated this level of connectedness, ...

I was given a powerful experience of the Divine, almost a revelation. And yet, in the end, I chose not to live full time in Samadhi. There were many reasons for this choice, and the circumstances surrounding it were complex, but ultimately I made the choice because, as I can see in retrospect, I lacked the maturity to handle it. I desired the experience and was granted it, but, in Hindu terms, karmic impressions of previously crystallized ego structures remained to be worked through.” ~Russill Paul

“The supreme state of enlightenment or God realization in the Yoga tradition? But isn’t Yoga an exercise system? No, it isn’t. That is just a small part of what real yoga is and by itself is about as useful and meaningful as a car with one wheel.”

< [Read the entire article online at Solar Wind](#). >

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<http://blog.spiritsun.net/> >

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Awaken Your Light" October 4-6, 2013



The 4th Annual "Spiritual State of the World" Conference is taking place on October 4-6, 2013 in Reno, Nevada. Conference events are taking place at various locations around the city over these three days.

"Awaken your Light! The world is transforming!"

Tell your friends and neighbors! Send them the flyer below as an email attachment. Or print it to make posters or handouts.

< [Awaken Your Light 2013 Conference Flyer](#) >

< [Registration for the public is available online at Cosolargy.net.](#) >

< [Full details on the conference presentations, speakers, and partners is available online at spiritualstateoftheworld.org](#) >