

The First Thought is Light



"I am first thought, the thought that is in light. I am movement that is in all, she in whom the realm of all takes its stand, the firstborn among those who came into being, she who exists before all. She is called by three names, although she exists alone, since she is perfect. I am invisible within the thought of the invisible one. I am revealed in the immeasurable, ineffable things. I am intangible, dwelling in the intangible. I move in every creature. I am the life of my afterthought that is within every power and every eternal movement, and in invisible lights, and within the powers and angels and demons and every soul in [Tartaros](#), and in every material soul. I live in those who came into being. I move in everyone and I enter them. I walk upright, and those who sleep I awaken. And I am the sight of those who dwell in sleep. I am the invisible one in all. I counsel those who are hidden, since I know the whole realm of all that exists in it. I am numberless beyond everyone. I am immeasurable, ineffable, yet whenever I wish, I shall reveal myself. I am

the head of all. I am before all, and I am all, since I am in everyone. I am a voice speaking softly. I am from the beginning. I am in the silence that surrounds every one of them. And the hidden voice is in me, in intangible, immeasurable thought, in the immeasurable silence. I descended into the underworld and shone down on the darkness. I poured water. I am hidden in radiant waters. I gradually dawn on all by my thought. I am weighed down with the voice. Through me knowledge comes. I am in the ineffable and unknowable. I am perception and knowledge, uttering a voice by means of thought. I am the real voice. I cry out in everyone, and they recognize it, since a seed lives in them. I am the father's thought, and through me came the voice: the knowledge of everlasting things. I am as thought for all. I am joined to unknowable and intangible thought."

[-Three Forms of First Thought](#)

First Thought

In the conventional Bible, the first thing God says is, "Let there be Light." In this Gnostic scripture, it says that this was the first thought, the one that created Light and the one that created the movement that is in everything.

Firstborn

The quote goes on to say that this first thought was the firstborn of all those who came into being. While that may be true, in a way, we must remember that spirits and souls were created and exist outside of the limits of time and space, so they are all ageless and eternal. The New Age types who are always talking about "Old Souls" don't seem to grasp this truth. No soul is older than any other soul because age is meaningless in a realm where time doesn't exist. It is also curious that the quote refers to this firstborn as "she" rather than "He". The conventional male-centered churches would have us believe that God is in three persons, and all

three are male, but then there would have to be another god for females to exist. So God has both male and female aspects, as he created both sexes.

I Awaken Those Who Sleep

The First Thought which is Light does indeed awaken us. Specifically, the Light from the Spiritual Sun awakens our spiritual faculties and develops them. This can happen automatically to a small degree, but if we intentionally look to the Spiritual Sun, with love, peace, and humility, it will happen to a much greater degree and have a much greater effect.

Perception and Knowledge

When we awaken and develop our spirits with the Divine Light, we do gain greater perception, wisdom, and knowledge. Not so much knowledge of the material world, but knowledge of the permanent realm of Spirit. That is the most important knowledge to have. Those who concentrate on learning about the material realm are like the person who stops to pick up pennies, not knowing that a treasure of gold coins is up ahead. We in Cosolargy seek the higher levels of consciousness where the gold of Truth, Wisdom, and Knowledge are found.

**“1.5 billion cosmic objects
dazzle in the largest
infrared Milky Way map ever**

created”



Astronomers from the European Southern Observatory (ESO) have released the most detailed infrared map of the Milky Way galaxy ever compiled. Completed after more than 13 years of monitoring using the ESO's Visible and Infrared Survey Telescope for Astronomy (VISTA) at the group's Paranal Observatory in Chile, the project adds up to 500 terabytes of data containing over 1.5 billion cosmic objects. Taken as a whole, the mapping is the largest survey of its kind to employ an ESO telescope.

[Click here to read the full article.](#)

“NASA’s Chandra Observatory Uncovers Galaxy Cluster with Crossed Streams of Superheated Gas”



Astronomers using NASA’s Chandra X-ray Observatory have made a groundbreaking discovery in the galaxy cluster known as Zwicky 8338 (Z8338).

Located about **670 million light-years** from Earth, this cluster contains two distinct streams of **superheated gas** crossing each other—a rare and complex phenomenon that sheds light on how galaxy clusters evolve. This unusual event provides crucial

insights into the dynamics of galaxy clusters, offering a window into the interactions between galaxies and the surrounding hot gas, which is critical for understanding galaxy formation and evolution on a larger cosmic scale.

[Read the full article here.](#)

“We May Already Be Touching The Andromeda Galaxy, Scientists Find”



Like blazing campfires on cold winter nights, galaxies are surrounded by a smoke of gas and dust that blows into the shadows. This thin pall of material is known as the circumgalactic medium, a halo so vast it contains some 70 percent of the galaxy’s visible mass.

In spite of its dominating presence across the Universe, little is known about the medium's typical structure, making it difficult to discern where the edge of one cosmic campfire stops and the next begins.

[Click here to read the full article.](#)

God Calls to those who Live in Love, Peace, and Humility



“The prophet Samuel mourned for King Saul, though he knew well that God had rejected him and his issue from being kings in Israel: this was because of his pride, and because he did not obey God and the prophet who spoke in His name. We may also read in the Gospel, that the disciples of our Lord pleaded with Him for the Gentile woman of Canaan, to send her away, that is, to do unto her that which she desired; for she cried after Him. So likewise I might say that we must mourn for all such deceived persons who think themselves to be kings or queens in Israel; for they believe themselves to be lifted up above other good people, into a lofty and God-seeing life. And yet they are proud and wittingly and willingly disobedient to God and the law. Like as Saul rents the mantle of the prophet Samuel, they endeavor to rend asunder the unity of the Christian faith, and all true doctrine and virtuous life. Whoever persists herein, they are separated and shut out from the Kingdom of Eternal Contemplation, just as Saul was shut out from the Kingdom of Israel. But that humble woman of Canaan, though she was Gentile and a stranger, had faith and hope in God, and so she received grace and health. For God exalts the humble, and fills them with grace and all virtues, while the proud remain empty of all good.”

–[John of Ruysbroeck](#)

Mourned for Saul

I think Ruysbroeck is trying to teach us here that we should treat all people the same: the Godly and the ungodly, the honest ones and the crooks, the rich and the poor, etc. He specifically talks about this with mourning, but I believe he means for us to take it in a broader sense. In other words, we should mourn the passing of anyone we love, and we should love everyone. We may not like how some people behave, but we still have to love the person because it is the only hope for them to change and become worthy people. When you hate people, you

send negative energy toward them and that energy helps block them from changing.

Because of Pride

Pride is something we need to generally avoid if we are trying to develop our spiritual faculties. There are occasions where we should be proud of our real accomplishments, but many people are proud when they have not accomplished anything, or have accomplished things that are meaningless, or even bad, in the eyes of God. We have people who are proud that they have thousands of times more money than the average person, and they continue to seek more. Greed is, and always will be, wrong. There are people who are proud that they have been promoted to a high position in a corporation that sells tobacco, weapons, or other things that harm people. God does not see such activities as reasons to be proud.

Kingdom of Eternal Contemplation

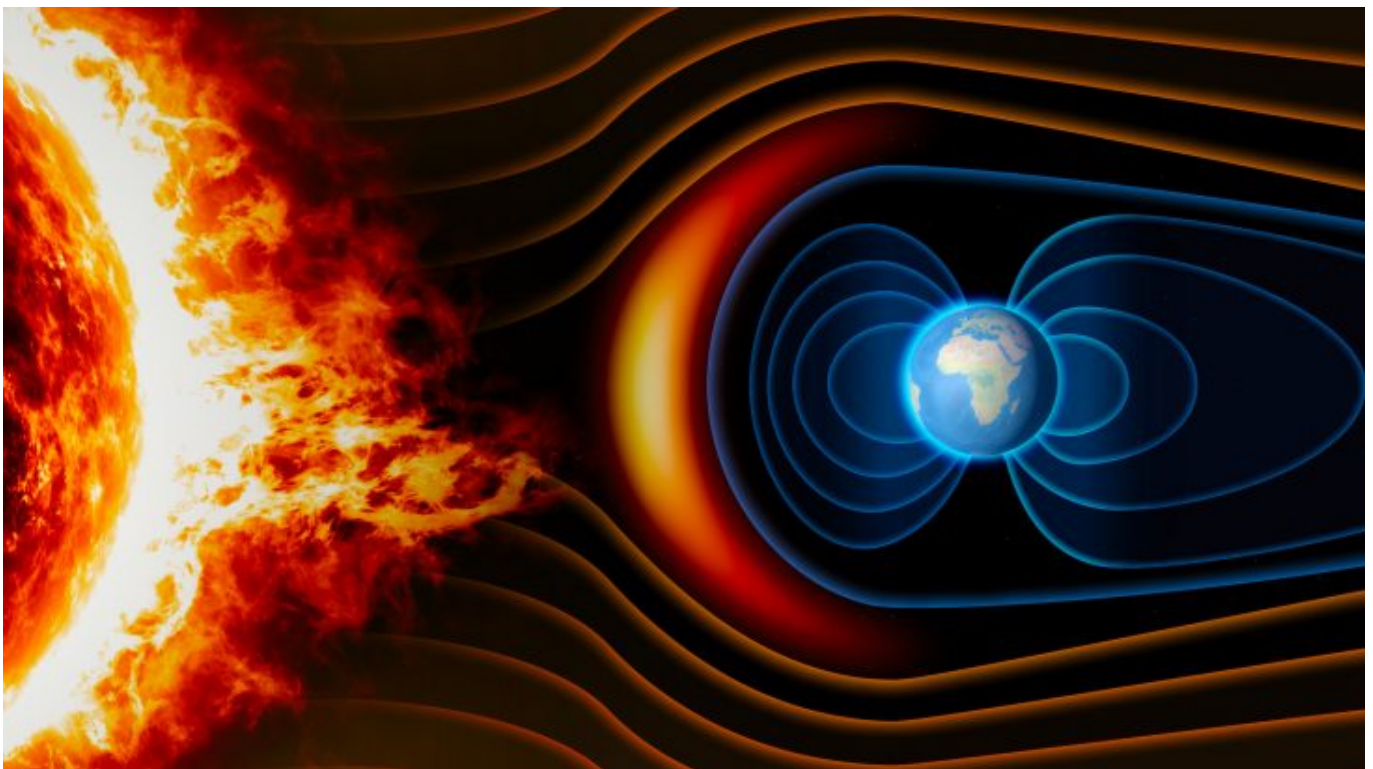
I don't think that title needs explaining. It is an obvious reference to Heaven. It should be noted, however, that even in Heaven those who have reached that level of consciousness do not sit around contemplating all day. They work on helping others in the fallen realm of matter to rise up to higher and higher levels until they too reach Heaven. As I have said before, we should not wish for the departed souls to rest in peace, because resting is not what Heaven is all about. It might be better if we wished them to live on in peace, or to do God's work in peace.

The Humble Woman

Ruysbroeck did not randomly choose to refer to the woman of Canaan as "Humble". He knew that having humility, the opposite of false pride, is important for those of us seeking to rise to higher states of being. If we don't have humility, it is likely that we won't see any need to change what we are already. Also, without humility, we are prone to take credit

for all of our spiritual success, when the credit should go to God, who sends us the Grace, Light, and Wisdom needed for such growth. We do have to seek it out and work for it, but it still comes from God.

“Sun Probes see fast solar wind getting a magnetic shove”



- **The solar wind is a continuous flow of charged particles** from the sun. There are two types of solar wind: slow and fast. Fast solar wind affects magnetic storming and radio blackouts on Earth. This “wind” permeates our solar system.

- **Magnetic interactions create fast solar wind.** This mechanism – announced by scientists on August 29, 2024 – takes place in the sun’s outer atmosphere, or corona.
- **Magnetic field fluctuations push particles away,** accelerating and heating the solar wind.

[Click here to read the full article.](#)

“What if the Universe is Conscious?”



Gene Savoy, Sr. taught that the universe is conscious. While I

couldn't find any quotes specifically saying that, here are a few that hint at it:

"What God gives He can take away from disobedient children who believe themselves to be above the orderly law of the universe."

"And the change shall occur within the flesh of man, within the framework of his form; for all men are miniature suns and stars systems connected to the greater suns and stars of the universe."

If the universe has "orderly law, " it implies some level of consciousness. Likewise, if humans are "miniature suns and stars," it says that the human brain is similar to the universe.

Note: This video contains embedded advertising which we do not necessarily agree with.

[Click here to view the video.](#)

"Meditation And Mindfulness Have a Dark Side That We Don't Talk About"



Cosolargy teaches that meditation, as it is generally understood and practiced today, is not good for spiritual development. Here are some quotes on the subject from the lectures given by Gene Savoy, Sr.:

“One of the main things to learn is that in this School, we do not practice techniques regarding the sun with our eyes closed. We do not advocate nor do we practice meditation in the traditional or modern sense of the word. Even if you want to contemplate the Light in a darkened room, your eyes should be open. If you are circulating the Light, you will get more effects if you do it with your eyes open. The point is to be focused and direct and have a specific intention and not to let your mind wander.”

“So, I mean, who wants to fool around with that kind of power? I don't. Who needs it? I don't want to explode light bombs over people's heads and go into trances. Now that made me very leery and wary of meditation. People don't have the foggiest idea what they are doing in meditation. When you go into that state, you are leaving yourself wide open. What you do with your meditation, what you do in the future with the information that I give you is entirely up to you. I will not tell you what to do. I will only tell you whether you have got

light or not and whether you can work in The Community or not. I can tell that. I will not dictate to you. You have to do your own thing within the rules of The Community. So anyway, I decided that I was going to break this tremendous pulling on me. And I had or there would be these ghouls or whatever you want to call them that would appear to me with evil looking faces and serene faces and hundreds of them. And they were after me.”

Now modern science is starting to agree with him to some degree, as in this article:

Meditation And Mindfulness Have a Dark Side That We Don't Talk About

Since mindfulness is something you can practice at home for free, it often sounds like the perfect tonic for stress and mental health issues.

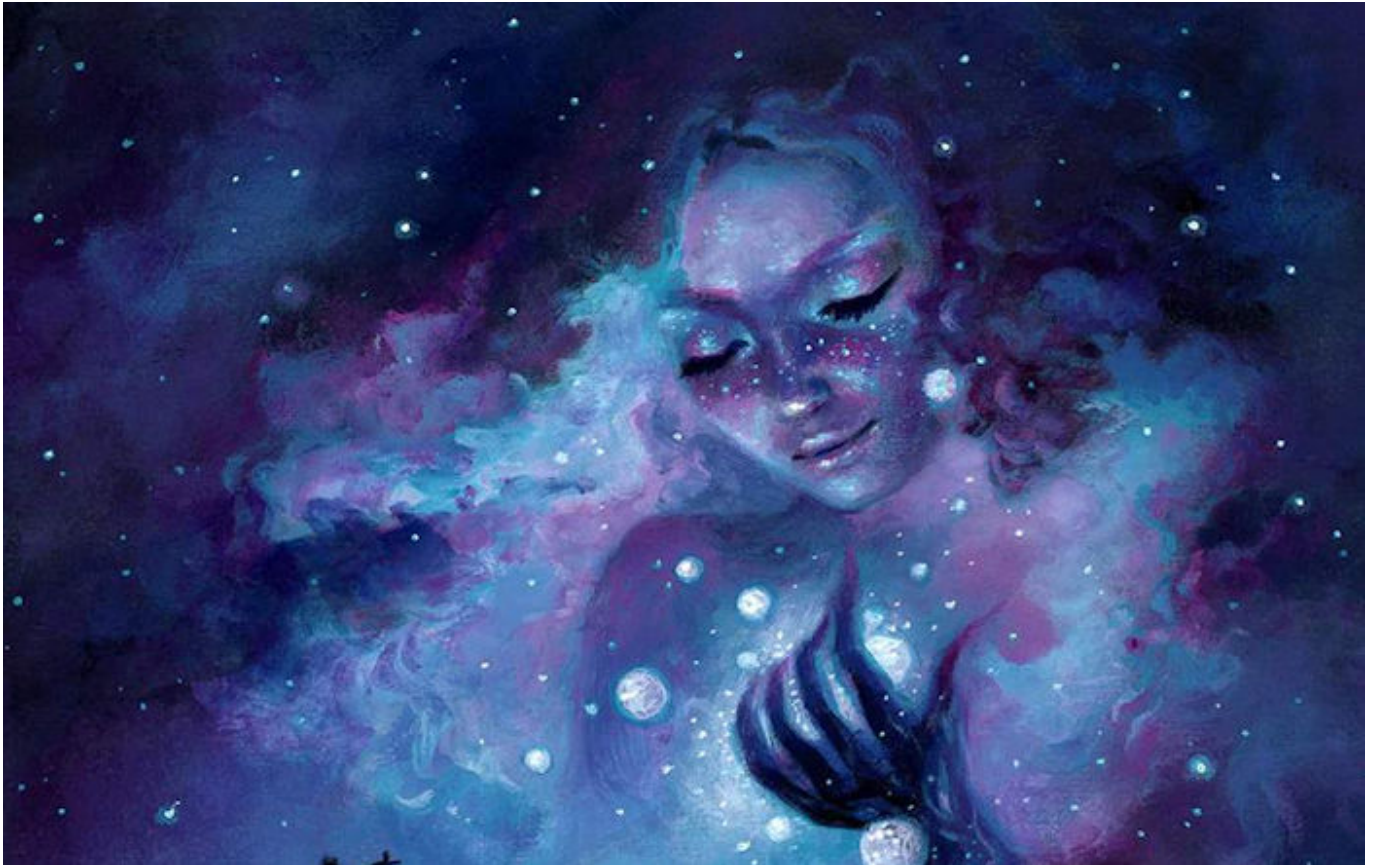
Mindfulness is a type of Buddhist-based meditation in which you focus on being aware of what you're sensing, thinking, and feeling in the present moment.

The first recorded evidence for this, found in India, is over 1,500 years old. The Dharmatrāta Meditation Scripture, written by a community of Buddhists, describes various practices and includes reports of symptoms of depression and anxiety that can occur after meditation.

It also details cognitive anomalies associated with episodes of psychosis, dissociation, and depersonalisation (when people feel the world is “unreal”).

[Read the entire article here.](#)

Barbelo and The Father of the Light and the Living Water



“The father is the One who beholds himself in the light surrounding him, which is the spring of living water, and provides all the realms. He reflects on his image everywhere, sees it in the spring of the spirit, and becomes enamored of his luminous water, for his image is in the spring of pure luminous water surrounding him. The father’s thought became a reality, and she who appeared in the presence of the father in shining light came forth. She is the first power who preceded everything and came forth from the father’s mind as the forethought of all. Her light shines like the father’s light; she, the perfect power, is the image of the perfect and invisible virgin spirit. She, the first power, the glory

of Barbelo, the perfect glory among the realms, the glory of revelation, she glorified and praised the virgin spirit, for because of the spirit she had come forth. She is the first thought, the image of the spirit. She became the universal womb, for she precedes everything, the mother-father, the first human, the holy spirit, the triple male, the triple power, the androgynous one with three names, the eternal realm among the invisible beings, the first to come forth. Barbelo asked the invisible virgin spirit to give her foreknowledge, and the spirit consented. When the spirit consented, foreknowledge appeared and stood by forethought. This is the one who came from the thought of the invisible virgin spirit. Foreknowledge glorified the spirit and the spirit's perfect power, Barbelo, for because of her, foreknowledge had come into being. She asked again to be given incorruptibility, and the spirit consented. When the spirit consented, incorruptibility appeared and stood by thought and foreknowledge. Incorruptibility glorified the invisible one and Barbelo. Because of her they had come into being.

Barbelo asked to be given life eternal, and the invisible spirit consented. When the spirit consented, life eternal appeared, and they stood together and glorified the invisible spirit and Barbelo. Because of her they had come into being. She asked again to be given truth, and the invisible spirit consented. Truth appeared, and they stood together and glorified the good invisible spirit and its Barbelo. Because of her they had come into being. This is the father's realm of five. It is: the first human, the image of the invisible spirit, that is, forethought, which is Barbelo, and thought, along with foreknowledge, incorruptibility, life eternal, truth. This is the androgynous realm of five, which is the realm of ten, which is the father."

-The Secret Book of John

Beholds Himself in the Light

The Father who is the true God does behold Himself in the Light because he is Light, and He is the Spring of Living Water, which is an allegorical reference to God's Grace and God's Word which flows out from Him like water flowing in a river.

He Reflects on His Image

God doesn't care about physical bodies or anything material, except as something defective that needs to be repaired. God cares only about spirits, so he reflects only on spirits, and since all spirits come from God and are made in His image, He is always reflecting on His own Image by observing spirits everywhere.

The Father's Thought Became Reality

God doesn't create by carving things, painting them, or molding them on a potter's wheel. God creates simply by thinking of something. As soon as God thinks of a thing, it becomes real. Since our spirits are created in God's image, we also have that ability to some degree, but few of us are able to use it because we lack belief in such abilities. That is probably fortunate since most people don't have the wisdom to use the ability to create. There is also the problem of conflicting thoughts. While thousands may be wishing for warmer weather, thousands of others wish for cold. Such conflicting thoughts tend to result in no change happening, which is why manifesting rarely works.

God Creates Barbelo

I think the being called Barbelo in the quote probably represents the first Angel created, although it isn't clear. The quote isn't very clear on who it is, but does give her great power. I thought she might represent Sophia or Wisdom, but the quote has Barbelo asking "the invisible virgin spirit"

for various gifts and powers, so that sounds more like Sophia. Or it could be that Barbelo is Sophia, and the Invisible Virgin Spirit is the female aspect of God.

The First Human

Things Get even more confusing when Barbelo asks for Truth, and Truth appears, but as a separate entity. It is not clear what being the quote refers to as the first human. What is important, though is to understand that the first human was a spirit. A pure spirit with no physical body. Physical bodies came later when the false god created the realm of matter.

**“What’s a globular cluster?
The Milky Way has about 150”**



- **Globular clusters contain the most ancient stars** in our Milky Way. They are huge, symmetrical groups of stars that are packed closely together in space.
- **They look like round fuzzy balls** when seen through telescopes.
- **Stars in globular clusters probably formed first**, as our galaxy was forming.

A globular cluster contains old stars

Globular clusters are tightly packed, symmetrical collections of stars. They orbit mostly in the extended [stellar](#) halos surrounding most spiral galaxies.

[Click here to read the full article.](#)

Link contributed by gene Savoy, jr.