

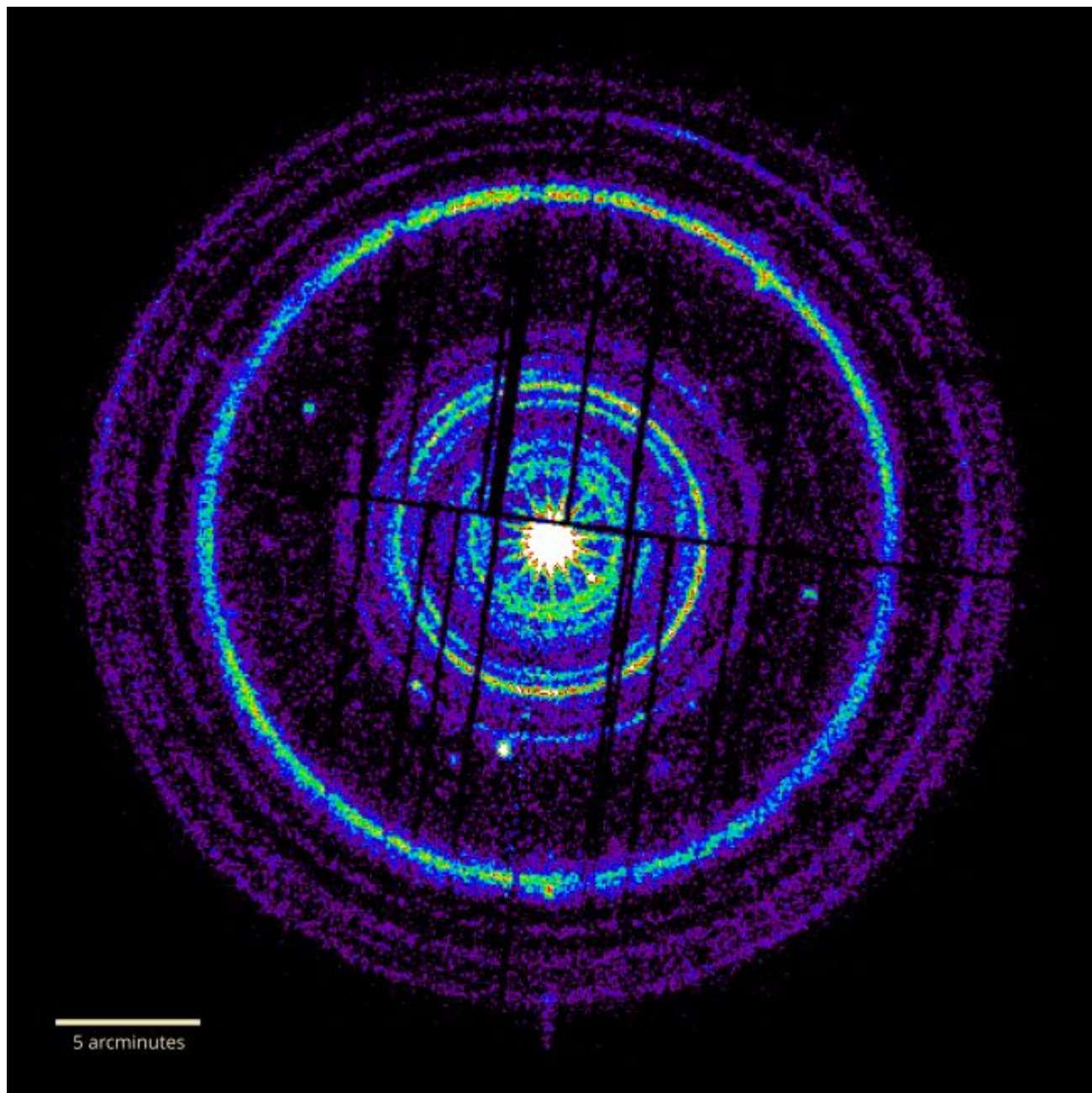
**“Light from behind
supermassive black hole
detected for first time”**

Black holes are regions of space-time where gravity is so strong, nothing can escape the pull – not even light. So it's remarkable that scientists have now [directly observed](#) light from *behind* a supermassive black hole – but it wouldn't have surprised Albert Einstein.

The hole story: We don't actually know what's [inside a supermassive black hole](#), but we do know that a spinning plane of gas and dust, called the accretion disc, rotates around it.

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

“The Brightest Gamma-Ray Burst of All Time”



On October 9, 2022, the brightest gamma-ray burst ([GRB](#)) ever detected lit up monitors across Earth. Nicknamed B0AT for *brightest of all time*, the blast is thought to have been from a star becoming a black hole. It was so powerful that it disturbed [Earth's ionosphere](#) from [2.4 billion light-years](#) away. And its x-ray radiation illuminated dust in our Milky Way galaxy, creating the apparent concentric rings seen in the image above (the increase in size is really a [perspective effect](#), with the largest ring the closest to us).

[Read the entire article here.](#)

link submitted by Gene Savoy Jr.

Curing Physical Illnesses With Sunlight



"A Japanese friend of mine, Shin-ichiro Terayama, who is an executive director of the Japan Holistic Medical Society is a cancer survivor. ... Shin was hospitalized for cancer. ... He refused to stay in the hospital and checked himself out. When Shin awoke the next day, he was amazed to find himself still alive. The morning seemed to him to be unbearably beautiful,

and he was **aware of a great desire to watch the sunrise**. He went to the eighth-floor rooftop of his apartment house, where he could look over the skyline of Tokyo. He recited Buddhist mantras and poems, put his hands together to pray, and awaited the sun. When it rose, he felt a ray enter his chest, sending energy through his body. 'I felt something wonderful was going to happen, and I started to cry,' he says. 'I was just so happy to be alive. I saw the sun as God. When I came back down to my apartment, I saw auras around all my family members. I thought everyone was God.'

During the next few weeks, Shin observed a strict [macrobiotic] diet and **performed daily the ritual of watching the sun rise from his roof**—the one thing he looked forward to each day. ...

'I began to realize that I had created my own cancer by my behavior. As I came to that realization, I saw that I had to love my cancer, not attack it as an enemy. It was part of me, and I had to love my whole self.'

"Today Shin is not merely a cancer survivor, he is a transformed being." ~Andrew Weil

Andrew Weil

Dr. Andrew Weil is known for promoting natural healing and the idea that the human body has the capacity to heal itself if we allow it to do so, but we block it by eating toxic food, breathing toxic air, and taking drugs that treat symptoms instead of the underlying cause of the illness. He does not encourage any form of sun gazing, so I was surprised to find the above story in his book, "Spontaneous Healing."

Shin-ichiro Terayama

Shin's experience is not typical of one who gazes at the sun for the first time, but it is not unheard of either. Most of us know the story of St. Francis who had his spiritual

awakening while watching a sunrise from his sickbed, and there is the story of Jacob Boehme who had his spiritual awakening when the sun reflecting off a metal bowl he was holding struck him in the eyes. Since Shin was a holistic medicine teacher, it is likely that he was somewhat spiritual already, just like St. Francis and Boehme, so they were ready for the sun to give them a true spiritual awakening.

Mantras and Poems

We are taught in Cosolargy that simple sun-gazing by itself does not result in a true spiritual awakening. We have to do it with the proper attitude of humility and love. And we use a form of mantras as well, so Shin had the right idea and the right attitude when he recited mantras and poems while waiting for the sunrise. We also use music and hand gestures to help.

Daily Ritual

Shin began a daily ritual of watching the sunrise, and we can assume he continued doing so beyond the few weeks mentioned in the quote. In Cosolargy, beginning students are taught to do solar techniques only a few times a week, but eventually, we should all practice doing so daily when possible. Some beginners might think that instead of doing the techniques for just a few minutes several times a week, they can just do it for an hour once a week. That is a mistake. Such long exposure at one time does little good for beginners and can cause harm. We must remember that while we look to the Spiritual Sun, we are also observing the physical sun where the Kalos nature is found which can negatively affect us. And in Cosolargy, we teach that God's presence is in the Spiritual Sun, the Sun of Righteousness, not that the Sun is God.

Creating Illness

Shin came to the realization that he created his own cancer. It takes a truly enlightened person to realize that we are at least partially responsible for our own illnesses, especially

cancer. Cancer is unlike other illnesses because it is the uncontrolled growth of the cells of your own body, so it is obvious that something is wrong in your own body that is causing it. It could be a poor diet, it could be smoking or alcohol consumption, it could be drinking polluted water or breathing polluted air. It could also be mental, specifically mental stress. It most likely is a combination of several of these things. The point is, admitting that he was responsible for his cancer was an important first step in curing it. He knew that he had to change himself, not look outside for help. Of course, his morning ritual of sun gazing was helping, but he had to make the decision to do that and do it with the proper attitude. The same is true for many other illnesses. We might not be able to cure all illnesses without drugs or surgery, but we can cure a lot of them, far more than we do now. That is true of mental problems as well. And while we don't think of it as illness, our dormant spiritual faculties is the most important of us, so awakening them with sunlight is the most important aspect of spiritual sun-gazing. And an awakened spirit also helps in some ways to heal the body and mind. That doesn't mean that practitioners of Cosolargy never get sick. None of us are perfect, so we fall prey to the same weaknesses as others, though less often. And generally speaking, Cosolargy students are healthier than the average person. It is also true that sometimes we get ill because we need to develop humility and sympathy for others.

“Hubble Telescope Accidentally Discovers a

MIND-BLOWING New Galaxy”



Humankind is getting very good at looking deep into space: We have already seen two neutron stars colliding, we have encountered mysterious radio blasts and we are about to see, for the first time, the event horizon of a black hole.

But there are still some surprises out there, right here in our own corner of the Universe.

Upon retaking the observations of a nearby globular cluster, the Hubble Space Telescope accidentally captured an unpublished galaxy. The newly discovered galaxy was named Bedin I – and is almost as old as the Universe.

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

“Astronomers discover ultramassive black hole using new technique | CNN”



An [ultramassive black hole](#), understood to be one of the largest ever detected, has been discovered by astronomers using a new technique.

The findings, published by the Royal Astronomical Society, show that the black hole is more than 30 billion times the mass of the sun – a scale rarely seen by astronomers.

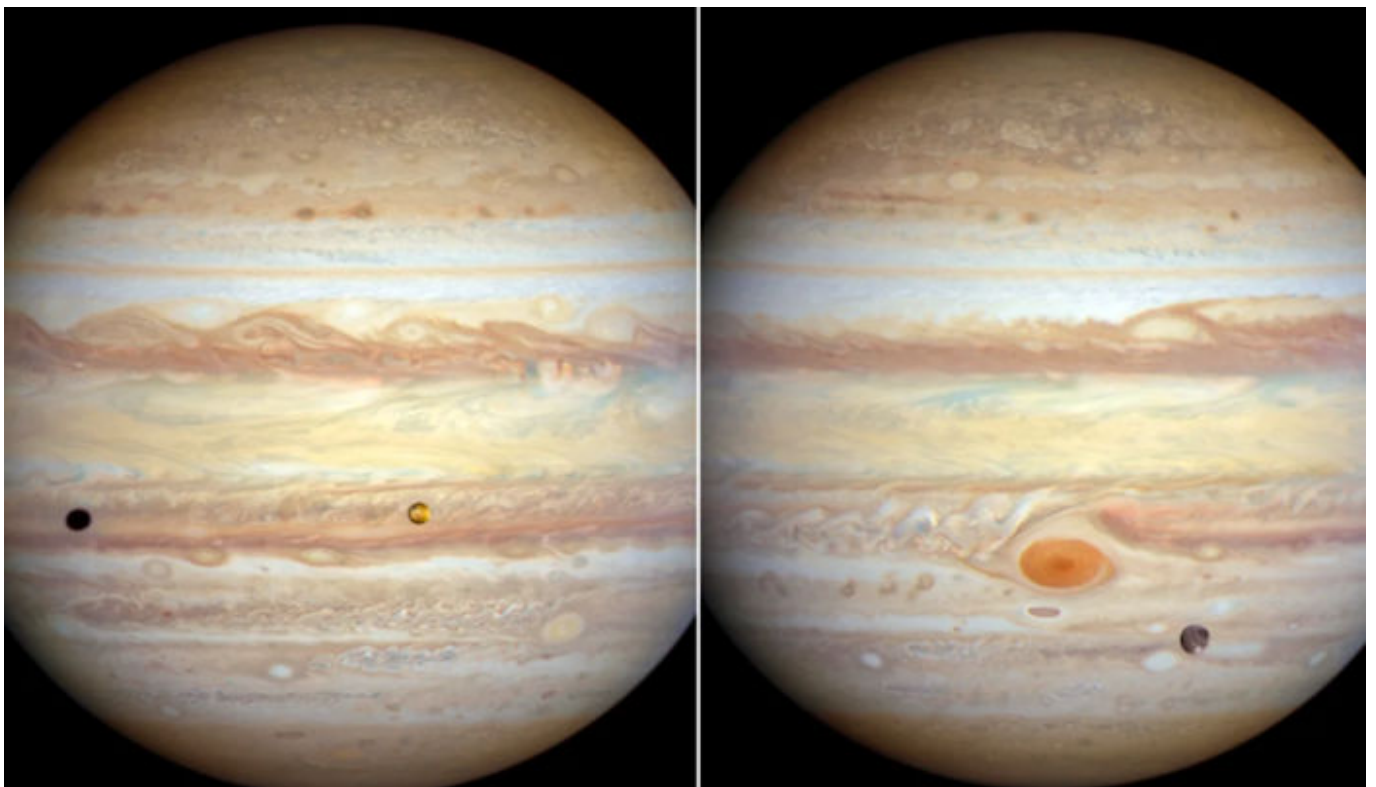
The researchers described it as an “extremely exciting”

discovery that opens up “tantalizing” possibilities for detecting further [black holes](#).

[Read the entire article here](#).

link submitted by Robert Petrovich

“Hubble telescope captures images of Jupiter and Uranus looking different | CNN”



The weather is slowly changing on Jupiter and Uranus, according to our galaxy's own interplanetary meteorologist.

The NASA Hubble Space Telescope captured Earth's outer planetary neighbors in images from 2014 to 2022, documenting changes in the planets' weather and seasons over time.

With [Jupiter](#) at about 484 million miles (779 million kilometers) away from our sun and [Uranus](#) about 1.8 billion miles (3 billion kilometers) away, each takes longer to orbit the sun, which means a slower pace of seasons. But the gas giants still experience extreme weather.

[Read the entire article here.](#)

link submitted by Gene Savoy Jr.

Note: This shows that climate change is not just happening on Earth.

**Spiritual
Requires
Education** **a** **Development
Spiritual**



Pythagoras teaching

"A transcendental genius obeys the laws which govern all other forms of genius, in being susceptible of culture: and, indeed, cannot develop to its full powers without an educative process of some kind. This strange art of contemplation, which the mystic tends to practice during the whole of his¹ career—which develops steps by step with his vision and his love—demands of the self which undertakes it the same hard dull work, the same slow training of the will, which lies behind all supreme achievement, and is the price of all true liberty. It is the want of such training—such 'supersensual drill'—which is responsible for the mass of vague, ineffectual, and sometimes harmful mysticism which has always existed: the dilute cosmic emotion and limp spirituality which hang, as it were, on the skirts of the true seekers of the Absolute, and bring discredit upon their science.

“In this, as in all other and lesser arts which have been developed by the race, education consists largely in a humble willingness to submit to the discipline, and profit from the lessons of the past. ... Each new and eager soul rushing out towards the only end of Love passes on its way the landmarks left by others upon the path to Reality.” ~[Evelyn Underhill](#)

Transcendental Genius

We are not all geniuses as measured by the standard education system, but anyone following a spiritual path is demonstrating above-average intelligence. And those who follow a genuine spiritual path will often discover that their intellect improves as well. It is not unusual for those having spiritual training to discover that they now score ten or fifteen points more on an I.Q. Exam. Not that it is necessary for spiritual growth, but it is a fortunate side effect. It also helps you deal with those opposed to spiritual development as they usually rely on intellect to make their point.

An Educative Process

While there are some today who will deny it, no one becomes spiritually awakened and developed overnight. That is actually a good thing because the revealing of too much reality before a person is ready to handle it has driven some people insane. But there are different ideas of what kind of an educative process is needed. It is probably ideal to have a spiritual adept take you under their wing and teach you individually. Unfortunately, there are few advanced adepts available to do that. The second best option is to attend a school that has an advanced mystic or spiritual adept leading it or at least was founded by such a person. Pythagoras ran such a school which is why I chose a drawing of him teaching to illustrate this article. Cosolargy is one such school and teaches some things that none of the others teach.

While reading spiritual books is a good way to start, but you

cannot rely on them for your entire spiritual education. One reason is that the books never contain everything you need to know. Another is that you might misunderstand some of the things the books say, especially when they are said in allegorical terms, as they often are. A third reason is that you have no one you can ask questions of when you have difficulties. A fourth is that a teacher can help you know where you are in your spiritual quest, and what you need to do next. And fifth, working as part of a community developing together helps you grow and gives you some protection from the dark forces and beings that try to prevent us from developing our spiritual Self.

Whole Career

Ms. Underhill tells us that the mystic spends his whole career studying and learning more about the realm of spirit. That education is never complete. The idea that you can spend a few days studying a form of meditation and you are done is complete nonsense. In the ancient mystery schools, the students generally stayed for many years, often their entire life. That wasn't because they were slow learners, but because the spiritual development process is one of gradual development. Any school that claims otherwise is, frankly, a fraud.

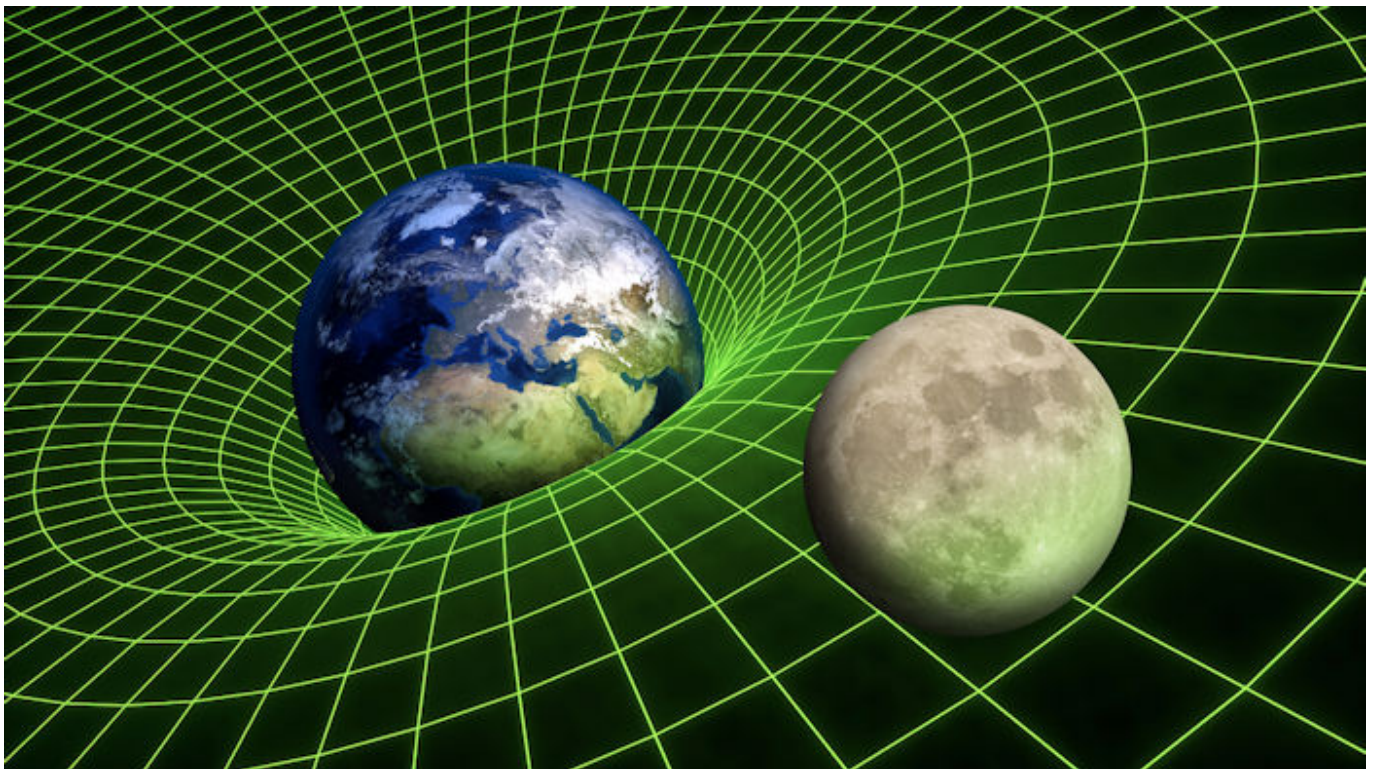
A Humble Willingness to Submit

Underhill is also correct in saying that the successful spiritual student must have humility and a willingness to submit. That is another reason why the process takes years. Few of us have such humility. In our modern world of commerce and competition, we are discouraged from showing humility. It is considered a weakness. Yet we must submit to the Beings of Light, to God, to the Greater Good, if we are to be fully successful in our spiritual quest, and that requires humility. So we start learning the basics of spiritual development, and also to develop humility and love (also very important)

gradually. As we advance, we develop more and more love and humility. Those who fail to do so—and I have met some of those—never develop beyond a certain point. So practice your spiritual techniques, but also work on developing humility, discipline, and love.

1— When Underhill wrote her books, it was the standard practice to use “his” or “he” when the subject could be male or female. Women can be mystics just as well as men.

**“How fast is gravity,
exactly?”**



Of all of the fundamental forces known to humanity, gravity is both the most familiar and the one that holds the Universe together, connecting distant galaxies in a vast and interconnected cosmic web. With that in mind, a fascinating question to ponder is whether gravity has a speed. It turns out that it does, and scientists have precisely measured it.

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

“The Ancient ‘Computer’ That Simply Shouldn’t Exist (Video)”

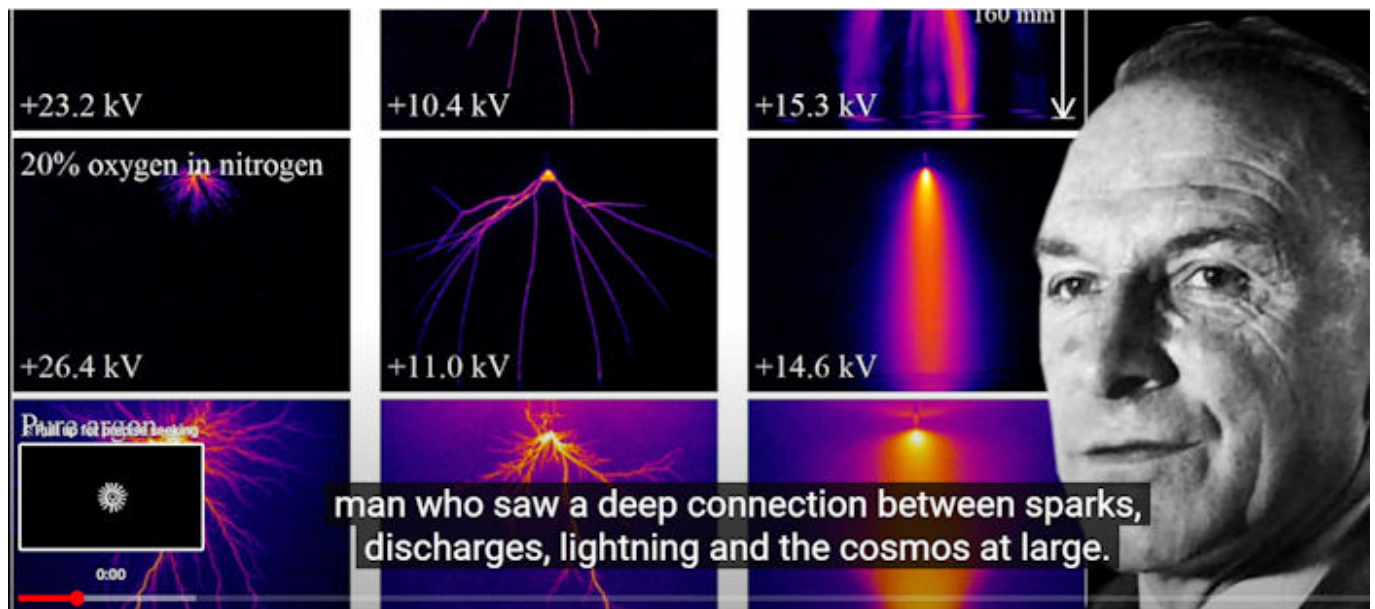


When we think of ancient technology, we often imagine simple tools and primitive machinery. But what if we told you that over 2,000 years ago, the ancient Greeks had built the world's oldest computer? That's right, we're talking about the Antikythera mechanism , a complex device discovered in a shipwreck off the coast of Greece in 1901.

This [incredible machine](#) contained a system of gears and cogs that was able to predict astronomical positions and eclipses with incredible accuracy. It's no wonder that some have called it the world's first computer, a marvel of engineering that was centuries ahead of its time. The Antikythera mechanism is a reminder that even in the ancient world, there were minds that were capable of incredible feats of technology and innovation.

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

“Gareth Samuel: Forgotten Scientist Who Dared To See Electric—C.E.R. Bruce | Thunderbolts”



This article is video only.

[Watch the video at youtube.com. \(14:42\)](https://www.youtube.com/watch?v=...)

link submitted by Robert Petrovich