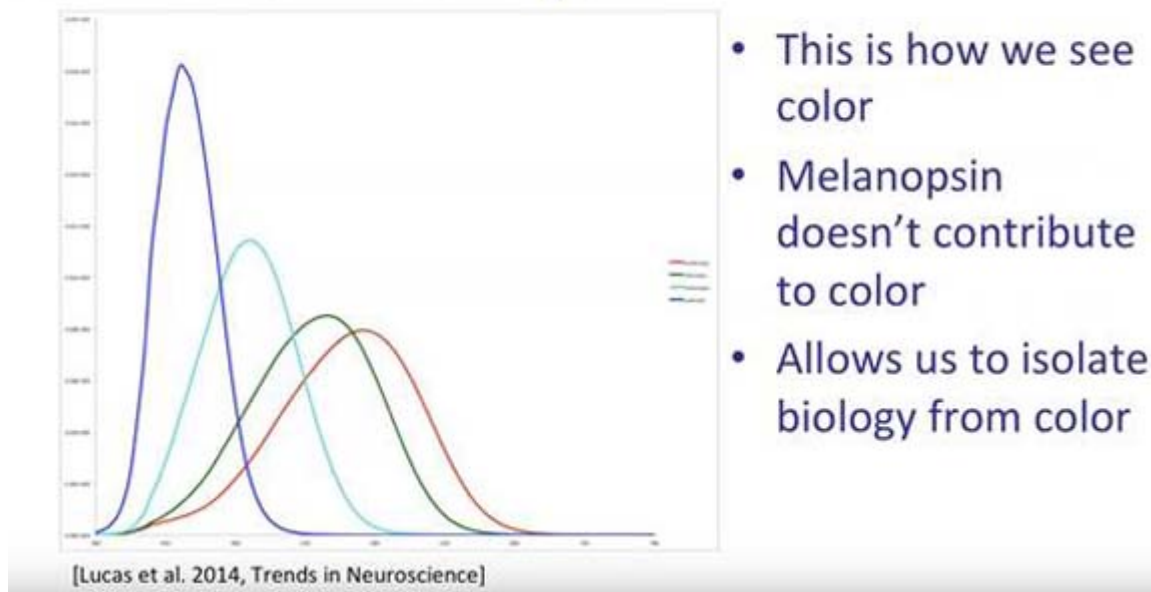


“Biologically Focused Lighting for Health and Wellness”

Addition of Melanopsin



I came across an interesting company, Bios Lighting, that has lighting technologies for healthy work and home environments.

Their concept has to do with a non-vision receptor (melanopsin) in the eye, which lies in the blue-green (turquoise) spectrum and is responsible for the wake/sleep cycle. Adding this turquoise wavelength light leads to better concentration on the work place. Most important is that currently the commercially available LED replacement lights do not produce much in that wavelength range! While LEDs may put out too much short-wavelength blue light that can damage the eye. Same with LED computer and TV displays...

Another interesting aspect of that is, that these receptors

are distributed in the eye such that they pick up this stimulus over the horizon.

Spatial Distribution is a key design factor

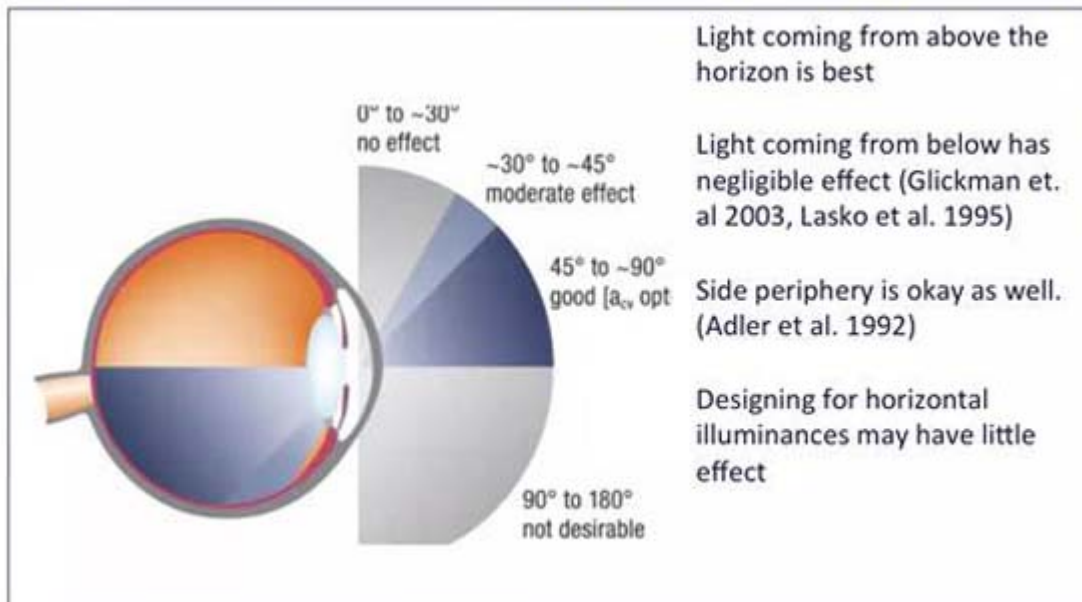


Image credit: www.osram.com

This is quite amazing. Watch this 1-hour long presentation (or at least skip through it as I did):

[Watch the video online at YouTube \(1:03\).](#)

Article and link submitted by Stephan Fuelling

“Life or Death Should not be Feared”



“Thy speech is not right, O man! If thou supposes that he that is of any worth at all, should be apprehensive of either life or death, as a matter of great hazard and danger; and should not make this rather his only care, to examine his own actions, whether just or unjust: whether actions of a good, or of a wicked man, etc. For thus in very truth stands the case, O ye men of Athens. What place or station whatsoever a man either has chosen for himself, judging it best for himself; or is by lawful authority put and settled in, therein do I think (all appearance of danger notwithstanding) that he should continue, as one who fears neither death, nor anything else, so much as he fears to commit anything that is

vicious and shameful, etc. But, O noble sir, consider I pray, whether true generosity and true happiness, do not consist in somewhat else rather than in the preservation either of our, or other people's lives. For it is not the part of a man that is a man indeed, to desire to live long or to make much of his life while he lives: but rather will in these things wholly refer himself unto the Gods, and believing that which every women can tell him, that no man can escape death."
~Marcus Aurelius

Apprehensive of Life or Death

As a general rule, humans worry too much. We worry so much that we even worry about opposites. We worry will we have enough of a thing, and we worry that we might have too much. We worry about overeating, and we worry about starving. We worry about death, but we worry just as much about life and what to do with it.

Two Sides of a Coin

Life or Death is not a choice. They are the two sides of the same coin. The physical world is temporary. Everything in the physical world is temporary. So physical life is automatically temporary. There is no magical potion or drug that will change that. We need to accept it as a reality and function accordingly. That doesn't mean fearing death or worrying about it. When we do that, we fail to live what life we do have.

[Read the entire article online at spiritsun.net.](http://spiritsun.net)

Original article posted by HAROLD BOULETTE on February 15, 2021

“Fragments of the Dead Sea Scrolls long thought to be blank contain text that’s invisible to the naked eye”



(CNN) – For decades, fragments from the ancient Dead Sea Scrolls were stowed away at the University of Manchester, deemed largely worthless.

Yes, they were still significant as authentic fragments of the coveted scrolls have been hard to come by, but they were blank, and therefore, just scraps of paper.

Until now.

Researchers have found that four of the 51 fragments believed to have been blank do, in fact, contain readable Hebrew/Aramaic text. They just needed a special camera to see it.

[Read the entire article by Alicia Lee posted May 20, 2020 online at cnn.com.](#)

link submitted by Gene Savoy Jr

Our Team at Steamboat Healing Center

Our Team

Therapists and Practitioners



Susan Schafer

Lead Massage Therapist



**Gordon
Higginbotham**

Massage Therapist



**Charles
(Rocky) Mills**

Massage Therapist

The Steamboat Hot Springs Healing Center and Spa just had a new page added to its web site that introduces all its therapists. So now, even at a distance, you can meet them all. Each therapist is introduced individually with a photograph and a personal description of their background and specialties. Be sure to take a look.

[Visit "Our Team" on the web site.](#)

“World of Purity and Truth”



“The other world the world beyond, is a world of purity. Man’s opportunities lie in purity. The good life lies in purity. Where there is impurity, it always brings suffering. Disharmony brings suffering too. But harmony, purity, fairness, meekness, abstention and self-restraint, they are the qualities that bring great good.

“I say the world needs conductors of Love, The Divine and reasonable one. Man must be a conductor. Do you know what it means for man to be a conductor? For a man to be a conductor, he must have the faith that a child has. Mothers take their children to pray for rain. One kid took an umbrella in his hand. His mother asked him: ‘Why did you take the umbrella?’ The child replied, ‘Because it will rain.’ The mother said, ‘Maybe it will rain, maybe it will not.’ Now we pray and say:

'Maybe it will happen, maybe it won't.' We have to have the children's belief that it will be.

"There is a law in Nature that says: every thought, every feeling, and every deed cannot go without producing their consequences. And that what we think one day will come to us. So the first thing is: Strive to be set right in your soul, be fair. Man must be fully fair." ~[Biensa Douno](#)

A World of Purity

Many who call themselves spiritual say that we cannot achieve perfection and to constantly try only frustrates us, therefore we should stop trying. Perhaps those people will prefer Douno's approach and say that we need purity rather than perfection. While it is the same thing in some ways, it is also different. What exactly perfection is we often don't know. But purity simply means cleansing ourselves of everything that shouldn't be a part of what we are. The more of those false or negative things we remove from us, the purer we become. And I think everyone can understand that pure gold is more useful and more valuable than gold ore, that pure oxygen is easier to breathe than polluted air.

Impurity Brings Suffering

It amazes me sometimes how many people seem to embrace impurity—intentionally or unintentionally—and are surprised when they end up sick, tired, angry, and otherwise unhealthy. They eat anything that tasted good, then complain that they are very overweight. They drink, smoke, and expose themselves to harmful radiations, then wonder why they are always sick, rundown, and plagued by headaches. It amazes me even more that many doctors and medical practitioners today tell such people to take one drug or another, but rarely advise them to stop eating junk, stop smoking, stop sitting and doing nothing. They should be telling people to start cleansing themselves, purifying themselves. We won't get a world of purity when the

occupants of the world are heavily polluted.

[Read the entire article online at spiritsun.net.](https://spiritsun.net)

Original article posted by HAROLD BOULETTE on February 8, 2021

Travel Nevada Goes to Steamboat Hot Springs



SONYA SAVOY

MANAGER, STEAMBOAT HOT SPRINGS HEALING CENTER & SPA



Recently Alex Margulies, reporter for KRNV News 4-Reno, Nevada's NBC affiliate, created a short video for their Travel Nevada spot to introduce Steamboat Hot Springs Spa and Healing Center to their television audience. We are making it available to you here in the *Community Communique*.

[Watch the made-for-TV video made by Travel Nevada on YouTube \(2:50\)](#)

**“How the Ancients Cut Stone
with Sound – Lost High
Technology Explained |
Ancient Architects”**



How did the ancient civilizations cut and shape such intricate stonework like we see in ancient Egypt? How were holes seemingly drilled through solid granite? How did the Incas create walls with perfectly connecting blocks of stone? Did they use traditional tools? Did they harness the power of the sun as I explained in a previous video? Or did they know the secrets of sound and this was a form of ancient high technology?

A comment on the video from 2018 by Gary Buchanan, developer of Sonatherapy and Church music director:

"This, to me, is quite true, and in many areas. Acoustics were far better understood in pre-dynastic Egypt (going back to 10,500 B.C. – Kemitic civilization after the last Ice Age) and the sciences and technologies were spread around the world. For example, the best cut stones are at Puma Punka in Bolivia, and there really is no other way to explain how the ancients did this.

"And, yes, tuning forks have been around and used in all

kinds of ways since those ancient and prehistoric times.”

[Watch the video on the Ancient Architects Channel on YouTube \(11:00\)](#)

link submitted by Robert Petrovich

“Hermes and Isis: Real Mystical Teachers”



Hermes and Isis

“Thoth Hermes Trismegistus, the founder of Egyptian learning, the Wise Man of the ancient world, gave to the priests and philosophers of antiquity the secrets which have been preserved to this day in the myth and legend. These allegories and emblematic figures conceal the secret formula for spiritual, mental, moral, and physical regeneration commonly known as the Mystic Chemistry of the Soul (alchemy).

“These sublime truths were communicated to the initiates of the Mystery Schools, but were concealed from the profane. The latter, unable to understand the abstract philosophical tenets, worshiped the concrete sculptured idols which were emblematic of these secret truths. The wisdom and secrecy of Egypt are epitomized in the Sphinx, which has preserved its secret from seekers of a hundred generations. The mysteries of hermeticism, the great spiritual truths hidden from the world by the ignorance of the world, and the keys of the secret doctrines of the ancient philosophers, are all symbolized by the Virgin Isis. Veiled from head to foot, she reveals her wisdom only to the tried and initiated few who have earned the right to enter her sacred presence, tear from the veiled figure of Nature its shroud of obscurity, and stand face to face with the Divine Reality.” ~[Manly P. Hall](#)

Complimentary Hermes and Isis

It is not surprising to those who have studied spiritual symbology that Manly Hall links Hermes and Isis together. They belong together like a married couple.



Isis veiled

Hermes was the teacher of wisdom and his spiritual and philosophical teachings are still followed today in many spiritual schools. Veiled Isis represents the spiritual truths that were kept secret lest they be misused by the ignorant and uninitiated who would likely use them for material gain resulting in negation and great harm to themselves and the world.

Mystic Chemistry of the Soul

The mystics didn't study ways to worship God. They studied the way to return to God, to become once again one of His fold. Most churches today claim that simply by claiming that have returned to God, you have done so. Likewise, many modern spiritual schools teach that simply by declaring that you are fed up with materialism, you have become spiritually awake. The wise followers of Hermes and Isis never believed such nonsense. It's like claiming you have put out a forest fire simply by declaring you have.

The mystic followers of Hermes and Isis, as well as those of other ancient mystery schools, knew that a spiritual awakening

and spiritual growth was a process, not simply a decision. It was, and is, a process that takes years to complete. Unlike Superman, we can't jump to the top of the highest mountain in a single leap. Neither can we jump from a mundane, materialistic level of consciousness to the highest level in one leap, or in one day. There are many intermediate steps to be taken. Hermes and Isis took those steps, and so did their students. They didn't seek out shortcuts by using hallucinogenic drugs that only bring about illusions, not enlightenment.

Divine Reality

Another reason why Isis is veiled, meaning that the secrets are revealed slowly, and only to those who are ready to handle them wisely, is because revealing too much too soon can cause the person to go mad. It has happened more than once. The mystery schools of Hermes and Isis were careful not to overwhelm the initiates. For that reason, study in such schools was a lifetime project, not an overnight adventure. Many spiritual students of today disagree, and claim they have learned it all in a year or two. In actual fact, they have completed no more than the equivalent of first-grade in a real spiritual school like those of Hermes and Isis.

[Read the entire article online at spiritsun.net.](http://spiritsun.net)

Original article posted by HAROLD BOULETTE on February 12, 2021

“Trusting the Spirit Brings Greater Insights and Knowledge”



“When man learns of the existence of his spiritual mind and begins to recognize its promptings and leadings, he strengthens his bond of communication with it, and consequently receives light of a greater brilliance. When we learn to trust the Spirit, it responds by sending us more frequent flashes of illumination and enlightenment. As one unfolds in Spiritual Consciousness he relies more upon this inner voice, and is able more readily to distinguish it from impulses from the lower planes of the mind. He learns to follow Spirit’s leadings and to allow it to lent him a

guiding hand. Many of us have learned to know the reality of being 'led by the spirit.' To those who have experienced this leading we need not say more, for they will recognize just what we mean. Those who have not yet experienced it must wait until the time comes for them, for we cannot describe it, as there are no words to speak of these things which are beyond words. ... Spirit, Man's seventh principle, is the Divine Spark – our most precious inheritance from the Divine Power – a ray from the Central Sun.” ~[William Walker Atkinson](#)

Trusting the Spirit Isn't Simple

We must trust the spirit, but doing so isn't simple. Every flash of inspiration that comes to us may seem to be coming from the Spiritual Mind (also known as the Soul), but many are actually coming from the lower mind, or worse yet, from outside influences that are often less than benevolent. Knowing which of these inner voices or gut feelings are coming from the spirit takes practice, but it is worth the effort.

I know from personal experience that several important decisions in my life came from intuition, so I know that trusting the spirit works.

[Read the entire article online at spiritsun.net.](#)

Original article posted by HAROLD BOULETTE on February 5, 2021

“Theopetra Cave in Central Greece: The Oldest Human Construction on Earth”



Theopetra Cave, located in the [Meteora](#) limestone rock formations of [Thessaly](#), Central Greece, is likely to be the place of the oldest human construction on earth, as findings indicate that the cave was inhabited as early as 130,000 years ago.

According to archaeologists, evidence of human habitation in the cave can be traced without interruption from the Middle

Palaeolithic to the end of the Neolithic period.

Dr. Aikaterini Kyparissi-Apostolika, head of the Ephorate of Palaeoanthropology and Speleography of Greece's Ministry of Culture and Sports, specializing in prehistoric archaeology and spelaeology, was the head of the team which began excavations in Theopetra Cave in 1987.

Her team's research at the cave continued through 2007.

[Read the entire article posted online Sept. 20, 2019 at
greece.greekreporter.com.](http://greece.greekreporter.com)

link submitted by Jim Elliott