

“Who Am I?”



So this is who I am
And this is all I know
And I must choose to live
For all that I can give
The spark that makes the power grow

Immortality by Celine Dion (1998)

The ancient Greeks often quoted the maxim, “Know Thyself,” which I have adopted as my own life motto. When I first learnt of it many years ago, I heard it as “Man, know thyself,” attributed to Thales of Miletus in the 7th century BC. I now know that it was inscribed in the forecourt of Apollo’s Temple at Delphi – in Greek (naturally): γνῶθι σεαυτόν, transliterated as *gnōthi seauton* and meaning “Know Thyself.” So, the word “Man” is probably superfluous.

The quest to know oneself gives rise to the question: “Who Am I?” If you make the statement, *I want to know myself*, it implies that there are two parties involved: I and Myself. It is important, I believe, to love yourself – not in a narcissistic way, but with true, spiritual, unconditional love. Once again, the inference is that there are two selves.

To clarify this, I will draw on the explanation used by one of my favourite teachers, Dr Sue Morter. According to Dr Sue, it is limiting to ask whether you are the “I “or the “Myself.” It means you are identifying with the mind. Our identity becomes attached to the mind and we think that is who we are. We are compromised in this situation – it means we haven’t yet anchored to our real self and we need to build presence in our central being. She says that we are talking from the mind, and we want to know our soul.

[Read the full article on Paul’s blog at his web site
southernsunlightcom.wordpress.com.](http://southernsunlightcom.wordpress.com)

“The quest for Nikola Tesla’s wireless power technology”



Nikola Tesla's biggest dream was a worldwide network of wireless power transmission. He built a lab and a massive prototype transmission tower...that never worked. But, a century later, engineers are chasing the same dreams of wireless power and making some tantalizing headway. So was Tesla onto something?

[Watch the video by Verge Science posted December 10, 2020 on YouTube. \(10:20\)](#)

Thanks to the Tesla Science Center for working on this video.
Learn more here: <https://teslasciencecenter.org/>

link submitted by Robert Petrovich

“Good Without God Doesn’t Work”



“The Working of Blessed Love. It were bitterer than death to me if ever I did that which is good, without God.”

~by [Mechthild of Magdeburg](#)

Good Without God

Why would Mechthild say that it would be worse than death to her if she ever did good without God? Because when humans try to do good without God they do what they think is good, but often isn't. It may be good for them as individuals but is bad for others. Or it may be good for people, but is harmful to the environment. Of course, atheists would argue otherwise,

but studies show they are wrong. While they may claim you don't need to believe in God to be a good and moral person, studies show that while first generation atheists maintain much of the morality of their religious parents, by the third generation much of the morality is either completely lost, or followed only when convenient.

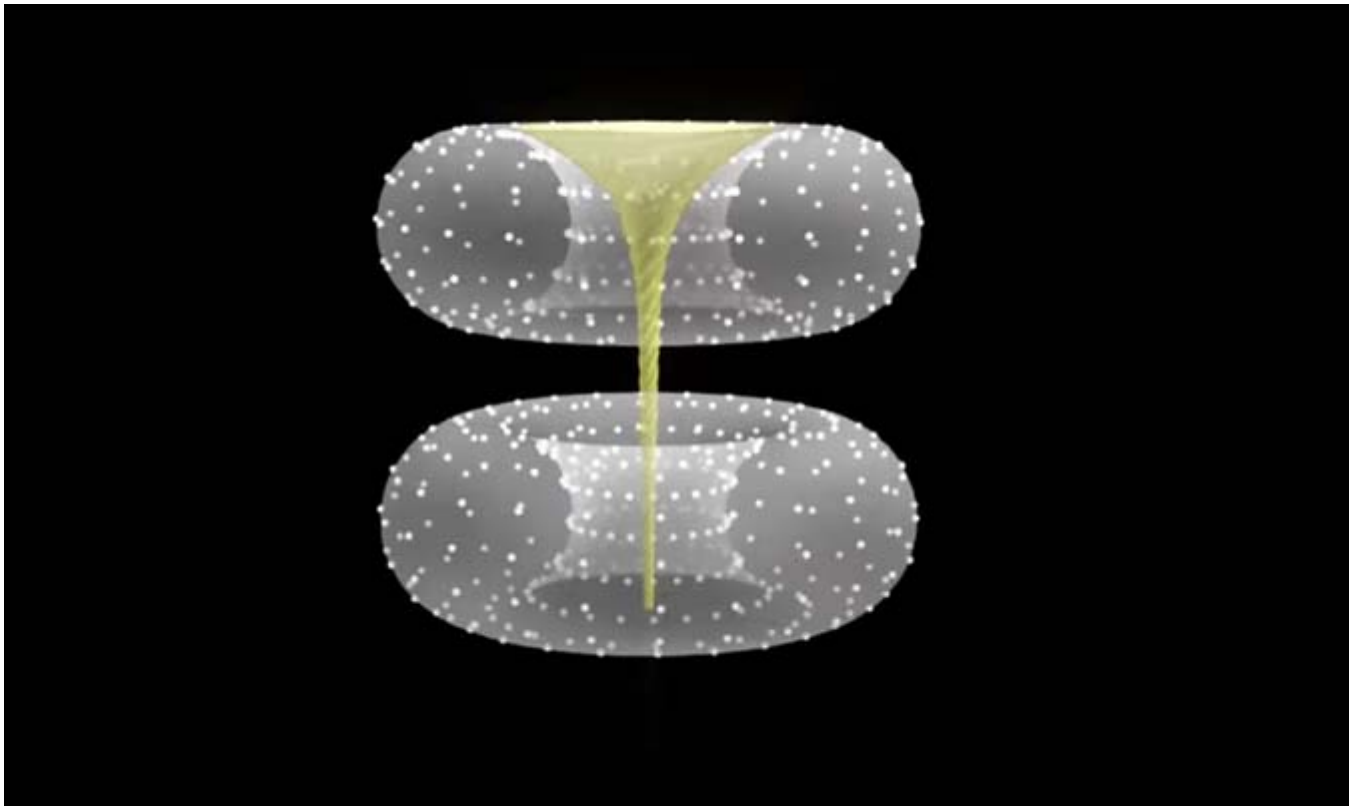
When I took a class in Systems Analysis (what they called Efficiency Expert in the 1950s and 1960s) one of the things the teacher taught us about solving a problem for a person or a business is to make sure the solution does not create problems that are worse than the problems you are trying to fix. The environmentalists back then clearly were not Systems Analysts and did not follow that concept when they advised us to stop using paper bags and switch to plastic. We know now in hindsight that plastic bags are far more environmentally destructive than the paper ones were.

But even a trained systems analyst using pure science can make mistakes. But a mystic like Mechthild with a direct connection to God will not because God always knows the answer, so we should never try to do good without God.

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

Original article posted by HAROLD BOULETTE on February 22, 2021

“Holy Grail Found”



This video shows how a team of geobiologists began to unravel some secrets and ancient mysteries by investigating ancient straight tracks and their link with ultra-low frequency sounds that seemed to be coming from the center of the Earth.

The team's strategy was to look for a major intersection of these tracks and sounds and this resulted in them coming across a new archaeological investigation, the largest Bronze Age city in Europe. The location of this Bronze age site had the scientists puzzled as it was not where they would have expected to find a city, until the team was investigating tracks further afield and came across a Templar connection.

[Watch the video by Rory Duff posted May 31, 2018 on YouTube](#)

[\(43:00\).](#)

The following is an exchange between the editor and Sonatherapist Gary Buchanan on this video in 2019.

Editor: It seemed to me this video may be of interest to you because the grail image and the ley lines connecting holy sites are all related to a harmonic grid and sound waves in this story.

Gary: The earth does make infrasonic signals. The surface does organize as geodesic triangulations, etc. John Reid in England, for example, has been recording these sounds found at the standing stones for decades. The ley lines correspond to these geodesics all over the planet. This is one of the ways in Chachapoyas we could align between and around ruins and figure out where the other ruins should be. Most of the ancients knew about this and followed those lines. They are the basis of layouts of most civilizations.

The vortexial (grail) shape they discuss is also found in all the Cymatics we do, as well. And, it is the low, infrasonic, signals that give the best shapes – and also the best healing in Sonatherapy. This is exactly what we have been saying and talking about for a long time. As for this being THE “Holy Grail” of the Templars? Well, a bit far fetched, in my humble opinion. There are surely a great many places where this pattern could be found in common, and of great strength – and, yes, seasonal – linked with “high holy days” and others.

Editor: Do you know of any other videos that discuss these infrasonic signals and figures that may be better or more informative than this video?

Gary: I do not know of any other videos about this. Most of the research I have done on infrasound goes back decades. It is discussed in my books, and those of others, but is

generally not talked about so much.

link submitted by Frieda Nelson

“Unity of Will for Spiritual Success”



“Use only one vessel, one fire, one instrument.

“The door to success lies in the unity of will and purpose and the proper adaptation of the means to the end. There are

many roads leading to the celestial center. He who follows the chosen path may succeed, while he who attempts to walk on many paths will be delayed.

“If the molten metals are allowed to cool off before they are transformed into higher ones, they will become hard again, and the whole process will have to be recommenced from the beginning. Use the inextinguishable lamp. Its light will not go out unless it is driven away by force.

“Recognize the true [Prima Materia](#). It is to be found everywhere, but if you do not find it in your own house, you will find it nowhere. It is a living substance that can be discovered only in places inhabited by man. It is the only substance from which the Philosopher’s Stone can be prepared, and without that substance no genuine silver or gold can be made. In thirty pounds of ordinary mercury, there is usually not more than one pound of the true substance, and a hundred pounds of ordinary sulfur usually contains not more than one pound of that which is useful. It can only be found above the earth, not below it. It is before everybody’s eyes; no one can live without it; everybody uses it; the poor usually possess more of it than the rich; ... it can be perceived by the sense of feeling, but it cannot be seen with the material eye.” ~[Franz Hartmann](#)

One Vessel, One Fire

Hartmann is saying that if you are seeking true spiritual growth rather than just studying the teachings out of curiosity, you must choose a particular school or discipline and follow it completely and regularly. If you find at some point that you made a bad choice, move on to a different school, but don’t just jump willy-nilly from one school to another, one method to another. Let’s consider the issue with an analogy.

A man who is by profession a home construction engineer wants

to build himself a house. He starts by laying out a few boards and making a partial frame. But then decides a brick house would be better. So he starts laying bricks but does only a few dozen before he decides stone would be better than brick, so he tears down the brick and starts again with stone. If he continues on like this, not only will he not get the best home possible, he won't get one at all! He has to make a firm decision and stick with it. The same for choosing a spiritual school or spiritual discipline to follow.

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

Original article posted by HAROLD BOULETTE on December 21, 2020

“The Ark Before Noah”



Irving Finkel is a renowned expert and literate in the ancient written language of cuneiform.

He teaches classes on how to write cuneiform and is the leading authority on the history of board games.

He is an Assistant Keeper at the British Museum.

Here are a few comments regarding Finkel's lecturing skills:

"This guy could talk about paint drying and I'd listen."

"I loved listening to him, it's like Monty Python + archeology."

"Someone get this man a TED talk, a TV Series and a Movie deal"

Below is a summary and link to his 2016 talk "The Ark before Noah: A Great Adventure":

The recent translation of a Babylonian tablet launches a groundbreaking investigation into one of the most famous stories in the world, challenging the way we look at ancient

history. A world authority on ancient Mesopotamia, Irving Kinkel found himself playing detective when a member of the public arrived at the museum with an intriguing cuneiform tablet from a family collection. Not only did the tablet reveal a new version of the Babylonian Flood Story; the ancient poet described the size and completely unexpected shape of the ark, and gave detailed boat building specifications. Decoding this ancient message wedge by cuneiform wedge, Dr. Finkel discovered where the Babylonians believed the ark came to rest and developed a new explanation of how the old story ultimately found its way into the Bible. In The Ark Before Noah, Dr. Finkel takes us on an adventurous voyage of discovery, opening the door to an enthralling world of ancient voices and new meanings.

[Watch the video on YouTube \(58:18\).](#)

Article and link submitted by Michael McIntyre

“Ship of God on a Stormy Sea”



THE SHIP OF GOD

"Deep companion of the beings of light! In your mercy, give me your strength and help me with your own hand. Dress my soul, O Lord, and speak to me. Help me when enemies close in. ... Beneficent friend, free me. My soul is crying in my body at every blow and dagger stab. My hour of life and this form in flesh is over, and all its days of turbulence. ... Springs of darkness opened, and the giant fishes transfixed me with fear. My soul fainted before those dreadful forms, hideous to look at. Their bodies lack a human shape. These are the demons, the banished princes, transfixing me with terror. ... They rose to drown me. In every neighborhood there were storm winds. Rain, the mist of all fogs, lightning and drums of thunder, shores of clouds, hail, crashing sea. The skiff rose

over the crest of a wave and glided into a hidden trough. ... With the drownings the sails swallowed water, and the masts shook together in the turmoil. The rudders dropped into the sea. Those left on board turned to stone. Redemption became a habit. From every source the wind blew the prison locks loose. Stars whirled wildly about, planets fell out of orbit. The earth shuddered, as did my foundation. Lofty heavens sank. ... The wheel of the zodiac lost its course. The seal of my feet and joints of my toes, every link of my soul's life was loosened. Each joint of my hands and fingers was loosened and its seal taken off. Their meaty life grew feeble. My limbs fell cold. My knees froze together in fear. In my legs the strength was struck and drained away. When I saw the dark, the strength in my limbs collapsed, and my soul moaned at all its opposing forms. Who will save me? Who will save me; make a new way? ... Who will rip off this body and dress me in a new one? After I spoke with trembling soul I saw the savior.

"After I spoke with trembling soul I saw the savior and saw his helmsmen, who came down to dress my soul. I raised my eyes that way and saw deaths hidden by the envoy. Hurt was remote. So too sickness and distress. Their vision left, their darkness fled. Everything was holy and unsurpassed. Light shone elating and lovely, swelling my mind with gladness." ~[Parthian Songs](#)

Ship of God?

This Parthian Manichean song is titled The Ship of God, yet when you read the first part of it, you would think it is more like the ship of Satan. In fact, it almost seems that the first part of the song is talking about a completely different ship than the final section. In truth, there is no ship at all, it is pure allegory. The allegory could represent the material world or the human soul. Both interpretations seem to work. This might be better titled Ship of God on the Sea of Satan.

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

Original article posted by HAROLD BOULETTE on December 28, 2020

“Inner Suns and Outer Suns Work Together”



Outer and Inner Suns

"The reason why men can have no [spiritual] achievement is due to the fact that they look toward the west. They admire the sunset and sleep when the Sun rises. The west represents the material life, for which all people are awakened. It is good for a person to admire the sunset, but they must also look at the sunrise. God expects all people to be just,

truthful, good and loving.

“Everything which surrounds Man must be a stimulus in his life. If you meet a person, a tree, a stone, a lake, a star, the Sun – everything must stimulate your life. The Divine Spirit Who works and awakens the consciousness of all living beings is hidden in all things. ...

“In order to understand the life on the Sun, people should first find their own sun in themselves. All have small suns within within, situated in the center of their brains. The size of these inner suns is different for each person, depending on the size of the other planets in the person. Through the inner sun, the Soul attains knowledge. There is something in common between the astronomic Sun and the planets in the sky and the inner sun and planets in humans: in their rising, setting, and so on. ... It means that there is a dependence between one's outer and inner sun.” ~[Biensa Douno](#)

Look East Young Man

In the 1860s, Americans were being advised, “Go west, young man!” This was based on the idea that the east already had all the people and skills it needed so heading to the wild west was the best way to grow. But this kind of growth is purely material, and Douno is telling us that such growth, while useful, is not that important. What is important is spiritual growth, and for that, we need to turn to the east. That doesn't mean to turn to countries in the East for spiritual advice. It means look to the sunrise which happens in the east.

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

“Liminality”

Crossing the Threshold



Have we now progressed sufficiently to cross the threshold from lower to higher consciousness and redeem our right to mingle once again with those demi-gods or alien entities? We may be straddling that hazy borderland of liminality right now. As the ancient Egyptians would have put it, we may be in

a “state of becoming.”

It is odd, when you think about it, that we are all very familiar with the word *subliminal* but not with its parent word, *liminal*. When I check the Oxford Dictionary, Funk & Wagnalls and Roget's Thesaurus on my bookshelf, the word Subliminal appears – defined as “*adj, Psychol: perceived below the threshold of consciousness.*” Liminal, on the other hand, has no entry in any of these.

Subliminal, then, means *below* that threshold of consciousness which we know (thanks to Freud and Jung) as the subconscious or unconscious. We hear the term sometimes used in relation to a sneaky kind of marketing known as subliminal advertising.

For those unfamiliar with the word liminality, it is used these days mostly in an anthropological sense, and stems from the Latin word *līmen*. My Wheelock's Latin text book has this entry: ***līmen, līminis, n., threshold*** (*liminality, subliminal, eliminate, preliminary*).

The concept of Liminality is not difficult to grasp: it's that moment in between two boundaries, the transition between one stage and another. It can be an event such as dusk or dawn, or a place like an entranceway. In human terms, it could be a point of ritual, a rite of passage, an initiation into a group or a transition in life. For our conscious awareness, it lies in that twilight zone between sleep and wakefulness.

For centuries, mystics have thought of themselves as being “dwellers on the threshold,” working towards a breakthrough to the other side in a process that is sometimes described as “death before dying.” There are some naturally gifted psychics who can communicate with otherworldly beings, but most of us have lost the ability to perceive other realms. There are several possible reasons for this loss – one of which is often

cited as being the calcification of our pineal glands, resulting in the atrophy of our sixth and seventh senses.

[Read the full article on Paul's blog at his web site
southernsunlightcom.wordpress.com.](http://southernsunlightcom.wordpress.com)

“Tesla Tribute with Rare Eulogy Video”



[Tesla Science Center at Wardenclyffe](#)

Celebrate the life and work of Nikola Tesla, one of history's most influential inventors and humanitarians, through this compelling tribute. Includes special effects video by award-winning filmmaker Joseph Sikorski entitled "Tesla: the Ultimate Innovator" and a unique audio-visual interpretation of Mayor F. H. La Guardia's famous 1943 eulogy to Tesla. A musical performance of "Pure Imagination" by The Divine Hand Ensemble, featuring theremin played by Mano Divina, ends this Tesla Tribute on a beautiful note.

[Watch the video tribute on YouTube \(18:50\)](#)

link submitted by Robert Petrovich