

“Gerald Pollack: The 4th Phase of Water”



In this video, learn a bit about how the structure of EZ water builds from light.

One of the most discussed topics at EU2013: The Tipping Point was the electrical component of biology. One of the conference speakers who shared new research was Gerald Pollack, a professor of bioengineering at the University of Washington.

Dr. Pollack studies structured water, a relatively unknown fourth phase that his team has found to be a common component of life as we know it. In this interview, he discusses new findings that hint at an electric function of this crystalline water that may be related to photosynthesis, but within the human body.

[Watch the video posted online February 2, 2013 on YouTube.](#)
[\(3:07\)](#)

link submitted by Robert Petrovich

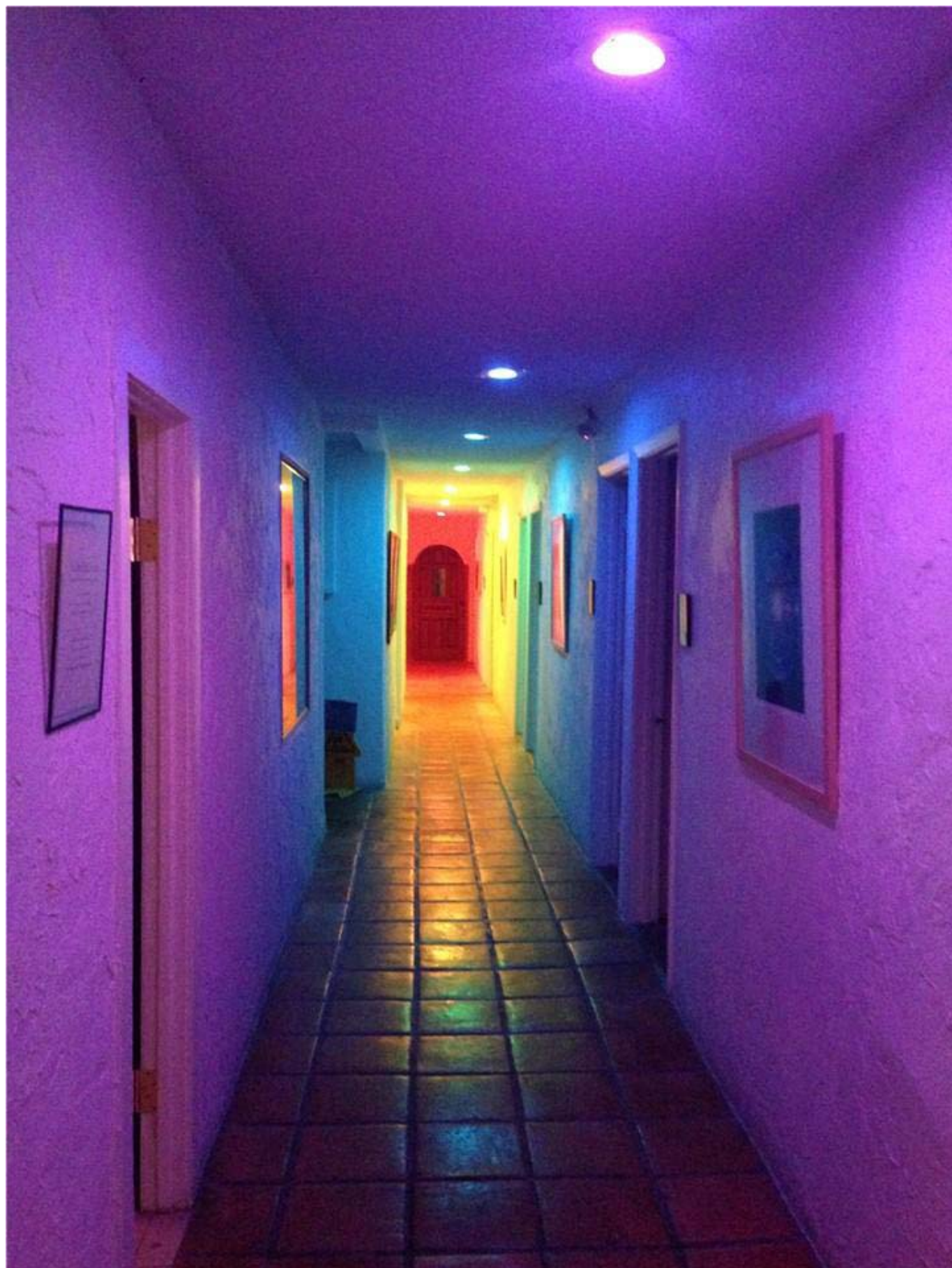
“Vibrational Healing with Sonatherapy®”

By Paul V Young and Dr Gary R Buchanan © 2020

Editor's note: The following article was put together jointly between myself and Gary Buchanan during 2020, following my visit to the healing center late last year.

Sadly, Dr Buchanan passed away at the age of 72 at his residence at Steamboat Hot Springs in Reno, Nevada in the early morning of October 16, 2020.

The article is published here in his memory, with respect and gratitude for his life of service.



Are you aware that the vital life-force energy proceeds from, and is dependent upon, wave fronts of light and sound (photons and phonons) for its existence? Your life energy can become disharmonized when your system is out of balance, manifesting in any number of physical ailments.

A welcome remedy is to be found in the form of **Sonatherapy®** which, having its technology based scientifically on sound and vibrations, reduces this dissonance and helps boost and stabilize the body's vital energies. With the use of acoustic wavefronts called *Sonations*, programmed around the holistic needs of the individual, a Sonatherapy treatment invariably results in improved health, both physiologically and psychologically.

Based in the USA, Sonatherapy has affiliates in Japan, South Africa, Dubai, Israel, Europe and Britain. While there are no Sonatherapists practising in Australia as yet, they do offer a one-year online Training Course which is primarily directed toward students with a background in alternative healing, therapy or medicine, but is open to all interested parties. (See contact details at foot of this article).

Sonatherapy has its headquarters in Reno in the high desert of northwestern Nevada, at the Steamboat Geothermal Hot Springs. Steamboat is a nationally recognized historical landmark that was given its name by Mark Twain. The springs are known to have been enjoyed by early pioneers of Nevada in the 19th century when a sixty-foot geyser was a major attraction. In 1861 a 34-bed hospital was constructed at the site to treat patients using the natural healing properties of the hot springs.

The founder and driving force behind Sonatherapy is Dr Gary Robert Buchanan, whose first passion has always been in music as a conductor, composer and teacher. He is also certified in Cymatic Therapy and is part of a global network, which includes his Japanese colleague, Yukinori Matsushita. They

conduct monthly on-line 'self-healing sessions' with clients around the world. In-residence, Dr. Buchanan has treated hundreds of clients and compiled a myriad of successful case studies over the past two decades.

The use of sound and vibration as healing techniques dates back to antiquity. Notably, Pythagoras and his successors taught and employed music and sound therapy at the Temples of Asclepius in ancient Greece. The present-day modality continues that tradition by combining sound, light, colour, water, sacred geometry and subtle energies, and is fast becoming recognized as the healing technology of our time, and of the future.

The facility at the *Steamboat Hot Springs & Healing Center* in Reno consists of an outdoor hot pool, steam room, dry sauna, individual massage rooms and private mineral tubs. The first thing the visitor notices once inside the complex is the hallway leading to the treatment rooms, which is bathed in all the colours of the rainbow by overhead lights. Each light unit is wired with the *Sona-Lite* system that places sound (or music) on the light beams (modified Li-Fi). The frequencies/music are not heard, although the effect upon those beneath the beams, while subtle, is real and measurable.

Temperature-controlled geothermal hydrotherapy is offered in the ample-sized tubs, and clients presenting for Sonatherapy treatment are encouraged to first bathe in their waters, so that the body is warm and moist prior to initial inductions. Sonations are also sounded in the baths and pools for increased absorption (sound travels 4.3 times faster in water). The unique geothermal water of Steamboat Hot Springs contains: calcium carbonate, magnesium, sodium sulphate, sulphur, lithia, soda, and a high level of silica. (The only water known to be comparable is found at Cajamarca in Peru).

In Dr Buchanan's Sonatherapy treatment rooms, the client may not be familiar with all the electronic gadgetry on his desk,

but will find the ambience immediately soothing as they notice the line of chakra-coloured lamps on the ceiling in a row above the sound-table.

In therapy, sound arrays are applied to form wave fronts directly upon and within the body and its enveloping morphogenetic fields for healing. The sound array may help stimulate areas of low energy, lack of sensitivity, or weak physical strength. It may also aid in self-healing functions. Specially designed *Wave Front BIOresonance™* combinations are utilised to nurture the individual's inherent vibrational processes and functions at their 'optimal' or 'signature' rates. The key to such acoustical combinations lies in the fact that the Sonations are synergetic, as well as coherently harmonic, and are readily absorbed by the body and its enveloping quantum fields.

Light and colours are also applied during the non-invasive therapy sessions – using light organ attachments – with the light pulsing and panning in synchronicity with the audio signals. This pulsative approach allows for dramatically greater absorption of irradiations. Applicators (stereo speakers or transducers) are placed at the area lacking in energy, for example, at the solar plexus. The sound is never loud, as it only needs to be “felt.”

For the technically-minded, Dr Buchanan eschews the use of digital sound in favour of analogue technology. The frequencies applied vary according to the needs of the individual, however the range of 90 to 111 hertz is notable for being the range that releases endorphins in the brain; 40 hertz is often the frequency intoned in Buddhist chants and is favourable for certain applications.

Acoustic footbaths are sometimes part of the Sonotherapy treatment. During such a session, the Sonations are also played through the water and synchronized with the light and colour applications, in a very precise manner.

Each treatment generally lasts one hour or less. More time is needed when geothermal bath and/or consultation with staff physician are added in. Adjuncts might include sessions with aura colour reading, relaxing on the sound table while receiving further light/colour irradiations, or other tailor-made treatments.

Conditions that are treated typically include bones, nerves, muscles, and joints; inflammation, pain, and circulatory problems; organic, respiratory, and digestive disorders; simple strains, fractures, bruises, along with skin conditions; and a host of common ailments that conventional medicine rarely addresses. Post-surgical sessions can also speed the healing of wounds, reduction of scar tissue, and restoration of movement. All kinds of issues, including arthritis and gout, for example, are treated with good outcomes.

In addition to Sonatherapy, Steamboat Hot Springs offers a full menu of healing services, such as therapeutic massages (including those using CBD oil and promoting lymphatic stimulation), detoxifying mud wraps, exfoliation scrubs, and Ayurveda consultations.

Steamboat Hot Springs & Healing Center in Reno and Sonatherapy® are both subsidiaries of **Cosolargy® International**, which has been introducing students to the arts, sciences and technologies of its System via a global training program since its inception almost sixty years ago.

The philosophy behind the Cosolargy teachings is that all life is engendered, sustained, and eventually transmuted by wave fronts of Light emanating from our parent Sun. The Sun is the master Cymatic organism in our part of the galaxy, constantly pulsing and emitting complex patterns of photon and phonon waves. Cosolargy incorporates sun-gazing (photo-syntotics); light, sound and colour irradiations; activation of the third-, fourth-, and fifth-dimensional fields, all of which lead to

increased absorption of what are known as Information Factors contained in the solar and cosmic fields.

Certification in Sonatherapy®

Steamboat Healing Centre offers Certification and Training in the technologies and treatments of Sonatherapy. Those interested should contact Dr. Gary Robert Buchanan in the United States (Cymatics Sonatherapy <gary.buchanan1011@gmail.com>). Students who would like to set-up a home system, or who have a professional background and/or practice (such as physician, nurse practitioner, chiropractor, massage therapist, sound healer, or other) into which they would like to include elements of Sonatherapy are eligible for immediate “basic” certification.

During the training course students will use the Analog Box program that accompanies the text, *SONA: Healing with Wave Front BIOresonance™*, as their main application system on the computer. (Programs and files are designed for Windows XP, 7, 8, or 10. MAC users can download “Virtual Windows” online). By the end of that year, students will have compiled a complete library of Sonations applicable for most general conditions.

For more information about the one-year Training Course in Sonatherapy, visit:

<http://sonatherapy.com/certification-training/>

The basics of Sonatherapy may be found in three books authored by Dr Gary Robert Buchanan: *SONA: Healing with Wave Front BIOresonance™* (2008); *Sonatherapy®: Healing with Light, Color, Sound, Water & Subtle Energies* (2012); *Vibrational Healing: Wave Front BIOresonance™ and Sonatherapy®* (Ebook) (2019). Some of these are available on Amazon, or directly from Dr Buchanan, via the Sonatherapy website.

To learn more about the organizations mentioned here, visit:

Sonatherapy: <http://sonatherapy.com/>

Steamboat Hot Springs & Healing Center:
<https://steamboatsprings.org/>

Cosolargy International: <https://cosolargy.org/>

Disclaimer: Sonatherapy® is not meant to replace any other medical or diagnostic system. Rather, the technology is designed to provide complementary assistance in more rapid and complete healing of conditions, which in many cases traditional and alternative approaches do not address.

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Dr Gary R Buchanan is an internationally recognized composer & conductor. His qualifications include H.S. & BM, N.C. School of Arts; MFA, Univ. of N.C.; DMA Can., Univ. of WA.; Hon. DMA, Queensland Conservatorium, Brisbane, Australia. Director Wave Front BIOresonance™ Research & Development, Steamboat Healing Center; Cosolargy® International Ord., Admin., Lect.



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“Immortality of the Phoenix and Soul”



“Both [Herodotus](#) and [Pliny](#) noted the general resemblance in shape between the phoenix and the eagle, a point which the reader should carefully consider, for it is reasonably certain that the modern Masonic eagle was originally a phoenix. The body of the phoenix is described as being covered with glossy purple feathers, while its long tail feathers were alternately blue and red. Its head was light in color and about its neck was a circlet of golden plumage. ...

“The phoenix was regarded as sacred to the sun, and the length of its life (500 to 1000 years) was taken as a standard for measuring the motion of the heavenly bodies and also the cycles of time used in the Mysteries to designate the periods of existence. ...

“The phoenix (which is the mythological Persian Roc) is also

the name of a southern constellation, and therefore it has both an astronomical and an astrological significance. In all probability, the phoenix was the swan of the Greeks, the eagle of the Romans, and the peacock of the Far East. To the ancient mystics the phoenix was a most appropriate symbol of the immortality of the human soul.” ~[Manly P. Hall](#)

Phoenix, Eagle, and More

Hall notes that the phoenix is probably the source of the Greek swan, the Roman eagle, and the Persian Roc. He doesn't mention the Native American firebird, which resembles the phoenix more closely than and of the others mentioned. I think the idea in most, if not all of these sacred birds, is that they represent the human soul. When the phoenix rises and flies toward the sun, it is a hint from the ancient mystery schools on the process for awakening and developing the spirit and soul. The immortality of the phoenix comes from the part of the legend that says that when the phoenix does die after 500 years, it is reborn from the ashes. That is a simplification of the original story, but it is the most important part. The phoenix never truly dies, just like the divine-human soul.

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

Original article posted by HAROLD BOULETTE on October 30 , 2020

“One Whole God, One Whole Universe”



“If we are made, as we are, in the image of God, let us become the image both of ourselves and of God, or rather let us all become the image of the One whole God, bearing nothing earthly in ourselves, so that we may consort with God, and become gods, receiving from God our existence as gods. For in

this way the divine gifts and the presence of divine peace are honored.

“Love is a great blessing and of all blessings the first and supreme, since it joins God and men together around him who has love, and it makes the creator of men manifest Himself as man through the exact likeness of the deified man to God, in so far as this is possible for man. This is what I take to be the actualization of the commandments, ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your might, and your neighbors as yourself (cf. Lev. 19:18; Deut. 6:5; Matt. 22:37-39).” ~[The Philokalia](#)

In the Image of God

I have [covered this before](#), but I will repeat it. Being made in the image of God refers to our spirit and soul, not our physical bodies. It should be obvious that the physical bodies are not in the image of God, otherwise, we would all look the same. It would also mean that God has a physical body, which He doesn't. It would also mean that the physical body couldn't die because God cannot die, yet we all know that the physical body does die unless we are living in a fantasy.

One Whole God

The author of this section of the Philokalia (the book has many authors) advises us to “ become the image of the One whole God.” That is just another way of saying that we must become one with God and share in His Wisdom and Knowledge. It does not mean that we should, with arrogance and excessive egotism, declare that we are God and have no need to develop or change since God is, obviously, perfect.

Become Gods from God

Yes, we can become gods through becoming one with God, but this comes from a great effort of spiritual growth and development. We can no more declare that we are gods simply

because we believe we are than we can declare ourselves doctors simply because we buy a used stethoscope. In fact, most spiritual schools and mystery schools frown on us saying that we become gods because it tends to promote egotism in those who are not sufficiently developed on the spiritual side to understand what it means. They generally prefer to say that we become angels, helpers of God, or co-creators with God, rather than saying we become gods. So while what the Philokalia says here is true, it is better to say the same thing with different words to prevent any hubris.

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

Original article posted by HAROLD BOULETTE on November 23, 2020

“In Pursuit of Happiness”

VERY LITTLE IS NEEDED
TO MAKE A HAPPY LIFE
IT IS ALL WITHIN YOURSELF
IN YOUR WAY OF THINKING

Marcus Aurelius



We are clearly living through a time of transition. Many are realizing their authentic selves and claiming their truth. Such quests should go hand-in-hand with the pursuit of happiness. In my last blog I quoted the first line of the *Desiderata*. The very last line is equally valid: *Strive to be happy*.

Last week, the Melbourne Institute (University) released its annual report known as HILDA: Household, Income and Labour Dynamics in Australia. It aims to measure the material factors of our lives, such as finances, work, health. The latest survey shows that over the past two decades, Australians' life satisfaction has been fairly constant at relatively high levels, driven by basic factors such as health, safety and social contact.

Does satisfaction equal happiness? In an attempt to find out,

researchers need to know not just what people have and don't have, but how they *feel* – what they call subjective well-being (SWB), including happiness, life satisfaction, and positive affect.

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

“Eye of God in the Spiritual Sun”



“‘Let me hear whatever any one may have told you’. ‘Barku, the son of Vrsna, has told me that the eye (sun) is Brahman’. ‘As one who has a mother, a father and a teacher should say, so has the son of Vrsna said this—that the eye is Brahman. For what can a person have who cannot see? But did he tell you about its abode (body) and support?’ ‘No, he did not’. ‘This Brahman is only one-footed, O Emperor’. ‘Then you tell us, Yajnavalkya’. ‘The eye is its abode, and the ether (the Undifferentiated) its support. It should be meditated upon as truth’. ‘What is truth, Yajnavalkya?’ ‘‘The eye itself, O Emperor’, said Yajnavalkya; if a person, O Emperor, says to one who has seen with his eyes, “Have you seen?” and the latter answers, “Yes, I have”, then it is true. The eye, O Emperor, is the Supreme Brahman. The eye never leaves him who, knowing thus, meditates upon it; all beings eagerly come

to him; and being a god, he attains the gods'. 'I give you a thousand cows with a bull like an elephant', said Emperor Janaka." ~[Brihadaranyaka Upanishad](#)

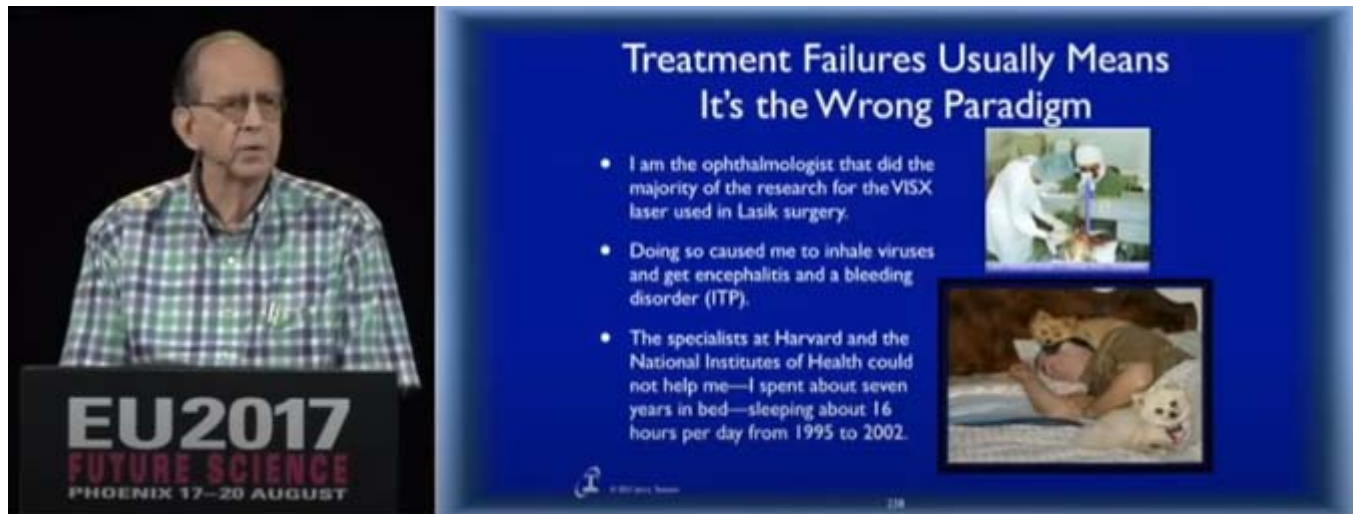
The Sun As the Eye of God

This Upanishad says that the "eye (sun) is Brahman," or as I would say it, the sun is the eye of God. That should not be taken in a very literal sense, since God has no physical body and no eye in the normal sense of what we think of as an eye. Yet it is true because the sun is a link, a portal, between Heaven and Earth, between the physical and the spiritual. So God doesn't "see" us through the sun, but he does sense us with spiritual senses. Likewise, we can sense God and communicate with Angels and other high-level beings by using the sun as if it is the Eye of God. Of course, this won't work if you are dealing only with the physical sun. You need to go beyond ordinary sun-gazing with the physical sun to spiritual sun-gazing with the spiritual sun. The sun, of course, has a spiritual self, as do all beings and things. It is because of that dual nature that it can act as a portal between the realms, a window between heaven and earth, the Eye of God.

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

Original article posted by HAROLD BOULETTE on September 7, 2020

“Dr. Jerry Tennant: Voltage and Regeneration | Electricity of Life”



One of the leading pioneers in integrative health is Dr. Jerry Tennant, a renowned ophthalmologist whose book series “Healing is Voltage” describes his groundbreaking research into the body’s electrical circuitry in this video.

At EU2017: Future Science, Dr. Tennant presented, “Healing is Voltage – The Physics of Emotions,” which focused on the mind/body connection, and how emotions are stored in and around the body as magnetic fields. He discussed how these magnetic fields can cause harmful biochemical effects and create blockages in the associated muscle battery packs, which provide the necessary voltage for organs to function and repair themselves.

Recently, he offered a series of presentations as part of a Continuing Medical Education class for Naturopathic Doctors in Arizona. Dr. Tennant and his group have kindly granted the

Thunderbolts Project permission to feature these lectures in their Electricity of Life label.

In this introductory episode, Dr. Tennant begins with a summary of his remarkable personal and professional journey. He then lays the theoretical and evidentiary foundations for his research into the body's complex wiring systems and his establishment of healing protocols.

Dr. Jerry Tennant is board certified in ophthalmology and ophthalmic plastic surgery (residency, Harvard Medical School and Southwestern Medical School). He was the Director of the Ophthalmic Plastic Surgery Clinic at Parkland Hospital in Dallas and practiced from 1965 to 1995. He did much of the FDA study for the VISX Excimer laser and performed approximately 1,000 surgeries in the United States and Europe. In addition, Dr. Tennant was the founder/director of the Dallas Eye Institute and one of the first surgeons in the USA to place intraocular lenses in eyes after cataract surgery, and taught these techniques around the world. He holds patents for medical devices including intraocular lenses and several surgical instruments. While licensed in Arizona by the Board of Homeopathic and Alternative Medicine, Dr. Tennant is currently the Director of the Tennant Institute for Integrative Medicine.

[Watch the video posted June 16, 2020 on YouTube. \(33:16\)](#)

[Watch the video Dr. Jerry Tennant: Recharge & Regenerate | Electricity of Life posted June 30, 2020 on YouTube \(51:39\)](#)

link submitted by Robert Petrovich

“Captive Soul Trapped by Matter and Darkness”



“The Kingdom of Hell, and of fierce wrath, always gape after the Soul, and set their jaws wide open to devour the captive soul; which is held fettered with two strong chains; the one of the Kingdom of Hell; the other of the Kingdom of this World, and it is continually led by the heavy, lumpish, bestial, and sickly Body, as a thief who is often led to the

place of execution, and still by a petition reprieved, and laid in prison again, and the poor soul must lie thus in prison the whole time of the body; where the Devil on the one side very suddenly rushes upon it with his devouring fierceness, wrath, and malice, and would carry it into the abyss. Then instantly the glistening world with pomp, bravery, covetousness, and voluptuousness of Perdition; presenting sickness and fear, and it is continually trembling and quaking; and when Man goes but in the dark, how is it amazed, and continually afraid that the executioner will take it, and do execution upon it!

“If we did well considering the abominations and great sins of man before God, ... then we should scarce ever be merry in this world at all, if the spirit of this world did not cast foolish fancies and seeming joys and pleasures before us, in our imprisonment; ; or if the regeneration did not cause us to rejoice, that we shall be delivered out of this prison; for in this life we find nothing but abomination, sin, misery, and death.” ~[Jacob Boehme](#)

Devour the Captive Soul

The Kingdom of Hell does want to “devour” every soul. There is no doubt that Jacob Boehme is correct in saying that. It wants to claim as many souls as it can get. It is like a magnet drawing them to it. The good news is that an even more powerful force draws the soul towards heaven. More powerful, and yet, if we choose to embrace the clutches of Hell, hell will win the struggle and claim our captive soul—at least for a time.

The soul is a captive because it does not wish to be here, it did not choose to be here, and it is out of place here. The soul is a spirit and doesn't do well in a physical world of matter. It is like a fish out of water, if not worse. This is why we enter this world with our spirit and soul in a dormant

state something like being in a coma. It is not a healthy place for them. Nonetheless, we must awaken them and develop them while we are still trapped in a physical body. It is the only hope we have of freeing ourselves of the clutches of Hell and the fallen world of matter.

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

Original article posted by HAROLD BOULETTE on September 9, 2020

“The Quiet Zone”



Last week a report appeared in the media with the results of an Oxford University study, proving that periods of silence

are good for us and aid in the healing process. This concurs with the philosophy of Pythagoras two and a half thousand years ago who, while teaching the therapeutic benefits of musical harmonics, always insisted that his students first learn the discipline of silence.

The university research program was conducted by Oxford's department of clinical neurosciences and given the acronym SILENCE (for: Sleep in the ICU Lowering Elements of Noise in the Critical-care Environment). A quote from their principal investigator: "Noise is a distraction and a stressor, and a quiet and calm environment is definitely better for patients and staff in hospitals. It would make sense that complete silence has a calming effect."

It has been measured by doctors that silence is more relaxing for your body and brain than listening to music, by the lowering of blood pressure and increased blood-flow to the brain.

The SILENCE study obviously had our physical and psychological wellbeing as its primary concern. While thinking about silence, we should not ignore the fact that *sound* is also an effective remedial agent – recently I co-wrote an article on scientifically-proven healing using acoustics and vibration, which will be published soon. However, medicine for the body is often more effective when the patient is harmonious in mind and spirit – hence Pythagoras' assertion that we first centre ourselves in silence. And solitude and silence work well as a team.

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

“Intellectual-Principle and Consciousness”



“This universe is a living thing capable of including every form of life; but its Being and its modes are derived from elsewhere; that source is traced back to the Intellectual-Principle: it follows that an all-embracing archetype is in the Intellectual-Principle, which therefore must be an intellectual cosmos, that indicated by Plato in the phrase ‘The living existent’.

“Given the reason-principle (the outgoing divine idea) of a certain living thing and the matter to harbor this seed-principle, the living thing must come into being: in the same way that once there exists—an intellectual Nature, all powerful, and with nothing to check it—since nothing intervenes between it and that which is of a nature to receive it—inevitable the higher imprints form and the lower accepts it. The recipient holds the idea in division, here man, there sun, while in the giver all remains in unity.

“All that is present in the sense realm as Idea comes from the Supreme. But what is not present as Idea, does not. Thus of things conflicting with nature ... is not in the seed; for a lame leg is either inborn through some thwarting of the Reason-principle or a marring of the achieved form by accident. ...

“This suggests the question whether the intellectual cosmos contains the forms only of the things of sense or of other existents as well.” ~[Plotinus](#)

A Living Universe

Some find it difficult to accept that the entire universe is a living thing. Many can't even accept that the planet Earth is a living thing and that the sun is a living thing. Their disbelief doesn't change the reality of it, but it does hide the truth from them.

When Plotinus writes about the universe, it is often not clear if he means the physical universe of matter, the spiritual universe of energy, or a combination of both. In this case, it doesn't really matter. The spiritual universe is alive, and so is the physical one. The proof of this is actually simple, though many will not accept it. It is this: the dead cannot generate the living. Yes, life forms can grow from the bodies of the dead, but the dead are not generating those lives.

Something living must generate living beings, and it is reasonable to assume a hierarchy of generation is responsible. The Universe generates galaxies, the galaxies generate, stars and planets, the stars and planets generate life forms such as plants and animals. This is not saying that God is not the creator of those beings, but only explaining the process by which that creation takes place. It is a sort of universal assembly line where each level generates one or two levels below it. They may not even be aware that they do it, but it happens nonetheless.

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

Original article posted by HAROLD BOULETTE on September 12, 2020