

“The Path of Truth and Joy”



*“O thou that lovest, wouldst thou know
The path wherein thy feet should go?”
“Yea, teach it, Lord, to me.”
Through drear repentance leads the way,
And the shame of sin confessed—
And when thou hast trod on the world’s display,
And on the devil’s behest,
And on the flesh in its haughty pride,
And on thy helpless will,
That holds the soul of the chosen bride
In bonds and slavery still,
And when the enemy conquered lies,
And weary art thou and athirst—
Then to Him whom thou lovest lift thine eyes,
To Him who loved thee first.” Then shall He speak and say—*

*I hear a voice that calleth amain,
A voice of love and tears;
I have wooed, and I have listened in vain Through long, long
years—
And it speaks to-day.
My heart is troubled, and I must haste To the sad sweet voice
across the waste.”*

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*And in the morning, when the dew is sweet,
She hears the gentle music of His feet— She hears Him speak
and say,
I heard thy voice.”
The glorious One draws nigh;”
“Amidst the dew when all the woods rejoice
With gladsome melody.
And she arrays herself in fair attire,
In raiment of a bride;
Her mantle is the holy judgment fire
Wherein the gold is tried.
Of meek humility her stole is spun, Her robe is white as
snow,
For unto Him, the High and Holy One,
She fain would go.
And thus she passeth through the forest dim,
Where holy people dwell,
And day and night, with dance and song and hymn,
Their gladness tell;
With solemn dance of praise that knows no end,
Hands linked with other hands of ancient years;
The mighty faith of Abraham His friend,
The longing of His seers;
The chaste humility of her who bore God’s blessed Son;
And all the victories that in days of yore
His saints have won—
These join in dance attuned to glorious song
And move in cadence sweet,
And multiplied as ages pass along*

Are those rejoicing feet.” ~[Matilda of Magdeburg](#)

The Path

Matilda starts her poem by asking God to show her The Path. This is not a path to her home or a path through a forest. By The Path, she means the path of spiritual awakening and the path of spiritual enlightenment. This is something that many who call themselves spiritual these days don't believe in. When false teachers are questioned about why the path they teach is so different from that taught by the ancient mystery schools, they will usually answer that there are many paths and we must each follow our own path. This idea has caught on with many, especially those who don't like being told what to do. But it is a false teaching. Yes, it is possible to reach enlightenment by more than the tried-and-true path, but the direct path that is known to work is always the best. If you are in Paris, France, and you wish to go to Rome, you can head off in many directions, but if you head north or east it will take you forever to get there. It is best to head in the right direction. That is why smart spiritual students like Matilda ask to be shown the correct path, the one that is known to work.

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

Original article posted by HAROLD BOULETTE on FEBRUARY 5, 2020

“Sacrifice Self-Interest and Greed for Real Success”



“If people refuse to make sacrifices voluntarily, they will be forced to do so from without. Everyone can see the impending catastrophe, but not everyone knows how to avoid it. For centuries, unconscious mechanical forces have been accumulating like floodwaters in front of a dam. The strain is so great that catastrophe is inevitable. Soon the dam will give way. The energy that has accumulated within people hides great danger. Until now, this energy has remained yet to be utilized. In the past as well as in the present, people have continued to demonstrate great cruelty. At present, millions of people are becoming the victims of human madness. Afterward, justification is found in external causes.

“Enormous amounts of gas, oil, and other resources are wasted

due to the modern technical means of air, ground, water-based, and submarine warfare. Nature has strictly defined how much of these goods can be used. She severely punishes those who go too far with wastefulness. Human kind will bear the consequences for squandering these fuels.

“Unprotected cities are being bombed! ... This terror is unprecedented! ... Nobody has the right to deprive a human being of what God has given him. ... When nations fight, this is not in accordance with the Will of God.” ~[Biensa Douno](#)

How To Sacrifice

Don't get the wrong idea. Douno isn't advising us to sacrifice animals or our children on an altar to some god of violence. He is talking about sacrificing personal comforts and desires in order to do God's Will and make the world a better place for all of us. Sadly, we have many needy people today who don't get this. Even sadder, we have many more who admire the greedy people who care nothing about other people or the environment.

Impending Catastrophe

Only those who keep their heads in the sand and the fantasies of Fox News can say that we are not already in an age of catastrophes. But the catastrophes that have happened in the last few decades will be mild compared to what is coming if we don't do something to change it. The fate of our world is largely in our hands. God will not take over and fix it as long as we exercise our free will to refuse His aid. We were created to be participants in the process of creation. We need to start doing so but in a responsible way. That means following the Will of God. Following our own ideas is what creates catastrophe. The sacrifice of our own arrogance is the way to fix these problems.

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

Original article posted by HAROLD BOULETTE on JANUARY 8, 2020

“Correct Alignment”

Directional



While doing some research about vibrational frequencies this

week (a lot of people are saying we are now ascending to a higher frequency), I kept coming across references to the alignment of our bodies to certain directions of the compass. As it unfolded, the process revealed one of those spooky instances of synchronicity.

[Read the entire blog article by Paul Young posted online April 7, 2020 at SouthernSunlight.com.](#)

“Use Music to Aid Health and Spiritual Growth”



“Make use of music for your spiritual development, as do the advanced beings in the Sublime World above. The new epoch of Love that is coming will give a new impulse to music. If someone wants to do something bad, play some music, and this person will relent. Awaken the Divine within people and they will listen to its voice.

“There is always the desire within you to be heard by someone when you sing. Be assured that you have the best audience. The whole of heaven listens when you begin to sing. From above, you receive the best evaluation. Do not be afraid that there is no one Above to listen to you. There is an audience there that appreciates your singing.

“It might happen at times when you cannot reconcile with your neighbor. But once you begin to sing, within you will awaken the readiness to reconcile. This is the power of music.”

~[Beinsa Douno](#)

Use Music

There are many tools that we can use to aid us in our path to spiritual awakening and enlightenment. Many are making use of crystals and incense. They are both excellent aids, but music may be better.

There is evidence that the Pythagorean school used music during their spiritual processes, primarily when watching the sunrise. It is likely that it was used in spiritual ceremonies even before that.

We also know that some of the ancients used music and sound to heal physical and mental illnesses. It is likely, therefore, that they also used it for spiritual purposes.

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

Original article posted by HAROLD BOULETTE on AUGUST 30, 2019

“Take in the Sun While You Can”



The Coronavirus pandemic is assaulting our health, disturbing our peace of mind and forcing us to question values and priorities. For some it will challenge their core beliefs.

Among the many news items that hit my inbox today was an article urging everyone to get out in the sunshine to absorb some vitamin D and brighten our mood, in anticipation of a possible lockdown, confining us all indoors for a while. In fact I shared a story on social media last week titled "Coronavirus and the Sun: a Lesson from the 1918 Influenza Pandemic" (read the article [HERE](#)) which included the line, *"sunlight is germicidal and there is now evidence it can kill the flu virus."*

The Coronavirus has also given many of us pause to take stock of our life values. When faced with our mortality, we tend to reflect on our spiritual beliefs and re-examine those non-material goals that we may have said we've been too busy to follow through on, up until now.

I see on social media today that a number of New Age teachers

are proclaiming this virus as the advent of a new awareness, while others fear it heralds an apocalypse. The pandemic affects both rich and poor alike – though there are concerns the gap of inequity could actually widen in its aftermath.

We each ask our own existential questions: Why has the virus come at this time (particularly for those of us in Australia who have just been through bushfires, droughts and then, for some, floods). Or, how can this be happening to me? Who or what is responsible for creating the problem, and why?

Then comes the uncomfortable inquiry into our authentic selves. Were we truly fulfilled and inspired by what we hitherto considered to be 'normal' life? How much time have we been spending doing what we love? Have we repressed our inner passion, getting caught up in the hectic and often meaningless pursuits of modern life? Have we given away too much power to negative forces?

At a time when many are doing physical exercises to stay fit while cooped up indoors, and others find activities to relieve the mental tedium and depressing circumstances of isolation, some of us turn to 'spiritual exercises.' The main point I would like to make in this blog is that it is never too late to pursue the path of self-realization.

[Read the entire blog article by Paul Young posted online March 30, 2020 at SouthernSunlight.com.](#)

“Sunrise Energizes even when Cloudy”



“Even in cloudy weather you should go out before the sunrise and concentrate your thought in the direction of the rising sun. The clouds only obscure your sight of the rising Sun, but its energies penetrate through them. No external force is able to counteract the solar energies. That is why I recommend all anemic and weak people go out half an hour before sunrise, to perceive the early solar energies. The dawn gives a man such energies which no other power is able to give him.”

“If someone is indisposed, let him take a sunbath: if he has lost his energy, let him stay longer under its shine; if he cannot decide how to work, let him go out under the sun rays to warm up.

“If between the energies of the Sun and the energies of your organism a proper exchange takes place, you would always be healthy.

“The greater the quantity of gold in the blood, the healthier is man. Sickesses are due to insufficient quantities of gold in the blood. In order to increase this gold, man should lead a pure and noble life. Gold is the symbol of the Sun, of vitality, of health and purity.” ~[Biensa Douno](#)

Cloudy Sun Gazing

Many sun gazers think they should not sungaze when it is cloudy. That may be fine if it is cloudy only one day in ten, but if it stays cloudy for several days at a time, you need to practice your techniques, even through the clouds. You should not skip several days in a row or your energies will be reduced.

Concentrate Your Thought

Douno is correct in saying that we should concentrate our thoughts when we do sungazing. But what thoughts we concentrate is even more important than the mere act of concentration. They need to be positive thoughts, loving thoughts, universal thoughts. Best of all, they should be thoughts of linking your spirit and soul with the spiritual sun. That is far more important than just getting energy from the physical sun. Visualize yourself entering the sun ,becoming one with it. Even when you can't see it, you know it is there.

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

Original article posted by HAROLD BOULETTE on JANUARY 3, 2020

“House of Fire in the Realm of Matter”



“A Messenger in a vision saw people locked up in a house of

fire and bound with fiery chains, lying in a flaming ointment. He asked them, "Why can't they be saved?" "We did not desire it," they told the messenger, "but we got this place of punishment. It is the outer darkness, and we are in it."

"Soul and spirit came into being from water and fire. From water and fire and light came the attendant in the bridal chamber. Fire is chrism. Light is fire. I am not referring to flame, which has no form, but to another kind of fire, whose appearance is white, which is luminous and beautiful and gives beauty.

"Truth didn't come into the world naked but in types and images. Truth is received only that way. There is rebirth and its image."

"They must be reborn through image. What is the resurrection? Image must rise again through image. The bridegroom and image enter through image into truth, which is restoration. It is right that those who don't have it take on the name of the father and son and the holy spirit. But they have not done so on their own. If you do not take on the names for yourself, the name "Christian" will be taken from you. You receive them in the oil of the chrism, the aromatic unction of the power of the cross. The messengers called this power "the right and left." You are no longer a Christian but Christ.

"The lord did everything through mystery: baptism and a chrism and a Eucharist and a redemption and a bridal chamber.

"The lord said, "I came to make things below like things above, and the outside like the inside. I came to join them in one place. He revealed who he is through types and images." ~The [Gospel of Philip](#)

House of Fire

The destructive house of fire is the material world that we live in. It is a house of fire because it operates in a constant self of self-destruction mixed with creation. Some think this is how it should be, but it isn't. God doesn't create things and beings only to destroy them a short time later. What God creates is permanent; not consumed by fire, disease, or rot. This means that the house of fire is not a creation of God. It is a creation of what the Gnostics call the Demiurge. And since it was not created by the One Perfect Consciousness that is God, it is defective and self-destructive.

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

Original article posted by HAROLD BOULETTE on DECEMBER 31, 2020

“Covid-19 & the Sun: a lesson from the 1918 Influenza Pandemic”



Fresh air, sunlight and improvised face masks seemed to work a century ago; and they might help us now.

When new, virulent diseases emerge, such SARS and Covid-19, the race begins to find new vaccines and treatments for those affected. As the current crisis unfolds, governments are enforcing quarantine and isolation, and public gatherings are being discouraged. Health officials took the same approach 100 years ago, when influenza was spreading around the world. The results were mixed. But records from the 1918 pandemic suggest one technique for dealing with influenza – little-known today – was effective. Some hard-won experience from the greatest pandemic in recorded history could help us in the weeks and months ahead.

[Read the entire article by Richard Hobday, author of the book](#)

[The Healing Sun, posted online on the NexusNewsFeed.com](#)

link submitted by Paul Young

“Did Ancient Man See a Different Sun?”



“The parent star of planet Earth holds a strange and special

place in countless ancient traditions around the world. The celestial body identified as the Sun in myth, religion, ancient astronomies and rock art routinely bears no resemblance at all to our familiar Sun. For decades, comparative mythologist Ev Cochrane, as well as his colleague Dave Talbott have worked to reconstruct the natural events that produced extraordinary mythical patterns. It is their conclusion that in the relatively recent past, in the era of pre-history, a period of instability in the inner solar system brought planets within close proximity to planet Earth. In this episode, Ev begins the investigation of the question, Did ancient man observe a different Sun than our Sun today?"

[Read the entire article posted online November 1, 2019 on YouTube. \(10:00\)](#)

link submitted by Robert Petrovich

“Travel Nevada: 22 Reasons to Hightail it to Steamboat Hot Springs”



Steamboat Healing Center has partnered with Travel Nevada to promote northern Nevada. For this Valentine's Day, they are collaborating on a Virginia City promotion: VALEN-TWAIN'S DAY in honor of Mark Twain.

Travel Nevada just posted an article about Steamboat on their Facebook page as well as their website: "22 Reasons to Hightail it to Steamboat Hot Springs, 'Cause Baby, Something's in the Water | Sydney Martinez ."

"If anybody is after a good solid off-grid soak, you better believe it's us. With more natural hot springs than any other state in the damn country, saying it's easy to become obsessed with checking every last one off the list is the sexiest truth we love to tell. But, maybe you've already picked off all the wild ones and are looking for a different sort of soak? Mapping 'em out, spending every last waking minute chasing them down is a type of adventure rush that's hard to describe, especially for you ol' pros, but what about jumping on the freeway and 20 minutes later, BOOM! You're in the type of hot

water people have been raving about and coming to since before Nevada became Nevada? Ain't no shame in that game baby, especially if it involves unwavering devotion to chakra-fied mental and physical wellness, "volcanic healing waters" loaded down with all the right minerals, and our boy Mark Twain. Does it get better than a wellness-centered soak with a side of history? Rookies or veterans, read on for 22 reasons why Steamboat Hot Springs should be at the tippy top of your hot springs game this season."

[Read the entire article on their web site at travelnevada.com.](http://travelnevada.com)