



searchinsachin

Stars. Psyche. Being.

OCTOBER 9 2020 | ISSUE 5

WISDOM OF THE SUN

The Official Weekly Newsletter of Searchinsachin

RESOURCES TO HELP YOU THROUGH

Book Recommendations:

[Zazen practice: A guide for beginners](#)

Music Recommendation: [Trevor Hall - the old story](#)

Affirmation:

Who am I? Who is the thinker of these thoughts? What am I feeling? What is there prior to these thoughts and emotions?

Remember: Dhyāna is Dhyāna. Nothing else can replace it, and no one can do it for you, and there is no better time to practice it than now.

THE GREATNESS OF SUN

The Sun is truly the most remarkable. As a human being, I cannot think of anything more important than the Sun - for without the Sun there is no solar system, no evolution, no consciousness, no light, no life, basically, everything would cease to exist. Astrologically, the Sun is the very essence of our being, in fact, it is our very being. If Sun would cease to burn, time would cease to exist.. Let's take a moment to fully embrace this fundamental truth of our existence, and generate a sense of intrigue and reverence for the Sun - for in this issue of the Searchinsachin Newsletter we will dive deep into what the Sun means, represents, and governs within ourselves, and what is essentially the wisdom of the Sun.

TO KNOW THY SELF

What we know about Time is through the Sun, and the way we currently know ourselves is based on linear causality that gives birth to a sense of memory, mortality, and meaning. These three Ms arise due to the Luni-Solar rhythms governed by the Sun.

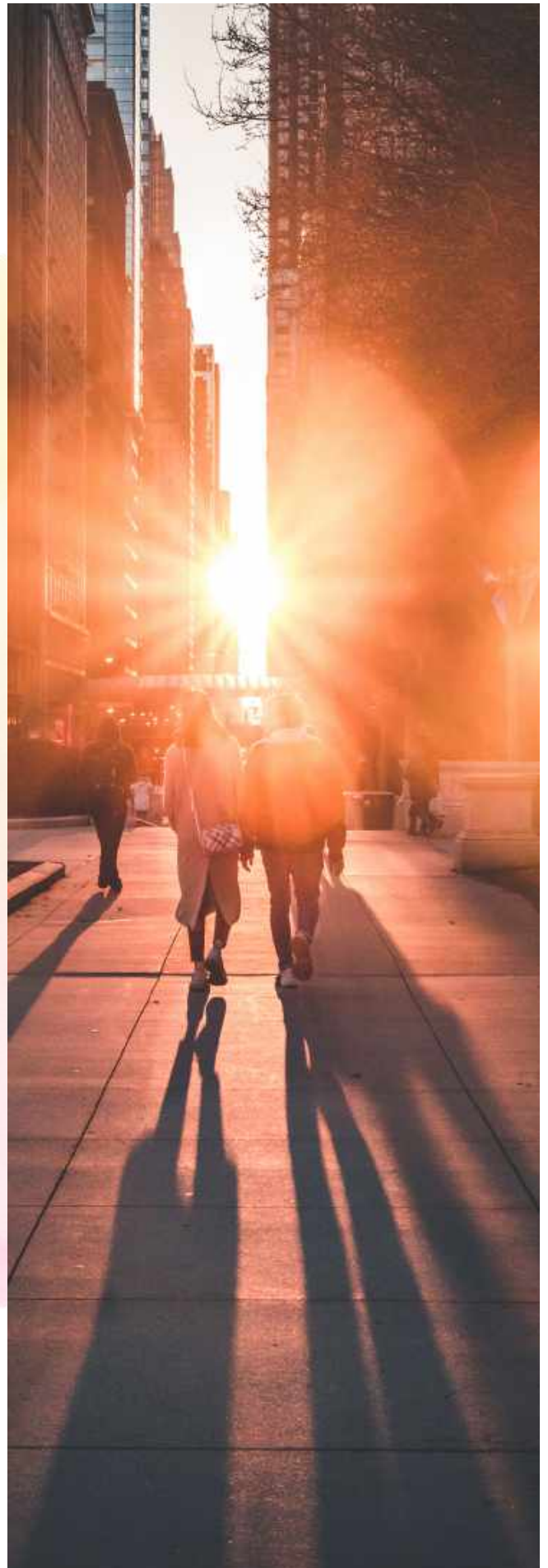
Our sense of past, present, and future comes from psychological memory and soul imprints.

The complex emotional associations with these memories makes us aware and afraid of our mortality.

The memory and mortality together give life meaning in every sense of the word.

It this law of Cause and Effect that is fundamental to Time that has given birth to the three Ms, and the three Ms have then evolved Language, Culture, Persona, Symbols, Myths and Motifs, History, and the rest.

These three Ms - memory, mortality, and meaning make us become philosophers in the times of distress and forgetful fools in times of pleasure.





The pleasure and pain paradigm, the fate and freewill paradigm, the question 'who am I?', etc, all arise from the the existence of Sun, the Self. The upholder of the very Solar system and the very planetary metaphysics that makes the world exist, the math and science of this metaphysics is Astrology.

There is an awareness looking outwards through the eyes, feeling through the heart, becoming through the body, relating through the persona, ideating through the brain, sexing through the hormones, but what is this Awareness? Who is making this Awareness exist?

Watching, reading, thinking, doing, and becoming, we innately have a deep desire to know this Awareness which exists prior to all becoming. It is the very being of our existence through which everything becomes.

Time is Past and Future, the Present is Life/Reality. Time is death, Present is alive, it is life. Present is not Time, utter presence, utter being, spontaneously arising in and of itself.

We must know this Self in the present. Know thy self, know the present to its ultimate meaning.

Being present with this awareness leads one to realize the Sun within, which we call the Self or Atman. Being is becoming, but being must keep on being. Can we do that?

ORIGINS AND PURPOSE

Our physical Sun is said to be 4 billion years old which may or may not be true. But the inner-sun is said to be eternal, its source is the Creator itself. Its purpose is to exist, experience, and evolve, and eventually Self-realize and liberate itself from the shackles of cyclical existence of Time/Kāla. This is the eternal teachings of all saints and mystics.

The outer world is only a fractal manifestation of the inner-one.

The hermeneutic idea, "as within, so without" and "as above, so below" are not just metaphysical impractical lofty utterances, but deep ancient eternal truths.

This becomes self-evident reality as we begin to look at life through the lens of astrology, and understand the wisdom of the Sun.

Though the Sun is more fundamental to the existence of the Solar System, it is indeed impossible to talk about the Sun without the Moon, and the Moon without the Sun. Therefore, we will continually reflect the light of the Sun upon the Moon.

Firstly, we must know that it is the Luni-Solar rhythms (Sun-Moon rhythms) that give birth to biological and psychological time. It is the luni-solar rhythms which cause all of the other psychophysical and psychospiritual processes - all of which are intertwined into an intricate laws of Time.

We need an integrative approach to conceptually understand the matters of Sun and Moon, the Soul and the Ego, whilst applying that conceptual framework to inner-stand it.

The Sanskrit word 'Atma' can be translated to 'Awareness' or the 'Soul' and the word 'Manas' can be translated to 'Imagination' or 'Ego'. Ego must not be confused with Egoity. Ego, simply put, is the preferential conditioned sense of self, and nothing negative as commonly misunderstood.

It is the interaction of the two, the Sun and the Moon, i.e, the Soul and the Ego, which gives birth to life on all levels of analysis. What do I mean by all levels of analysis? Let me take a few words to explain.

DYNAMISM OF ASTROLOGY

The Sun represents the father and the Moon represents the mother.

These are very basic and commonly known representations associated with the Sun and the Moon. But what is interesting and uncommon is that a 'Graha' (Sanskrit word for everything in the Solar system which means 'Seizer')

can represent many things on every level of analysis.

On the psychospiritual level, the Sun is the Atma, and the Moon is the Ego.

On the biological level, the Sun is the Skeletal and Immune Systems, and the Moon is the Circulatory, Respiratory and Urinary Systems. (This has deep medical implications as studied in Ayurveda, the ancient Indian system of Medicine).

In the masculine and feminine paradigm, the Sun is masculine, and the Moon is feminine.

On an ecological/environmental level, Sun is the actual Sun, and the Moon is the actual Moon causing the weather patterns and geological changes.

Note: we can astrologically know the weather patterns, and that was the role of astrology in primitive civilisations, though as the collective consciousness evolved, and so did the role of astrology.

On whichever level you analyse, the planets always represent and govern something and thus, basically everything is manifested and governed by the planets. This sounds surreal and it is indeed. The Luni-Solar patterns are the actual metaphysical mechanics of our Solar system, and therefore, all of life.

The 'Grahas' are therefore, the very basis of our reality, and astrology is the mother of all sciences - it is the meta-framework.



SOLAR SYSTEM AND LUNAR SYSTEM

We are able to experience, evolve, exist, and essentially have a sense of self on the physical, psychological, mental spiritual levels due to the two luminaries, the Sun and the Moon - the self planets, as astrologer Ernst Wilhelm calls them.

As I had mentioned before, It is the interaction of the Sun and the Moon, i.e., the Soul and the Ego, that makes the physical existence experiential.

The Lunar system simply implies the positionality from where we perceive everything else - If the Ego is the center of our lives, then we have a Lunar system, and if the Soul is the center of our lives, then it is a Solar system.

So, now we know, that we live in a Solar/Self/Sun system, that means, we are the causer and the upholder of our existence, the Soul is the principle force behind all causation, that is, we live in a Self System. We are not the victims of our circumstances as the Ego System or the Moon system would like us to believe. We are indeed the creators.

Maybe, not yet, not fully, maybe partially, to varying degrees and proportions for every individual.

The Sun must govern the planetary kingdom but it cannot if we only identify with the needs, projections, and psychology of the Moon.

The Moon must attune to the Sun's vision, but we cannot if it is traumatised and lunatic.

Let's go deeper.



LUNAR SYSTEM

Healthily functioning Moon is intuitive, imaginative, receptive, adaptable, nourishing, knows its needs, self-reflective, empathetic, compassionate, equipoised, surrendered, attuned to the Sun.

Unhealthily functioning Moon is self-doubting, projective, rigid, starved, craving, narcissistic, fluctuating and overwhelmed, controlling, disconnected, anti-social.

Moon plays a crucial role and must not be overlooked in the pursuit of Solar ambitions (individuation, creative explorations and freedom). One must engage in the psychotherapeutic spiritual practices which stabilise the Moon.

This allows for our Lunar system to develop in a healthy manner.

Practices to cultivate the Moon:

- 1) Self-inquiry into its patterns
- 2) Psychotherapy
- 3) Practicing self-love
- 4) Developing healthier habits
- 5) Mindfulness Meditations
- 6) Affirmations
- 7) Belief work

SOLAR SYSTEM

Healthily functioning Sun is inspired, dependable, noble, consistent, visionary, rational, intelligently leads itself and others, courageous, actively pursuing, attuned to the Moon.

Unhealthily functioning Sun is uninspired, fragile, unstable, ghosting, inconsistent, irrational, mismanaged, coward, passive, inactive, and lazy.

The Sun allows us to see clearly, govern with self-confidence, it does what it says and says what it does, accept its shortcomings and not become overwhelmed by them. Sun allows us to focus the energies of all the other planets in the astrological psychophysical solar system.

Practices to cultivate the Sun:

- 1) Consistent Meditation (a proper real system) - a Sādhana
 - 2) Active self-discovery (not passive self-inquiry)
 - 3) Cultivating the Moon
 - 4) Developing rationality and healthy detachment
 - 5) Practicing self-sacrifice
 - 6) Jungian Individuation and Campbellian Hero's journey.
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AN INTEGRATIVE APPROACH

In his "Zen Fables for Today", Richards McLean retells the following story:

"Why must I meditate in order to achieve enlightenment?" demanded the prince of the teacher. "I can study, I can pray. I can think on issues clearly. Why this silly emptying of mind?"

"I will show you," said the teacher, taking a bucket of water into the garden under the full moon.

"Now I stir the surface and what do you see?" "Ribbons of light," answered the prince.

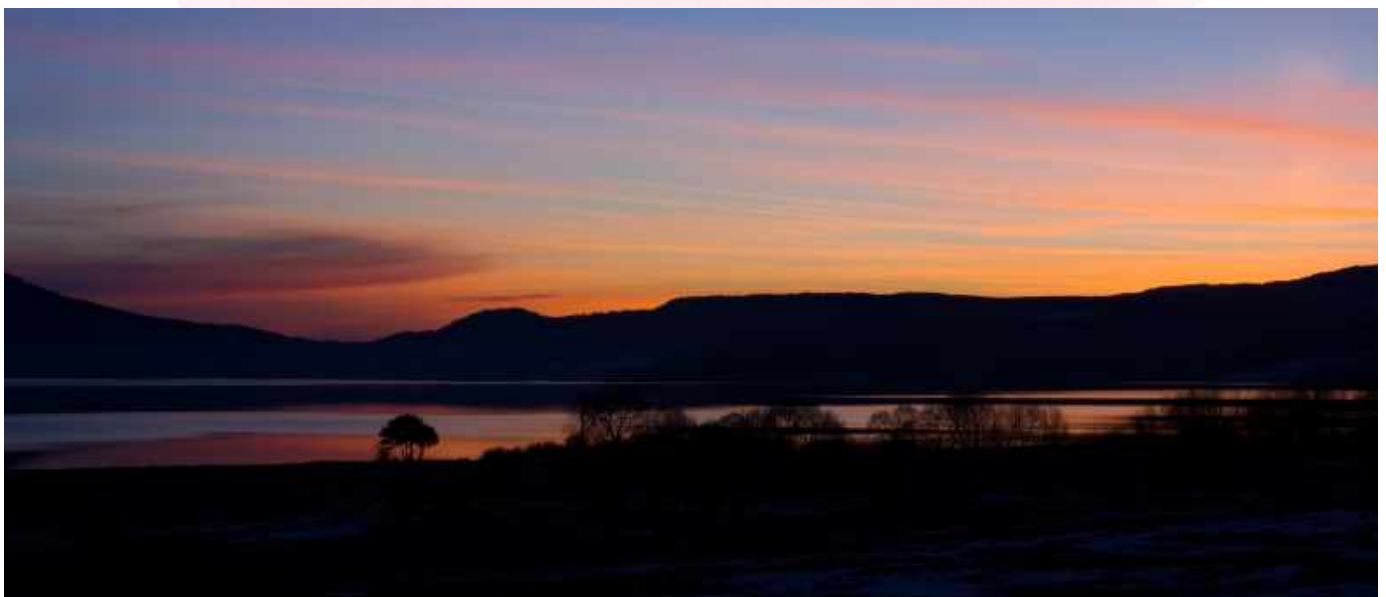
"Now wait," said the teacher setting the bucket down.

Both teacher and boy watched the calming surface of the water in the bamboo bucket for many minutes.

"Now what do you see?" asked the teacher. "The moon," replied to the prince.

"So, too, young master, the only way to grasp enlightenment is through a calm and settled mind."

The wisdom of the Sun transpires through the wisdom of the Moon.



The Moon is the bucket of water which must be kept calm and clean for the vision of the Sun to appear.

As the great spiritual master, Paramhansa Yogananda said and I paraphrase : much of the spiritual work is psychological.

The actual spiritual work is quick and can be done with the grace of Guru in an instant (The Zen parables on Satori speak of the same truth).

The entire struggle within the process of meditation is that of calming the waters in the bucket.

As we calm these lunar waters, the impurities come to the surface and must be dealt with separately.

We, then need to clean up the bucket and the water itself. This is the physical and psychological cleaning that is required in the form of fasting, shadow work, psychotherapy, etc.

That is the effort of developing an Integrative or Integral approach to spirituality.

How the Sun shines its light upon the Moon, and the Moon makes the light of the Sun shine upon the earth, similarly, the Sun's vision is reflected within the Moon, and then Moon makes that vision manifest on Earth.

The Atma has a vision or a Soul-path, this Soul-path is fulfilled on Earth through the individual egos. But the Ego fulfils this soul path unconsciously and painfully, this is due to the forgetfulness of the true self.

The effort is to develop a calm and clear Moon, which is the goal of psychotherapy. Then to still the Moon which is the goal of spirituality. The rest after these two takes care of itself.

In this stillness one can see the Sun reflect itself in the Moon, and one begins to identify with the Sun instead of the Lunar/Ego persona.

So, simply put, psychotherapy for the Moon which stabilises the Lunar system, and meditations for the Sun which stabilises the Solar system.

But to embrace the simple one must embody the complex.

ABSOLUTE SUN, RELATIVE MOON

We are visionless earth-bound lunar Egos that must first heal their Moons and simultaneously develop their Solar vision. This is the need of the hour if we seek to evolve ourselves and the collective consciousness of our planet.

We cannot discard the Lunar psycho-emotional needs and move into the development of the vision-oriented Sun. It is impossible. Can you envision a better future if you feel like shit? Nope. Your moment to moment needs are as important as your soul needs.

What I seek to suggest is that the Lunar system has its own role within the context of the relative reality, with its own relative needs and subjective truths. These Lunar needs lay the foundation for the Solar evolution.

The Sun has its own role within the context of absolute reality, with its own absolute needs and absolute truths. Sun's direct realisation is the goal of life but it requires a stable well-nourished Moon.

Both of them are important and neither can do the work of the other, nor can they fulfil their own agendas without the support of one another.

The Lunar and Solar perspectives, the absolute and relative, are both simultaneously true.

The Moon is only an antenna which catches the signals from the rest of the solar system according to its own conditionings.

The Sun upholds the Solar system and must govern everything according to its vision.

Moon plays a dual role, and requires extra care.

Firstly, it adapts according to the vision of the Sun.

Secondly, it needs to receive the demands of all the other planets for the fulfilment of Sun's vision.

The Moon, the Mind, the Ego, the Manas, thus in some ways becomes the meeting point for everyone.



We essentially need an Integral approach to astrology, where the relative reality and absolute reality can co-exist and mutually benefit each other.

One is neither a reclusive renunciate nor an indulgent materialist.

As Chogyam Trungpa says, "the practice of meditation is a way of unmasking ourselves, our deceptions of all kinds, and also the practice of meditation is a way of bringing out the subtleties of intelligence that exist within us. The experience of meditation sometimes plays the role of playmate; sometimes it plays the role of devil's advocate, fundamental depression. Sometimes it acts as an encouragement for birth, sometimes as an encouragement for death. Its moods might be entirely different in different levels and states of being and emotion, as well as in the experience of different individuals - but fundamentally, according to the Buddha, Shakyamuni Buddha, there is no doubt, none whatsoever, that meditation is the only way for us to begin on the spiritual path. That is the only way. The way."

Chogyam Trungpa has summarized the need for an integrative approach, where what arises within the meditations must be consciously and separately engaged with, and one keeps on going further and further on this path of Self-awareness or the path of awareness of the Awareness.



SPIRITUAL BYPASSING

Meditation requires one to deal with that which arises within the meditation, one cannot meditate away the shadows and traumas.

One needs to talk about it, discuss it, understand it, and gain clarity on the nature of the trauma, the revelations of the mind, and the spiritual practice itself. This deepens the meditations itself, while simultaneously deepening one's self-awareness. Both the Ego and the Soul nourish this way.

The importance of shadow work, psychotherapeutic work, physical work, belief work, etc, cannot be undermined in the spiritual process. It is part and parcel of the spiritual process.

Ritualistic religiosity, superstitious reverence, lack of awareness of the psychological apparitions of the mind, inability to confront devious characters outside and within, emotional fragility, etc, can cause one to spiritual bypass.

A spiritual bypass or spiritual bypassing is a "tendency to use spiritual ideas and practices to sidestep or avoid facing unresolved emotional issues, psychological wounds, and unfinished developmental tasks". The term was introduced in the early 1980s by John Welwood, a Buddhist teacher and psychotherapist.

The territory is laid out in greater detail by psychotherapist Robert August Masters in his book titled Spiritual Bypassing. In our culture, he suggests, we have little tolerance for facing and working through our pain. Spiritual bypassing is the shadow side of spirituality, representing everything we have repressed and avoided. When we engage in bypassing, we are likely to be drawn to the more superficial aspects of spiritual life, and we prefer to keep our blinders on. Examples of spiritual bypassing include exaggerated detachment, emotional numbing overemphasis on the positive, weak boundaries, an over-valuing of cognitive intelligence, and denial of our "negative" or shadow side.

Spiritual bypassing has a debilitating effect on the Lunar system. The Moon-Earth complex, that is emotional and material well-being begins to suffer due to false beliefs surrounding finances, talent, abuse, karmas, fate and freewill, meditation, meaning and purpose of life can, etc. This is the Solar Bypassing, that is, using the spiritual ambitions of Self-realisation to shirk other the responsibility of the relative truths.

MATERIAL BYPASSING

I hereby coin this term, Material Bypassing, where one abuses material and survival concerns to bypass real spiritual work. This work in essence is dedicating time for Meditation, and only Meditation and nothing else, and not any new-age peace-inducing meditation, but an actual system of meditation taught by a real spiritual master - such a Surat-Shabd Yoga or Kriya Yoga, etc.

It is the shadow side of Materiality/Sensuality (More on this in the future issues).

We see this a lot in the new-age spiritual community, rooted in extreme sensuality and indulgence whilst believing that this is spiritual work.

While Spiritual Bypassing causes the abuse of physical and psychological aspects of reality due to over-emphasis on spiritual ideas.

Material Bypassing causes the avoidance of meditation and proper spiritual sādhana due to an over-emphasis on psychological and physical concerns.



The spiritual journey is only burdensome for the self-contracted unsundered egotist that is seeking for the entire cosmos to function according to its own preferential pain-pleasure paradigm, where the spiritual practice is performed for the sake of fulfilment of a desire and removal of pain.

Nourishment and healthy sense of self is indeed a very important Lunar need, and must be wholeheartedly pursued, but it is often imbalanced as we see when 'needs fulfilment' turns into a full-blown relapse, and all kinds of addictions and other more complex unconscious behaviors.

Luna must stabilise itself within the relative reality to a certain degree by avoiding spiritual bypassing of any kind.

The Moon must fully realize its femininity, receptivity, adaptability, empathy, and emotional well-being.

But it must not engage in with material bypassing, where psychophysical concerns begin to take an overwhelming precedence over the devotional and self-sacrificial spiritual sādhanā.

Dhyāna is Dhyāna. Nothing else can replace it, and no one can do it for you, and there is no better time to practice it than now.



According to the Buddha, no one can attain basic sanity and basic enlightenment without practicing meditation. You might be highly confused or you might be highly awakened and completely ready for the path. You might be emotionally disturbed and experiencing a sense of claustrophobia in relation to your world. Perhaps you are inspired by works of art you have done or the visual and audial aspects of works of art in general. You might be fat, thin, big, small, intelligent, stupid - whatever you are, there is only one way, unconditionally, and that is to begin with the practice of meditation. The practice of meditation is the and only way. Without that, there is no way out and no way in.

- Chogyam Trungpa, The Path is the Goal

THE VISION OF THE SUN

Everyone in the kingdom requires an aim to work towards and the Sun must provide that aim/vision. The Sun is the consciousness that in congruence with the Queen/Moon must create Order in the otherwise unruly chaos of Kosmos. When the Sun has an aim it can direct the show properly.

Sun must therefore undoubtedly develop a clear vision, and lead and govern in accordance with that vision. This Sādhana or 'Centering' of the Sun allows for the innate energetics of every Graha to manifest to their highest karmic potential.

A stable Moon can then intuit the vision of the Sun and see it more clearly, the waters of the Moon must remain calm for it to reflect a clear image of what the Sun is seeking to reflect upon it.

A solid radiant Sun then commands the entire planetary kingdom properly and rationally and consistently.

The Sun shines powerfully with a vision, and the Moon receives the vision and adapts and flows for the fulfilment of the vision.

Mars, the army general, trains in a focused manner to fulfil the command of the Sun. It uses its will power and protect what is still weak within the kingdom.

Saturn knows which limitations to accept, what burdens to bear, and which traumas to forgive and forget.

Mercury knows how to manage the many mundane nitty-gritty arduous details which allow for a smooth functioning of the different departments. The vision of the Sun also allows it to develop the relevant hobbies and skills accordingly.

Jupiter knows where to seek meaning and purpose, where to derive and apply its wisdom. It allows for goodness and abundance to flow throughout the kingdom due to generosity, and following the law of compassion and abundance.

Venus knows how to derive worldly fulfilment and ease and where to apply its worldly wisdom for the smoothest outcome. It uses its diplomacy and tact to negotiate and create an environment for fair trade.

BALANCE IS ALWAYS KEY

Balance is the key, but what is the lock?

Moon makes matters more imaginative, intuitive, and empathetic for the rational, dutiful, and self-sacrificial Sun. It makes the Sun emotionally available to others.

Sun makes matters more vision-oriented, consistently inspired for the fluctuating and imaginative Moon. It makes Moon inspired and envisioned.

If not guided, Sun can become lost in providing for the things that the people of the kingdom have not asked for, this is an underdeveloped lunar feminine side. The father thus spoke, "I cannot be there for your birthday because I am making money for that expensive birthday party."

The Moon on the other hand can become so emotional, empathetic, and passive, that it begins to over-feed the baby, to the point of debilitating attachment, paralysing the individuality of the child leading up to a dysfunctional adulthood, along with other issues in relationships and marriage. The mother thus spoke, "I cannot leave you because you need me to do everything, how will you survive without me."

Both excesses lead to unstable and dysfunctional adults.

Too much masculine independence or too much feminine dependence within both the male (men) and the female (women) lead to power struggles and all other kinds of problems.



THE HERO'S JOURNEY

The Hero's journey begins in the 'Ordinary World' within the Earth and Moon paradigm, what we have called the Lunar system.

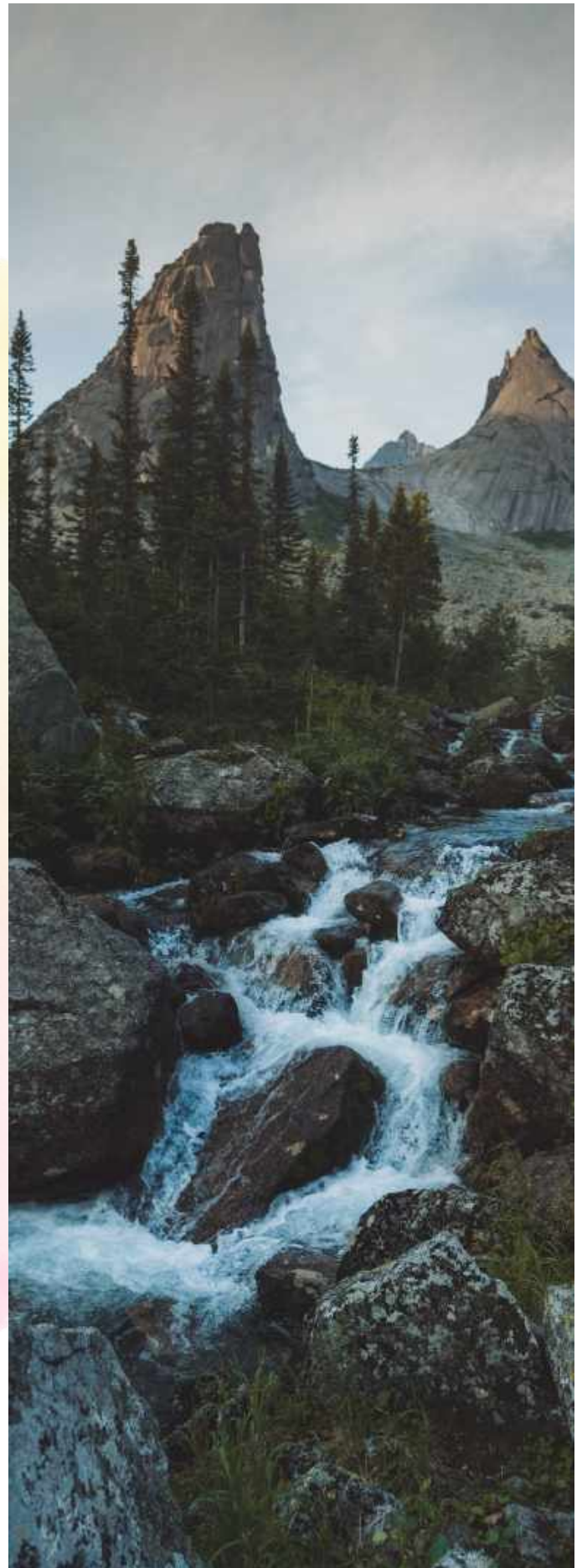
There is a 'Wake Up Call' of the Sun, this is when a thunderbolt of inspiration strikes the heart to move past the human condition.

The question Who am I? Or what is my purpose in this life? Or what is the purpose of life? There is an existential question that must be answered, and so the journey begins.

This wake up call is usually due to a crisis (physical mental, emotional, etc), or a spiritual inspiration (rare).

This comes the 'Refusal To the Call'. This is when the individual cannot believe that this 'Wake Up Call' is for them to follow. We resist it, fight it, deny it.

But the journey has already begun, and now it is only a matter of time and how consciously does one seek to engage the process.





Acceptance of the Call comes with Supernatural Aid. This is when the right help arrives, the right mentor shows up, the right book, the right idea, the right resources come forth for the person to push them further on the path of this journey of evolution of consciousness. The Supernatural aid (can be financial, physical, love-relationship, friendship, etc) gives the courage to Accept the Call

'Crossing the Threshold' is where we meet the guardians of the gates of self-transformation. The great mentors, teachers, gurus, and other people who will test you, help you, guide you, reject you, and the rest occurs at the Threshold.

At this point, one has entered the belly of the whale, this is the moment where one is struggling to survive, there is limited understanding of this new territory, not much is familiar, and one begins to transform.

There are many temptations, and moments of relapse into old patterns of being. Jung called this 'Regressive restoration of the persona.' A term used to describe what can happen when there has been a major collapse in the conscious attitude.

During this crucial and excruciating process of tests, temptations, and tribulations, there are helpers that arrive to guide. These guides teach about the virtues that must be cultivated in order to proceed, and they also teach how to cultivate them.

Eventually, there is a final moment of breakthrough, where the knowledge reveals it self, and a transformation on a very fundamental level takes place.

What we valued and sought at the beginning of journey is of no value anymore as a new person or self is cultivated, a new being has been created.

The purpose of the journey itself is changed by the journey itself. The whole point of action is a fundamental transformation of the individual consciousness and not fulfilment of desire or avoidance of pain, though they are the initial motivating factors.

One realises through the journey that fulfilment or non-fulfilment of desire is not the purpose of the journey. Transformation into a more evolved state of being is the whole point.

Finally, the Hero returns from the journey as a transformed being with some gifts to share with the world. These gifts give relief to others and the whole purpose of the journey is fulfilled.

Through this arduous Solar journey, the Moon's intuition, Mars' valour, Venus' counselling, Jupiter's judgment, Mercury's planning, Saturn's grit, guide the native. They are disciplined and ordered through the Sun's vision, and they aid the Sun in gaining back the vision during times of blindness.

After the Return, the entire planetary system begins to vibrate on a higher level, it is like the same notes being played on a higher octave.

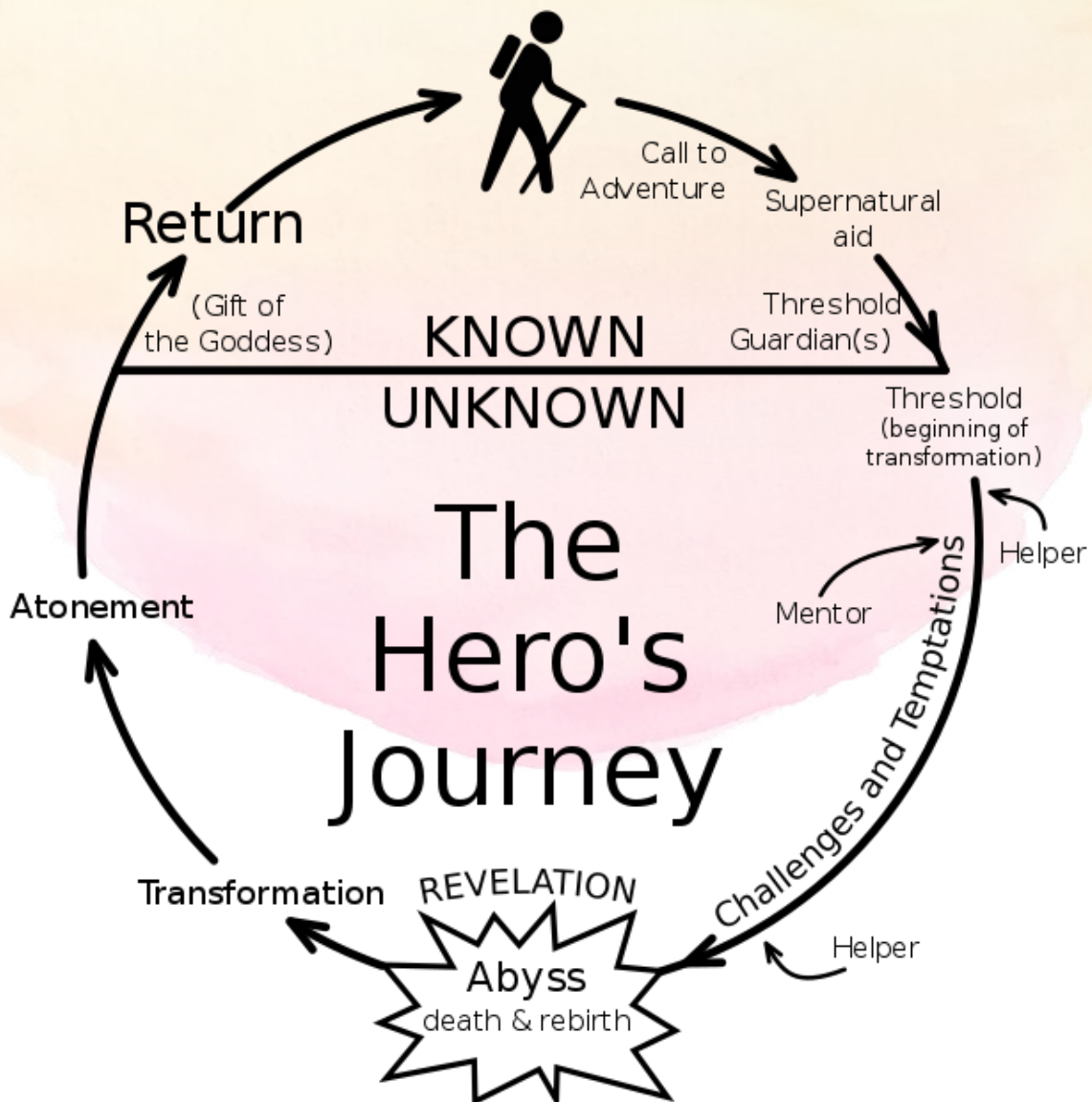


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“THE HERO’S JOURNEY ALWAYS BEGINS WITH THE CALL ONE WAY OR ANOTHER, A GUIDE MUST COME TO SAY, ‘LOOK, YOU’RE IN SLEEPY LAND. WAKE. COME ON A TRIP. THERE IS A WHOLE ASPECT OF YOUR CONSCIOUSNESS, YOUR BEING, THAT’S NOT BEEN TOUCHED. SO YOU’RE AT HOME HERE? WELL, THERE’S NOT ENOUGH OF YOU THERE.’ AND SO IT STARTS.”

– JOSEPH CAMPBELL

“



Let us discuss the term meditation at this point. When we talk about the practice of meditation, we are talking about a way of being. Unfortunately, the term meditation is not quite an adequate translation of the Sanskrit term dhyana or samadhi. Whenever we use a verbal form like "to meditate" or "meditating," that automatically invites the question, "What are you meditating upon?" or "What are you meditating in?" That is a common question that always comes up. But according to the Buddha's philosophy, there is no verb "to meditate." There is just a noun, "meditation." There's no meditating. You don't meditate, but you be in a state of meditation. You might find it very hard to swallow this distinction. We have a linguistic, a grammatical problem here. Meditating is not part of the Buddhist vocabulary, but meditation is.

- Chogyam Trungpa, *The Path is the Goal*

REMEMBER

If one lives for 80 years, they live to see 29,200 sunrises and sunsets, approximately 1000 Full Moons and New Moons. Isn't this beautiful how time is ticking away every moment we are reading, being, thinking, doing? How precious every Sunrise and Sunset is, how precious every Full Moon, every New Moon, and Eclipse is. I appreciate every moment you spend on reading this Newsletter.

One cannot wait for the psyche to fully stabilise forever, one only comes to a certain degree of ease with oneself, and this is where one must engage in the processes required to develop a healthy Solar System. The Moon also requires the fire and self-belief of the Sun to undertake all of the aforementioned activities, thus, they must always work together.

As one progresses on the path of evolution of consciousness, there are moments where we get pulled into all sorts of craziness, which causes us to devolve or not allow us move past a threshold, a barrier. These barriers are psychological in nature, and must be removed as they arise on our journey.

These barriers to our evolution can be due to debilitating physical disorders due to old age, psychospiritual conditioning, internal conflicts with religious ideas, extreme physical pains, sheer stupidity, rigid aggressive egoity, ungrounded untruthful atheism (unlike Buddha's atheism), karmic past life debts, misunderstandings, anger, greed, unresolved memories, addictions, loneliness, death anxiety, etc.



The Earth represents the physical body, and the Moon is the emotional body, and the Sun is the causal or soul body.

Psychospiritual work must indeed be prioritised if one seeks well-being, understanding of the Self, and benefit oneself and others.

But in actuality, we are no body, but to become no body we need to first realize that we are some body, and then use that some body to realize the no body. Do you know what I mean? It is okay, if this sounds like a bunch of bullshit. It might be. It is not though.

Moon and Earth nourish and nurture each other. But Sun is the one illuminate and nourishing them both.

There is an ever-lurking awareness of mortality which must be resolved. The purpose of life is to know death whilst living. To die before death. Period.

One needs to develop and stabilise the emotional body, and develop a healthy Earth-Moon complex, that is, a physically and emotionally stable environment through all the healing modalities we know of. Healthy emotions (empathy, compassion, courage, creativity, insight, patience, self-control, surrender, forgiveness, love, acceptance, reason, rationality, openness, etc) lead to a healthy physical body and vice-versa.

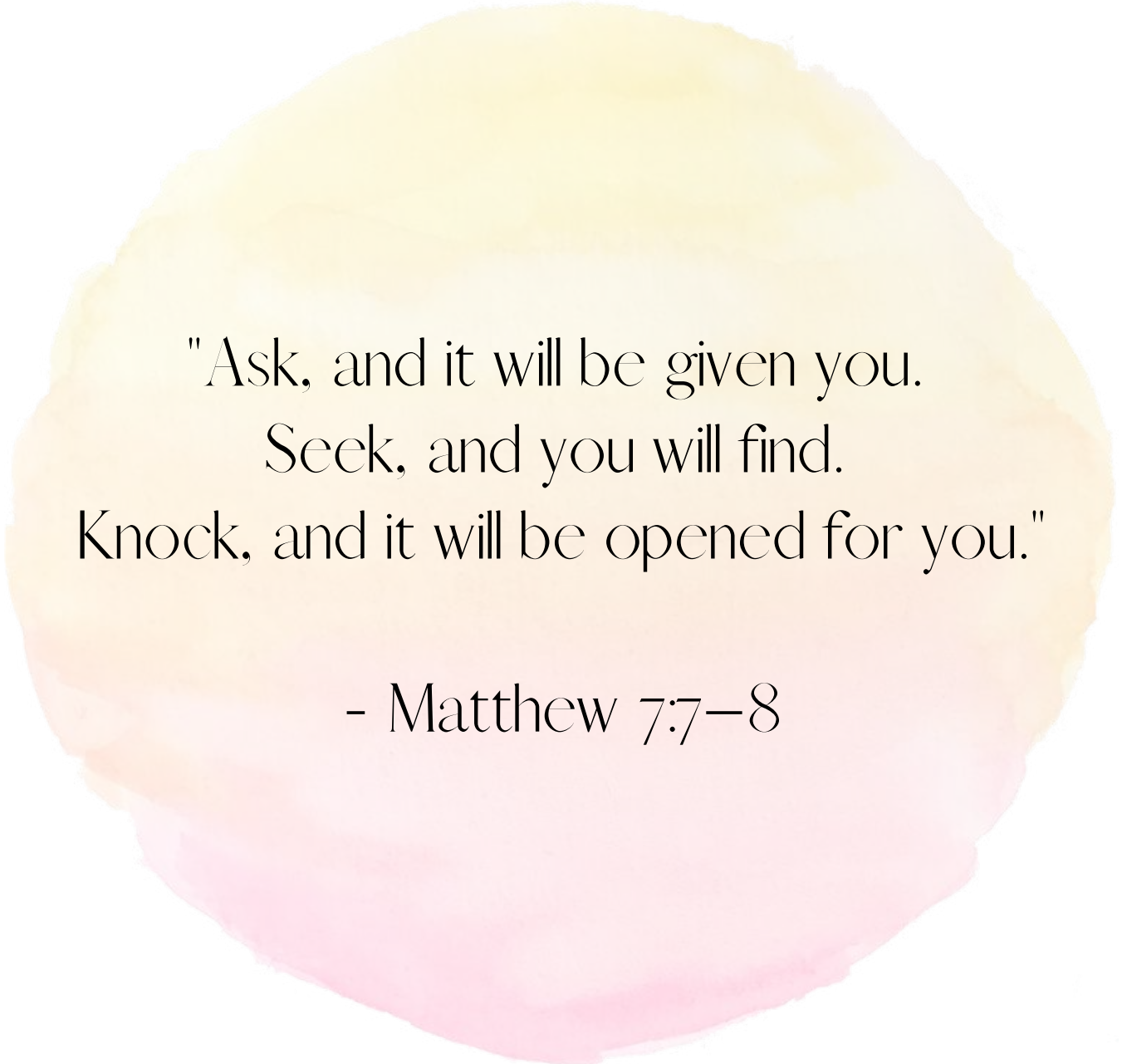
A healthy emotional and physical is the foundation for a healthy spiritual practice,

If the vision of the Sun is not clear it will fluctuate and make the entire solar system go crazy.



The wisdom of the Sun truly arises from the following questions, and each question leads one to a quest, a journey, and that is the purpose of life.

- 1) What is the meaning of life?
 - 2) What's it all about?
 - 3) Who are we?
 - 4) Why are we here?
 - 5) What are we here for?
 - 6) What is the origin of life?
 - 7) What is the nature of life?
 - 8) What is the nature of reality?
 - 9) What is the purpose of life?
 - 10) What is the purpose of one's life?
 - 11) What is the significance of life?
 - 12) What is meaningful and valuable in life?
 - 13) What is the value of life?
 - 14) What is the reason to live?
 - 15) What are we living for?
-



"Ask, and it will be given you.
Seek, and you will find.
Knock, and it will be opened for you."

- Matthew 7:7–8

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