

# INNER EFFECTS OF THE SUN



by Michael Erlewine

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These are not all, but they are the most useful essays from 2021, sorted by the seasons.

I don't have time to 'fine edit' them and still get them out there, but these are certainly in good-enough shape to be readable.

And I don't expect many, but hopefully 'any' folks will find these useful.

They are eclectic, yet the overriding theme is dharma and dharma practice. Those of you who reach a certain point in your own trajectory of dharma practice may find some of these useful.

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## SEEING WHAT'S THERE

March 30, 2023

On March 29<sup>th</sup>, 2023 at 10:33 EST, the 7<sup>th</sup> X-Class solar flare this year took place (X1.2), coming from sunspot AR3256 on the Sun's southwester limb. Radiation from the flare ionized the top of Earth's atmosphere causing a shortwave blackout over Australia, Asia, and New Zealand. It does not look like the flare was of long enough duration to lift a CME (Coronal Mass Ejection) from the sun's surface. The X flare was then followed by two additional significant flares, an M-class flare, and another almost M-class.

My interest in solar phenomena goes back to the early 1970s, around the time that 4-function calculators came on the scene. Before that we had no digital calculators available to the lot of us. It was pencil and paper, plus trig tables.

It took a digital calculator (+-x/) for me to create the first heliocentric ephemeris of any length (years 1653 to 2050) and it was accurate to a minute or two of arc and required a pocket calculator to use. It was published in book form in 1975 and it was my first books; its title was:

“The Sun Is Shining”

If you are learning about the Sun, heliocentric astrology, sunspots, solar flares, and CMEs (Corona Mass Ejections), and how they affect us not just physically through radio waves and the like, there are books, but as the effects of solar flares and the like emotionally, psychologically, and spiritually, then at this time in history it's a case of getting information wherever it exists, and there is not much.

I found it was easier to actually monitor solar flares myself and draw my own conclusions that it was to scour the literature on the internal effects of solar influx. There was next to nothing. To use a quote from the poet Gerard Manley Hopkins, "Suck any sense who can" is the mantra I use.

I will spare you a long talk on the history of astrology and its penchant for studying the universe from the outside in, worrying about distant planets and deep space, and yet managing to ignore the universe from the inside out, meaning starting with our Sun right now and its immediate energies, and then moving outward... yet I at least will mention this, which I just did.

Only the fringe of the fringe astrologers seem to pay anything but lip service to the massive influx of solar radiation streaming from our Sun and its effect on us each day personally, although scientific and

clear graphs of solar activity are available each day through websites like this.

“Solar Ham Radio” Website

<https://www.solarham.net/index.htm>

I am getting too old to rail at the world or astrologers about what they are missing via the sun's effect on us and why we best pay attention. Astrologers have turned a deaf eye.

It's not rocket science to read a graph of solar activity and compare it to what we are currently experiencing, day by day and hour by hour.

In 1992, the scientist Shim Shimoso wrote:

“As a next step, we ought to try bringing this into conscious awareness.”

And ‘this’ being “Magnetoreception,” the immense amounts of energy in the form of electromagnetic emissions that the Sun provides and which we can't ignore if only because it's there and we are experiencing it.



And yet, up until now we have forever ignored it. In the last 20 years astronomers and astrophysicists have begun to examine the effects of cosmic and solar radiation on the human psychological condition and not just radio and electrical interference. Yet they are very shy of publishing their results, although there are some.

Talk about Atlantis Arising, this whole submerged realm of the Sun and its emissions has been apparently invisible to us here on Earth consciously, but it seems to be coming into view and its clarifying. We are waking up to it.

[Midjourney graphic prompted by me.]

## BLOWING A FUSE: SOLAR ANIMATION

March 12, 2022

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[file:///D:/!%20FACEBOOK%202022/ANOTHER%20COPY/posts/media/videos/275718883\\_102244605754427\\_9114597193243761173\\_n\\_3241180806123738.mp4](file:///D:/!%20FACEBOOK%202022/ANOTHER%20COPY/posts/media/videos/275718883_102244605754427_9114597193243761173_n_3241180806123738.mp4)

## BLOWING A FUSE: SOLAR ANIMATION

[I am sorry to post so soon again, but “We interrupt our regularly scheduled program to bring you for an important message.” And it’s my fault for not getting this news out sooner, but I was putting out other fires, so to speak. At any rate, below is what the space scientists are drawing our attention to and what is heading our way as early as tomorrow, but internally we should already be feeling it.]

And there is no avoiding it, what I call ‘forced animation’, like it or not, animation by the outside forces of the Sun when it decides to get overactive.

I find it a shame that modern astrologers (who are supposed to give meaning to astronomical events) have paid almost no attention to solar activity. They

spend years and tomes on activity at a distance, like planetary aspects or even cosmic events from 'deep space' yet manage to ignore what is happening in our own backyard, here meaning the often-intense activity of the Sun itself and its effect on us.

And it's not as if we have a choice when the sun decides to get upset and eject some of its solar mass into outer space, often in the direction of our planet Earth, which it is doing right now.

Something like an intense solar flare or an incoming CME (Coronal Mass Ejection) does affect us, if only to grab us so tightly as to squeeze some life out of us. Scientists report that right now a full-halo CME is heading for Earth as I write this, expected to impact late on Sunday, March 13, 2022. This is the result of a long-duration C-class solar flare that took place on March 11th, which erupted for almost 12 hours straight, allowing it to pump an immense amount of energy in this coronal mass ejection (CME) that is now heading our way.

And it is said that the impact of this CME may well spill over into March 14th. I don't want to dwell too much in this article on the mechanics of solar activity, but rather to point out how these events also affect us internally, through our emotions and feelings. And the next couple of days should clearly describe this to each of us, if we can manage to remain aware that this is taking place, while at the same time being put through it physically and emotionally. Often the best many can do under incoming intense solar energy is

to go and lie down or otherwise stick our head in the sand until the impact passes. We agree to ignore what we find too hard to remember.

We are used to the sun delivering to us each day it's solar rays, the light that we can see by and that keeps us warm. It is like an extension cord between the Sun and Earth, regulated by the (usually) even voltage of the 'quiet' Sun. This variable voltage also controls our inner sense of life consciousness and probably our life stream itself.

So, what happens to all that when a sudden jolt of very high energy, super-intense voltage, runs through that extension cord? We know that intense solar activity like solar flares and especially Earth-directed CMEs can blow out power grids and greatly affect short-wave radio, and so on. That's the outer effect. How can we then not connect-the-dots enough to put two-and-two together and realize such intense solar activity must also affect us through and through, including our mind and emotional status.

If nothing more, such a sudden increase in solar voltage will push our internal synapses to their limit, literally forcing us into animation and activity, like a puppet on strings, dancing the dance of the cosmos, whether we are ready for it or not. That's what I mean when I said earlier, such events squeeze the life out of us. They force animation, force us to go through stuff. For sure, it will tire us out. It overdrives our internal psyche and mental systems, gives us headaches, and pushes us out of our normal internal

activity, and for some of us, blows a fuse or two.

This is a phenomenon that any of us can witness by developing some of awareness. And the next two days should be a good laboratory. My hope is that this does not additionally inflame the situation in the Ukraine. Nevertheless, everyone one of us here on Earth is bound to experience this and be forced to be animated by it and ride it out -- or for some, suffer it. Whether it animates us more than we would like or perhaps we manage to ignore or not be moved by it, we will see. I'm just pointing out the opportunity for those readers interested in these things. We are being made an offer we can't refuse.

[Photos from [SpaceWeather.com](https://www.spaceweather.com), which is always there if you want an update on what is going on in the heavenly realms.]



## SOLAR SURFERS

March 13, 2022

Is astrology really so hard to understand? I find it quite straightforward. We have no problem with astronomy, the study of astronomical events, particularly those of our solar system. Astrology is simply cultural astronomy, taking the same astronomical events that science uses, and attempting to suggest what they mean to us, if anything. To me, searching for meaning is a part and parcel of this life here on Earth.

Everything else seems to have some kind of meaning, what about astronomy and its events? Why draw the line at celestial events? Where did that admonition come from?

Is it like trying to mix sodium with water? We get an

explosion, and the same seems true with mixing celestial events and meaning. Somehow it is off-limits to ask what is the meaning of these astronomical events that surround us? It is forbidden to look into this, yet quantum physics does.

However, astrologers brook that opposition, jump right in, and ponder what a New Moon means, or a Mars/Saturn Conjunction and on and on. After 60 years studying astrology, I must say that trying to determine what astronomical events mean is where astrologers differ and find their difference. Some astrological interpretations mean something to me, IMO, but just as many do not.

Just because we can't agree what astronomical events mean, does not signify they mean nothing. Everything means something, including astronomy. It seems to me that interpreting astronomical events is just more difficult to determine, at least in my experience. What do they mean or what does life itself mean? These are legitimate questions IMO.

For example, we are now in what amounts to a solar inter-tidal period of a few days, a time when the constancy of the quiet Sun is interrupted by the 'angry' Sun, the injection of intense solar energy thrown at Earth, a huge surge of voltage that tries our psyche and health, challenging our emotions. For many, this roller coaster ride of solar energy is welcome, while for others, it blows a fuse somewhere inside. And it varies, depending on our ability to absorb it.

As for this current time, these days, I can only speak for myself, and I find this particular extended solar flare (launched from the Sun on March 11th) and the CME that it rides in on over the next days touching the quick more than a little. When the goal posts actually start to shift, move, and even dissolve, even one day's worth of intense solar change has more peaks and valleys than we are used to, so I just can't help but take notice. And as mentioned, these solar tidal waves are often quite individual in how they affect us; we are not all natural solar surfers. And we may be up for change one day and down for change on the next.

Right now, astrologically speaking, the heavenly view (astrologically speaking) is clear and lucid, thanks to the Grand Trine (Kite pattern) that's holding forth heliocentrically in the solar system, but these same emotional tides themselves shimmer, shake, and slip their stays, launching us on like a kayak trip down the solar rapids; at least in my case this has been true of late. I'm no sooner heading in one direction, when I find myself heading in the opposite direction, all within the confines of a single day. This is unusual, IMO.

I happen to like a touch of the psychedelic, ever since 1964 when I first took some Sandoz acid. And so, these type of intense solar surges remind me of old times and I'm not above a voyage 'Into the Mystic' either. I know my Van Morrison. I see and feel all kinds of things threatening to manifest these days, as I'm plunged back and forth, in and out of experience,



again and again. It's a merry-go-round. As mentioned above, of late, for me each day rises and sets like the tides, flooding my consciousness, and filling me with content that conflicts, carrying me with it each step of the way with its the highs and lows. Hold on to your hats!

[This Illustration I put together features a Grand Trine whole-chart pattern in Kite formation, an aspect pattern that is holding forth these days in the heavens. A Grand Trine whole-chart pattern or archetype is the perfect way to avoid sending a cross (Grand Cross, T-Square) through the center of the Sun. In the current case, as mentioned, this Grand Trine is a 'Kite' pattern as shown in the graphic.

This Grand Trine Kite pattern is a very sensitive archetype, one that senses things, which is the opposite of 'sense' immersion, as in touch-feely. The Grand Trine is sensitive to anything physical rather than being sensual. With a Grand Trine comes the ability to see the 'Big Picture', to see the forest as well as the trees, and to put everything in perspective, as from a distance. ]



Photo of the Northern Lights by John Dean from Nome, Alaska.



Photo taken by me during this CME time.

## “THE SKY EXPLODED”

March 13, 2022

I feel I owe a little more explanation about this current Geomagnetic storm that resulted from the recent CME hitting Earth. I will share two photos, one of the Northern Lights by John Dean from Nome, Alaska, and a second taken by me during this event. They both are different photos, but capture the same event, IMO. Here is a burb from

“As predicted, a CME hit Earth's magnetic field today, March 13th. The impact has sparked a moderately strong G2-class geomagnetic storm. When the CME arrived, "the sky exploded," reports John Dean, who sends this picture from Nome, Alaska: "I was out from 2:30 am until sunrise," says Dean. "The coronas (auroras that seem to fall from overhead like rain) were phenomenal.”

And here is my report on the inner sky.

These last days, at least for me, have been like a waking dream. Just getting through the day, I'm walking through dreams or dreamlike debris much of the time. And all my dreams or dream-like states have not 'schooled' like a school of fish school; they don't all point in the same direction.

Instead, I'm dreaming up one side and down the other, going in opposite directions, one dream perhaps only for a short time, but as one fades another arises. Throughout the day, I'm sensing these

dreamlike states and any given dream vanishes like the morning dew, and I find myself in another. Dreams, within dreams within dreams. Before you think I've got a free pass to Netflix, what I call here dreams are not like movies or videos, but more like transparent overlays that subtly weigh me down and in which I wander in and out of, not quite being able to put my finger on them. It is almost subconscious.

It makes for a long day, which is unusual for me. At eighty years of age, days go by like clockwork for me, usually very fast; however, these days are different. They stretch out and are filled with vignettes, little dramas, starts and stops, much like daydreams, but unlike daydreams, this is not what I would expect to dream in a daydream. It seems beyond my control and not very clear.

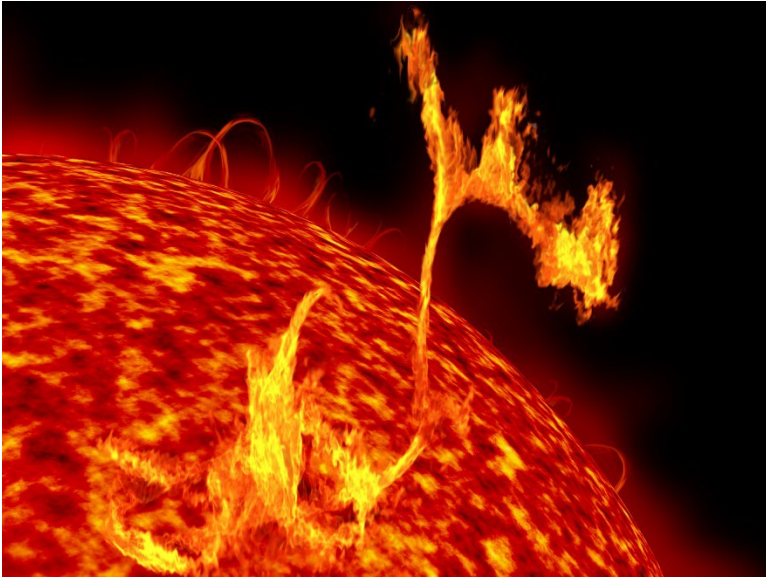
I wander around, almost in a vague stumble, wrapped in these mini-dramas, filtered by these dreamlike sequences that don't quite touch on reality. They are not full-on dreams, but are more like a holographic filter or transparent overlay, floating just beneath my awareness, yet I am partially aware, a kind of spiritual cataract or filmlike filter. Something has unleashed the subconscious, but in piecemeal.

I credit all this to the intense solar activity of late and probably to some sensitivity on my part to solar influx. As to how to respond to all this, it's hard to say. I tend to sit back and just take note, almost like watching a film, and these episodes are certainly a 'read only' event. I take it in, but so far have had no response to

offer, other than these words.

[I will share two photos, one of the Northern Lights by John Dean from Nome, Alaska, and a second taken by me during this event of the only flowers around, since we still have snow, ice, and very cold temperatures here. Both photos were born from the same solar moments.]





## THE ASTROLOGY OF SOLAR INFLUX

April 9, 2022

An astrologer friend said what's with this solar influx, like the sun with its solar flares and CMEs (Corona Mass Ejection)? We can't predict them. Of course, we can't predict solar variation to the degree we can predict the moment of the New or Full Moon(a momentary event), but that does not mean that solar intensity is not predictable. With solar activity, we are working with a continuing process that varies constantly, which is no reason not to become aware of it. For one thing, as astrologers we don't get to ignore heavenly events that we don't know how to interpret. Cosmic events don't cater to us, but quite



the reverse: we cater to them, whatever is out there. That's the role of an astrologer, interpreting celestial events, if we can.

In fact, our Sun is a variable star, meaning the energy output of this sun varies by one-thousandth of its magnitude (0.1%) over an 11-year solar cycle. And this has been dutifully monitored for centuries and ever increasing as we come to understand the importance of the variation of solar energy.

The fact that astrologers don't study the solar variation is a mystery to me. It's staring us right in the face and the Sun is literally the source of life for us. The problem is probably that we don't know how to interpret solar intensity and variation, even though it's not exactly rocket science. We are unfamiliar with studying our Sun.

What kind of astrologers are we? How can we ignore something so prominent and invasive as the effects of solar flares and the CMEs that our Sun hurls at Earth, huge masses of energy that literally change us, yet we seem dumbfounded when it comes to interpreting these effects.

I believe that astrologers don't know how to work with the solar variation and the 11-years sunspot cycle of solar intensity. We can rectify that. Here are two sources through which you can easily monitor the state of the sun's activity and solar variation:

[SpaceWeather.com](http://SpaceWeather.com) (general overview)

[www.solarham.net](http://www.solarham.net) (detailed graphs)

I have come to understand that solar variation, ranging from the quiet sun (normal daylight) to an 'angry' sun (CMEs) is best understood in its effect on us as 'change', meaning the quiet sun provides a normal amount of change in our lives, while the active or over-active sun also provides an injection of enhanced change, and much more energetically, usually enough change to overwhelm us and possibly upset our current apple cart.

We can only take so much of a change overload before we, well, perhaps are forced into a change of course. The conservative in us likes everything to remain constant in our lives, while the liberal in us may welcome change. We get both. Yet, in the next few years we will get a lot more overload of change, since the sunspot cycle is on the rise and, according to scientists, this particular rising cycle appears to be unusually strong, and not vice-versa. And so, we best hold on to our hats.

As mentioned, I find it helpful to equate solar intense influx with sheer change, and it can be harder to absorb (without blinking) large packets of change than the average amount of change of the quiet sun. Lately and for the next couple of years we can expect 'big' change and we best learn how to deal with it.

Because intense change can be overwhelming to folks, many just go and lie down or otherwise find some way to weather the incoming increased change,

like stick our head in the sand or otherwise denying change. It is our habit to ignore what is too difficult to acknowledge or absorb, so that can be our first step in learning to cope with increased change in our lives. Take it standing up, so to speak. Look change in the eye. Allow yourself to become aware of it.

The awareness of the incoming effect of solar change to us psychologically and emotionally is something we can develop consciously. It's like hardening off a plant in the garden that has grown too 'leggy' and thin. We are going to get hardened-off in the next few years of increasing change. We learn not only to accept change as it comes, but to use bursts of change to further our trajectory through life. In other words, we don't have to take it lying down. We can learn to handle change.

As for myself, I find that when the scientists tell me (see above links) that a large solar flare (or CME) has occurred on the surface of the sun and about when it will reach Earth, I should not only pay attention to the when the energy surge will hit Earth, but to also pay attention to when the solar flare or CME originally occurred on the surface of the sun. We all know it takes about 9 minutes for sunlight to travel from the Sun to Earth, and I seem to experience the effect of these solar explosions when (or soon after) they actually take place on the sun, and not just when they are predicted to hit Earth's atmosphere some time later. This is an important finding, IMO. Somehow, we are connected with the sun so intimately, that any change in the sun's output is felt by us.

And so, I am speaking to those astrologer Facebook 'Friends' out there, of which there are a couple thousand. It's time that we astrologers as a group upped our game and learned to account for, measure, and monitor solar influx. It goes with the turf of being an astrologer in this modern world. Of course, how we use solar influx is up to us, yet we first have to become aware of it.

And I find it fascinating and very helpful, not only for myself, but also of use to others who don't know what is happening psychologically and emotionally when times of sudden change can overwhelm us. Here are three free books that may help:

"Solar Flares: Their Inner and Outer Effects"

[http://spiritgrooves.net/pdf/e-books/Solar\\_Flares.pdf](http://spiritgrooves.net/pdf/e-books/Solar_Flares.pdf)

"Sun Storms: The Astrology of Solar Activity"

[http://spiritgrooves.net/pdf/e-books/sun\\_storms.pdf](http://spiritgrooves.net/pdf/e-books/sun_storms.pdf)

"Solar Biology: Monitoring Space Weather"

<http://spiritgrooves.net/pdf/e-books/SOLAR%20BIOLOGY%20pdf.pdf>

And of course, I am here to do my best to answer any questions, if you will just ask them.



## SOLAR OVERLOAD

May 17, 2022

The sunspot 11-year cycle is on the rise. Right now, there are eight sunspot groups on the solar disk, which scientists tell us is the most in years. And two extremely powerful hotspots are just coming to the sun's eastern limb and will come into view of Earth by midweek.

We know as a fact that Earth (and all its inhabitants) depend on the sun's light and heat for our very existence. And we also know that our sun is a variable star, meaning our energy and light from the sun does not flow at a constant rate, but varies, going up and down. Right now, it is going up and will for some years yet.

And even while it goes up, it will also suddenly vary greatly by increasing exploding flares with their CMEs (Corona Mass Ejections) of plasma that are hurled at Earth, and which we will all experience more or less at the same time. I am talking about energy that is ejected at Earth in large packets, energy that changes our status quo in various ways. And that change is something we have not only to endure, but it also can be useful to us (or not), depending on our physical constitution and willingness to work with change.

Extreme solar influx reaching Earth (and our minds and bodies) is like putting electric power through an extension cord that in many cases is too thin to hold the load. The power of this extreme solar change

affects us depending on our state of mind and the ability of our body to absorb the load. If we can't sustain that much change, we either blow a fuse, so to speak, or hunker down and ride it out.

Thus, our handling of high intensity solar flux is challenging as well. As mentioned, we can either act as a conduit and use solar change or blow a fuse ourselves. However, if we can manage to handle the load, the extra change or power can be used to forge ahead in whatever direction we are headed or where it is most needed.

When these incoming CMEs pile up and what is called 'cannibalization' takes place, one CME overtakes an earlier one and they pile on, the best we may be able to do is to hang on for dear life or let go of the change entirely and just hunker down until it passes.

However, if we can't handle the load, yet are holding the charge, we can offload it from us in any number of ways, most which are not so good for us or for those upon which it is discharged toward. How many times have we struggled to contain a charge, when it attempts to offload on someone or something else? We can walk a fine line, trying our best not to lose balance and still accidentally discharge it against our best interests.

When such an overload sweeps Earth, it affects millions of people all at once, many of whom will be unable to contain themselves and perhaps a lesser

group who can contain themselves and put the change to work in their behalf. In my experience, there are times when I can rise to the occasion and other times when it just blows right by. And there are early warning systems available, yet the public as a whole are unaware of them and/or how to best use them.

Most folks think of change as a product of fate, when most often it is very much up to our ability to sustain and use change, guide it, or suffer an overload, with all of its possible consequences, most not welcome by us or those who come to know us.

As they say, “Change is the only constant,” which should tell us something. And we can add that the degree of change very much affects us, and high-intensity change like that of solar flares (and their CMEs) can affect us very much. Many people don’t handle change well. In fact, there are whole groups who are conservative, and try to limit change to as little as possible. Of course, we can’t limit change one way or the other, yet we can learn to use change rather than fight against it.

First, it helps to be aware of solar change, to know when it is taking place. And that is as simple as going to [SpaceWeather.com](http://SpaceWeather.com) and see if any high-intensity solar flux is taking place now or has recently occurred and may be affecting us. That’s a beginning, to actually monitor the solar influx and to see for ourselves whether we dance in response to it or not.



I read somewhere that the movement of ants on a heated surface, as the temperature is turned up and down, is a more accurate thermometer than any scientists can devise. I don't know anything about whether that is true or not, yet I'm curious.

My question here is that we know that the influx of solar variation reaching Earth goes up and down. What each of us can determine is how do we react psychologically and emotionally to very high solar energy reaching Earth. How does this change in solar energy influx affect us? We have huge wind turbines to channel air. Perhaps we eventually will have methods to channel the solar wind and the change that solar influx thrusts upon us.

[Photo by me of the lilacs which are in bloom.]



## HAIR-TRIGGER EMOTIONS

May 18, 2022

What to do with all that excess energy that comes with solar flares and their CMEs? If we can't contain and absorb that degree of energy, we have to shed it one way or another, and that is fraught with all kinds of problems for most of us. Once in a while we can surf that change, ride the crest of the wave, and come out smiling. Yet just as often, in fact more often, not

being able to hang on to all that change finds us dumping it in whatever way is most convenient, and this may not be so convenient for us or those nearest us.

When we are filled up to overflow with change or the urge to change, what to do with all that extra energy? We try to shake it off. That's when we find that we are filled to the brim, with perhaps a hair-trigger release, and it seems that the least little thing sets us off. And when we can't absorb solar change, we dump on whatever, wherever, or whomever is most convenient. At these times, it takes very little to upset us, simply because we can't contain it.

If we investigate what causes us to erupt like this, and wonder why we can't contain ourselves, we find all kinds of reasons for setting us off. Of course, I am not discounting those, but only adding one more possible cause and it's up to you to see if this makes sense in your life.

Science is just getting around to seriously studying the effect of solar-energy packets affecting us emotionally and psychologically. Science has spent decades unpacking the physical effects on Earth from solar activity and CMEs, yet they have been rather shy in getting personal about all these effects. How does solar change also affect us internally? That's what I am interested in.

This is and has been going on for as long as time and our sun have existed with us, so our reactions to

sudden solar change is not new. Perhaps our awareness of it is. Astronomers initially go for the hard science, the outer physical effect on radio transmission, electrical grids, and so on. Yet, there is an inner, psychological, and emotional counterpart that we struggle with and apparently, as far as social awareness goes, are not generally aware of.

Where do you think change comes from? Mostly, since forever, we have assumed that 'change' just comes as it does, arbitrarily or something. We have not put our inner changes and the solar flux together as a single process that affects us. I find that if you will study these solar effects for a while, look at what the Sun is doing each day, you will find that it is, among other things, 'doing us'. We are in synch with solar activity. When the Sun says "Froggy," we jump.

In other words, we dance to the flow and variation of solar activity.

[Photo of our Redbud tree in bloom, by me.]



## SOLAR OVERLOAD

May 17, 2022

The sunspot 11-year cycle is on the rise. Right now, there are eight sunspot groups on the solar disk, which scientists tell us is the most in years. And two extremely powerful hotspots are just coming to the sun's eastern limb and will come into view of Earth by midweek.

We know as a fact that Earth (and all its inhabitants) depend on the sun's light and heat for our very existence. And we also know that our sun is a variable star, meaning our energy and light from the sun does not flow at a constant rate, but varies, going up and down. Right now, it is going up and will for some years yet.

And even while it goes up, it will also suddenly vary greatly by increasing exploding flares with their CMEs (Corona Mass Ejections) of plasma that are hurled at Earth, and which we will all experience more or less at the same time. I am talking about energy that is ejected at Earth in large packets, energy that changes our status quo in various ways. And that change is something we have not only to endure, but it also can be useful to us (or not), depending on our physical constitution and willingness to work with change.

Extreme solar influx reaching Earth (and our minds and bodies) is like putting electric power through an extension cord that in many cases is too thin to hold the load. The power of this extreme solar change

affects us depending on our state of mind and the ability of our body to absorb the load. If we can't sustain that much change, we either blow a fuse, so to speak, or hunker down and ride it out.

Thus, our handling of high intensity solar flux is challenging as well. As mentioned, we can either act as a conduit and use solar change or blow a fuse ourselves. However, if we can manage to handle the load, the extra change or power can be used to forge ahead in whatever direction we are headed or where it is most needed.

When these incoming CMEs pile up and what is called 'cannibalization' takes place, one CME overtakes an earlier one and they pile on, the best we may be able to do is to hang on for dear life or let go of the change entirely and just hunker down until it passes.

However, if we can't handle the load, yet are holding the charge, we can offload it from us in any number of ways, most which are not so good for us or for those upon which it is discharged toward. How many times have we struggled to contain a charge, when it attempts to offload on someone or something else? We can walk a fine line, trying our best not to lose balance and still accidentally discharge it against our best interests.

When such an overload sweeps Earth, it affects millions of people all at once, many of whom will be unable to contain themselves and perhaps a lesser

group who can contain themselves and put the change to work in their behalf. In my experience, there are times when I can rise to the occasion and other times when it just blows right by. And there are early warning systems available, yet the public as a whole are unaware of them and/or how to best use them.

Most folks think of change as a product of fate, when most often it is very much up to our ability to sustain and use change, guide it, or suffer an overload, with all of its possible consequences, most not welcome by us or those who come to know us.

As they say, “Change is the only constant,” which should tell us something. And we can add that the degree of change very much affects us, and high-intensity change like that of solar flares (and their CMEs) can affect us very much. Many people don’t handle change well. In fact, there are whole groups who are conservative, and try to limit change to as little as possible. Of course, we can’t limit change one way or the other, yet we can learn to use change rather than fight against it.

First, it helps to be aware of solar change, to know when it is taking place. And that is as simple as going to [SpaceWeather.com](http://SpaceWeather.com) and see if any high-intensity solar flux is taking place now or has recently occurred and may be affecting us. That’s a beginning, to actually monitor the solar influx and to see for ourselves whether we dance in response to it or not.



I read somewhere that the movement of ants on a heated surface, as the temperature is turned up and down, is a more accurate thermometer than any scientists can devise. I don't know anything about whether that is true or not, yet I'm curious.

My question here is that we know that the influx of solar variation reaching Earth goes up and down. What each of us can determine is how do we react psychologically and emotionally to very high solar energy reaching Earth. How does this change in solar energy influx affect us? We have huge wind turbines to channel air. Perhaps we eventually will have methods to channel the solar wind and the change that solar influx thrusts upon us.

[Photo by me of the lilacs which are in bloom.]



## HAIR-TRIGGER EMOTIONS

May 18, 2022

What to do with all that excess energy that comes with solar flares and their CMEs? If we can't contain and absorb that degree of energy, we have to shed it one way or another, and that is fraught with all kinds of problems for most of us. Once in a while we can surf that change, ride the crest of the wave, and come out smiling. Yet just as often, in fact more often, not

being able to hang on to all that change finds us dumping it in whatever way is most convenient, and this may not be so convenient for us or those nearest us.

When we are filled up to overflow with change or the urge to change, what to do with all that extra energy? We try to shake it off. That's when we find that we are filled to the brim, with perhaps a hair-trigger release, and it seems that the least little thing sets us off. And when we can't absorb solar change, we dump on whatever, wherever, or whomever is most convenient. At these times, it takes very little to upset us, simply because we can't contain it.

If we investigate what causes us to erupt like this, and wonder why we can't contain ourselves, we find all kinds of reasons for setting us off. Of course, I am not discounting those, but only adding one more possible cause and it's up to you to see if this makes sense in your life.

Science is just getting around to seriously studying the effect of solar-energy packets affecting us emotionally and psychologically. Science has spent decades unpacking the physical effects on Earth from solar activity and CMEs, yet they have been rather shy in getting personal about all these effects. How does solar change also affect us internally? That's what I am interested in.

This is and has been going on for as long as time and our sun have existed with us, so our reactions to

sudden solar change is not new. Perhaps our awareness of it is. Astronomers initially go for the hard science, the outer physical effect on radio transmission, electrical grids, and so on. Yet, there is an inner, psychological, and emotional counterpart that we struggle with and apparently, as far as social awareness goes, are not generally aware of.

Where do you think change comes from? Mostly, since forever, we have assumed that 'change' just comes as it does, arbitrarily or something. We have not put our inner changes and the solar flux together as a single process that affects us. I find that if you will study these solar effects for a while, look at what the Sun is doing each day, you will find that it is, among other things, 'doing us'. We are in synch with solar activity. When the Sun says "Froggy," we jump.

In other words, we dance to the flow and variation of solar activity.

[Photo of our Redbud tree in bloom, by me.]



## TOUCH THE SKY, TOUCH THE EARTH

April 10, 2022

Of course, reach for the sky, because as we know, the sky's the limit, at least the limit of 'UP', yet before you do, the sage advice is to first reach down and touch the earth as the Buddha Shakyamuni did, rather than just starting off reaching for the sky. With the

Buddha, this is called the 'Earth-Touching Gesture'. As the historical Buddha of this age, he did that for a reason that is worth understanding.

Reaching up into the mind or seeking out-of-body experiences without first being grounded is like flying a kite without a tail. It makes sense to reach up only when we are firmly grounded on Earth, yet if we are already too high, already too much into thinking and our head, reaching up will not benefit us at all. On the contrary. Like the image of the full lotus, which can only bloom on the surface of the water because its roots are established in the mud.

Our taking refuge (hiding high in the head) in the conceptual mind until the life of the flesh passes might be some form of cosmic humor, if only it were not so sad. We can't assume that we are automatically grounded when we enter this life as a child and that we have nowhere to look but 'up'. Many, if not most, folks would benefit from first looking down and make sure they are secure, firmly grounded, and have touched earth as the Buddha did and pointed out.

I know that was originally the case with me, that I was too much into my head, spent too much time out-of-the body and that, later in life, it is much harder to get grounded than when we are young and full of energy, under thirty years of age. Over thirty, past the prime of life physically, it is much harder to move things around because we have already entered the space beyond time's grip (Saturn Return) on us and have less grip. The time to get grounded is when we are

younger.

Of course, sooner or later, life will ground us anyway, and I am reminded of a poem the artist Michelangelo wrote (yes, he also wrote poems) which said something like “What if a little bird should escape death for many a long year, only to suffer a crueler death.”

That is the food for thought I bring to this piece. As my first dharma teacher would say to me, again and again, using this circus analogy. “Michael, if you spend all your time in the sideshow, the main tent will be gone.”

[Shakyamuni Buddha, the historical Buddha for this age, as drawn by the Bhutanese artist Sangye Wangchuk during his several years stay at our dharma center here in Big Rapids, Michigan. Some 500 drawings like this by Wangchuk are now a part of the permanent collection of the Ruben Museum of Art in New York City, specializing in the culture and art of the Himalayan regions.]



## INTERESTED?

April 13, 2022

As I have mentioned many times here, when in doubt, examine your interests. Even when not in doubt, look to your interests. The threads of our interest all lead somewhere important to us. They are like tributaries that lead to a larger river that will eventually sweep us away into the sea of effortless activity.

What may start as a trickle of interest, if followed, as mentioned, lead to larger and larger veins or tributaries that indicate where we want to go. It's not like attention to our interests is just a sidetrack or a waste of time.

What naturally interests us is, IMO, key, although like



everything else, we may have to become more sensitive and actually learn how to recognize our own interests. One thing about 'interest' is that we are interested in it, meaning interest is self-propelling and needs no other fuel to keep us going.

Obviously, if we, for example, are not interested in working our current job, we better tread carefully, lest we blow up our current situation with no forethought to the future. We will certainly learn from such an action (turning over the applecart) but perhaps not the things we most need to learn just now.

It is best to have a plan about turning our interests loose and going hog-wild about following our interests. In my case, following my interests has been a lifelong endeavor and I have moved very slowly, but steadily, in the direction of what interested me.

Of course, there is some purification that has to take place, like if we are interested in eating Hostess Twinkies until we fall over, that will have consequences that we don't need just now. So, some common sense has to be maintained.

My point here is that, based on a lifetime of following my interests as best I can, I can assure you that, as mentioned, little trickles of interest (at first), lead to streams, which lead to tributaries, which lead to rivers, and end up in the ocean of interest. That idea.

I don't know of any other way get the job done. Of course, we can read books, where we are told to do

this or that and we will get a result. Good luck with that! It sometimes works, but just as often it is a waste of time, and we give up on rote instructions. There is no driving energy there.

With 'interest' we never tire because we are interested in following any thread of interest farther. As mentioned, it is as close to a perpetual motion machine as we will ever find. We do have to find out (until we can learn to trust) our own interests and prove to ourselves that our interests, no matter how circuitous, lead in the general direction we need to go in life. We each have to prove that to ourselves. I can only tell you about it.

"Interests" work like magnets, pulling us in this or that direction. We don't have to trump up the energy to keep going. Our interests are naturally self-propelling and sustaining.

What more can I say? I have done this my whole life, starting very young and being raised out in the country, where there were no neighbors and no kids my age. I ended up studying nature and without realizing it, just naturally began to hone my interests. The whole process was self-directing, and just naturally unfolded.

By the time I was any age at all, I was already onto following my own interests and these only became clearer as I wound my way through school, being carefully to protect and follow my natural sense of interest all the way.

By the time I was a young man, I knew of no other way to live than by following whatever I was interested in to where it led. Also, I became very skilled in differentiating what interests led to the future and which did not.

So, there you have it, something about my view of interest and following its threads. If you come up with a better approach, do let me know, but until then I will continue to stick to what interests me. Nothing else is of interest!



TRYING TO BE KIND

April 14, 2022

Here is a point that deserves some clarification, IMO, the idea of making an effort to be kind, to be kind by intent rather than actuality. We mean to be kind. We intend to be kind, yet we are driven to this intellectually, because we feel we ought to or should be kind, rather than that we are impulsively kind by nature. There is always this 'middle-man' of making an effort.

This may be hard to describe, yet you should instantly understand what I am pointing at when I say "make an effort to be kind." I'm not saying we should not make an effort to be kind (or whatever), only pointing out the conceptual effort. In fact, the dharma teachings even have a word for this kind of effort, which is 'Relative Bodhicitta' as compared to the more natural 'Absolute Bodhicitta'.

As mentioned, this is not meant to demean relative bodhicitta, our going through the motions of kindness and so forth, basically intellectually or because we 'think' we should or that it's socially correct, rather than being driven to kindness by nature and acting without a thought.

Understanding the difference between the two definitions, as mentioned, is not to shame us for being unable to rise to the occasion of what is called absolute bodhicitta, but rather to point out to us that we may be well-meaning and going through the motions of kindness by design or obligation, rather than just being kind. It is best not to confuse the two.

In other words, just going through the motions of kindness or compassion in an obligatory manner, which basically amounts to “kindness sounds like this” when that’s the best we can do for the moment, is part and parcel of relative bodhicitta. We can’t help but do this because we are learning to be kind, trying it out, or feeling that is what we should be doing as opposed to just already doing it.

In other words, relative bodhicitta is OK to do, if only because we have no choice. We don’t know better. And so, I guess the big question is how do we make the transition from relative to absolute bodhicitta? How and when does that happen? This blog is clarification on this point.

You might imagine that the transition from relative to absolute bodhicitta is just gradual, meaning that gradually we shift from well-meaning to meaning well or however you want to phrase this. Yet, as far as I can tell, in dharma terms, that’s not how it works. We don’t just shift from relative to absolute bodhicitta gradually, like watching the sun rise.

Instead, there seems to be a specific event that triggers this transition, rather than a gradual morphing that brings this on, and that event traditionally in the dharma is called ‘Recognition’, which simply means our recognizing the true nature of the mind after having this nature pointed out to us by an authentic dharma teacher.

That little cog in the wheel is far reaching in its

implication and amounts to one big fly in the ointment of dharma practice. While almost everything in dharma practice is gradual and graduated, the trigger for 'Recognition' as to the actual nature of the mind is more like a switch, a switch that is either on or off, and not a graduated seamless process.

And this is made even more of a sticky point because 'Recognition', at least in all the pith dharma books I know, requires each of us to actually seek out an authentic dharma teacher that can point out to us the true nature of the mind, and that pointing-out is what precipitates 'Recognition' in us. And of course, we as students have to be able to receive these pointing-out instructions, which itself is not a small task.

In other words, there comes a point in learning the dharma where we seek out these pointing-out instructions from an authentic master. And thus crossing this impasse or bridge can be a problem or pickle that each of us are in, the fact that we are just waiting around for something like that to happen to us, which is not the same as our getting off our duffs and seeking out an authentic dharma teacher to work with us. And by 'authentic' I mean authentic for us, finding a teacher whose direction or help works with us. In other words, one that we can learn from.

And for those of you new to the dharma or who have no dharma teachers where you live that appeal to you, what I am saying here may have to be just information that you take in for now. I am doing my best to inform you. In fact, I am here pointing out the

‘pointing-out instructions’, so at the very least you are aware such a situation and instructions exist.

As to why recognition of the true nature of the mind exists and how that enables Absolute Bodhicitta, all that I can tell you is that, as far as I can tell, that’s just the way it works. It is an age-old tradition, being introduced to the mind’s nature by an authentic lama.

Perhaps this is because once we have been successfully introduced to the true nature of the mind, we begin to actually become familiar enough with our own mind to become more confident. ‘Recognition’ marks the beginning of a process of realization that will continue until we are, perhaps lifetimes from now, enlightened. It is an articulated event, with a before and after.

With ‘Recognition’, it’s also like we have finally realized something after perhaps years of work, and that’s a huge load off our mind. We are no longer paying it forward or kicking the can of realization down the road. We can afford to stop striving, give effort a rest, and actually look around.

And what we see when we look around is that, finally, we have at least reached some kind of resting place, a turning point. Let’s call it a view. If nothing else, at that point, after Recognition, we also want to share our ‘view’, with other fellow travelers, and spontaneously at that, sharing what we have confidently now experienced and we have a place to stand from which to do that.



At least, that's the best way I can express what 'Absolute Bodhicitta' is all about and how it differs from 'Relative Bodhicitta', the imitating of kindness and compassion. Instead, with absolute bodhicitta, we cannot but have a deep urge to share and be of use to others, if only because we have finally had some actual dharma results ourselves.

I know... talking about a result in the midst of an ongoing process is like taking a freeze-frame out of motion-picture movie. Perhaps this is why explaining this inner change in view is so difficult, and yet it happens. With greater confidence, our view does change, and one of the byproducts of that change is that suddenly we have the time and energy to step beyond our own self and struggles, at least enough to be of use to fellow travelers.

And, as condescending as that may sound, I find it to be true. When we have something like a result with our own dharma practice, such as 'Recognition,' along with it comes space and time to think about someone other than ourselves. In fact, it is better than that. The moment we can see beyond our own needs and confusion, there is nothing else to see other than the needs of others and we cannot but recommend what we ourselves are finally seeing. We want to help others have the same view as we are realizing.

To me, it is that simple: beyond ourselves there is, by definition, something 'beyond ourselves' and that is everyone else. And this insight does not require any

thinking or conceptualization on our part. It is as direct as the sights we see with our eyes or the sound we hear with our ears. There is no 'middle-man', so to speak, between our view and how things are. Take away our own need and we find the needs of others and respond to their needs naturally. We find that we are naturally compassionate. That is what is called "Absolute Bodhicitta." I can share this story.

This is something I learned many years ago at some 15,000 feet of altitude in the high plateaus of Tibet, when I first met the 17th Karmapa face to face. I was used to experiencing, when I met powerful spiritual leaders, the majesty and power of their presence, and I expected the same to happen meeting H.H. the 17th Karmapa, Ogyen Trinley Dorje.

Yet, this is not what happened. When looking the Karmapa in the eye, as I sat there before him on the floor, panting from the thin air from having climbed up the steep ladder-like stairs (several flights) Tibetans use. What I realized in the presence of the Karmapa, was not how spiritually powerful he was, but rather, to my total surprise, what I realized is that at heart, despite my often brusque and direct manner, I was a deeply, deeply compassionate, and caring being. That was the Karmapa's form of effect, to cause me to realize my own inner nature. "Who woulda' thunk it," as they say.

That's the power of the Karmapa, not to communicate his strength, but to help me to realize my own inner nature, just how deeply compassionate and caring I

am at heart, and all of us are that. I had never realized this before and have never forgotten it since.

[Photo of the “Water and Moon Guanyin,” the Bodhisattva of Compassion, at the Nelson-Atkins Museum of Art, Kansas City.]



## GETTING TO KNOW YOU

April 16, 2022

In this piece I am talking about getting to know our own Self. Something any LSD-taker (like we did back in the 1960s) should be able to attest to is that on acid we can see that we project our inner values out onto the world and then proceed to watch them and live in our own movie.

For those without that insight from LSD, it may be more difficult to recognize that the objective world is actually quite subjective and very much all about us, because basically what we see in the outside world is essentially our own inner projection. It's easy to say that in words yet realizing this can be a lifelong task.

How to unwrap that situation of our watching our own movie is not easy, although still possible. Any way you look at it, eventually the two must become one, meaning the outside (outer world) and inside (who we that are looking at it) are joined at the hip, one and the same. The problem is that we can't see this.

Once convinced of that (a feature of LSD), it is only a matter of time until, as Sir Edwin Arnold pointed out, "the dewdrop slips into the shining sea," that is, until we stabilize and become familiar with the nature of our mind. Although with the aftermath of acid, that can still take a good 10-20 years to stabilize. However, it can get the job done, but so can a supervised dharma practice.

Although, first catching ourselves in our habitual dualism of me inside here and the world (you) outside there, can be tricky, and that was one of the values of psychedelics.

It's so easy to fall into the habit of reifying our own Self, so that the dummy (our Self) ends up controlling the ventriloquist (our true nature). This is why so much space in literature is devoted to defining just what is the Self. We could just say that our Self is the

sum total of our attachments, likes and dislikes. And we equally could say that 'attachment' (for or against) is the glue that holds the Self together. Attachment is the whole deal.

And it is helpful to point out that what we call our Self, as a kid might include attachment to our new bike, while at 24 years or so, it could be our new wife or husband. Our attachments are constantly changing and so is what we call our Self. The Self is not a permanent or static thing, but rather an ongoing process of attachment.

And so, if we are landlocked into regarding our Self (with all of our reification) as something more interesting than life itself, we have a problem, a Catch-22. If we can't see beyond our Self (which is made up of attachments that we chose), then we are stuck with an endless self-referencing instead of the freedom of life itself. In other words, we are stuck on ourselves.

In some of the dharma practices, we imagine an image of our lama or the Buddha himself in front of us or on the top of my head; this is at least an attempt to short-circuit our habit of always referencing our Self. It is hard for us to tear ourselves away from our Self.

And no one is going to stop us from doing that, referencing our Self, yet I am pointing out that we are not about to learn from a collection of our own attachments that we, ourselves chose and put together. It's just kind of a foolish waste of time. There

is nothing there that we don't already know and nothing to learn except what I am mentioning here, that this has to be a colossal waste of our time.

Yet, how do we distract ourselves from our own habitual distraction of constantly reifying (building up) and glorifying our Self? It's been there for so long and the Self is so carefully manicured, that apparently, we can hardly take our eyes off our Self.

Yet, every now and again, some kind of external (or Internal) shock will jar us awake and offer us a brief gap or opening to see beyond that Self to what, so to speak, is out there.

This is the veil or problem that faces all dharma students, to find a way to look beyond (or through) our Self and mostly this takes a gradual thinning out of the obscuration or cataract that a Self imposes.

In my own case, my approach was first to learn to accept myself, just as I am (warts and all), and (much harder) to actually like my Self that I was more or less worshipping. In other words, make friends with yourself or at least learn to treat your Self as we would any other person, with acceptance and hopefully kindness. That should make sense.

Next, put your Self out to pasture like you might an old and well-known cow. Give your Self plenty of hay, water, sunshine, and just let it fade out in its own time, as we learn to become interested in other factors in life other than our own Self.

If you don't just fight yourself, hate yourself, or otherwise keep interacting, in time the Self will become increasingly transparent, meaning we will begin to see through it to what is beyond ourselves, which of course includes other people, the world, and life itself.

The Self admits to fading out, while if we struggle with the Self, it only grows stronger. It's sad to see folks struggling with themselves, hating themselves, and any and all other self-involvement. All they think about is ego, ego, ego or hate ego, ego, ego. The more we struggle with the Self, the more we take it with us everywhere we go.

In dharma practice, we learn to, as mentioned, see beyond our Self, or better put, see through our Self. We begin to transfer our identity from exclusively our Self to everything else: other people, places, things, and life in general. We change our focus, so that the Self becomes transparent (fades out) and everything else comes into focus. That amounts to a change of venue.





## ROLLING WITH CHANGE

April 17, 2022

Now is the beginning of solar excess, as this new solar cycle takes charge by today throwing off the first X-Class solar flare, the strongest class of flares. And by 'solar excess' I mean 'change' within us and probably too much of it to easily absorb and toss off without some awareness of it happening.

This recent flare emerged from a very active sunspot nest that is just now reaching the sun's northeastern limb, thus emerging from the far side of the sun into view. Even though not directly aimed at Earth, it managed to cause a shortwave radio blackout over southeast Asia and Australia and was accompanied by a CME (Corona Mass Ejection).

As many of you know, although of course I note the physical effects of solar activity, my main interest is how this intense solar activity affects us emotionally and psychologically. How do we accept change? And I equate solar activity simply with what we call 'change', the internal impetus to change and with intensive solar change, our inability to deny or avoid the increased rate of change within us.

Of course, the normal, 'quiet' sun with its steady rate of light-flow takes about nine minutes to travel from the Sun to Earth. With these more extreme bursts of change, not only do we absorb the regular light from the sun, but these additional packets of extreme energy and change take varying amounts of time, usually a few days of travel, to reach Earth's atmosphere. That's the mechanics of intensive solar activity.

How this surfeit of change affects us and the world's events, scientists have finally gotten around to beginning to study our internal response to change in the last 20 years or so. And astrologers, as a group are just as tardy as the scientists in telling us what this change can mean for us psychologically, although

I believe we can no longer ignore what is right before our eyes.

And, as mentioned, this is just the first of many volleys of X-Class 'change' that will mark the rise of the current sunspot cycle's activity. It would be redundant to say that it would help for us to wake up and take notice of what goes on internally within us with such change. After all, astrology can be defined, and has been, as cultural astronomy, what celestial events like solar flares mean and how they affect us.

So, it would be helpful to us if we could learn the way this solar change rolls and what it means for us to be inundated by these waves of more extreme change because they are just going to keep coming (and increasing) for the next several years.

Of course, as mentioned, we can watch the external physical effects of solar change as they affect radio transmissions or at times the electrical grids, yet I direct your attention to our internal changes and the emerging awareness that these packets of excessive change affect us beyond our ability to simply ignore them and toss them off.

The point here is that with such extreme change, we change at core (we change), and are easily overcome by more change than we can handle and, so it appears, we seem to seek refuge in lying down or otherwise ignore being buffeted by the waves of change as they arrive. We do our best to soldier-on, when at some point we have to just stop ignoring

change and wake up to handling it.

And this affects the whole earth and every one of us on it at roughly the same time. As mentioned, I feel it is time that we learn to monitor solar change with our awareness rather than seek to avoid (put it out of our mind) recognizing this change moving within us.

How such change affects something like Russia's attack on the Ukraine, I can only imagine; being pushed beyond our limits requires discipline by all of us. Of course, those of us who are teetering on the edge changing our lives will appreciate the shove of solar energy, making that change unavoidable, while others not wanting change will struggle against it. This is how it has always been.

Either way, change is coming and not in small increments, but in large packets and quanta like we have not see for a while. Up to now, these quanta of change have more or less gone without saying on our parts. I believe it is now time for us to, instead, acknowledge this coming change and learn how to use it.

And we have a solar eclipse coming on April 30, 2022.







## USE IT OR LOSE IT

May 13, 2022

I am talking about the very large pockets of solar change that are being hurled at Earth these last days. The quiet Sun brings change through sunlight that leaves the Sun, arriving Earth every nine minutes. Our life depends on it.

However, enormous packets of change, such as the recent CMEs (Corona Mass Ejections), bombard Earth with more change than most of us know what to do with. Lately I find myself being inundated by these

CMEs, not only when they reach Earth, but from the moment they are first hurled out from the Sun.

I'm afraid that my first impulse was to hunker down and wait this bombardment out, but gradually, since they seem to keep on coming, I am raising my head and looking around, thinking that there must be something I can do with this energy other than stick my head in the sand.

And I'm not talking about small change here, like that from the quiet Sun, but rather some pretty major change that is now available and at hand.

And so, as for using this change, what follows is a good example of what we can do with this powerful energy, if we dare seize the day.

What I have done is go through some realization about my own local, in this case, family situation. I love my family, but in recent years have tried to keep up with these youngsters by playing their game, so to speak, which for me means trying to fit in.

I have to confess that I have had trouble fitting in since I was a child, try as I might, and I have tried. Yet, the "go along to get along" philosophy is foreign to my very nature, or so it seems. I'm afraid that the sight of me "trying" to go along is not a pretty one.

Well, in this current climate of solar change, for lack of anything better to do, I have found myself rising to the occasion and grabbing the third rail, so to speak, and



then I put my pedal to the metal on top of that. I took all that spare change that the Sun is laying on us and, in my own way, grabbed it like a vajra, a thunderbolt.

Of course, the shock of it kind of blew me out of the water, but as I gathered my senses, I realized that all of my trying to get along with my own kin, was just that, 'trying', not only for me, but very trying for my family as well.

I am reminded of the image (I can't remember where I saw the image) of a line of farmyard cats parading across the lawn in the coming twilight. And at the end of the line, a little way back, was one skunk walking right with them and as happy as can be.

Well, in this analogy, I'm the skunk and thanks to the energy of this now active sun, I realized my mistake, and have been feeling around for ways to remedy this situation for myself and for them. "Them," being my family.

And what came to mind is that from at least 1972, when Margaret and I realized that we were going to have a child, I have concentrated on trying to provide for a family, and at the same time not work at something that I was not interested in, for me not a small task.

I can't say what the roles of men and woman are today, but back then, the woman actually had the baby and was in charge (or was at least more expert) in caring for them, while the men (that would be me)

interfaced with the outside world as a provider of food, home, and general protection. Anyway, that's how I was raised and what we did. It was not anything we really talked about; we just naturally did that.

Now, fast forward to 2022. My kids are raised and have their own pups. I'm retired and we live on a modest retirement income. I'm no longer bringing home the bacon or much of anything. My kids, mostly my three daughters and their mom, are very close, which is wonderful, while my one son Michael (who does better than I do) are somewhat outriders to all this, at least I am.

I no longer have a staff to tend to, projects to complete, or anything that has to be done other than housework, some repair and maintenance kind of stuff.

So, of course, I try to join the ladies and fit in. Good luck! The problem is that, as usual, I have trouble fitting in. I am a lead dog and have been all my life and there is nothing to be "lead" about, and the kids are more up on what is happening than I am.

And so, as mentioned in a recent blog here, I am mostly relegated to my traditional role of father and provider, whether I have anything to do in that regard or not. One could say I am at a crossroads. It seems everyone is used to (and content) with me in my traditional role as the father provider, even if I just stand there with my thumb out. I'm not really going anywhere just now.

And that in-close and 'chatty' work apparently is not my style, meaning I can't quite get with the program. So, thanks to this recent boost of spare change, this bolt of solar energy, I'm trying to resurrect and fit back into my classic role as lead dog and provider, even though I have nowhere to go, and we don't need provisions. At least I belong there in the family's eyes, if not my own.

It's true, I am very used to following my own interests and have for decades. I'm like the gunslinger after the West was won; I'm no longer needed. Perhaps all I'm good for is the 'Wild-West Show,' where I can appear as a performer. Those are my two-cents. Your suggestions are welcome.

I feel this is an excellent example of how to act on the solar energy at hand and use it, rather than be used by it or just ignore it.



## I'LL TAKE MINE NEAT, PLEASE

May 15, 2022

There has to be some point to 'walking point', even as we get old and retire, and I'm on it. My kids are raised and because of covid, I don't see my grandkids much anymore. I've been a leader all my adult life, and I don't know how to do much else.

Perhaps these days all I can do is lead in a direction that no one cares much about, since I am so used to

carving my way through life, come hell or high water.  
I'm not good for much else.

As of late, perhaps my form of 'leading' is sharing in forums like this, sharing whatever I can, which more or less keeps me sharp and busy enough. God knows I don't see anyone in person these covid-days because of this virus, and no one comes in our house without covid testing, and even then, it is just our kids and inner family.

So, what's a retired walking-pointer to do? I'm almost 81 and all I know in this pandemic is sharing posts like these. I'm no longer building companies or carving our future from the ether. And I'm not ready to be put out to pasture either, at least in my own mind. So, what's an old guy to do?

And the whole "guy" thing and guys in general are not so popular in these times. This is the "Age of Women" as far as I am concerned, and I have three daughters and a wife to prove it.

When I meet someone my age, just like it has always been said, we agree that the younger generation does not have the same work ethic we did and many don't like to work at all.

Another way to say this is that I'm not sure where I stand. Everything seems a bit chaotic, yet my internal clarity tells me that this is a good thing. I just don't know how it will play out yet. I feel clean inside and in the process of waking up from a kind of bending over

backward to fit into my retirement situation, which I cannot quite seem to do.

I just am me, the way I am, and nothing more. It is no one's fault but my own that I try to do something I can't by nature do. All my life, my choice has been to walk on, and this because for me there is no 'room in the inn', so to speak. The roil of life, like surf rushing up a beach, pushes me before it, like an innertube by a wave. As mentioned, my first choice has always been to find a place to be. Instead, I keep paying that forward.

One of the advantages of learning to use the more intense solar energy of these times is to achieve what amounts to a reset to my system, a reduction to a more natural baseline, and a chance to build on that. At my age, it is difficult to get any kind of reset, because too much water has gone over the dam. Seizing solar change and mastering it can do that, turn things around.

This makes particular sense because the solar sunspot cycle is now on the increase, so we can expect more and more quantities of intense solar change to be coming our way. Of course, we can hunker down and wait it out, which most folks do or remain oblivious to it by ignoring these changes. I find it is worthwhile to not ignore change, but to at least attempt to use it directly, as the old saying "Carpe Diem" expresses: Seize the Day.

Yes, it's like trying to exercise a very stiff body, this

initial fumbling to get a handle on solar quanta, these packets of solar energy, and learn to use them in our behalf. This is something we have to learn to do. And the first step is to verify for ourselves that this energy, these solar changes, are real and that we can be aware of them and not just continue to ignore them.

And then, as mentioned, we learn to use this solar energy as best we can. Better late than never, as the old saying goes. These large packets of solar change are there for the taking, and to ignore them is to be buffeted around by them. Better to become aware of them, their effect on us, and get started with actually putting them to use. This is what I'm learning to do.

I look forward to the day when daily solar events are part of the news cycle and we refer to them as we do to a weather report, and we are learning to use these packets of change as a form of renewable energy, renewing our own energy. Right now, all this solar change is chaotic in its effect and not something many folks are aware of. In time, that will change.

And it will change by each one of us ceasing to ignore this solar flux and beginning to learn how to effectively handle it in our daily lives. Some are doing this already, but it seems few.

The increased solar flux, with the immense packets of change (CMEs), are enough to clear out all the stops in our system, which can either put us down on a bed (trying to hide our head for some days) or blow out our mind, leaving us lean and clean, essentially

purified to a more significant degree. It's kind of our choice how we take it, either laying down or on our feet and straight-up.

I have done it both ways, of course, and I prefer the second, if I can get my arms around all that change and channel it somewhere helpful to me. It's as close to a free lunch as we will ever get, IMO.

Incoming solar change, as propelled by a solar flare or CME, is profound in its effect on us, both psychologically and physically. It can cause chaos and confusion (and does), yet it also can be directed, if we can manage it. It's like a firehose, strong enough to upset our apple cart, yet also powerful enough to carry us into a new dimension or turn over a new leaf. And it's not like we have any choice. Everyone on Earth experiences the Sun, both quiet and angry, and at the same time.

I am trying to sort this out, so that I can perhaps give folks here a more coherent account. Please bear with me.

[Photo by me today, as the grape leaves on our arbor begin to unfold, here is the nymph mode of the Assassin bug.]



## SOLAR OVERLOAD

May 17, 2022

The sunspot 11-year cycle is on the rise. Right now, there are eight sunspot groups on the solar disk, which scientists tell us is the most in years. And two extremely powerful hotspots are just coming to the sun's eastern limb and will come into view of Earth by midweek.

We know as a fact that Earth (and all its inhabitants) depend on the sun's light and heat for our very existence. And we also know that our sun is a variable star, meaning our energy and light from the sun does not flow at a constant rate, but varies, going up and down. Right now, it is going up and will for some years yet.

And even while it goes up, it will also suddenly vary greatly by increasing exploding flares with their CMEs (Corona Mass Ejections) of plasma that are hurled at Earth, and which we will all experience more or less at the same time. I am talking about energy that is ejected at Earth in large packets, energy that changes our status quo in various ways. And that change is something we have not only to endure, but it also can be useful to us (or not), depending on our physical constitution and willingness to work with change.

Extreme solar influx reaching Earth (and our minds and bodies) is like putting electric power through an extension cord that in many cases is too thin to hold

the load. The power of this extreme solar change affects us depending on our state of mind and the ability of our body to absorb the load. If we can't sustain that much change, we either blow a fuse, so to speak, or hunker down and ride it out.

Thus, our handling of high intensity solar flux is challenging as well. As mentioned, we can either act as a conduit and use solar change or blow a fuse ourselves. However, if we can manage to handle the load, the extra change or power can be used to forge ahead in whatever direction we are headed or where it is most needed.

When these incoming CMEs pile up and what is called 'cannibalization' takes place, one CME overtakes an earlier one and they pile on, the best we may be able to do is to hang on for dear life or let go of the change entirely and just hunker down until it passes.

However, if we can't handle the load, yet are holding the charge, we can offload it from us in any number of ways, most which are not so good for us or for those upon which it is discharged toward. How many times have we struggled to contain a charge, when it attempts to offload on someone or something else? We can walk a fine line, trying our best not to lose balance and still accidentally discharge it against our best interests.

When such an overload sweeps Earth, it affects millions of people all at once, many of whom will be

unable to contain themselves and perhaps a lesser group who can contain themselves and put the change to work in their behalf. In my experience, there are times when I can rise to the occasion and other times when it just blows right by. And there are early warning systems available, yet the public as a whole are unaware of them and/or how to best use them.

Most folks think of change as a product of fate, when most often it is very much up to our ability to sustain and use change, guide it, or suffer an overload, with all of its possible consequences, most not welcome by us or those who come to know us.

As they say, “Change is the only constant,” which should tell us something. And we can add that the degree of change very much affects us, and high-intensity change like that of solar flares (and their CMEs) can affect us very much. Many people don’t handle change well. In fact, there are whole groups who are conservative, and try to limit change to as little as possible. Of course, we can’t limit change one way or the other, yet we can learn to use change rather than fight against it.

First, it helps to be aware of solar change, to know when it is taking place. And that is as simple as going to [SpaceWeather.com](http://SpaceWeather.com) and see if any high-intensity solar flux is taking place now or has recently occurred and may be affecting us. That’s a beginning, to actually monitor the solar influx and to see for ourselves whether we dance in response to it or not.

I read somewhere that the movement of ants on a heated surface, as the temperature is turned up and down, is a more accurate thermometer than any scientists can devise. I don't know anything about whether that is true or not, yet I'm curious.

My question here is that we know that the influx of solar variation reaching Earth goes up and down. What each of us can determine is how do we react psychologically and emotionally to very high solar energy reaching Earth. How does this change in solar energy influx affect us? We have huge wind turbines to channel air. Perhaps we eventually will have methods to channel the solar wind and the change that solar influx thrusts upon us.

[Photo by me of the lilacs which are in bloom.]



## HAIR-TRIGGER EMOTIONS

May 18, 2022

What to do with all that excess energy that comes with solar flares and their CMEs? If we can't contain and absorb that degree of energy, we have to shed it one way or another, and that is fraught with all kinds of problems for most of us. Once in a while we can surf that change, ride the crest of the wave, and come out smiling. Yet just as often, in fact more often, not

being able to hang on to all that change finds us dumping it in whatever way is most convenient, and this may not be so convenient for us or those nearest us.

When we are filled up to overflow with change or the urge to change, what to do with all that extra energy? We try to shake it off. That's when we find that we are filled to the brim, with perhaps a hair-trigger release, and it seems that the least little thing sets us off. And when we can't absorb solar change, we dump on whatever, wherever, or whomever is most convenient. At these times, it takes very little to upset us, simply because we can't contain it.

If we investigate what causes us to erupt like this, and wonder why we can't contain ourselves, we find all kinds of reasons for setting us off. Of course, I am not discounting those, but only adding one more possible cause and it's up to you to see if this makes sense in your life.

Science is just getting around to seriously studying the effect of solar-energy packets affecting us emotionally and psychologically. Science has spent decades unpacking the physical effects on Earth from solar activity and CMEs, yet they have been rather shy in getting personal about all these effects. How does solar change also affect us internally? That's what I am interested in.

This is and has been going on for as long as time and our sun have existed with us, so our reactions to

sudden solar change is not new. Perhaps our awareness of it is. Astronomers initially go for the hard science, the outer physical effect on radio transmission, electrical grids, and so on. Yet, there is an inner, psychological, and emotional counterpart that we struggle with and apparently, as far as social awareness goes, are not generally aware of.

Where do you think change comes from? Mostly, since forever, we have assumed that 'change' just comes as it does, arbitrarily or something. We have not put our inner changes and the solar flux together as a single process that affects us. I find that if you will study these solar effects for a while, look at what the Sun is doing each day, you will find that it is, among other things, 'doing us'. We are in synch with solar activity. When the Sun says "Froggy," we jump.

In other words, we dance to the flow and variation of solar activity.

[Photo of our Redbud tree in bloom, by me.]







## HAPPENING NOW: INTENSE SOLAR ACTIVITY

January 9, 2023

This blog is about the current (11 year) solar sunspot cycle which is now heading toward its maximum effect in the next year or so (2025), and the fact that we just had two large X-class flare events, the highest class of solar activity, on January 3rd and January 6th, as well as a Full Moon on January 6th, 2023 at 6:09 PM EST. All this solar and lunar activity coincided with everything that has been going on politically and militarily of late. And there is certainly more to come.

I have been studying solar activity for many years and learned much about this from Dr. Theodor Landschiedt, a supreme court justice of Germany and a well-known climatologist and Cosmo-biologist, who has since passed on. His book “Children of the Light,” which is a history of solar flares and great breakthroughs in creativity in the world is, IMO, seminal. It is available in German and there are some excerpts in English. Message me.

There is no doubt there will be more X-class solar flares coming in the weeks and months ahead. These are massive flare explosions on the sun’s surface and some of them will probably include CMEs (Corona Mass Ejections) as well, with some CMEs hurled directly at Earth.

You can read about the effects that intense solar flares and CMEs physically have on Earth, affecting radio and electrical sources, on the Internet. Here I am more concerned with the inner, psychological, and emotional effects of intense solar activity and their effect on us. Scientists are just beginning to acknowledge and study the effects on our psyche in the last 20 years.

Our mental and emotional response to inner changes from solar flares, which will come and are coming, can be overwhelming, as they can wipe away more than we can remember, and this can be a humbling and exhausting experience for many, although most sleep through the shock of these events.

The residuals or remains, the inner effects, of an intense solar flare, are hard to measure because the

measurer (that would be us) is what is changing. How do we measure the measurer when the measurer is what is changing? In other words, we are what we are trying to measure.

And the effects of these strong solar flares, internally, are in broad strokes, which can be hard to grasp or realize, because they tend to wash us out of memory rather than reveal their effects obviously.

It's difficult to remember how we were before solar change affected us, when it is we who are changing. We can hazard a guess, and do, yet remembering how we were before the inundation of a solar flare is to some degree impossible. We have changed in the process of the flare beyond strict recall, IMO. I have tried and can but catch a glimpse of how I and life was before the inundation of solar energy.

About all we can do is get used to where we are here and now, not attempting to remember or hang on to the way we were before the solar flare impacted us, not that we can remember it. We can't. This is a sign of the deeper solar change. Solar change changes us in the process.

And so, when the sun pours forth intense solar discharge, we change right with it and in lock step. Internally, the sun has us by the short hairs, so to speak. We are always part of the results of solar change. And it's difficult to measure because we cannot avoid responding and changing with the beat of the Sun. When the Sun changes, we change. That's how direct our link with solar energy is, IMO.

As mentioned, this is still very new as far as studies go. Not much is written, and scientists have just begun to examine this in the last twenty years. Yet, these extreme solar influences happen and to us, so we can, to the degree that we are able, experience this for ourselves. We have no choice, but many just are overwhelmed and have to sleep it off.

This kind of extreme solar influx is going to happen anyway. It is happening right now, and in these next two years. For some folks, it is overwhelming, and they have to go and lie down, or have headaches, or emotional times.

We are used to receiving the light and energy of the sun in our daily doses, like getting a suntan. When that same energy is increased almost exponentially, it sweeps through us like a high wind and kind of wipes our mind clean of memory. The effect can be a little or a lot, in my experience. At some times our psyche is more vulnerable than at others.

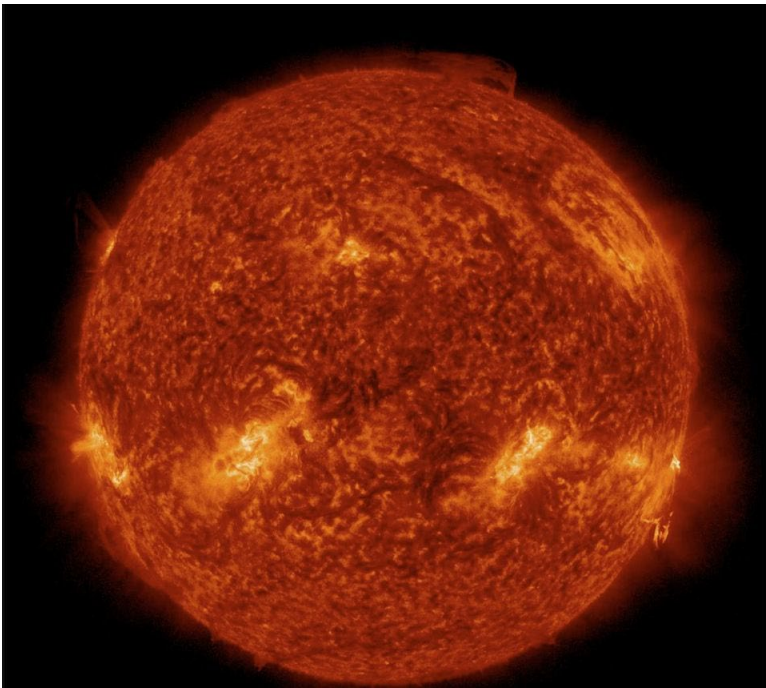
At times such extreme change is welcomed by us, while at others it is not. We can resist and struggle to sort out the effects, at least I do. Changing and being unable to measure what changed in us can be a frightening experience, yet this has gone on forever, so at some level we are used to it, and just pick up on where we are and march on.

For me, becoming aware of the effects of intense solar emission on our psyche is a first step. We can learn to, at the very least, monitor solar change in our life. Here are two links that are very useful for seeing what is happening right now with solar activity.

<https://spaceweather.com/>

<https://www.solarham.net/index.htm>

[Midjourney graphic by me.]



# Solar Flares

## Psychological Effects



Opening a Discussion

## SOLAR FLARES: PSYCHOLOGICAL EFFECTS

January 9, 2023

[Real-time Events: An X1.9-Class solar flare erupted on January 9th at about 01:30 PM EST, the third in just a few days. Around the time of the X Flare, five rapid-fire eruptions occurred across the surface of the sun, in a time window shorter than 90 minutes, although they were separated by as much as a million kilometers. It is a time be vigilant and one not to push things, but to reflex and bend with the wind. Relax. We are in for a ride. ]

Change is upon us. Of course, we think of change as volitional, as in “I will change this” and so on. And yes, we by definition participate in any change in our condition and life because we are there, involved. And we do these things all the time.

What I wonder about are the turning points, the tipping points of change, which send us careening down one side of the slope of life or the other.

What exactly puts us over the top? And by what power do I suddenly change the course of my life in major ways?

And I can't help but think that solar activity is involved, and perhaps to a great degree at that. There probably is some arbiter of change in our life, perhaps a few, yet the longer I study the activity of the sun, the more I believe the sun is an enormous factor, sending one person up a hill and another down the other side.

I can't speak to what modern scientists are doing about this because although I read that they are more

and more interested in the effects of solar variation on our psyche, I have not seen much work to that effect that I recognize compared to what I am finding.

I have however worked closely with one of the great cosmobiologists and climatologists of our times, who was a supreme court justice of Germany, Dr. Theodor Landscheidt. Landscheidt was also an astrologer and influenced my own work more than any other individual.

Landscheidt has been to our center where he has lectured on solar intensity. And Landscheidt and I were friends. In fact, in 1978 I sent Theodor Landscheidt his first home computer, a Commodore Pet 2001, the same model of computer I pioneered astrology programming on in 1977, and in only 8K of RAM.

And it was on this humble computer that Landscheidt did much of his pioneering work on the Sun. And we both did original work on the planetary nodal system of our solar system, Landscheidt on geocentric planetary nodes, and I on heliocentric planetary nodes, my work which was published in 1976 as "Interface: Planetary Nodes."

In the 1990s, my dear friend, physicist, mathematician and translator, Robert Schmidt (along with his wife Ellen Black) came and worked at our center here in Big Rapids, Michigan for some years. Robert and his wife lived right next door at our center, and we spent a lot of time together, shared meals, and all of that. Schmidt and I had many deep and meaningful conversations over the years they stayed with us.



When Robert Schmidt left our center and moved to Cumberland, MD, or so he told me, he became an astrologer, and went on to make major contributions to the astrology of the ancient Greeks.

While at our center, I asked Bob Schmidt (and sponsored him) to translate this book by Theodor Landscheidt ““We are Children of Light: Cosmic Awareness as a Source of Life Affirmation,” which he did.

Unfortunately, Robert Schmidt passed on before he was able to complete the footnotes and final proofing for “We are Children of the Light” and that remains for someone to complete. Still, the main text is translated and is one of the later works authored by Landscheidt and a perfect match for his early book “Cosmic Cybernetics.”

I thought that a meaningful way to start off a more in-depth discussion of solar intensity would be to share here one of the chapters of Landscheidt’s book “Children of the Light” for comment and discussion. Here it is.

## LIGHT-ERUPTIONS OF THE SUN AND HUMAN VISIONS AND INTUITIONS

By Theodor Landscheidt

The "mysterious flames" that the sun emits according to the Taoist experience of meditation quoted above, exist in fact in astrophysical actuality. They are called solar eruptions or flares. These enormous light-flashes of the sun release energies that are equivalent to the potential of several hundred million

hydrogen bombs, which would supply the whole population of the earth with electrical energy for a hundred million years. The physical effects of such solar eruptions on the earth are manifold. Among solar-terrestrial phenomena belong the northern lights and magnetic storms, disturbances of radio communication, and interruptions of both telephone communication and the electrical supply.

These have already been known for a long time. According to more recent knowledge, weather changes, heightening of thunderstorm activity, earthquakes and volcanic eruptions, interruptions of the electronic control of satellites, and uncontrollable changes in the data storage in large computers are connected with energetic eruptions.

Such events do not have an immediate bearing upon the human psyche. The increase in the frequency of traffic accidents, psychoses, and suicides after solar eruptions observed at the same time already points to psychic reactions. But this could possibly be explained as follows: The electromagnetic radiation of the sun, whose intensity increases dramatically in special frequency ranges after eruptions, unbalances the autonomous nervous system or hormone system of human beings who are pre-disposed toward instability. But this explanation fails to explain the astonishing phenomenon that particularly energetic light-eruptions of the sun are concurrent with light-experiences or phases of prominent creativity.

Here are some examples: When Gopi Krishna had his light- experience at Christmas in 1937, severe magnetic storms formed on the earth, preceded by

energetic flares on the sun. The same holds for the mystical experience of Arthur Koestler on the third of February, 1937. A further example is that of Thomas Merton, the Trappist monk, made famous by his book, "The Seven- Storey Mountain," which he wrote as a monk. Men listened to him when he addressed himself to the problems of the renewal of the church and to the fundamental questions of human existence in the fifties and sixties.

On December 3, 1968, after a visit to Buddhist statues in Polonnaruwa, he wrote in his diary: "Now I know and have seen what I sought for in the dark. I don't know what still remains, but now I have seen, I have pierced through the surface and have reached beyond the shadow and the veil." [174] Very energetic solar eruptions occurred at this time. The proton activity of the sun was the strongest of the year 1968. A so-called Forbush effect was observed, accompanied by a decrease of cosmic radiation of about 5%.

Moreover, when the German Nobel laureate Klaus von Klitzing discovered the quantized Hall-effect at 2 A.M. on February 5, 1980, a strong magnetic storm occurred, preceded by energetic solar eruptions. At this time sunspot activity in its 11-year cycle reached the second- highest maximum since the beginning of the regular counting of sunspots in the eighteenth century. The discovery was not merely a matter of technical observation, but a cognitive act presupposing spiritual presence, deep vision, and the faculty of integration in addition to comprehensive knowledge. When Wilhelm Conrad Rontgen

discovered the radiation named after him, a very severe geomagnetic storm was observed at the same time, such as can be released only through solar eruptions.

Up to this point, there has proved to be a consistent temporal correlation in all cases investigated for which the date of the spiritual experience or discovery was known and fell in a period of time for which there existed observations of energetic solar eruptions or strong geomagnetic storms explicable only through such eruptions. In this connection, one must consider the fact that energetic solar eruptions and correspondingly strong geomagnetic storms are relatively rare, and many months often elapse before such a cosmic event occurs. since the acts of prominent human creativity of interest here are rarer still, and moreover are frequently unknown, the data considered up to this point still does not suffice for a mathematical- statistical judgment. On top of this, the technical prerequisites for the observation of solar eruptions were not satisfied until the beginning of the 1930's. Also, energetic solar eruptions are often observed without their leading to a magnetic storm on the earth.

Eruptions presuppose a suitable energy potential, which is to be found in the strong magnetic fields of sunspots. Hence, maxima of sun-spot activity can at least be regarded as an indicator of the fact that the sun has also developed powerful eruptive activity at the same time. It is remarkable that in 1905, at the time of a maximum of sun spots, Albert Einstein submitted four path-breaking works, including one

containing the theory of special relativity. Also, when Werner Heisenberg conceived the matrix mechanics of quantum theory on June 8, 1925, the sun-spot activity stood out far above the contiguous observations at that time. The number of sun spots was at its highest in the first half of 1925. Heisenberg reports on this experience in his autobiography, "The Part and the Whole": "I was deeply shocked. I had the feeling of looking through the surface of atomic phenomena at a source of remarkable inner beauty lying deep beneath it ... I was so excited that I could not think of sleep. I left the house in the dawn that was already breaking ... and climbed a rocky tower that jutted into the sea. I waited for sunrise on its top."

After a publication in 1984[175J, which referred to these relationships, it became apparent that the psychologist Suitbert Ertel, holder of a chair at George-August- University at Gottingen, has been working for more than ten years on a work that proceeds from the idea that there is a connection between sunspot activity and human activity. With subtly conceived statistical procedures that are fortified against all conceivable objections and executed within a complex relational structure, Suitbert Ertel has contrived a proof that cycles of solar activity are stamped onto cycles of human activity in such different areas as art, science, religion, and the development of new social structures. Here the investigation extends not only to the 11-year sunspot cycle but also to a very long-waved cycle, which is characterized by phenomena like the drawn- out, deep Maunder- minimum of the sunspot activity of the seventeenth century, which has played an important

role in climate research for some time now. The particular results of this still unpublished work cannot be anticipated. For the connection we are pursuing here, it is especially interesting that the direct correlation of creative phases to the maxima in the 11-year sun-spot cycle emerges particularly clearly in poetry and painting. In both cases the level of significance lies at  $P=0.002$ . [176] According to international practice, a result is called statistically significant if the value  $P=0.01$  is not exceeded. This is plainly the case here.

Both painting and poetry deal with the immediate transformation of impressions and moods. If it is correct that light eruptions of the sun have any kind of influence on human creativity at all, then this can take effect immediately in both these art forms. According to the cases cited, this seems to hold even for scientific intuition, for the "flash of inspiration" in the original sense of the word. For the most part, several years elapse until the work arising from this flash gets published. Thus, Suitbert Ertel has found that the publication of appropriate works increases several years after the flare maximum, when the cycle is already tending toward the minimum. However, for the matter under consideration here, it is not the publication of the fully ripened work that is decisive, but the creative impulse, the seed of the work. Such a line of thought might appear senseless to materialists, who would never in their wildest dreams think of looking at the sun as anything other than a machine for the production of energy. However, the creative researcher Hermann Haken, the founder of

synergetics, has drawn an analogy between the processes in the sun and life.

In view of the indissoluble interwovenness of mass, energy and information, and in view of the overall result of the previous investigation, it is a reasonable assumption that the flow of solar information, which seems to maintain a special quality throughout light eruptions, influences human creativity. That is, structural impulses from the ultimate source of the creative give an impetus for development wherever the state of ripeness favors the reception of a seed of development. It is striking that the same developmental tendencies emerge again and again at the same time in such different areas as mathematics, physics, painting, music, and literature, and that they lead to the formation of similar forms.

That these outbreaks of light in the cosmic light-core, the sun, also have a correlation to mystical experiences in the core of the Self testifies that the roots of this connection reach down to the mystic ground. Johann Wolfgang von Goethe gave expression to this. In his final conversation with Eckermann, immediately before his death, he said, "If anyone asks me whether it is in my nature to worship the sun, then I say again: absolutely! For it is a revelation of that which is most high, and surely the most powerful revelation that is vouchsafed to us children of man to perceive. In it I adore the light and the creative power of God, through which alone we and with us all plants and animals live, move and are."

Wise Hassidim have said, "As the hand held before the eye conceals the largest mountain, so the little earthly life conceals from sight the tremendous lights and mysteries of which the world is full. And he who can take it away from in front of his eye, as we can take away our hand, beholds the great illumination of the innermost world."

May this transcendent light become living actuality for the reader, so that he may return the smile of the universe.

Solar Flares: Psychological Effects

<http://spiritgrooves.net/.../SOLAR%20FLARES%20DISCUSSION.pdf>





## THE LOSS OF DIRECTIONALITY

January 10, 2023

To step back and put all this solar flare information in perspective, IMO, the drift is away from thinking of the Earth being separate from the Sun and its energy, and I'm leaning toward believing the unity of the lifeline between the two, Earth and the Sun, is an open thoroughway. We are connected, joined at the hip, with the Sun and its endless energy. Of course, solar energy, daily sunlight, is the energy lifeline between the Sun and the Earth. We all know this.

What we don't know and are in the process of learning is how much of this endless solar-flare-energy lifeline is already also an integral part of our life here on Earth.

I believe that the main problem with solar inundation is the state of confusion that ensues after it rolls in, and the loss of the track or direction we were heading before the solar flood swamped everything and left us stranded in the middle of nowhere, having momentarily (or longer) lost our sense of direction.

Losing this sense of direction is somewhat of a big deal. I have experienced it many times now.

We can't blame everything on 'fate', something we don't know much about anyway. As if you have not guessed this already, it is my opinion after years of experiencing and considering the solar-flare effect, that a great deal of what we chalk up to fate or 'just the way things are' is very much a product of solar variability, the waxing and waning of intense solar energy. As my friend Dr. Theodor Landscheidt put it.

"These enormous light-flashes of the sun release energies that are equivalent to the potential of several hundred million hydrogen bombs, which would supply the whole population of the earth with electrical energy for a hundred million years."

And we are tethered, Earth to the Sun, by a constant channel of light over which travels, at times of intense solar discharges, a wave of energy that not only affects us, but injects change into our Earth system

that we are only now beginning to recognize and understand.

In other words, the flood of solar energy during a solar flare can wipe out our sense of directionality, where we thought we were going before the solar inundation, the train tracks that keep us pointed toward some goal or place. We love that. And then, suddenly we are swamped with confusion, thrown off course, and relegated to waiting until the smoke of sudden solar change clears.

In other words, we can, thanks to a surge of solar energy, suddenly find ourselves uninterested or jogged right out of a plan we were fully engaged in only yesterday. We wake up today and have somehow lost interest and find ourselves at loose ends and not knowing what to do or looking for something new to do. And thinking “Now, just where was I going and why?”

It takes time for things to settle out after a big shot of solar change upsets our apple cart. Just as waters have to drain after a flood, we may have to redirect ourselves after solar inundation and can end up finding that we are pointing in some seemingly arbitrary direction than what we were yesterday. At the very least, it exposes the superficiality of all of our plans and the comfort such directionality (real or imagined) normally guarantees. It is unsettling, even embarrassing.

And so, it can be disturbing (or exhilarating) to undergo the effects of solar flares, in particular when our whole sense of direction, and whatever project we

were engaged in, is suddenly upset and overturned, leaving us standing there without directionality.

Yes, after a solar flare has faded, given a little time for the confusion to subside, we gather our wits and set about (like a human-compass) determining which direction for us is 'north', all over again. We like to believe we are going somewhere. At least that's what we thought we were doing, only yesterday.

It can be hard to pick up on where we left off when a solar flare inundates us, yet I don't find a choice. We patiently pick up the pieces we can find, so to speak, and do our best to reassemble them again like parts of a jigsaw puzzle, so that we can see the direction we are now headed in, if any.

And if that does not work or we are slow to work it, then we can just sit around a bit and do more or less nothing. It can be as simple as not feeling like doing anything at all, having been stalemated by an errant solar flare, often with its loss of directionality. I call this 'confusion' and loss of wanting to do anything. This can be depressing, trying to find a thread of interest after having lost our way or direction that only yesterday dominated our attention. Solar flares do this.

That can be hard for us, unless we recognize what is happening and learn to work with it.

[Midjourney graphic by me.]



## IT EATS US OUT

January 10, 2023

[A Fourth X-Class solar flare (X1.0) at 5:47 PM EST January 10, 2023, which may send a CME (Corona Mass Ejection) which could make a glancing blow at Earth. We shall see, but four X-Class solar flares in just a few days is a great amount of solar influx, IMO. Yesterday, Monday, for me was much more difficult and confusing as far as solar flare influx.]

Don't be afraid of the graphic. It's just one way of seeing the solar flare energy. See the poem at the end, that I wrote as a 24-year old when I felt eaten up by the energy pockets that solar flares leave for us as they pass through.

Whatever the case, someone, and it might as well be us, needs to figure out what solar flare emissions do to our psyche and consciousness. I'm not the only one witnessing this. My friend Theodor Landscheidt did as well and wrote books about it. Landscheidt more or less pointed this out to me, and once I looked into it, I was hooked.

I'm one of the ones carrying the torch of his research, not so interested in verifying it as in identifying and using these intense solar outbursts. They affect us and can be taken positively and negatively, as my poem below testifies to..

My take on solar influx, at least so far, is that we are joined at the hip with the sun's energy. We not only respond to it, but we dance and are motivated with that energy, not in some knee-jerk reaction but in union with that energy. It energizes us and is indistinguishable from fate itself, IMO.

When the sun steps on the accelerator, we feel the heat in the form of forced change. Whether that change precipitates anything for us or just pushes us back and forth, I believe depends on our particular situation. Yet, it is not so unfamiliar to us that it is a stranger to our life. The Sun has been tight with Earth for an unfathomable length of time. We live with it and always have lived with it and dance to its dictates.

This lifeline between Earth and Sun is not foreign to us, but very much a cause of life on Earth.

Certainly, we are mixed with solar energy to the point of not knowing the difference between that and our own volition. Talk about being one with your maker, solar influx and our fate seem to be inextricably intertwined. However, it seems this stepped-up change from intense solar energy can bring wear and tear to our bodies. It can stress us.

If you believe that when the sun says ‘froggy’, we jump, IMO, you have a mistaken view. Rather, we jump WITH the Sun, when the Sun jumps, and greater solar change arises. The stream of sunlight is constant with Earth, even as the Earth turns. One side is always directly facing the Sun. That slipstream of the solar wind and solar particles is always in process. IMO. It’s like an open data line between the Sun and Earth, all of the time. When the Sun hits the accelerator with a large solar flare, we kind of hang on for the ride, and often come up for air, disoriented.

And just a word of warning from my own experience back in the mid-1960s. I was, of course, young and foolish, and it was easy for me to fall into thinking that these powerful internal changes were devouring my life, rather than my being part and parcel to of all this.

Back then I wrote this poem when I thought that I was just a victim of circumstances. I wrote this in a kind of masochistic state of mind and post it here to illustrate how easy it is to fall into feeling that all of this solar energy jerks us around against our will, and feeds on our life.

What exactly is our will? And if we get estranged from it, poems like this can appear. Not trying to scare you, but to inform you that it's also possible to take these changes more as a victim than in stride.



## INNER EAR

What will eager issue out,  
And into us would enter,  
So, to stare, to stuff itself,  
To eat itself the center,  
Of what we wait to wither in on,  
After it is all.

It eats us out.  
It only is in every inward eaten,  
The echo of an endless ache that arches  
Hearts hard hearing,  
And opens up each inner 'enting',  
And enters it as out.

[Midjourney graphic created by me.]



## SUN, SUN, SUN

February 3, 2023

Change of topic. I had a vivid dream last night, and I will spare you the lengthy details. Yet, there was one aspect to it I do want to share. The dream was about a large public announcement by an old friend of mine. And I was to introduce the speaker and was wandering around before the event getting things organized.

However, following me around, and driving me crazy, was this kind of little guy, repeating, over and over, a single word. "SUN."

About every half second this man would repeat Sun...Sun...Sun...Sun. It rang a bell. Wherever I went, this man followed me, only a foot or so away repeating, over and over, "Sun...Sun," etc. What does this mean?

First of all, I don't know. I do know that the Sun has been incredibly important for me for many decades. It started when my first dharma teacher, a Rosicrucian initiator, who would say to me, repeatedly.

"Michael, imagine yourself standing at the center of the Sun," and he would growl and say "That's hot stuff!" I had no idea what he meant by that.

Yet, strangely enough, years later, when I was soon to become a recognized astrologer, I found myself imagining that I was standing at the center of the Sun, and discovered for myself heliocentric astrology. Of course, helio astrology has always been there. That's what Copernicus pointed out, and astronomers carried the heliocentric chart forward.

However, astrologers refused to use and to this day depend only on the geocentric (Earth centered) chart and ignore the helio chart, while astronomers use both charts, geocentric and heliocentric, because they are there and each useful.

And my point here is that right now the 11-year sun sunspot cycle is waxing, growing stronger and stronger. In fact, '[SpaceWeather.com](http://SpaceWeather.com)' is pointing out

that the current sunspot cycle is so strong that it has left its predicted upward curve and is going somewhat exponential... going way up.

<https://spaceweather.com/>

The scientists announced that the current rise in total sunspots has reached a 9-year high and is not abating. And that two large sunspots are transiting the far side of the Sun just now and that the Sun's rotation will turn them toward Earth in about one week. And we may be affected. Perhaps this is some kind of way to get my attention, the dream, in which case I got the message.

It does not take a genius to at least respond to this dream with an inner note to myself to pay more and careful attention to what's happening with the sun just now, not that I already don't. And I share this with you, my friend, on the chance that some of you will join me in remaining aware of what is happening right now on the surface of the Sun and what is being or soon to be telegraphed to us by the solar wind and the potentially invasive CMEs (Coronal Mass Ejections) – explosions on the sun.

I believe that if we want to look at the instigator of current changes in the world, look to the sun and its changes. IMO, we change when the Sun changes. When the Sun is strong as it is now, a very much larger modicum of change is injected into our system(s) and we react accordingly, some by knee-jerk reactions and others with a more controlled fusion of the energy.

[Midjourney graphic by me.]



## THE COST OF CHANGE

February 10, 2023

When we think of solar energy, we think of the steady flow of sunlight shining on Earth from the Sun, a trip of 9 minutes. We have never been without it and depend on it for life itself.

However, our sun is a variable star, meaning the light and energy from the sun varies over time and can be conveniently measured by the sunspot cycle.

The 11-year sunspot cycle will peak and reach its strongest, at its most intense, in the next few years. And so, as we move into increased solar disturbance due to solar flares and CMEs (Corona Mass Ejections) from the Sun, this means that the steady flow of sunlight is going to be periodically interrupted and that increased solar quanta or change will be injected into the Earth's atmosphere and therefore into us. IMO, we as a group have little idea how inextricably we are connected to the rhythms and energy of the sun.

These more intense solar energy charges impact us in the form of increased impetus for change and the natural impulse to react to that increase in change one way or another. We can either sit tight and ride, attempt to surf the change, or give into it and be moved around by it, and last, we can actually learn to use the impetus to 'change' for better or for worse.

In either case, we can feel the inner charge and momentum of change inside us churning things up and begging for reaction or response on our part. Whether we hold steady or become like fat in a frying pan depends on our predilection for change. Can we stand it without letting it jerk us around. Or can we actually use it?

Perhaps most frequent is the uncomfortable feeling inside us as if something or someone is stepping on the accelerator within us and our clutch is not being engaged or without our permission we are being pushed and shoved around by change and may have no ability to control it. Incoming change can confuse us enough to slow things down or bring them to a halt,

leaving us not knowing what to do next, much less how to do it.

Most often, we tend to wait 'change' out., like have to go and lie down And in times like these, with increasing solar change, our plans and projects can stall-out or just come to a standstill. In other words, we may no longer feel like doing what was totally occupying us only yesterday. And all this can change in the course of a day.

We can be paused by increased solar influx in the middle of what we were doing, sidetracked, and then left treading water, getting nothing done and wondering what happened and what to do. Our careful plans may be wiped clean. We start over.

We feel change happening within us and it can puzzle the mind into sidetracking itself from whatever we were headed and involved in to that point.

Or as Shakespeare put it:

“And enterprises of great pith and moment

With this regard their currents turn awry

And lose the name of action.”

The advent of solar change, the sudden injection of intense energy from space into time can explode our status-quo, freeing up everything we have going for us until it has to collect and reposition itself, and we suddenly find ourselves strung out, wondering what to do with our lives when only yesterday we were fully engaged in one direction and endeavor or another.

That's the power of solar influx and the change that comes from solar flares and CMEs (Corona Mass Ejection). What to do about it?

First, we can learn to be aware of this pressure to change when it comes upon us. Instead of just being confused, we can either surf or ride it out, waiting for it to pass. Or, if it serves our purposes, we can use change to effect changes we need in our own lives. It's just energy, but in more intense packets.

And, of course, we can stick our head in the sand and blindly ignore this increasing solar energy, and be changed by it however that happens, not even aware of what it is or why we are changing.

These next couple of years will have an increased amount of change coming from the Sun for us to handle. You can check on what's happening on the sun daily at these sites:

<https://www.solarham.net/index.htm>

<https://spaceweather.com/>

[Midjourney graphic prompted by me.]





## SUNDANCE

February 17, 2023

Examining where does change come from... or what change is, can be important.

We can just say “Change is...” or “Change is a constant” and leave it go at that, yet how do we explain the variations of change, the degree of change, some of which can be extreme.

Change seems to be driven, a form of energy, much like money. Money can be used for many things. Change comes in the steady flow of direct sunlight, but also in bursts or quanta, and regardless of the amount, little or intense, we have no choice here on Earth but to react or respond to what the sun delivers.

And what the sun does to us physically we can cope with using suntan lotion, but how the energy bursts from the sun affect us emotionally is another matter, one we are only beginning to be aware of.

To repeat, solar change, like money, can be spent in various ways. The hum of sunlight hitting the Earth is a never-ending constant that drives life. However, large quanta or bursts of solar energy energize and cause other things to happen, pushing our inner envelope.

Sometimes we welcome change and at other times we resist or avoid it. Yet, for me the thick of it is: we cannot avoid change or dealing with it, ready or not.

Solar change is the quintessential signature for change in our life. Learning to use it begins with first becoming aware of it. Most people ignore the effects of solar change and just kind of get through it as best they can.

Solar change and its effects are deep seated, sewn into the fabric of our existence. We dance to the energy of the sun, yet do not realize that we are. The sun propels us through life with its energy, but we are not aware of its force.

Whether we are up to intense solar change depends on our stamina, endurance, plus our physical and mental health.

The sun puts it out without hesitation and we have no choice but to somehow manage it or blow a gasket.

I don't believe the energy of the sun has to be a mystery. It's very out front with its changes. What is it that causes life changes? Are we to believe change is just random? I don't think so.

Our sun is a variable star. Its energy varies from the constant steady sunlight to intense bursts of energy via solar flares and CME (Corona Mass Ejection). IMO, we are hooked into the sun all the time and when it varies, we vary. We call this 'Change.'

[Midjourney graphic prompted by me.]



## SAILING THE SOLAR TIDES

March 2, 2023

Heather MacKensie asked several questions about how best to deal with sudden solar influx from this variable star we are tied to that we call the Sun. This article is about the inner effects of solar influx or change.

Science has monitored the physical effects of solar flares since September 1, 1859, yet the 'soft' sciences

have just gotten around to asking questions (in the last 20 years or so) as to how solar flares and their kin affect us internally, emotionally and spiritually. And they do affect us.

Non-academic folks like me, who are sensitive to solar change, have had to work this out by ourselves all these years. Science is shy, and slow to look into emotional and internal psychological issues. It's up to those of us affected (and thus interested) to explore this issue.

In my experience, a typical response to solar-flare influx and stress is the desire to go and lie down, to take a nap or otherwise blank out whatever exhaustion or confusion we are experiencing from solar tides. This is a first-order response, IMO.

A look at solar-influx history, based on the book by Dr. Theodor Landscheidt, "Children of the Light," which is about the creative potential of intense solar influx, points to major insights, visions, intuitions, and spiritual experiences that have occurred at times of strong solar influx (solar flares and CMEs), or that stemmed from those solar insemination times.

Is it tattooed on our hands? No, although the physical effects of Solar flares and CMEs are well documented by now. Here we are talking about the internal effects of solar influx, mental, emotional, and spiritual.

As mentioned, solar inundation is not news to us, because solar variation is as old as time itself. It's always been there. What can be news is our becoming aware of the variability of solar influx and its relation to change within us and our world. We are

habitually used to rolling with the tides of solar change our entire lives with no awareness of the actual cause, the continuing variability of the sun and the rate of change.

In this way the inner investigation of solar phenomena resembles dharma study in that the key to dharma is “Awareness” of the nature of the mind itself.

It is also “Awareness” that we need to cultivate with solar influx, which is exactly what dharma points to as well, waking up to what is happening within us and all around us. Or not.

And since science is mostly mum about the emotional and spiritual effects of intense solar influx, we are on our own. If we can sense and feel it and the soft scientists can't or are not ready to share anything with us, we do the best we can to document this most fascinating insight, this awareness of solar change.

I've done this for years.

For me, it has been about realizing that what we call “Change” within ourselves can be conveniently ascribed to the variability of solar influx. It makes sense.

Beyond the continual stream of solar radiation, sunlight, steady state, are variations (some very intense) as exemplified by large solar flares and the CMEs (Coronal Mass Emissions) that occur and comprise the 11-year sunspot cycle, which happens to be reaching its maximum in the next couple of years.

There is no question that change happens. In fact, the old chestnut “The only constant is change” is constantly repeated.

Something internal to us moves us around in our lives, call it change or fate or whatever words you like. Making sense of internal change has never been qualified well, but only quantified, meaning we undergo a lot of it all the time. Yet, what is change?

Measuring internal change against the change in the variability of the sun, solar influx, is an obvious and natural observation to correlate. What can be difficult is that ‘change’ is just that, change. Just as money can be used in all kinds of ways, change is also a means of exchange. It can be used to raise us up or push us down. Change is very much dependent on how we accept and use it.

Change is, as mentioned, a constant, yet how we react and use change varies from person to person. As mentioned, the constant rate of change that sunlight provides is dwarfed by the sudden bursts of change in that steady state that intense solar energy like solar flares provide.

It's like stepping on the accelerator, putting it to the floor, attempting to cope with accelerated change, which we may or may not be able to manage without sticking our head in the sand until it passes. We are, literally, overwhelmed by change at times of intense solar activity. Either that or there can be times when there is little to no change on the surface of the Sun.

This is why I liken 'change' to a commodity like money, which is a means of exchange, a differential. There is not one simple definition of change, IMO.

I find it helpful to keep in mind that solar change is not something new, but has always been there just as it is today. What differs is our awareness of it, like we have little to none. We are not aware of what change is or what causes it, except perhaps in a very general (and vague) way. Yet it's there and has been there all along. We have learned to ignore it.

And so, asking what is affected by sudden change in the influx of solar energy, the answer has to be: everything, depending on how it's used, how much of it, and how we take or react to it.

This is why, IMO, solar change is very dharmic. It depends on how we react to it more than anything else. If we are flexible enough to surf change as it emerges, we can manage change. If we are not flexible, change manages us, so to speak, and we just hang on for dear life. That's what most do.

In fact, as solar change occurs, as a group, people turn inward, pull in their feelers, and wait it out, only to open again when our inner siren gives the all-clear signal. We have learned to weather solar change.

And my job here is to point out solar change so that we can become more aware of it and thus learn to better manage it. Learning to be aware of the change in solar radiation and our response to it I find crucial to navigating life's changes.

[Midjourney graphic prompted by me.]





## SOLAR INFLUX: CHURN, CHURN, CHURN

March 17, 2023

Our Sun had some quiet days recently, where there was little to no sunspot activity, yet I see today that this is changing, and we now have some solar influx rising to about M-Class size and quite prolonged at that.

These prolonged solar bursts, although not really major, can be felt as a general roiling of the waters of the mind and emotions, so to speak. We may at first not even recognize the solar change, but

nevertheless we can feel turmoil within us, a kind of churning going on. Solar change is universal, like money, it's meaning is in how it is used. It is change on hand that will have some effect depending upon how it is received and used.

If we are worried about something, solar influx can drive that worry until it is overwhelming for us. Or if we are trying to get something done, we may have the extra energy or oomph to finish that job.

And so, our own intents, plans, and worries are victims to the charge or change that comes with solar influx. If we can master this change, accept and control it, and not be whipped around by it, so much the better.

On the other hand, if we allow solar influx to drive us into a corner or, if we are overwhelmed by the sheer energy of it or say and do things we did not mean or intend, that also can happen.

What I find useful is that when, in the midst of whatever I am doing, I become aware enough that something is driving me or causing me to feel overwhelmed or out of control, even a little bit, I make a point of going online to this URL and check the white box labelled "Solar Flare Detection."

<https://www.solarham.net/index.htm>

If the solar influx is above the thin green line between "B" and "C," then we are experiencing solar change enough to be able to note it.

I know, it may sound crazy or be a pain to do, so don't, yet we look at our watch or whatever else we

need to tell time, the weather, and so on, so this is not a difficult check to do.

For me, knowing I have spare change (so to speak) is often very helpful and gives me the opportunity to draw back or lean forward into the change, depending on the outcome I would like to see. It also can send a warning shot across my bow that I best relax and not get too carried away with anything just now, especially worries and demands that will vanish as the solar influx dies down. It's like stepping on the accelerator while having the clutch in, for those of us old enough to have driven a stick-shift car.

So, solar influx is just another factor that can be used however we wish or can. If we are aware of it being there I find it's easier to use it wisely, if only to ride out the solar storm and do no damage.

[Midjourney graphic prompted by me.]



Here is the “Solar Flare Detection” graph from the above link, which I have added some pointers to. At least, for starters, here are three things to keep in mind for this graph:

AMPLITUDE – How high, what ‘Class” is the flare?

DURATION – How long does the flare last?

LOW INFLUX – How low does the flare influx drop?

Obviously, the combination of high amplitude coupled with long duration indicates a more powerful flare. The duration is especially important because it subjects us to a long time at a high amplitude. This is an easy graph to read. It’s similar to any number of geographic weather maps, only here we are measuring the Sun’s influx of energy to Earth

## MAGNETORECEPTION

March 22, 2023

Solar flares release immense amounts of energy in the form of electromagnetic emissions spanning the spectrum from gamma rays to radio waves.

Scientific research has long known that living creatures can sense magnetic fields. This has been clearly established for whales, honeybees, turtles, salmon, birds, and even bats use the geomagnetic field to help with navigation, not to mention that dogs have been trained to locate buried magnets.

In 1992 researchers identified the presence of magnetite—a permanently magnetic form of iron oxide—in human brain tissue.

Study co-authors Joseph Kirschvink and Shin Shimojo say this is the first concrete evidence of a new human sense: magnetoreception.

“Our results indicate that human brains are indeed collecting and selectively processing directional input from magnetic field receptors.”

“These give rise to a brain response that is selective for field direction and rotation with a pattern of neural activity that is measurable at a group level and repeatable in strongly responding individuals.”

“Many animals have magnetoreception, so why not us?” asks Connie Wang, Caltech graduate student and lead author. To find out if humans can indeed sense magnetic fields, the researchers built an isolated radiofrequency-shielded chamber where participants sat in utter darkness for an hour. As

magnetic fields shifted silently around the chamber, participants' brain waves were measured using electrodes positioned at 64 locations on their heads.

In some of the 34 participants, alpha brainwaves decreased in power by as much as 60 percent in response to the shifting fields. Additional runs of the experiment showed that the effect was reproducible.

“Remarkably, participants who experienced the changes reported no awareness of them. It appears to be a completely unconscious effect, never rising to the level of a conscious interruption. This led the researchers to suggest it may be vestigial, some remnant of an ancient ability to navigate using local magnetic cues.”

“It is perhaps not surprising that we might retain at least some functioning neural components [of magnetoreception], especially given the nomadic hunter-gatherer lifestyle of our not-too-distant ancestors,” says Kirschvink.”

“As a next step, we ought to try bringing this into conscious awareness,” adds Shimojo.”

Of course, that last sentence, “We ought to try bringing this into consciousness” is exactly what we are doing with blogs like these. And it is time.

“Evidence for a Human Geomagnetic Sense”

<https://www.sciencedaily.com/rel.../2019/03/190321083637.htm>

“SolarHam” Website

<https://www.solarham.net/index.htm>

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[Midjourney graphic prompted by me.]





## SOLAR RESISTANCE AND RESISTORS

March 24, 2023

Sunlight never stops, day and night, but streams to us and has streamed for as long as time itself. The streaming sunlight is like a conduit or electrical cord and we, our mind and body, serve as some kind of resistor and thus resistance. We feel the variable energy and influx of the sun and may also act as a transformer, our mind and body stepping down the incoming energy stream and distributing it as best we

can. There is no choice on our part, only an ability (or lack thereof) to handle the charge.

That's pure energy that is streaming in the sunlight and since our Sun is a variable star, that energy stream varies as to how much energy is streamed to Earth at any given time and it pushes the conduit of our mind and emotions in response. It varies.

I'm certain that we, because the sunlight has always been there, by now have no appreciation (or little) as to how closely we are tied to the Sun and its endless energy stream. Equally, I doubt we know what to do when solar energy suddenly intensifies and a solar flare occurs or when a CME (Corona Mass Injection) hurls solar plasma directly at the Earth. There is no question that we are subject to it and have no recourse but to somehow learn to handle or endure it. Mostly it seems we try to ignore it.

We (literally) are like the fat in the frying pan, or we become part of the dovecot that is fluttered when the Sun hurls intense solar-flare energy at Earth. And, as mentioned, we can't help but receive that energy and try to manage it as best we can, like it or not.

Perhaps you have an explanation for the rise, fall, and degree of change in your life. I don't, other than perhaps this is due to solar change and its variability. Otherwise, your guess is as good as my guess.

Why is one day difficult and the next easy. "That's just the way life is" being the age-old excuse and I used to accept this, but to me this is just whistling in the dark, IMO. I find monitoring solar variability a much more

stable and dependable measure than just leaving it to chance or saying it is random. It does not seem to be.

Of course, managing solar influx is a personal issue, yet if I have a chart of solar variability, it is much easier IMO to follow the rise and fall of the sun's change on a graph than to just guess at what's happening inside of me.

The elephant in the room is the fact that for our entire lives we have never questioned the up and down sides of inner change even though we are subject to them 24x7.

We just call it change, as in "I changed my mind" or, at best, "My mind changed." Yet what precipitated that change? That's the question I am asking.

We watch Earth's weather-forecast maps change by the hour, and we can also, with a little familiarity, feel inner changes from solar activity during the day and night, yet where is our inner weather forecast or graph?

I suggest that until proved otherwise, the solar energy influx from the sun, graphed hour by hour by Astronomer-scientists, is better than my or your guess, and a solar graph is a good guess at what's happening inside us, emotionally and so on.

"SolarHam" Website

<https://www.solarham.net/index.htm>

[Midjourney graphic prompted by me.]



“ON A CLEAR DAY...”

March 27, 2023

Like the Song by Barbra Streisand, “On a Clear Day, You Can See Forever.” Is that true and how do we do that?

What makes a day clear?

I do find that, as I watch and study the solar influx graph for a given day, those times when there is no or

the least influx, or even a low dip in solar activity, that the mind is clear and “good seeing” seems to be possible.

By ‘good seeing’ I mean clear thinking with as little solar influx variation (no solar flares) or ‘noise’ as possible. That seems to be a good time to look at the mind, yet there is a caveat. And that is while a lull in solar activity can be a good time to see things clearly, this does not mean we have any impetus (read ‘change’) right then to do anything about what we see, other than to just take note.

Our change index (the time to change) seems to be when the line on the solar flare graph spikes upward beyond simple sunlight. That seems to be when increasing change itself can be useful but often such a dramatic increase like a solar flare is just overpowering, pushing our limits, and hard to manage.

And managing solar spikes of increased energy is something that seems to be totally up to us. Either we can handle increased change (or even need it), when it can be useful, is one thing. Yet, the level of change is a fine line and if we cross that line and attempt to manage more change than we personally can stand, we get a very different outcome.

Too much change all at once can be overwhelming. We are used to the steady rate of change marked by the stream of sunlight at the average rate. Amp it up, and we find out whether we can manage change (make it useful) or whether it manages us, and we have curl up, keep our head down, and just ride it out.

What amazes me is why has science not looked at how solar change on the Sun affects us here on Earth, not just globally, like interrupting radio or electrical transmission, but emotionally, psychologically, and spiritually. It seems so obvious that we are children of the Sun, personally connected come hell or high water. We have no choice.

A sudden burst of change, like a solar flare or CME, pushes our envelope hard. It can be a lifesaver when we need the energy to clean out the basement or whatever we have to do but have not yet done. We are waiting for the right moment and a solar uptick can provide that, just what it takes to push us over the top and into action. 'Change' changes things.

It can be like a shot of chaos into normality and precipitate action as a result. In 1987 Dr. Theodor Landscheidt, a climatologist and supreme court justice of Germany, wrote a whole book about the effect on solar change on creativity and the arts. It's called "Children of the Light – Creative Functions of Cosmic Consciousness" ('Wir sind Kinder Lichts - Kosmisches Bewusstsein als Quelle'). I personally paid to have this book translated from the original German into English.

It is no wonder that writers like Landscheidt have found a direct correlation with major breakthroughs, discoveries, "aha!" moments, insights, etc. and the advent of solar flares and related events. The same intense solar events that can put us through a stressful time personally can also quicken and vivify our consciousness, like a power surge, either giving

us get-go or blowing out the stops. It can make us or break us. It's up to us to manage solar influx.

And so, to recap, I find it more than just useful to keep an eye on what is happening with the sun as documented by solar scientists and astronomers. As for my fellow astrologers, more immediately useful than even looking at planetary aspects is what is happening day-to-day on our own Sun and the energy it streams to us and its variations. Look at the graph for the Sun right this minute. Are we in a moment of increased change or is solar influx low and thus perhaps a good time to think things out?

It seems to me, after years of checking this, that we here on Earth are affected by and vary with the variations streaming to us from the Sun. And solar change is also affected (or enhanced) by the planetary patterns and aspect, IMO.

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[Midjourney graphic prompted by me.]

