

The Age of Light & Cosmic Man

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Introduction: The Return to the Law of Love and The Call of the Ark

In the quiet rhythms between the Earth and the Heavens, a call resounds.

The call is in the whispers from the Centering Stillness that governs the balance of all motion. It is the harmonic recall to that which has wandered: a gentle beckoning to consciously partake in the manifestation of balance. It is the call to fulfill One's cosmic seed pattern, by Being Love.

It is the call of Love remembering Itself.

It is the remembrance of unity with the divinely ordered rhythms by which every creature walks, flies, breathes, and roots.

It is the remembrance of the extension of the balanced rhythm of the Heart of One - eternally pulsing, simultaneously flowing two-ways as the ecstasy of Being. The extension of this Memory is integral to the fulfillment of One's divine seed pattern – its fulfillment Being Cosmic Man.

It is the remembrance of the breath and pulse of One that binds every element, every cell, every celestial body, into One majestic symphony of Love.

It is One's own breath and Pulse of Life, remembered only when aligned with Natural Law. In this alignment, Love is not merely felt - it is known, as the qualitative essence of One's very Being. With the fulfillment of divine seed pattern, One's thinking becomes the ecstasy of One's knowing.

Humanity, the steward of choice, now stands at the threshold of this remembrance.

Not remembrance of new laws, but of an eternal one - The Law of Love - written in the Language of Light, spoken in Stillness, governing the structure and order of the wave of Creation.

In the geometry of Walter Russell's periodic table, we do not merely name the elements; we read the Creator's Desire to express balance through form, and we can find our current position in the wave. We can trace out the path of ascension from unlawful desires to the greatness of fulfilling lawful Desire, understand the path to greatness scientifically and spiritually, and decide to embrace it.

The periodic table, as revealed through Russell's cosmogeny, is a dynamic revelation of Light and rhythm. It is the balance of the out-breath and in-breath of the Divine, drawing form to balanced momentum at the apex of the wave labelled Carbon. It is only through

rhythmic balanced interchange between all elements that a wave of the Idea of Man matures and stands at its apex in full expression of cosmic unity.

According to the Russell Cosmogeny, at this point in the journey our solar system is like an atom in the elemental octave of Manganese – not yet Carbon at the apex of the wave. Carbon, in balance, stands for the climax of the play and the glorious fulfillment of divine seed pattern. The decision humanity stands on the precipice of making is heeding the call to remember the path to greatness or conversely, continuing to ignore it and regressing back to our elemental beginnings to try, try again.

“You may choose to become one of the few in all the world to whom God is actually talking, and who is actually talking with God... whose command of Light is universal power.” The Message of the Divine Iliad, Vol. 1

To evolve toward Cosmic Man is to consciously begin to listen to the Voice of unity over division – it is to consciously choose to use the body for the extension of the balanced two-way flow of Life over the decision to use the body to multiply death. It is to choose rhythm over chaos and Love over fear. The choice is to extend Life across the board, or more rightly said in the context of this discourse, across the periodic table. And received in return is the qualitative ecstasy of eternal Oneness with all beings. This ecstasy is known to be the real fruit of the Manifest Self.

In the eyes of fellow sentience, we see our own innocence. We know kinship. We understand a covenant unspoken yet deeply felt. To look into an animal’s Light is to remember our own, and to walk beside him in peace is to remember our shared name: Love.

“United we stand, and divided we fall” is true not only for the Brotherhood of Man, but for the Sonship of Creation. There is a divine order and process to follow for Man to live up to his Namesake and the path, once followed, records in the heavens for eternal repetition. The Russell periodic table of the elements and the apex of the wave that is Carbon lights the way - it shows the relationship of each part with the Whole as balance expresses its simulation. It can also show what happens when unbalance expresses - elemental bonds necessary for ascension do not form, and/or existing bonds break.

“The true measure of greatness of a human being is their ability to express Love in relationship.” - Walter Russell

Humankind, even if unwittingly, is in relationship with every part of Creation, and extending Love to all of Creation is a necessary step in transcending humanity’s repetition of regression and instead manifesting cosmic greatness.

Achieving greatness is not a punishment for the senses. It is the liberation of Mind from the sense of deception, allowing Mind to use the body instead as a tool for the extension of Life.

Greatness is the refusal to take part in killing, and it is the reawakening of a deeper knowing: to truly Live is to do no harm by recognizing every Life as part of the Whole of One's own Life. Each part of Creation is a part of One's own body, and each part Naturally functions according to Divine Design. All the Kingdoms – the mineral, the plant, and the animal – work together in proper order to express One Love and simulate divine Idea.

To do no harm is to walk in alignment with Love's breath - breathing out in rhythm with giving, breathing in with gratitude - it is to remember who One is, and the purpose of unfolding the true meaning of Life.

Purpose is the extension of the balanced two-way flow of Love without exception, and it is the Power that becomes manifest through Cosmic Man. It is the evolution beyond the seeming imprisonment of form as One receives by extension One's Whole Self - unbound and unbroken, encompassing the entire universe in Self-expression.

To live this purpose is to ascend to the qualitative Nature of Love, Being Love. Love, in its totality, is known without intervals of seeming separation. In its Wholeness, Love is the timeless, rhythmic interchange of The Idea of Man repeated through peace and harmony.

Without the idea of death, without the body misused for the deception of "*killing to survive*," there is only the Gift of Life eternally extended and simultaneously received. The breath out that extends Love creates the breath of gratitude in. The body - when used to extend this Gift - is not a burden, but the Grail: a living chalice for divine awareness.

The body, serving Mind's true purpose, becomes radiant with the balanced interchanging qualities of Love. It ceases reflecting a dense, painful conglomeration of fear-based energies.

"There is but One Life in the universe. The whole of the universe is but one living, breathing, pulsing Being." - Walter Russell

To kill any part of that Being – to take from the path to greatness - is to lose the Wholeness that would otherwise be known as One's own.

If One understood the cost, One would not take. The cost of taking is in our bent and twisted bodies, our minds looping in seemingly never-ending circuits of fear and darkness, and the recordings of our souls given over to temporarily satisfying the desires within that darkness - our very DNA given over to sequentially unfold and refold to unfold again the

suffering that follows the idea to separate from the Whole. The cost is not only greatness, but our very progress, as eons are spent stalled in moments of weakness and in rebuilding the bridges and resurrecting the ladders we burned before they were complete.

But to walk gently, in unity with our fellow Gardeners of Light, is to build a timeless Ark of Love that carries us peacefully to the fulfillment of Idea, not with wood and nails, per se, but with choice and resonance.

To build the Ark of Love is to reconnect with Source. It is to Center Mind with Divine Law and Order and express the pattern which builds the bonds of Love – bonds that nothing can break.

“The Universal Life Energy contacted by you, and which your Life Centre is constantly transmuting into the very life of your body, not only supplies that body with the energy it needs to do the work, but what is even more important, strengthens and reconstructs its exhausted tissues down to the minutest cell.” - Eugene Fersen, Science of Being

Life Energy is ever present. It is contacted by Centering Mind in the decision to re-give It - aka - extend Its Presence through the body's relationship with every other body.

Mind's choice to extend Love rather than to extract temporary sense satisfaction from slain bodies is what fuels and repairs the body, for the body is Mind's reflection: when Love is for the Whole, the Wholeness of Love reflected.

Giving is the act that transforms Knowing into thoughtful Being.

“Love consists in willing what one has to be another's, and in feeling the other's delight within Oneself. That is what it is to Love.” - Emanuel Swedenborg

To feel another's joy as one's own is not a metaphor. It is a physiological and spiritual bond - an electrochemical harmony of Light. It is the reversal of guilt, the undoing of acquisition, and the restoration of joy.

The writer will demonstrate that a plant-based diet, as a global act of doing no harm, is an act of alignment with the universal Desire to simulate balance - it is a lived extension of Love toward all Life, and a return to the harmonious Law that backs the unfolding of One's true purpose.

This document will detail the cost of taking lives and the benefit of giving Life. It will provide a compelling case for Veganism as the fulcrum of the conscious evolutionary path toward Cosmic Man, who *“Knows Himself as Light”* – and therefore, acts as Light. It will show that Veganism is the answer to the call to remember the Law that requires One to extend Love

to ascend. The Law is Love's one and only Desire: to give of Itself, and to know Itself through that gift.

Utilized will be supporting quotes from the mystics and scientists Walter Russell, Eugene Fersen, Emanuel Swedenborg and Jesus Christ - the Inner Voice of ACIM.

****Please note that the male pronoun is for simplicity of wording and includes all identifications with gender.***

From Separation to Synthesis: Aligning with the Universal One

Man en masse has yet to know that all that is, is One. The illusion of separateness blinds us to the divine balance that upholds the universe. We see ourselves as apart from the creatures of the Earth, apart from the trees, the rivers, the stars - yet all are but extensions of the One Thought, imaged by the rhythmic thinking of the Creator Whose Mind we share and can project as desired at will. In a world marked by natural disasters - Nature's own rebalancing mechanisms - we are faced with a stark truth: Humanity has lost its harmonic place within the Whole and is suffering the consequences of repeating extinction. To begin our return to Creating, we must first recognize that all lives are One.

The Universal One seeks only to express unity. What appears through the senses as separation is, in truth, a rhythmic interchange of thought waves in an undivided field centered by Stillness. Form is not fragmentation; it is diversity in harmony. The universal body of Creation is a balanced, living idea, eternally expressed in rhythmic, harmonious interchange. Each part is dependent upon the Whole, for the Whole is One. When we take the bodies of sentient beings and use them for our own purposes we sever the rhythmic heartbeat of divine thought-wave and set ourselves at war with universal balance. When we take Life vs extend it, we remove ourselves from that harmony. We devolve, by ceasing to access and work with the Source of our Being.

Just as we tamper with atomic power, tearing apart the rhythms of waves of light to find the imagined source of energy - only to unleash chaotic death - so too do we dismember the universal thought-body by severing the life-rhythms of the creatures entrusted to our care. We see them as separate, yet in Truth, their living essence is the same Light which pulses within us. We slay their bodies, believing our consumption of their flesh and blood and organs to be the source and continuation of our lives, but Life cannot be slain, for Life is eternal. Instead, we sow discord in the repetitions of our own Beingness by the unwanted effects backfired in our direction. The suffering we inflict upon the animal kingdom returns to us in kind.

This is the Law: what Man gives, he re-gives unto himself. He who takes Life for sense satisfaction shall find real Satisfaction taken from him - not by punishment, but by the rhythms of the universe restoring balance.

The very cells of our bodies rebel at the hosting of the multiplied death processes of bacteria, parasites and viruses etc. associated with the ingestion of decaying flesh - and knowledge of Life is buried deep in the tumorous recesses created by our own unbalanced thinking. Our own wave fields distort and decay, for we set ourselves against the Nature of Life, which is to give, nurture, and unfold in Love. We are not meant to feast repetitively in ever degrading graveyards which feed only the organisms we host, but in the high heavens of divine imagination as we fulfill the one Universal Desire.

The thought-wave body of the universe is Whole, and its Pulse is the Wholeness of Love. Love is the only force that sustains Creation, for Love alone is the true Nature of our thinking. Where Love is absent, destruction reigns. We who slaughter beasts do not destroy the souls of beasts, but by consuming their flesh we destroy our own knowing of Love.

We dull our own power to commune with Source, to connect with the Universal Life Energy, and in so doing, we build our own tombs of ignorance.

Awaken to the Knowledge that all is One. Look upon the creatures of the Earth as the breathing thought-forms of One Mind, gifted not for slaughter, but for communion. The *“lion and the lamb”* shall one day lie together, not by decree, but our awakening to our true Nature as a divine Being of Light, through whom no harm can come.

Would You Then Ask, What Shall We Eat?

The rhythms of the universal thought-body provide in infinite abundance that which nourishes without taking Life. The fruits of the trees, the grains of the fields, the rich offerings of the soil - these are the rhythms of life given freely, that we may partake without severing the chord of unity. Return then, to the knowing of the Law. Seek balance, seek Love, seek unity with all that lives, and the Light shall flood our being with its power and peace.

Veganism is not merely a dietary choice; it is an energetic alignment with the foundational harmony and order of Creation. As an act of Love, it restores harmony to the wave rhythms of Nature from our bodies to the cosmos - for our bodies are the cosmos. In doing so, Love heals the fractures - even touching the vibrations of past violence and reweaving them into new, peaceful patterns for the future. Where Nature must sometimes shout in cataclysm to restore order, the extension of Love through harmlessness carries out the same

restoration with Grace. Veganism is a creative act - it sings the silent song of Oneness and resonates across all kingdoms of Life.

“The more Love you give, the more you experience Love in your reality. Commit to loving unconditionally. And love the world unconditionally.” — Eugene Fersen

To Love unconditionally is to choose the evolutionary path to greatness.

To extend Love to all creatures is to synchronize with the Universal Pulse and gloriously, as an effortless sigh of relief, repeat it. Veganism is the reentry point into cosmic alignment where all needs are met with the unified extension of Love - where nothing is taken, and all is shared.

Love as the Bond of Creation

“The underlying principle of the universe is rhythmic balanced interchange - Love is the expression of this law.” Walter Russell

Via the extension of Love, Veganism is far more than abstaining from harm. It is a scientific and spiritual alignment with the Law of Rhythmic Balanced Interchange. It is the choice to live in harmony with Nature’s Pulse - to Be Love rather than divert the flow of Love into residues of unbalance which karmically must be repaid.

When we love Life and dance with all our dance partners, we become co-creators of the universal dance program - not destroyers of it. In this sacred alignment, our thoughts and our actions contribute to the symphony of balance that sustains the cosmos. We no longer stand outside of Nature, but within Her very heart, synchronized with Her very design.

“The electric energy which motivates us is not within our bodies at all. It is a part of the universal supply which flows through us from the Universal Source with an intensity set by our desires and our will.” - Walter Russell

What genuinely motivates us is not the personal will, lead by desires to satisfy the senses, but the degree to which we allow Love to flow through us. What we often mistake for motivation - the cravings and compulsions of the body used for the deceit of sense satisfaction - are not true impulses, but echoes of unbalanced thinking to take. These unwanted patterns of motion - parasitic, bacterial, viral etc organisms born from past violations of harmony - repeat themselves as endless cycles of craving momentarily alleviated by “*sadisfaction*” – brief periods of reprieve against backdrops of eternal suffering. These little entities can never be satisfied, and to try and satiate them is to surrender our own ability to manifest what is truly satisfying. Without our willingness to extend Love, we are perpetually in receipt of nothing but momentary glimpses of ever-

fading glory. The colors of the rainbow, instead of becoming ecstatic qualities of Being, are eaten alive as they fade into their photo negative before leading to their pot of Gold.

The act of taking Life vs extending it projects the desire for death into the mirror of consciousness. This is the great reversal of Universal Law: what we give, we receive - in mirror and in kind. But unified with the Will to Be Love - we are lifted from the cycle of birth and death to knowingly expressing the qualities of rhythmic, balancing, interchanging Love. We move beyond survival and into Creation.

“The reason the Lord’s Divine Nature in Heaven is Love is that Love is what is receptive of every heavenly quality – that is, of peace, intelligence, wisdom, and happiness. Love is receptive of everything that is in harmony with It.” - Emanuel Swedenborg

Love is the doorway. It opens all that Heaven is - peace, wisdom, joy, eternal Life. Without the extension of Love, we are closed off to these gifts. We withhold them from ourselves. We allow the madness we invited in to reign over us.

To choose Love is to open the channels blocked by our own unbalanced thinking. To choose Love is to recognize our Power to eradicate the effects of madness and get on with unfolding true purpose. Choosing Love is to receive the universe into our hearts - and to reflect it back as our very own Life.

The Periodic Table as a Cosmic Blueprint of Love in Action

“The visible universe of matter is an illusion of light in motion.” - Walter Russell

The visible universe is but an inverted reflection of the qualities harbored within our own Mind. We have fashioned a hall of mirrors - a legion of “*individual*” minds. Each mirrored surface casts back thought-forms in rhythmic sequence, as though One is eternally tossing a ball to someone else with one hand and reaching to catch it with the other. There is, though, no “*other*” participant in this game; there is only One Mind - by its split from Unity - imagining intervals of separation between feed-forward division, and feed-back reunion.

When Mind chooses to take, there is a short-change of balance. What returns is the cost - the inevitable debt incurred by borrowing from what was never separate. All takings are borrowings from self, and debt is always balanced. But when Love is extended, Love returns without leaving - the mirror is instantly filled by the rhythmic abundance of Love’s undivided Beingness. There is no sequential alternation between pairs of seemingly disconnected opposites; there is only the dynamic quality of Love, equally dividing to equally multiply Itself.

The Russellian periodic table is a divine choreography of the Creator's thinking. It is the seemingly divided light spectrum of indivisible cause paired to build a Creation that stands for the Wholeness of cause. It is like a musical notation of Love's desire to express unity through the one two-way, rhythmic balance between perfectly mated opposites – all of whom are sections of one grand orchestra. Killing parts of the periodic choreography and expecting the remaining elements to build a balance of Carbon at the apex of the wave is like expecting a standing ovation from the audience - while playing "*sprach Zarathustra*" by Richard Strauss (1896) without any base section.

The elements within the Russellian Periodic Table are not random chemical reactions - they stand for the divine impulse of Oneness seeking communion. Each element is a bond formed by an embrace of balance between opposites. Each element is a tone in the octave of matter on its way to its peak for graceful re-expression. Carbon is the apex of the table as it represents the full simulation of the zero point of Stillness in seeming motion. Carbon is the point where the whole table has stacked together perfectly to manifest balance at the top, thereby simulating Oneness. The great pyramids were likely built as examples of the Russell periodic table of elements.

It is the unbalancing of the progress of "*Carbon becoming*" that is man's undoing. Balance is what keeps all bodies on a path to the top. Without it, there is either slow or violent dispersement of the entire table and return of the developing photo positive to the photo negative for recalibration. Without its base and its mid-section, there can be no top.

We can use an analogy of crossing a canyon without a bridge to represent an abrupt return to zero, and the thoughtful construction of a bridge to stand for extension of balance. Acting with or without the Whole periodic table is the deciding factor for what the future unfolds. Humanity has carelessly jumped over many cliffs, so to speak, and so there is an ever-presenting decision to make until that bridge is built.

The violent "*decay*" of heavier elements removed from their natural order, such as a broken body on the canyon floor, is not failure, but imbalance - the natural effect of motion divorced from rhythmic reciprocity. That same body held plenty of Potential compressed for the purpose of unfolding it pragmatically, joyfully, step-by-elemental-step and at a natural pace, and now it must repair its own structure before it has again the elemental power to build with it. In violence, such as the impact of a canyon floor, digging up atomic elements, or as the focus of this document - the violence of killing animals - torrents of uncompromising decay are produced and returned to their cause. These torrents result in illness, disorder, ecological collapse, and total resets of universal systems. These unwanted effects are not punishments - they are simply reflections of violated Law –

tossed by one hand and caught by the other. Reflections of violated Law will repeat as often as Law is violated, so it eternally behooves One to understand and reverse the process, now.

When Love is extended universally – when the question is carefully asked, “*How may I cross this divide with Love?*” - and that bridge is built - harmony is constructed as a path for the greater good. Each unpaired element, like each side of the canyon that the bridge connects, is mated with its opposition to extend balance across the divide. The new Life created by extension sings in tune with the cosmic scale as the originally separated two share one center and the potential of each side is multiplied by their joining. Each balanced atom, each balanced cell, each balanced sun, becomes a vessel for the unfoldment of higher purpose. The periodic table, with the balance of Carbon at the apex, is not a tool of science alone, but a sacred map - showing the way from seeming separateness back to eternal Oneness.

The Periodic Table as a Bridge Across Divides & Ladder of Unfoldment

The Russellian periodic table is like a two-way bridge over a great divide, as well as a ladder of unfoldment from the invisible Idea of Balanced Love into the balanced form of Love-in-motion. Many of us are starting on this ladder’s bottom rung as we find ourselves where we last left the body – shattered on a canyon floor or some other equally unwanted inheritance. The Law, though, when invited in, will Guide the way for all who invite It. And when Carbon is balanced, inherent to its refolding is the way learned for its re-expression.

“The elements are but the many tones of the One universal wave” – Walter Russell

Every element, like every sentient being, is a tone in One - not a separate, stand-alone entity, but part of one eternal Idea expressed through balanced opposing motion. Carbon cannot be reached without each section of the orchestra playing its part to forward the whole production.

In this Cosmogony, denser elements are like tightly coiled springs of desire for release, storing the memory of a borrowing, but kept in place by their equal-in-potential but opposite-in-volume mates. They are kept in place by the desire back of the entire table to reach the peak. When manipulated out of phase or out of purpose, as we do with slaughter, they become destructive, mirroring humanity’s own unbalanced desires to take from one area and add to another. These elements do not “decay” by some random law - they obey a rhythmic return toward balance, often violently, when unnaturally separated from the Whole. Plutonium, for example, in its natural environment works with the Whole to forward the Whole by turning elemental rock under the surface into elemental soil on

the surface; it is only when it is removed from its natural position in the wave that it becomes destructive. And it is the same for the animals – removed from their roles and held and slaughtered for consumption, accelerated decay is expressed within the Whole. Our bodies, Earth and even solar system become breeding grounds of expedited decay.

In its proper place, each part of Creation works in harmony with every other part to reach the apex of Carbon, which our Sun reflects at humanity's ascension. When these elements are not lovingly kept in their proper places by the free will of humanity to ascend to Oneness, as One, a full reset by the natural desire to express balance occurs. Records of progress do not go beyond the last high point, which, if not Carbon, always fall short of the goal. To give some examples we see this as an atom bomb explodes, a body falls to a canyon floor, animals are slaughtered en masse for sense satisfaction, or as a sun goes supernova.

Conversely, the lighter elements - Hydrogen, Oxygen, Nitrogen, and ultimately Carbon - form the structural basis of Life's balanced expression. These elements are closer to the midpoint of the wave, where giving and re-giving are in dynamic equilibrium. They are the breath of plants, the fluid of rivers, the pulse in our veins - and they mirror the simplicity and harmony of Nature's intent. These elements are foundational to plant-based life and to the human body itself. To live in resonance with them is to live in accord with the primal rhythms of the universe.

Veganism, then, is not merely an ethical stance - it is a chemical, elemental, vibrational alignment with the desire to ascend. To eat from the light end of the spectrum is to take part in the creative circular spiral that erects The Whole Idea for eternal resurrection. It is to receive the sun's song - unbroken - from sky to soil to leaf to body, and to re-give it in acts of conscious creation.

"The generoactive octaves of matter are the expressions of desire to bond in unity, through rhythmic, balanced interchange." – Walter Russell (Paraphrased)

Each elemental octave that man lovingly holds dear in its proper order is a foothold on each rung of the ladder of Man's unfoldment toward Cosmic Being, a firmly placed deck board on the bridge across the canyon of separation. To ascend that ladder, to build and cross the bridge, is to synthesize with the Whole. A bridge missing deck boards or a ladder missing rungs are not bridges and ladders – they are nothing but potential unfulfilled. Ascending the ladders and crossing the bridges with all the elements is not to control Nature, but to harmonize with Her - not to take from the table and keep for self, but to participate with Nature's divine rhythms, so as not to fracture One's own ability for foothold.

In this view, Love itself is the bonding agent between the elements, creating the visible expressions of Love's desire to unify. When Man acts without Love – by taking Life - he breaks those bonds before he has finished building the bridge or erecting the ladder; and the natural response of the universe is their redistribution for reconstruction. But when Man extends Love, simply by respecting and working with the natural order of Life's expression - he repairs the old breaks and forges new bonds. Bonds that do not break of their own accord, because they are made of the One Timeless Substance that cannot decay and always wants to repeat only Itself.

“The universe is composed of Light at rest and Light in motion. Man's task is to know the Stillness and express it dynamically.” - Walter Russell

Man's spiritual evolution is thus mirrored in his peaceful movement across divides and up the elemental ladder to the apex of the wave of Creation - from unconscious consumption to conscious regiving; from density to transparency; from dissonance to harmony; from survival to synthesis. It is a journey of remembering the One Idea to express Love and consciously deciding to do so.

To live in harmony with the wave is to live free of harm. To ascend the ladder, to join the divide, is to manifest The Self. And the path is lit - element by element - with Love.

Veganism and the Harmony of Atomic Relationships: Eating from the Body of Light

Animal flesh carries the vibrational residues of released compression and fear-based motion - the energetic imprints of death. In contrast, plant-based life is organized by solar radiance and expresses a more balanced wave-frequency, far closer to the rhythm of universal harmony. Plants, in their balanced rhythms are life-sustaining. They process naturally by the interchange between the sun and the soil to be ready to eat at the apex of their wave which their ripeness conveys, as the fruit naturally falls from the plant and returns to the Earth for re-seeding. By the consumption of plant offerings, Man works with the animal kingdom to redistribute the plant kingdom for resurrection. At no stage in its lifespan does an animal naturally offer itself for human consumption, and when a human takes the life of an animal, its resistance to that taking and its decaying flesh both have every opportunity to take the life of the human.

Based on his statement that *“fruits, nuts and seeds would be the best diet for man,”* the Law of Extension, and his description in Atomic Suicide? of the effects of denser elements removed from their proper order, it would seem that Walter Russell observed:

“The food of man should be the food of Light - not the residue of death.”

Matter is Light in motion. The quality of Light one consumes, quite literally, becomes the quality of one's living waveform. To eat from the body of light is to receive nourishment from the radiance of the sun, transmuted by Nature into form aligned with the Creator's rhythm and order of simulating balance. In Russellian terms, this is eating from Nature's wave crest of plant-based balance (ripeness, readiness for separation from the plant and re-giving to the rest of Creation) rather than from the rapidly released, compressed inertia of rotting flesh.

This spiritual understanding of nourishment finds perfect resonance with the deeper, often misunderstood meaning of Communion.

In the Christian tradition, Christ invites humanity:

"Take, eat; this is my body ... Drink ye all of it; for this is my blood of the new covenant."

Note that these words were never meant to justify consuming death for re-expression, but to initiate humanity into a higher understanding of spiritual nourishment - to ingest the living frequency of Love extended, not flesh taken.

The body of Christ is the body of Light, the spiritual substance of Divine Love made manifest. To "*drink the blood*" of Christ is to accept the life-force of Love into Oneself, not blood from a sentient being, but as living radiance - the same Light expressed through photosynthesis, through sun-ripened fruit, through the rhythmically balanced interchange of Nature as She simulates the balance of the apex of the wave in the plant kingdom to serve the animals (including Man's) rise to the apex, which then forwards the plant kingdom's rise for repetition of all kingdoms. In proper order, consumption serves completion of Idea for its resurrection – out of order, consumption repeats (feeds) only residues of unpaid borrowings.

To eat from the body of Light is to take part in 24/7 Communion with all of Creation. It is to say:

"I will no longer separate myself from the One Life through violence. I will extend and receive only Love."

When the desire of the will is to unify with Love - to give rather than take - the body becomes a vessel of radiant Light, not a tomb for pain. This is not merely abstention from animal products; it is an alignment with the universal field of harmonic balance, expressed atomically, chemically, energetically, and spiritually.

When we extend Love through every choice, we become receptive on Earth to the qualities of heaven. Veganism becomes not a limitation, but a liberation - a reconnection with the

atomic and spiritual song of the universe. This daily act of non-violence becomes a sacrament: a ritual not of sacrifice, but of synthesis - not of death, but of radiant living.

In this Light, Veganism is Communion - the embodied remembering that Love is the substance of Life, Life is given freely for re-giving, and our bodies are holy only to the degree they reflect the Light of Love. Veganism is the true meaning of “*give us our daily bread.*”

The Body as a Vessel for the Holy Spirit: From Tool of Deception to Temple of Love

When the body ceases to be a vehicle for harm, it becomes what it was always meant to be: a vessel for the extension of Love, the living temple of the Holy Spirit. As a symbol of harmlessness, the body expresses its true function - not to deceive the Sonship through relationship motivated by the belief in the need to kill - but to serve Love by giving Love.

In a world built on forgetfulness, the body is often used to conceal Truth - to uphold the illusion of separation, to justify survival through violence, and to propagate the myth that Life is multiplied by death. But when the choice for Love is made, even the body - once a symbol of the ego's domain - is repurposed to serve the will of Heaven. A vegan body, in this sense, is not just abstaining from harm; it is actively proclaiming that Life does not require multiplying death, that survival does not demand sacrifice, and that nourishment cannot come by taking what is not freely given. A vegan body is a living testament to Mind that has remembered its Oneness.

As A Course in Miracles teaches:

“The Holy Spirit sees the body only as a means of communication.”

Holy communication is meant to reflect the message of Oneness - a message spoken through action, not just words. To state that One is “*heart-centered,*” while eating from a plate of death cannot be a statement of Truth. The body, purified of violence, becomes transparent to the Light of One Heart. It ceases to block Light by saying one thing and yet doing another and begins to transmit It. It no longer operates via the belief that taking death can add to Life; it gives Life straight forward. It radiates through inspired activity that which Mind desires to gravitate.

Walter Russell writes:

“The sole purpose of man on earth is to manifest his Creator. He has no other purpose.”

To manifest the Creator is to reflect the nature of Love in form - not as domination over other forms, but as divinely ordered unity with them. Just as the sun gravitates what it needs to shine without consuming its planets, so too is man designed to radiate Love to all rather than absorb, to give to all rather than grasp. The true meaning of dominion is to knowingly re-give Love to all - and be knowingly in receipt of Allness.

A body aligned with Love is a living invitation to Peace. It is a demonstration of harmlessness and a mirror of divine rhythm. A body reflecting Love is a Holy Grail - not because of what it holds, but because of what it extends.

This is not a call to deny the body - but to re-purpose it. To re-member it – literally, to bring its parts back into harmony with the Whole. When the body no longer serves the self-concept of separation, it becomes an extension of the Universal Self-Concept - a visible expression of the Invisible One.

The Holy Spirit's use of the body is regenerative. It re-patterns not just Mind, but the flesh - for flesh is merely crystallized thought. The vegan body, aligned with non-violence, is no longer structured by guilt and fear. It is structured by harmonic coherence. It pulses with the timeless frequencies of the Cosmic Heartbeat.

In such a state, the body no longer deceives, distracts, or decays prematurely. It becomes a lighthouse, guiding others to remember their own inner rhythm - their own divine inheritance.

To re-echo Eugene Fersen's quote:

"The Universal Life Energy strengthens and reconstructs (the body's) exhausted tissues down to the minutest cell."

In this way, the body - far from being an obstacle - becomes a bridge and a ladder, crossing divides previously believed to be uncrossable, stepping up from time to eternity, from illusion to truth, from painful "*survival*" to rest in the repetition of symphonic Oneness.

It is not by discipline or denial, but by devotion to Love, that the body becomes holy. And in its holiness, it fulfills its highest purpose: to reflect the Creator in form.

The Qualitative Relationship Between Man and Animal & The Vibrational Implications of Consuming vs. Blessing Life

To consume is not always to honor. But to bless - to truly see - is to unify with what appears as "*other*" and to ascend as One.

Veganism and the loving care of the animals, and the plants, on the planet is more than abstention from harm; it is a vibrational stance that bridges great divides and ensures each ladder rung is stable. It is a deliberate alignment with the Law of Rhythmic Balanced Interchange of elemental ascension, in which the desire to give outweighs the impulse to take. The effortless desire to give is the “*letting go and letting God*” that replaces the effort of hanging on. In this balance, we begin to see the true Nature of relationship - not based on hierarchy, but in harmony.

As previously mentioned, to eat flesh is to ingest frequencies of fear, pain, survival trauma - energy released in a torrent of decay by force rather than offered through the rhythmic power of Life extended. These death frequencies distort the body’s waveform as force is returned in kind, expressing as dissonance, emotional imbalance, and spiritual amnesia.

As Walter Russell teaches: “*Matter is but motion in equilibrium. All matter is a record of the desire of Mind to express Love in form.*”

Animal bodies, like human bodies, are encoded with individual blueprints of Love. To sever their rhythms for food or profit is to disrupt not only their balanced cycle, but our own. The killing of an animal is the fragmentation of a waveform that was meant to sing in harmony with ours - not silenced for our temporary sense of dissatisfaction. The universe is a living demonstration of Love’s beauty, truth, and the law of repetition of those qualities – it is not meant to be a revolving door to a graveyard of silenced Love.

Veganism, by contrast, is a blessing of form by resonance with its mutual purpose. It is the recognition of waveform identity as sacred and occupying a certain role in the simulation of Wholeness. It is the honoring of each Being’s right to express its note in the symphony of Life.

But What of Plants? Are They Not Also Living Forms?

Indeed, plants are living forms, and in divine order, all Life serves the expression of balance. As Life moves up ladders and bridges divides, mineral becomes root. Root becomes fruit. Fruit becomes nourishment. And the plant - unlike the animal - gives its fruit freely, through renewable expression. Plants do not perish when parts of them are pruned – new growth is encouraged. The fruit tree does not perish when you take its fruit. The plant-world is designed for reciprocity. It is not taken from, it is received in rhythm, with gratitude.

Man’s proper role in this sacred cycle is not as predator but as Gardener of Light - tending, blessing, and co-creating with all the kingdoms. To live vegan is not to disrupt the order - it is to fulfill it, as stewards who consciously sustain the web of life with reverence. Veganism

is the true meaning of the quote from the Christian Bible: *“and Man shall have dominion over everything that moves.”*

The consumption of flesh is the ritual of an ancient fear based in the belief in separation, in lack, in the reflection of death, tossed into the mirror by one's own actions. Veganism is the redemption of that ritual: a present act of Love in the face of the historical lie that *“another”* must die so that One can live.

Not only animals are honored through this choice - for what we do to them, we do to our own waveforms. The veil between forms is illusion. There is no *“us and them”*. There is only The One, in varying degrees of Light, appearing in diversity for the joy of relationship.

Walter Russell reminds us: *“There is but One Life in the universe. The whole of the universe is but one living, breathing, pulsing Being.”*

To eat from this One Life in violence is to forget who we are. To bless each part of it is to remember that One is never separate.

In this remembrance, the vibrational field of the Earth shifts as humankind contributes to the ascension of the entire system - not in theory, but in actual waveform recalibration. Every choice for Love adds coherence to the One Verse. Every refusal to take what was not given freely and to find a better way is a praise-song to the wholeness of Creation. To live and let live is to ascend.

Thus, the qualitative relationship between man and animal - and between all forms - is not decided by man's religion, law, culture, or species. It is decided by the intention to recognize the Presence of Love across the table.

Do we intend to see the soul in front of us? Do we intend to hear its silent rhythms of Love, Being Love? Do we intend to bless it - not with words, but with the choice to let it Be?

When we do, we bless not only them, but ourselves. We give ourselves permission to Be. We rise into right relationship - the only foundation for a lasting peace.

Veganism & The Seed of Cosmic Man: From Harm to Harmony, From “Survival at All Costs” to Sovereignty

To refuse to harm an animal is not simply a matter of preference or morality - it is the beginning of spiritual sovereignty. It is the conscious declaration that we remember who we are: not separate, not superior, but part of a unified whole, created in and by Love.

Veganism is a declaration of divine inheritance. It is the first step in walking the path of Cosmic Man - the fully realized Human who lives not for the body, but through it as an extension of the Light of Love. Cosmic Man does not take Life to sustain his own because he knows he *is* Life and therefore lacks nothing. In refusing to harm, he aligns with the Universal Law that all Life must serve the unfoldment of Love. And so, he knows that by extension of Love he serves Himself, and He ecstatically experiences repeating Life, not death.

We remind ourselves of what Walter Russell wrote: *“The sole purpose of man on Earth is to manifest his Creator. He has no other purpose.”*

To manifest the Creator is to become like Him-Her - a giver, not a taker. A co-creator of Life, not a consumer of death. A presence so aligned with balance, that One's very Beingness uplifts and heals all it touches. Balance is never achieved through conquest, but through conscious surrender to the silent rhythms of Natural Law.

Each time we choose not to kill - not to harm for taste, convenience, or profit - we build a vibrational Ark: a container of coherence within a world fractured by fear. This Ark is built of order, resonance, and remembrance. It carries with it the divine evolutionary arc: not survival of the fittest but awakening of the kindest.

Eugene Fersen reminds us: *“You have an opportunity to choose evolution, and ultimately happiness, for yourself by choosing to be courageous, aware, and conscious of your choice.”*

This choice - to eat from the body of Light and not from the residue of death - is how Cosmic Man is born. Not in a single event, but in a sequence of increasingly loving decisions, each one harmonizing the individual with the Universal, until the individual being has become the Universe, Being.

Veganism is an integral part of the seed pattern for this new humanity. It is planted not just in the soil, but in the wave field of consciousness, where every act of harmlessness radiates like sunlight across the garden of collective life. It teaches the body to serve as a temple of transparency; a reflector of the One Light rather than a prison of appetites inherited from mistaken beliefs in limitation and lack.

To embrace veganism is to declare that Love is through Whom all Life flows. It is to declare that this is the New Genesis. It is to announce the Ark of vibrational continuity. This is how the Kingdom comes - not by force, but in unity.

In this remembrance, every meal becomes Communion. Every step becomes a blessing. Every being met is recognized not as other but as a perfect note in the same cosmic chord - calling us home to the music of unity.

And we, the Cosmic Gardeners, answer the call with reverence. We answer the call with kindness - by extending Love, as its willing Creator.

Veganism as the Ark of Evolution: Saving the Whole by Loving the Parts

In the spiral ascent of elements through Walter Russell's wave-based periodic table, the wave reflects a journey toward simulated balance, and the return to Source for ecstatic re-expression of balance through rhythmic interchange. The apex of the wave - the highlight of the arc - marks the crest where balance is simulated. It is here that potential has reached its fullness, as Light achieves maximum expression through form.

Our solar system, as previously mentioned, is atomically in the position of Manganese on the Russell periodic table of the elements. This is the starting point of balance before the absolute balance of Carbon is achieved, and spiritual maturity reigns as our solar system's Age of Light. One comes to know the ecstasy of simulating Carbon, and, desiring to repeat only that ecstasy for eternity, Creation becomes Timeless.

Our current position is also the point of choice as we are one step from the crest of the wave.

Will humankind on Earth finally choose to step into the Age of Light, or step back into yet another Dark Age?

Ancient Monuments and the Solar Apex: Humanity's Celestial Reminder

"Creation is the imaged form of desire in light waves, and the balance point of that desire is the crest of its power." Walter Russell

What is the significance of the crest of the wave when it comes to our solar system?

Across millennia, cultures around the world have erected monuments aligned with the sun reaching the apex of the wave - particularly through its position at solstices and equinoxes. These structures serve as lasting reminders of an ancient recognition: the sun's journey across the sky mirrors a cosmic process of human ascension that must be understood and honored.

The framing of the sunrise through precise architectural corridors on solstice mornings reflects a reverence not only for the sun's life-giving radiance, but for its deeper metaphysical climb toward the momentum of perfect balance at its apex.

These solar alignments act as spiritual indicators of mankind's role in the cosmic process. The sun rising through manufactured aperture symbolizes humanity's task to align consciousness with the rhythms of Nature - to recognize our place as Creators within the divine wave structure. Such monuments are not mere calendars, but stone testimonies to an ancient knowing: the sun must reach its apex to stand for divine Idea, and Man's choices - his alignment with or resistance to Love – are reflected by the sun's success, or regress.

By decoding these alignments, we can interpret the message: Humanity must rise, spiritually and ethically, to fulfill its role in creating the universal pattern. The architectural framing of the solar arc is a silent yet urgent call to remember our part in the sun becoming a balanced Carbon sphere - a cosmic fulfillment mirroring the ethical maturity of Humankind.

Everyday Reflections of the Sun's Apex

The journey of the sun toward its apex - the perfect balance point of Carbon - is not some abstract cosmic event, but a pattern desiring expression that is written in every atom from the microscopic to the Galactic. All things in Nature follow the desire back of Creation's wave: from balanced stillness into balanced motion, and back again into balanced stillness for re-expression of evolving Idea. We see reflections of this sacred climb toward climax and fulfillment in the simplest rhythms of everyday life that are given to support Love's re-giving.

1. The Breath and the Yawn

Just as the sun builds its potential through cycles of generative motion, the human breath follows a wave: the inhale compresses, building power toward a pause - the apex - before the exhale releases. In a yawn, this wave is accentuated. The lungs stretch open with a long, involuntary inhale, climbing to a peak of full openness, before surrendering into the release of the exhale. To stifle a yawn is to block that peak. In like manner, when humanity does not express the path toward balance, we are stifling the climax of a cosmic breath.

2. The Sigh of Relief

A sigh is more than just breath; it is the body's release after tension and the potential of momentum. The apex is felt as the turning point between containment and relief. It is the

rhythmic to and from the apex that is momentum. As humanity distorts this rhythm, momentum remains unexpressed.

3. The Seed to Fruit to Ripeness

In plants, the seed becomes stem, the stem becomes flower, the flower becomes fruit - and then ripeness is the climax. Balanced Carbon is the cosmic ripeness of elemental evolution. If the plant is uprooted too early, the fruit is aborted. Likewise, the sun does not bear its fruit of balance if Humankind cuts short the process through destructive or regressive choices.

4. The Crescendo of Music

A musical phrase builds tension - note by note - until it resolves in a climactic moment of harmonic balance. The sun reflects humanity's symphony, seeking its harmonic balance. If One plays off-rhythm or hits the wrong notes (symbolic of misaligned thought and action), the climax is dissonant – aka never experientially reached.

5. The Birth Contraction

In childbirth, the body contracts toward a peak of pressure that releases new life. Reaching this apex is only painful because of Humanity's accumulation of Universal Law violations. So too is the journey toward expressing balanced Carbon painful as we correct lapses of belief in separation. It is a labor of light, though, and Love is ever Present and at our command through our willing unification with It. Humanity, like the body, must support the journey with breath, patience, and surrender - not with fear, violence, or resistance.

The Cosmic Breath is Our Breath

Each of the above examples show that climax is not a luxury or optional outcome - it is the cosmic desire for fulfillment of a natural wave pattern. If we allow the breath to rise, the fruit to ripen, the yawn to complete, the birth of the new, we honor the design of Nature. Humanity's role, then, if we want to experience the Age of Light and birth the new, is to think, act, and live in rhythm with the cosmic wave.

To deny our experience of Oneness is to refrain from commanding the sun to reach its apex and to know our thinking as the ecstatic impetus of our knowing. To deny our experience of Oneness is to deny the creation of rest, in effortless momentum.

The Sun's Maturity and The Age of Light

"Man's Mind is God's Mind" – Walter Russell

In Russellian cosmology, the Sun is not merely a nuclear furnace, but a conscious center - a radiative/gravitative Being. Our Sun, like all celestial bodies, reflects evolution of thought. It will reach maturity at the apex of its wave as Man's thinking unfolds the momentum of divine Idea. Just as Man matures through spiritual realization, so too does the Sun approach the maturity of its wave arc. The sun becoming a balanced sphere reflects Humanity manifesting God's Balanced Image.

If we bring Love to Earth by extension of compassion to all sentient beings, we shift the entire wave rhythms of our Earth, our solar system, and beyond for expression of elevated thought. We elevate our thinking to synchronize with the divine desire to complete the arc with full harmonic resonance - resonance that manifests as a "*Carbon Sun*" that unfolds the Age of Light. Man, when he ascends, stands at the fulcrum point of the universal wave, and a Carbon Sun is His reflection. He is both sun seed and fruit, both conception and completion.

The Power to Choose or Refuse Balance

Man is not bound by instinctual compliance. He is given sovereignty of thought. And with thought comes the power to align with God's law to manifest Balance - or oppose it and reset the Cosmic Clock.

Free will is the signature of Man's unity with God. He can choose to think with the balanced rhythms that extend Love and Life - or with the unbalanced rhythms that radiate death and destruction and force a reset.

The Tragedy of Unfulfilled Potential

Are there entities who never fulfill their purpose?

In Russell's cosmogeny, the answer is yes - but only temporarily. All beings are centered by the desire to manifest balance, but Man may choose to separate from that central desire and repeat regression with ever evolving disease and disorder, forfeiting the privilege of manifesting cosmic maturity for a time. He may resist the divine desire of the balanced interchanging point of all waves, delaying his own evolution.

But just as the wave cannot be broken - only delayed - the universe will continue to re-educate humanity through recurring resets. Destruction is not a punishment, but a resurrection of divine desire to balance that which has been unbalanced. And yet, what losses we have endured, and what efforts we incur, when we refuse to acknowledge, and fulfill, our potential – now. Now is the time to become the still fulcrum in the moving wheel,

the Carbon of consciousness, and the eternally ecstatic expression of God's image in form.

The Spinning Top: A Russellian Analogy for the Sun Reaching Its Apex

Visualize a spinning top - a geometric object brought to life through the application of desire to manifest the appearance of stillness through motion. As it accelerates, its motion passes through stages: from wobble to its balanced climax at the apex – achieving a perfect upright spin, where it appears almost motionless despite its intense velocity.

In Russellian terms, this apex of perfect spin is analogous to the Carbon point in the wave - the wave crest, where simultaneous compression and expansion are in balanced interchange. It is here that a system becomes most like the Creator: a fulcrum of stillness governing rhythmic motion.

The top's upright state geometrically resembles the Russellian vision of Cosmic Man's Carbon Sun - spherical, centralized, spinning on its axis of still Light. In this state, the sun reflects fulfillment of atomic purpose: to express balanced energy, radiating life outward while simultaneously being replenished through balanced inward compression. This is the divine balance of Carbon - the fulcrum-point between the generative and radiative halves of the wave.

The Wobble: Manganese and the Precarious Point of Human Choice

As said previously, prior to this apex lies Manganese in the wave. It reflects the top's transitional spin, still gaining momentum but not yet locked in the still axis of symmetry. Manganese is close to Carbon but not yet balanced. The wave has risen but not crested.

In the Russellian view creation arises from the still Magnetic Light of the Universal One, and Man is the seed of that One Idea.

The “*divine seed pattern*” is the divine design of unified Creation - the potential of each Being to play its part in manifesting the full rhythm of balanced interchange. To fulfill divine seed pattern means to express the Idea of Love without distortion - to extend it in rhythmic, reciprocal waves.

From this place of inner harmony, Cosmic Man is no longer at the mercy of the wave - he becomes the master of it. He does not command the sun with force, but with the resonance he expresses through his thinking becoming the ecstasy of his knowing. In metaphysical terms, this is a resonance with the universal wave rhythm that governs all form.

This is hinted at in Walter Russell's Message of the Divine Iliad:

"He who knows the Light can command the wave. He who lives by the law of balance commands the electric motion of the universe."

So, in this sense, the sun's cresting into its full maturity - its balance point - is symbolically and metaphysically linked to whether Man, the universal conscious Creator, crests into balance. Extending Love and living harmoniously with all Life is Man's straightforward way of raising the vibratory coherence of Earth, aligning with His-Her cosmic seed pattern, and enabling the sun to fulfill its wave cycle without reset.

Walter Russell's warning in Atomic Suicide? goes far beyond the political anxieties of nuclear war or environmental collapse. In the Russellian framework, the title refers to a literal cosmic consequence: the inability of our solar-system-atom to crest the evolutionary wave to balanced momentum and represent the full maturity of the Idea of Man.

At this stage, humanity is poised between achieving the momentum of maturity or failing to mature. If energy is not rhythmically and consciously applied - through right thinking and right action via the extension of Love to all Life - the system continues to wobble, separates from its potential to reach rhythmic spin, and begins to fall chaotically back to its deviated seed pattern for repetition of chaos - until the desire to achieve balance overcomes all others.

The Sun as a Mirror of Mind: Reflecting Balance or Unbalance

In the Russell Cosmogeny, the sun is a visible effect of the invisible Light of Mind. Like all atoms, it is a recording of desire - a thought-form projected into motion. Its very structure, luminosity, and spherical symmetry (or lack thereof) reflect states of consciousness.

The centred Mind is in full alignment with the divine seed pattern of Cosmic Man - that is, it knows itself as Light and acts from equilibrium - and the sun is a mirrored reflection of that balance. It simulates zero eccentricity, radiates evenly, and gravitates Light inward in rhythm with its outward giving. It is a momentous Carbon Sun - mature, balanced, and poised to return gracefully to divine seed for re-expression of Balance. Life becomes an ecstatic eternal experience - the *"rise and fall"* of divine seed pattern with Grace is the repeating momentum of purpose fulfilled.

But when the Mind is off-center, driven by distorted desire or separative thinking, the sun reflects that imbalance. Its form wobbles, bulges at the equator, radiates unevenly, and

projects images of instability. This is not a punishment, but a mirrored condition: the sun is the body of thought projected by the inner state of Mind. It records whether Love, (which is scientifically Balance), is extended or withheld.

The sun is a spiritual barometer. Its pulse, shape, and electromagnetic coherence are all expressions of the rhythmic quality of the thinking it mirrors. If thinking is balanced - rooted in unity and expressing the two-way balanced flow - the sun reflects spherical perfection and expresses divine order. If thinking is unbalanced - rooted in taking, fear, or the belief in separation - the sun reflects that unbalance.

Thus, the sun is not fixed in fate at this stage; it is fluid in response to the consciousness of Man. It is the cosmic echo of collective Mind - a luminous mirror of our alignment, or misalignment, with the One Idea.

Human Thinking Directly Influences Cosmic Balance

Mankind's thoughts, actions, and collective state of balance or unbalance affect the entire wave-field of the solar system.

"Any happening anywhere happens everywhere." – Walter Russell

Since man is endowed with free will and is the only creature capable of conscious creation, his choices can either:

Extend balanced, rhythmic interchange (through Love, unity, and harmonious living), reflected as a carbon-balanced sphere,

Disrupt the two-way flow (through killing, exploitation, and imbalance), causing regression, collapse, and the need for systemic resets.

A solar system reflects the balanced thinking or unbalanced thinking of the Mind imaging it. Man is not just a passive inhabitant of the wave - he may align with the fulcrum within it or resist it. Like the still point of a seesaw, he may center his own thinking to align with the balance and equality of giving for re-giving or remain in suspended or grounded animation on either end. If he extends Love, gratitude, and harmony, the wave of his own Idea reflects balance. If he takes - through exploitation, war, killing - the wave rebalances itself through correction (resets, cataclysms, extinction events). Using our see-saw analogy, if a participant on one end of the see-saw uses enough force to bounce the other participant off the see-saw, he comes crashing down himself.

Humanity's choice - to extend Love or to resist it - is the decisive factor in whether the sun reflects a perfect Carbon sphere or must reset, along with its planets, through another cycle of long, painful regeneration of the precipice we now stand on.

Now is the moment to choose balance - or repeat the current wave.

The Sun-Seed as a Projection of Man's Desire

"Desire in the Light is the cause of all motion." — Walter Russell

In Russell's framework:

Man is not a creature within Creation - Man is a Creator within Creation. All matter is projected by desire to create motion, and Man's thinking is the projector. To "*plant*" a sun-seed is to send a wave out from the Stillness into expression as an effect.

The outcome of that seed - whether it returns in rhythmic balance via the desire to project balanced motion or dissolves in chaotic unbalance via desire to project unbalanced motion - is decided by whether it reflects the Idea of Man as Centered in the Mind of God.

When Mankind's thinking is centered, we reflect the stillness of Cause, not the chaos of effect. We express the balance of the cube-sphere, not the imbalance of the eccentric spiral. The result is perfect withdrawal into Love for re-expression of Love.

Man decides the measure of the wave field of space within which to plant his seed, and the location of the seed, by the degree of his mental union with Source or separation from Source. If the seed is perfectly centered in a wave field that matches its potential, it rhythmically, through increasing desire, "*grows*" and manifests Idea in God's image. The reflection of the seed is 360 degrees or a perfect sphere that cannot be seen as separate. It is wholly known to be One with Source. Its flow of flowering and going to seed to flower again is One ecstatic knowingness seamlessly translated into the rhythmic, balanced interchange of Idea simultaneously conceiving and completing through One. Momentum, once achieved, is never lost but forever re-created to use as new building blocks for evolving Idea.

If the expression of the seed pattern is distorted by the thought to take from what nourishes the Whole, the effect is not the ecstasy of repeating momentum but the repetition of unwanted effects. We look out into the galaxy and see a host of unbalanced spheroid suns like the red giants of slow decay or the supernovas of fast decay – these are all seeds planted with the off-centered desire to manifest Man's own image created by extending unbalance.

The Ark: An Ascending Wave of Life

The Ark, then, is not only a vessel for Earth alone - but it also stands for the entire waveform of the solar system in harmonic motion. Veganism becomes the technology of alignment that lifts not only animals from suffering, but humans from karmic entropy. Through Veganism, Man steps off the cycle of predation and into the cycle of Love's extension. He becomes an ecstatic participant in the manifestation of the Idea of Man - not by control, but by communion - by unity with the wave's Dominion of Desire to Express Balance.

The extension of Love to the animal kingdom releases Humanity from the feedback loop of death frequencies. It serves the higher good to repeat here that animal flesh carries the compressed vibration of fear and separation. This frequency is incompatible with the expanding wave crest of ascension. When man ingests flesh, he blocks his advance to experiential heaven and chains himself to the cosmic death spiral. He draws himself toward repeating suffering, chaos, and decay. But when Man lives with Love - he becomes radiant, literally, and spiritually.

The Reset or the Resurrection

"Man's refusal to live by the Law has unbalanced the wave rhythm of his body, his world, and his civilization." Walter Russell

The tipping point is not only in culture, politics, or climate, but in cosmic consequence. The return to Divine Seed for the re-expression of Balance or the reset of the system for another attempt is not poetic metaphor. It is physics. The system cannot support disequilibrium indefinitely. The extinction of species, the acceleration of climate instability, and the psychic fragmentation of humanity all show a vibrational system on the verge of devolution.

Back To Carbon: The Element of Balance or Breakdown

Carbon - central to all complex organic life - as mentioned, in its balanced state sits at the apex in the periodic table. When properly harmonized, it is the element of Light, the simulation of wave balance in matter. But when misused - as it is in the slaughter and exploitation of animals - carbon becomes the chemical fingerprint of imbalance. Our atmosphere's excess Carbon is not merely an environmental issue; it is a sign of spiritual misalignment. The death-phase vibrations of violence have pushed us into expedited decay.

Russell explained that wave motion is Life's language. When the rhythm is broken - Nature rebalances through redistribution. This is the science behind what Russell called the "*rebirth of systems*" - a cosmic reset.

The Elemental Ladder: From Seed to Fulfillment and Beyond

"The basis of all Life is carbon. Life could not exist without it. It is the one element in which Nature has found balanced interchange." – Walter Russell

In the Russellian periodic table which starts with Hydrogen and progresses rhythmically towards the apex, Carbon holds a pivotal role. Carbon is the perfect example of equilibrium between compression and expansion, between gravitation and radiation. It is not merely a chemical part of life - it is the element of Light, expressing the full balance of the stillness at the center of motion.

Hydrogen, the simplest and most abundant element, acts as the womb on the Russell periodic table from which the seed pattern of Creation appears. It serves as the elemental fulcrum of stillness - the point of balance and potential from which the wave of matter begins its rhythmic unfolding of Carbon. In the cosmic octave, Hydrogen starts the elemental ascent toward complexity and life, partnering with other elements to form increasingly organized and meaningful structures. As the most abundant and simplest element, Hydrogen serves as the fulcrum of beginning, and the foundational point of the unfolding wave of matter. Through its interactions, especially with Carbon, it initiates the creative bond work that gives rise to increasingly complex organic life.

Carbon, by contrast, represents the completion of the seed pattern as a new cosmic building block. It is the fulcrum of biological complexity, capable of bonding with many elements. In this view, the journey from Hydrogen to Carbon is the cosmic arc of potential being fulfilled - the divine pattern moving from stillness into higher and higher form. This transition reflects in the sun's own evolution, which, as described, currently expresses a Manganese state, preparing for its transformation into a Carbon-level expression - symbolic of its maturity in the current cosmic cycle.

This journey is not isolated to the sun or to elements alone. Man is the projector of White Magnetic Light through this cosmic lens. His consciousness decides whether the image produced - whether the sun, the body, or society - is in alignment with divine pattern. If Man misaligns, breaking the bonds of Love and balance that create the Whole, he interferes with the full manifestation of that image. The result is distortion, loss of clarity,

and deviation from purpose. In this metaphor, broken bonds obscure Man's "viewfinder," clouding perception of his true role and potential as Life-giver at the wave apex.

This distortion has real consequences. If the natural evolutionary wave is impeded - by disrupting elemental bonds or violating natural Law - the system may not seamlessly reverse or evolve. Instead of gently refolding into stillness from momentum of perfection, it may require an explosive reset, violently returning all to the zero of desire to express motion. This is, of course, not the ideal. In a harmonized universe, transitions through octaves occur fluidly - life, death, and rebirth as graceful modulations within the wave. "Beyond carbon," points not to finality but to transcendence- a state where the system no longer needs catastrophic resets and is ready to create the new.

This is why the commandment "*Thou shalt not kill*" is not merely moral, but cosmological. All creatures - animal, plant, human, and elemental - play irreplaceable roles in the ladder of ascension from Hydrogen to Carbon and beyond. When Man kills, he shatters bonds that are not merely chemical, but spiritual, fracturing the chain of cosmic ascent and anchoring the system to lower, repetitive cycles until he chooses the cosmic way. Such acts remove vital participants in the unfolding of consciousness and stall Humanity's evolution into Cosmic Man.

The aspiration, then, is to harmonize One's internal and external rhythms with the great octave, keeping the divine seed pattern intact. In this state, the system - Man, element, sun, and cosmos - can "die" easily, reverse seamlessly, and continue unfolding into ever greater expressions of Love, Balance, and Awareness.

Man's Paralysis of Free Will

"Regarded in itself eating animal flesh is something profane, for in most ancient times people never ate the flesh of any beast or bird... slaughtering living creatures and eating their flesh was to them abominable... But in the process of time when Man began to be as savage as wild animals, indeed more savage, they first began to slaughter living creatures and eat their flesh. And because Man had become such, he was permitted to do so and is still permitted today." - Emanuel Swedenborg

The very element meant to symbolize balance has become, in its unbalance, the signature of man's spiritual paralysis of free will. The will of Humanity is locked in the abominable savagery of taking by force, which started with Man's unlawful treatment of the animals and has fully desecrated the very meaning of freedom. We ask ourselves the question, what happened to ancient cultures of light beings? - and the answer is stated above – the

thought to kill was acted upon, and then forced upon, and we are all descendants of that act. The human dilemma is an ethical and vibrational crisis, linked to Humanity's treatment of animals, which has escalated to all areas of perverse and careless human treatment of "others" on the Earth.

The mass breeding, exploitation, and slaughter of animals for food and commerce are among the largest contributors to global Carbon emissions, methane, nitrous oxide, and deforestation. Producing animals by the billions and consuming their flesh sources a host of destructive organisms that contaminate the Earth's resources and create imbalances in a system that was never designed to host exponentially multiplied pathogenic organisms that assimilate decay.

These are not only environmental pollutants and medical emergencies - but they are echoes of deep spiritual dissonance: a refusal to live in alignment with Love. When Man kills, he digs a universally expanding grave for himself. The Carbon released through animal agriculture is a symptom of this unnatural expansion - a radiative unwinding of Nature's stored compression. Too much expansion (radiation) means the waveform of Humanity is unbalanced - it is dying instead of living.

Carbon is also the symbol of liberation from form when its balanced state is understood. Found abundantly in plant life, and in the human body, Carbon illustrates how Nature seeks to express not heaviness, not decay - but the rhythmic continuity of Light extended through balance.

When Man eats in harmony with the Carbon-balanced plant kingdom, he absorbs the radiance of the sun - not the residue of death. Plants encode the Carbon-light bond in their very structure, having taken in solar energy directly. To eat plants is to eat light transfigured through balance, aligned with the apex of the Creative Wave rather than its destructive descent.

From a Russellian standpoint, balance is a matter of rhythmic interchange. The Earth's atmosphere is a living wave field, looking to support dynamic equilibrium. But when animal life - beings with complex wave fields - are forcibly bred, confined, and killed by the billions, their interrupted cycles release not only chemical waste but broadcast Man's spiritual resistance throughout the cosmos.

"All men come to Me in due time. But those who wait bear the agony of awaiting." – The Message of the Divine Iliad

How long must we wait, and suffer? Carbon imbalance is a natural consequence of energy systems violently out of sync with the Law of Love. The overabundance of atmospheric

Carbon reflects the fear and domination encoded into every bite of flesh consumed and every animal treated as product instead of soul. Modern ecological collapse is a signal that our wave field is out of balance - tilted way too far into the radiative phase.

Plant-based Life, in contrast, absorbs carbon dioxide, transforms it into oxygen, and supports the breath-rhythm of the biosphere. By generating and consuming plant Life consciously - with gratitude and Love - Man harmonizes with that regenerative process.

Veganism, therefore, is more than sustainable: it is redemptive. It is an act of spiritual rebalancing. It acknowledges that the cosmos cannot bear the psychic weight of killing.

“Carbon crystallizes in cube form and is nature’s way of manifesting balance in visible form.” – Walter Russell, The Secret of Light

As we cease to commodify animal life, we cease to suffocate the breath of Life itself. The body of man becomes lightened. The body of Earth becomes breathable. Carbon becomes what it was always meant to be: a cube-sphere witness of balanced thinking that is the foundation for the creation of something even greater, not the marker of collapse.

When Man chooses Veganism as a conscious act of Love, he aligns himself with Carbon’s perfect simulation of balance, and with it, the inner radiance of Still Light. He no longer descends into denser octaves of disharmony, but rises to the illuminated octave of Cosmic Man, the Being of full expression and full receipt of Light.

In this light, Veganism is not merely diet - it is alchemy. It is a transformation of consciousness that allows Carbon to fulfill its role as the elemental gateway into the Age of Light - not just in the individual body, but in the universal one.

To build the “Ark,” we must build Carbon in its highest expression.

Man Decides

Is Man really the One Who decides?

Yes, Man decides because Man is the projector of Cause.

His thinking decides whether the sun reflects an ecstatic cycle of rhythmic return for the eternal expression of higher thinking, or a disordered effect of imbalance.

Every thought of Man affects the entire wave system. When man thinks to kill, he short-circuits the rhythmic balance of interchange and collapses part of the 360 degrees of his seed pattern. But when Man extends the balanced two-way flow of Love, he completes the circuit. He stands upright, like the wave rising at 90 degrees from the plane of imaging. He

becomes a standing wave of balance, the Sun/Son of God, simulating at His-Her crest of maturity the One Father-Mother Source and thereby inviting the Age of Light into fuller manifestation.

When Man centers his thinking, he removes all eccentricity, reflects God's Idea, and Lives - not to die again and again - but as an eternally creative Being via the rhythmic expression of ecstatic Love. Ontological reality, "*seeing through knowing*" is Cosmic Man's Inheritance to unfold.

"He who knows the Light can command the wave. He who lives by the law of balance commands the electric motion of the universe." – Walter Russell, The Message of the Divine Iliad, Vol. 1

Veganism becomes the Ark - a living technology of Love that preserves the vibrational balance necessary to carry Humanity into the next octave of evolution. It is the resurrection of the senses, where the body becomes a tool for witnessing Love, and the world is seen not through eyes conditioned by fear, but through the Holy Spirit's vision of wholeness.

"The body can become a means by which we demonstrate the power of a healed mind." – ACIM

Let us then become the Living Ark, the bridge between this age and the next - not by waiting, but by choosing. Not by sacrifice, but by remembrance.

As we extend Love to animals, we save ourselves. We lift the whole wave system into coherence. We answer the call to rise from "*Homo Barbarian*" (Walter Russell) to Cosmic Man, whose very sun reflects harmlessness, and balance of radiant unity. We answer the call to fulfill the Divine Seed Pattern of the Idea of Man we are, as One, and to become the Universal Creators of Light we are intended to be. We answer the call for humanity to LIVE, as Light.

The Civilized Choice That Creates True Civilization

It is difficult to realize, but we are still barbarians. We kill to eat – slowly or quickly as best suits our comforts and appetites. We fatten animals in concentration camps for the slaughterhouse and call it progress. We exploit our own species for profit and call it success. We desecrate the temple of God and call it recreation. We distort the rhythms of Nature and call it convenience. A civilization that kills and exploits itself for mere material gain can hardly call itself civilized.

The transition from Homo Barbarian to Cosmic Man is not a timeline - it is a threshold. And we are standing at its edge. Every choice to extend Love, every act of harmlessness, builds

the Ark of human ascension through one eternal Bond of Creativity. And this offering is ours to make - now.

This is the invitation of the Resurrection: to end barbarism by answering the call to remember Love. The Vegan path is not just a diet - it is a resurrection code. It raises Man from the fall of unconscious survival into conscious creation. It lifts Man's entire waveform into harmony and opens the doorway to the Age of Light.

Veganism is a compressive, regenerative act - it preserves Life, centers balance and restores rhythmic interchange. It is not about fighting limitation but the ease of surrendering to the balance of the Center of the wave.

Veganism, far from being a restriction, is the liberation of the body into its intended function: a vessel of the Holy Spirit, a cup not of blood and fear, but of Light and Love. It is true Communion - to eat from the body of Light, and drink from the joy of eternal Life. The "*blood of Christ*" is not literal - it is the radiance of Love extended without exception. And the body of Christ is Creation itself.

To fulfill this purpose is to extend Love through every choice. All kingdoms are saved by this Love. This is the Bridge. This is the Ladder. This is the Ark.

This is the Light.

Extending Love and the Upright Wave: The Evolutionary Apex

In the Russell Cosmogeny, motion springs from Stillness in the form of polarized waves intended to rise perpendicular to the inertial plane, simulating Life through rhythmic interchange of the elements working together to erect Idea. The wave's vertical rise - its "*standing up*" at 90 degrees from the inertial plane - symbolizes the commandment of Light to simulate balance and unity.

To extend Love is to erect that standing wave. It is to allow the soul's intention to lift matter toward the apex of its purpose: balance. The apex is the momentum of power, coherence, and Light - where reception is the joyful receipt of one's broadcast as motion reflects the rhythmic, balanced ecstasy of the One extending Love.

When we raise Love up, our Selves as Cosmic Man emerge.

The Vegan Fulcrum: Man's Fitness for Cosmic Evolution

Throughout Earth's long wave of civilizational rise and fall, one pattern remains disturbingly consistent: humanity's justification of killing - especially the systematic slaughter of animals - as necessary for survival.

This deeply ingrained behavior may be the very cause of every cosmic reset.

In the Russell Cosmogeny, divine wave pattern unfolds through rhythmic balanced interchange - a simultaneous, harmonious giving for regiving. The animal kingdom, obeying this Law, gives of itself to the Whole as fellow Gardeners without upsetting the balance. Man, however, endowed with free will, is the only being who can choose not to re-give his divine inheritance - but to take, hoard, destroy, and kill with it. A reset of such a "*civilization*" is the inevitable result.

Every civilization that has fallen or disappeared, from Atlantis to Babylon to Rome, carried within it a foundation of sacrifice: of animals, then humans, then nations. Always escalating. Always falling. This wave of death must reverse if Man is to truly evolve.

Love For Man's Fellow Gardeners is the First Step Toward Cosmic Balance

In this light, being vegan is the cosmic imperative, the turning of the tide.

To extend One's divine inheritance of Love to All is to return to the still center of the wave. It is to cease the excessive flow of destruction, and to embrace the desire for extension of Life-giving balance.

It is also the one choice that can be made now - immediately, tangibly, universally - without technological barriers. Never in Earth's recorded history has Humankind had such access to plant-based abundance combined with culinary creativity and global distribution networks that will make this shift not just workable - but wonderful. Our diet will not just be plain leaves per se, but the full salad. The Utopia.

This is not a limitation. This is the feast at the apex of the wave. Veganism is a culinary celebration of life - not the expense of life.

If Earth Resets, Let Love Survive

Even if Humankind does not collectively choose the Age of Light now - even if another reset occurs - what matters is this:

Let it not be the killing machine that reincarnates. Let it be the seeds of Love we carry forward. Let those who choose to stop killing now become the Carbon of the next wave - the balanced, living fulcrum upon which future worlds can pivot into Light.

The opportunity is unprecedented. The technology is available. The world is ripe. We will not starve. We will not suffer. We will flourish in the beauty of a regenerative wave, where we finally obey the Law of Love and become fit for cosmic communion.

The Body Now as a Symbol of Harmlessness

In the old paradigm, the body was used as a weapon to kill, dominate, and extract. In the ego's hands, the body was used as proof of separation, a tool of fear, and the harbinger of the belief in death. But as Love replaces fear, the body becomes a symbol of harmlessness - a living testament that no violence is necessary for Life.

When this shift occurs, we cease to consume death and instead begin to radiate and gravitate Life in its balanced fullness. Our senses are no longer tuned to illusion but have become instruments of truth. We perceive the unity of all living things, not just as an idea, but as an inner knowing - a felt resonance that guides our every choice.

What Will This Look Like?

The world of Cosmic Man is not a fantasy, but the next natural step in the unfolding of the divine desire to manifest Idea true to form. Earth, under the stewardship of awakened beings, would become a garden of Light. Cities would be designed according to the geometries of resonance. Education would align with the rhythms of Nature. Relationships would no longer be based on need, but on shared giving. The sun's light would be seen not merely as energy, but as the language of Light created by our desire to express our unity with God - a transmission of divine will.

In such a world, animals would no longer flee from us. The soil would vibrate with gratitude. The air would shimmer with peace. And the body, once a vehicle of decay, would be the vessel of radiance - the very Grail that reflects the still Light of the Source.

The Divine Seed Fulfilled

The seed of Humanity has long gestated beneath the surface of history. Through wars, suffering, seeking, and survival, the divine pattern has waited. Now, as we awaken to the call of harmlessness, the seed begins to bloom. Veganism, as an act of Love extended without exception, is the initiation of this flowering.

To fulfill the seed is to become not a superior being, but a fully aligned one. Not above Nature, but in harmonic rhythm with Her. Not trying to escape the Earth but bringing Heaven to it. In doing so, we do not just transcend the body but transfigure it. We liberates

the senses and becomes the image and likeness of the One Idea. This is the destiny to knowingly embrace and unfold.

The Resurrection of the Senses: The Golden Rule, The Ark of Love & The Age of Light

To resurrect the senses is to return them to their original, divine purpose: to extend Love. No longer governed by unlawful desire conditioned by fear, the healed Mind becomes a clear projector of pure recognition.

In this resurrection, food becomes a sacrament, not merely fuel. Every touch, every step, every word extended to Creation becomes a vehicle of blessing, a rhythm of Love made manifest.

This document has unfolded the tapestry of interconnection that binds all things through Law. Divine Idea manifests by harmonic extension, by the bridging of bonded opposites, by the pulse of One Desire expressed through the giving of Love for re-giving. It manifests by answering the call of the Ark.

At every level, the same silent Truth resounds:

Command the Law of Rhythmic Balanced Interchange by Being Love.

The Law is the true Golden Rule, as it applies to the entirety of Creation. There is no “other,” only the Self in rhythmic exchange of what the Self extends. And when we align with the Wave of Desire to Be Love, we awaken as Cosmic Man, and we usher in the Age of Light.

A Final Quote from The Russell Cosmogeny

“Do you doubt your power? Give of what you have (LOVE) and you will discover that all the power in all the universe is yours to give.” – Walter Russell