

# **Sunlight** *the* **Miracle** *of the* **Ages**

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## **Sun gazing the Forbidden Science**

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*Whatever you believe will be the truth,*

*Not because it is, because you believe or imagine it to be.*

*There can be no truth in Illusion, truth has no Illusion.*

***Infinite Love is the Only Truth, Everything Else is Illusion.***

## **Introduction**

*Consider yourself to be lucky to have this extraordinary information.*

*Our inquiring mind has been grappling with truths, half-truths, fantasy, missing links, bluff, hogwash, disdain, suppressed conclusions and information. This book will unlock our chains and set us free.*

Europe and America have little reliable history of the Ancient World. That history was destroyed by the church in the 4<sup>th</sup> century when they burned down the library of Alexandria. Then the church fathers wrote their own history of the ancient world and that is the history contained today in the encyclopedias. Much of it is false, incorrect, and misleading. That is the reason why we find no correct account of the Ancient Masters and their wonderful work.

Ancient people in every culture and religion knew that sunlight was the key to immortality and enlightenment. The ancient Incas, Egyptians, Hindus, Zoroastrians, Essenes, Greeks, Romans, Chinese, and Native Americans would gaze at the sun during certain times of the day, recite special prayers and perform hand gestures. Most traditional archeologists, anthropologists and religious organization dismiss this *as the sun worship of primitive societies*.

*They ignore the fact that the monotheistic solar cultures of Zarathustra and Akhenaton liberated people for a short while from bondage, slavery and superstitions of religions and created peaceful and kind utopian societies.*

They also ignore the fact that the great teacher of sun gazing, Viracocha, otherwise known as El Dorado, Quetzalcoatl, etc. raised the primitive tribes of the Central and South American jungles into civilized societies that had knowledge of medicine, metallurgy, farming, animal husbandry, writing, engineering, mathematics and astronomy with cities containing hundreds of stone buildings, water and sewer systems and paved roads.

*Scientists and historians fail to realize that the physical sun was only the outer symbol of the object of worship, which was the spiritual “Sun behind the Sun” which enlightens mankind and transforms them to higher consciousness.*

One maverick archeologist, Gene Savoy, who discovered several of these lost cities of South America, read the records of this ancient solar science and rediscovered its principles and techniques. However, just as the sun gazing Essenes did, Savoy kept this information secret and passed it on by word of mouth only to select initiates of his school.

Fortunately, in 1992, Sun gazer Hira Ratan Manek - HRM ([www.solarhealing.com](http://www.solarhealing.com)) began to teach simple, safe and enjoyable techniques of sun gazing and surcharged water. He had spent years researching and experimenting before he felt confident enough to offer this knowledge to the world. Since that time, he has taught hundreds of thousands of people attending over 1300 lectures in every country in Europe and many countries across the globe.

***Sun gazing Free E – Book with 107 Pages Available at:***  
<http://www.scribd.com/doc/378210/The-Art-andScience-of-Sun-Gazing-Living-on-Sunlight>

***The medical industry has scared the people with warnings about the sun causing blindness, cancer and damaged immune systems. So we slather on toxic sunscreen, wear sunglasses when we're outside, and we run from our tinted cars to our jobs or homes under the protective cover of umbrellas. If we can't sunbathe or sun gaze due to adverse weather or being stuck indoors, how can we get the full spectrum light our bodies need to stay healthy and happy?***

***It is very simple! Just gaze at the Sun and your worries will melt away, your body will be healed and you'll become guaranteed a changed person!***

## ***What is Sun Gazing?***

*“Sun gazing is a cost-free... practice that will free mankind from mental and physical disease and spiritual ignorance.” HRM.*

Sun gazing is a practice that includes gazing at the sun for the purpose of purported nourishment or spiritual practice. One of the most famous sun gazers, ***Hira Ratan Manek, also known as HRM***, says that one must practice sun gazing for a period of nine months, and the practitioner need never take food again. He and his followers practice sun gazing and they receive nourishment (or other benefits) from sun gazing, often to either complement or replace eating food, a form of inedia ("breatharianism"). Proponents of sun gazing claim increased energy levels and decreased appetite; as with other forms of inedia.

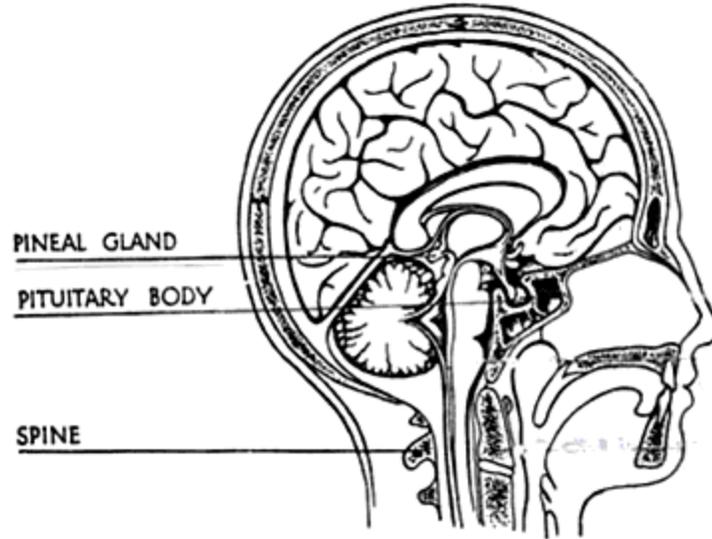
***Hira Ratan Manek***, claims that sun gazing is capable of providing the body with nourishment; he also claims that since 1995 he has lived on sunlight without a need for solid food, and that he does not experience the food cravings or lethargy commonly associated with starvation or a lack of nutrients. Sun gazers claim their eyes are capable of converting sunlight into energy for their bodies. They claim the methodology is similar to photosynthesis. Sun gazing is also part of the Bates method, an alternative therapy intended to improve eyesight.

## ***How to Sun gaze***

Sun gaze 1x/day up to 1 hr. after sunrise or 1 hr. before sunset. Stand erect with bare feet on bare ground. Remove glasses. Raise arms, palms facing out. Begin with 10 seconds. Increase 10 sec/day. If cloudy, sun gaze but don't increase time. When you reach 44 minutes of sun gazing, reduce time 1 min/day to 15 min and stay there for the rest of your life. When cold, do it indoors thru open window. If ill, affirm and visualize sunlight going to problem area. Express gratitude.

# **Endocrine Secretions during Sun gazing**

Wayne H. Purdin ([www.angelfire.com/moon2/isisaz](http://www.angelfire.com/moon2/isisaz))



Sun gazing and sunbathing cause the secretion of “feel good” hormones serotonin, beta-endorphins, and dopamine. This article will examine how the endocrine glands secrete other hormones during sun gazing, which create not just a high, but greater energy, longevity and experiences of a higher consciousness.

The “wakefulness” chemical could also be a tryptamine that the body produces, perhaps similar to 5-MeO/DMT. The essential amino acid tryptophan is the precursor for tryptamine, which is slightly psychedelic. Tryptamine is a naturally occurring compound found in both the animal and plant kingdoms. Tryptamine and LSD have a common mode of action.

Research will probably find that many secretions from about five different glands including the pineal and pituitary may contribute to the mixture. Thus, the production of amrita may

be a joint effort of the circumventricular organs secreting into the cerebro-spinal fluid of the brain. High levels of opiates, oxytocin, vasopressin, phenethylamine and tryptamine would bring the individual into the extreme heart expanding unitive experience of a Cosmic Consciousness.

There’s more to the pineal gland than what meets the eye, or, I should say, optic nerve. The effect of sunlight on the pineal is something that needs to be researched more. It’s already one of the most researched glands. We know that bright light stimulates the production of serotonin and melatonin in the pineal, but there are other neurochemicals produced by the pineal that have more profound effects than just the mood, sleep, reproductive and body temperature effects of serotonin and melatonin.

Scientists refer to the pineal gland as the “atrophied third eye.” Indeed, it, along with the pituitary, is the third eye chakra or energy center, but they’re just dormant, not atrophied. In the distant past, man was in touch with the inner worlds through an activated pineal and pituitary gland. Considered the most powerful and highest source of ethereal energy available to humans, the third eye has always been important in initiating psychic powers (e.g. clairvoyance and seeing auras). To activate the ‘third eye’ and perceive higher dimensions, the pineal and the pituitary must vibrate in unison, which is achieved through meditation or sun gazing. When a correct relationship is established between the personality, operating through the pituitary, and the soul, operating through the pineal, a magnetic field is created.

***The pineal can generate its own magnetic field because it contains magnetite. This field can interact with the earth’s magnetic field.*** The solar wind at dawn, charging the earth’s magnetic field, stimulates the pineal gland. This is why the period between 4 and 6 am is the best time to meditate and why sunrise is the best time to sun gaze. At these times, the pineal stimulates the pituitary to secrete Human Growth Hormone.

That's why sun gazers experience rapid nail and hair growth, restoration of hair color, and general rejuvenation. Cleopatra used to place a magnet on her forehead to stimulate the pituitary to restore her youth and good looks. She didn't know she already had a magnet in her head.

***Also at dawn, the negatively charged pineal and the positively charged pituitary combine their essences to create a "light in the head" while meditating. This light has been seen by mystics, initiates, prophets and shamans throughout the ages. They refer to it as the experience of God or of a universal intelligence.*** Many cultures and mystics have induced this experience through the use of hallucinogenic substances, such as soma, mushrooms, Mescaline, and LSD. However, these experiences tend to be short lived and require repeated usage to relive the experience. Most mystics agree that natural methods, such as intense meditation, visualization, deep breathing, chanting and sun-gazing combined with purification are the best ways to induce third eye activation and can have life-transforming effects.

Drugs and certain yogic techniques can force the pineal open prematurely before the mind is ready for psychic powers, and this can lead to psychosis. ***Sun gazing, if done correctly, gradually awakens the pineal gland along with the pituitary gland so that the person is not shocked by experiences of higher consciousness, and these experiences are not colored by negative images in the mind.***

The use of mantras and chanting can also gradually awaken the pineal because it sits above the mouth suspended in the third ventricle, a chamber filled with cerebrospinal fluid, what some esotericists have called "the grail." Its location above the mouth in a fluid chamber makes the pineal gland quite uniquely positioned to respond to sonic vibrations.

Manly P. Hall, in ***The Opening of the Third Eye*** stated that the pineal gland "vibrating at a very high rate of speed, is the actual cause of true spiritual illumination." The pineal governs

energy level. Thus, the more it is stimulated, the higher a person's energy level. Monks at a monastery in France were told by a new abbot to stop chanting. They found that they no longer were able to get up before dawn to work in the fields after only a few hours of sleep. When chanting was restored, so was their energy. You can find chanting and singing practices in many cultures that activate the third eye.

Dr. Rick Strassman, who conducted research at the University of New Mexico from 1990 to 1995 on the effects of the psychoactive drug Dimethyltryptamine (DMT), suggested that the pineal gland is involved in DMT production, because the precursors and enzymes necessary for its formation are quite high in the pineal. He says DMT may be released from the pineal during dreams, near death, death, birth, and during meditation and mystical experiences. Near death experiences are identical to DMT trips. HRM says that at the moment of death, the pineal gland collapses, releasing all its contents.

I propose that during sun gazing – meditation, the pineal secretes not only DMT, but other peptides as well that have psychoactive effects. The mixture of these secretions has been called various names: nectar of the gods, ambrosia, the living water, and amrita. ***During sun gazing or deep meditation, amrita is produced, fills the grail and drips down the back of the throat. Amrita has an intensely sweet taste described as nectar, honey, gold dust, euphoric, ecstatic, and intoxicating and gives the feeling of being imbued with holiness.***

***The biochemistry of amrita:*** DMT increases all pituitary hormones and beta-endorphins, vasopressin, prolactin, Growth Hormone, and cortisol. It's possible that a DMT induced surge of beta-endorphins creates the euphoria of an amrita experience. Serotonin receptors are activated by DMT and serotonin receptors regulate heart rate, blood pressure, body temperature, and pupil diameter. Apparently DMT is a small molecule not much larger than glucose and Strassman says that it is like brain food that is rapidly transported across the blood

brain barrier. As far as the primary active ingredient of amrita goes, besides the opiates which give a profound analgesic effect, the "wakefulness" chemical is probably a phenethylamin similar to Mescaline (3,4,5 trimethoxyphenethylamine). Our bodies can convert the amino acid phenylalanine to tyrosine and phenethylamine. Mescaline made from the peyote cactus is one of the oldest psychedelics known to man and is used in spiritual ceremonies. Curiously it can produce a bright internal light. Tyrosine is also a precursor to the excitatory neurotransmitters, norepinephrine and dopamine.

***There is more to sun gazing and third eye awakening than just psychoactive brain chemistry and subjective experiences. Also, it supports Descartes hypothesis that the pineal gland was a valve for the transfer / conduction of divine and human communication.*** “The rays of the sun are streaming information. The solar sun is a step-down transformer of energy information from a higher sun, called the Central Sun. This energy enters the eye, which is the only exposed nerve in the human body temple. Sunlight travels along the optic nerve to the pineal gland. The pineal gland is also referred to as the "Eye of Buddha" in ancient literature. The pineal gland reacts by secreting neuropeptides, glandular chemicals that are natural consciousness enhancing agents. These naturally produced psychoactive chemicals inform the “Children of Light and Love” with Divine Consciousness and Life on a cellular level.

The human eye is the only eye of any mammal on earth that has 'the whites of the eyes'. This is because light goes forth from the eyes of the Children of Light and Love as well as into them. It is through the eye that information is sent to others. This is the meaning of "darshan, the gaze of the master".

When you look directly at the sun's rays, send intent, visualizations, thoughts, feelings, and sensations of divine virtues and situations to bless all, and send any request, through the optic nerve into the rays of the sun. It is important that the

people send meditations and prayers while looking at the sun. In this way, blessings travel along rays of light to the sun and the sun broadcasts this to all. This is the ancient way.”

***“Because of the extraordinary power to change consciousness and reality by communicating with the sun through the eyes, in times of repression, self-seeking RULERS broadcast reasons discouraging the PEOPLE from looking directly at the sun, in an effort to maintain control over them.”***

“Looking at the sun at sunrise or sunset is safe on the eye, and over time, the eye is capable of looking for longer periods of time at brighter light... Remember to send blessings and prayers as well as receive when you gaze at the light.”

## ***Amrita***

“The rays of the sun are streaming information. The solar sun is a step-down transformer of energy-information from a higher sun, called the Central Sun... The pineal gland reacts by secreting neuropeptides, glandular chemicals that are natural consciousness enhancing agents. These naturally produced psychoactive chemicals inform the Children of Light and Love with Divine Consciousness and Life on a cellular level.” The Trasarim (Angels of the Sun) the sun, as Omraam pointed out, is a living, intelligent being who constantly pours out his light, warmth, and life to all the planets of the solar system, which is his sphere of influence.

We too can radiate light (intelligence), warmth (love) and life to all those in our sphere of influence with words of wisdom or compassion, a smile, or a healing touch. In so doing, we can, in effect, become a sun and brighten and vivify the lives of others.

***The masters of the solar mysteries did this to such an extent that they actually glowed; they became beings of light. The solar plexus, as Omraam pointed out, is our reservoir of life-***

*forces* and it can be replenished using various techniques. He also said there is a connection between the solar plexus and the brain and feet. If you think of the solar plexus as a battery, then the brain, specifically the pineal gland, is the positive electrode and the two feet together form the negative electrode. This is why we sun gaze with bare eyes and bare feet to ensure good connections to the source of positive, yang energy, the sun, and the source of negative, yin energy, the Earth. Besides the yin/yang dynamics of the eyes and feet, there is also the interplay of yin and yang within the brain as it responds to light and darkness.

Sun gazing and sunbathing cause the secretion of “feel good” hormones serotonin, beta-endorphins, and dopamine. This chapter will examine how the endocrine glands secrete other hormones during sun gazing and its opposite – darkness retreats, which create not just a high, but greater energy, experiences of Samadhi or higher consciousness, and an immortal light body.

Dr. George C. Bernard, a leading authority on the pineal gland, observed sun yogi HRM for 130 days in 2002. ***They found that his pineal gland exhibited growth and reactivation. The average size of the pineal gland is 6x6 mm, but in HRM's case it was 8 x 11 mm, more than twice as large.*** Scientists refer to the pineal gland as the “atrophied third eye.” Indeed, it, along with the pituitary, is the third eye chakra or energy center, but they’re just dormant, not atrophied. Considered the most powerful and highest source of ethereal energy available to humans, the third eye has always been important in initiating psychic powers such as clairvoyance and seeing auras.

To activate the 'third eye' and perceive higher dimensions, the pineal and the pituitary must vibrate in unison, which is achieved through meditation or sun gazing. When a correct relationship is established between the personality, operating through the pituitary, and the soul, operating through the pineal

gland a magnetic field is created. The pineal gland can generate its own magnetic field because it contains magnetite.

This field can interact with the earth's magnetic field. The solar wind at dawn, charging the earth's magnetic field, stimulates the pineal gland. This is why the period between 4 am and 6 am is the best time to meditate and why sunrise is the best time to sun gaze. At these times, the pineal stimulates the pituitary to secrete Human Growth Hormone.

That's why sun gazers experience rapid nail and hair growth, restoration of hair color, and general rejuvenation. Some middle-aged female students of Gene Savoy even experienced resumption of menses. Cleopatra used to place a magnet on her forehead to stimulate the pituitary to restore her youth and good looks. She didn't know she already had a magnet inside her head. Also at dawn, the negatively charged pineal and the positively charged pituitary combine their essences to create a "light in the head" while meditating. This “light of a thousand suns” has been seen by mystics, initiates, prophets and shamans throughout the ages. They refer to it as the experience of God or of a universal intelligence. Many people have induced this experience through the use of hallucinogenic substances, such as soma, mushrooms, Mescaline, and LSD.

However, these experiences tend to be short-lived and require increased doses to repeat the experience. Certain yogic techniques can also force the third eye to open prematurely before the mind is ready, and this can lead to psychosis. Mystics of all religions and cultures agree that natural methods, such as intense meditation in darkness retreats, visualization, deep-breathing, chanting and sun gazing combined with purification are the best ways to gradually awaken the third eye so that the person is not shocked by experiences of higher consciousness and these experiences are not colored by negative images in the mind. The pineal governs energy level. Thus, the more it is stimulated, the higher a person's energy level.

***Monks at a monastery in France were told by a new abbot to stop chanting. They found that they no longer were able to get up before dawn to work in the fields after only a few hours of sleep. When chanting was restored, so was their energy.***

You can find chanting and singing practices in many cultures that activate the third eye. The reason why is because the pineal sits above the mouth suspended in the third ventricle, a chamber filled with cerebrospinal fluid. This makes the pineal gland quite uniquely positioned to respond to sonic vibrations. Manly P. Hall, in *The Opening of the Third Eye* stated that the pineal gland “vibrating at a very high rate of speed, is the actual cause of true spiritual illumination.”

Other adepts have said as much. Take, for example, this quote from “The Dialogues of Kabir,” “In the center between the two eyes is the seat of eternal music, the music of the spheres. One who practices this sound principle gains entry into this kingdom.” And a more recent teaching from Sri Chinmoy states that “There are quite a few mantras that also help in opening the third eye. The Gayatri Mantra, for example, helps in opening the third eye, for it invokes the infinite knowledge, wisdom and light.” Sun yogis usually recite the Gayatri mantra while sun gazing. The last line of this mantra can be translated as “May it [the sun] activate the brain.” Jonathan Goldman in *Tantra of Sound* wrote that “Sound can act like a psychoactive substance, altering and enhancing consciousness.” Perhaps this is because certain sounds can stimulate the production of psychoactive substances in the brain. But the two major stimulators are light and darkness.

Dr. Rick Strassman, who conducted research at the University of New Mexico from 1990 to 1995 on the effects of the psychoactive drug Dimethyltryptamine (DMT), suggested that the pineal gland is involved in DMT production, because the precursors and enzymes necessary for its formation are quite high in the pineal. He says DMT may be released from the

pineal gland during dreams, near-death, death, birth, and during meditation and mystical experiences. Near death experiences are identical to DMT trips. HRM says that at the moment of death, the pineal gland collapses, releasing all its contents.

***Scientists have found that during meditation in total darkness, the pineal secretes DMT after a few days.*** I propose that chanting and visualization accelerate this process and that sun gazing afterwards induces the secretion of other peptides in the pineal, pituitary and other glands that have psychoactive effects. The mixture of these secretions has been called various names: nectar of the gods, the living water, and amrita.

***According to various esoteric teachings on the sun, the rays of the sun at certain times of the day, such as sunrise, are streaming information.*** Our physical sun is a step-down transformer of cosmic energy and information from a higher, spiritual sun called the Great Central Sun or the Eye of Buddha. This energy enters the eye, which is the only exposed nerve in the human body. Sunlight travels along the optic nerve to the pineal gland.

The pineal gland is also referred to as the “Eye of Buddha” in ancient literature. The pineal gland reacts by secreting neuropeptides, glandular chemicals that are natural consciousness enhancing agents that enlighten us on a cellular level. This enlightenment isn’t just in the head; it is primarily in the solar plexus, which Omraam calls “the brain in reverse.” It is the part of us that knows something through a gut feeling. Omraam also said that “the solar plexus is in contact with the entire cosmos and serves as the medium through which man communicates with the universe.”

I would add that it does so in conjunction with the pineal. This is in line with Rene Descartes hypothesis that the pineal gland was a valve for communication between God and man. William Henry supports this hypothesis when he noted that “the human pineal is covered by unusual faceted, geometric

crystalline structures... that effectively make it an antenna sensitive to electromagnetic stimulation.” I propose that it also is receptive to etheric emanations from the Godhead through the sun, what William Henry refers to as manna or dew.

This communication with the Godhead is a two-way street because light goes forth from our eyes, as well as into them, to transmit thoughts and feelings. This is how two people gazing at each other from across a room can fall in love. This is also how an enlightened master can transmit teachings by means of a darshan or gaze of the master. ***So when you look directly at the sun, send intent, visualizations, thoughts, feelings, and sensations of divine virtues and situations to bless all, and send any request, through eyes into the rays of the sun.***

In this way, blessings travel along rays of light to the sun and the sun broadcasts this to all. This is the ancient way of world transformation taught by the mystery schools. I suspect that because of this extraordinary power to change consciousness and reality by communicating with the sun through the eyes, self-seeking officials, who want to keep the status quo and maintain control over people discourage them from looking directly at the sun by spreading the lie that you can go blind by gazing at the sun. However, this mindset is slowly being changed as more and more people begin sun gazing and their eyesight actually improves.

## ***Sun Gazing and Eyesight***

Now let’s examine the fear of going blind from sun gazing. When I first began sun gazing, I found that if I told people that I spent several minutes each day gazing at the sun, they would look at me as though I were insane and say “My God, you’re going to go blind!

People use faulty logic when they fear sunlight. It’s like saying that Hurricane Katrina killed 1300 people so we should avoid water. In small amounts water is good. Likewise, sunlight in small amounts at the right time is good. If you stare at a solar eclipse, of course you’re going to go blind. But if you’re responsible and slowly increase your time during safe hours, you will not only not go blind, but your eyesight will actually improve. I know sun gazers who had their eyes examined after a few months of sun gazing and the puzzled optometrist told them that they needed a weaker prescription. Such was the case with me.

My eyesight improved from 20/400 to 20/200 in two years. Also, a scar I had on my right retina from looking at the sun through a telescope when I was a child completely healed. A while ago, I was assisted in composing a one-hour workshop on sun yoga by two sun gazers. When we got to the part about eyesight, I mentioned that my eye doctor prescribed a weaker prescription. Then both of them said “So did mine.”

Dr. Herbert Shelton wrote in *The Hygienic System, Vol. III* that ***"gazing directly into the sun actually improves sight and aids in overcoming disease."*** [EQ] After discarding his eyeglasses, Dr. John Ott exposed his eyes to sunlight and his vision was much improved. He recommended similar therapy to his friends and their vision also improved.

***Dr. Ott wrote that nothing should block out the full spectrum of sunlight, no glasses of any kind, especially sunglasses.*** However, HRM states that contact lenses and pinhole glasses are okay. Dr. Jacob Liberman, who has doctorates in both optometry and vision science, wrote that “Sunglasses block healing ultraviolet light and thus contribute to the increased incidence of blindness and eye disease in this country.” Dr. Liberman says that people evolved to thrive under the sun. Therefore, we potentially harm ourselves when we hide from the sun.

# ***The Power of the Sun***

*Most people today take the sun for granted and they block out the sun's beneficial rays with sun screen and sunglasses. But in the distant past people had a close relationship with the sun, their civilizations were called **golden age solar civilizations**.*

Archeologists think of these ancient people as being primitive nature worshipers, but the sun worship of Akhenaton and Zarathustra were the beginnings of monotheism and contrasted sharply with the polytheism of the rest of society during those periods in history. The Bulgarian master Omraam Mikhael Aivanhov had the correct understanding of the sun. He said, in *Toward a Solar Civilization* ([www.prosveta.com](http://www.prosveta.com)).

“In our planetary system, the sun is the representative of God, the supreme sun of the universe... Light, warmth and life as we know them are a very inferior reflection of the true light, true warmth, and true life. Behind the light of the sun is the light of God... You must not think of the light of the sun as the true light of God. It is a reflection of the true Light.”

## ***History of Sun gazing***

*“When the sun rises each day..., new radiation of fire ..... continuously transcending themselves, is available to you for your use in creative works, in transcending cycles whereby you are ever moving onward, upward, not the same today as you were yesterday. This is a miracle of life.”*  
*Hilarion ” In the Lost Light.”*

Alvin Boyd Kuhn wrote that sun worship “was the heart’s core of all religion and philosophy everywhere before the Dark Ages obscured the vision of truth. And world religion will not fulfill its original function of dispelling from the soul of mankind the dark earth-born vapors that envelop it until the

mind once again is irradiated with the light of that transcendent knowledge. Christianity forsook its high station on the mount illuminated by solar radiance when it submerged the Christly sun-glory under the limitations of a fleshly personage and dismissed solar religion as ‘pagan.’ In converting the typical man into a man of history, it forswore its early privilege of basking in the rays of the great solar doctrine.

***Light, fire, the sun, spiritual glory - all went out in eclipse under the clouds of mental fog that arose when the direct radiance of the solar myth had been blanketed. Christianity passed forthwith out of the light into the dreadful shadows of the Dark Ages. And that dismal period will not end until the bright glow of the solar wisdom is released once more to enlighten benighted modernity.***

During the Dark ages, the mysteries of the sun survived and were passed down through the Gnostics, Knights Templar, Cathars, Paulicians and the Bogomils among others. Many of these saints were brutally murdered by the Roman Catholic and Eastern Orthodox Churches in an attempt to suppress their teachings, which threatened the Churches’ established authority. ***“Understand that each new day is an opportunity to re-experience a higher level of God consciousness whereby your chakras are cleansed and scoured out and graced with a new light dawning from the Great Central Sun.”***

“Beloved ones, when the sun rises each day it is not simply another round in the twenty four hour cycle of your experience of light and darkness in the earth. But when that sun comes, new radiation of fire from “Helios and Vesta,” who are continuously transcending themselves, is available to you for your use in creative works, in transcending cycles whereby you are ever moving onward, upward, not the same today as you were yesterday. This is a miracle of life.”

The Paulicians were persecuted and diminished in the ninth century, but in the tenth century, a new Gnostic movement, the Bogomils, arose in Bulgaria, which had many of the same

beliefs and practices as the Paulicians, including sun worship. They believed that salvation was to be found only in Jesus' secret teachings. They taught that each person should assume responsibility for his or her spiritual destiny in community with others and realize the birth of Christ in their hearts. At the beginning of the 12th century, Byzantium started to persecute the Bogomils. Many were killed, but some fled to Italy, southern France and elsewhere. By the middle of the 12th century, Gnostic schools like the Knights Templers and **CATARS** had sprung up and spread throughout Western Europe.

These were the Western European counterparts of the East European Bogomils. The Cathars "pure ones" and the Knights Templers were concentrated in the Languedoc and Midi regions of Southern France. The Cathars claimed to possess the Book of Love, the original initiatory version of the Book of John (the only gospel the Cathars read) which likely contained the solar mysteries. It taught that a spark or tiny sun of the Christ Light dwelt in man's heart and it revealed how to nurture it like a seed of divinity so that it blossomed into the rose of the original rose-cross mystery school. This teaching, which reputedly could transform a human into a divine being, once belonged to Thutmose III, Akhenaton, Moses, Solomon, Jesus, and John the Beloved. It was reputed to be able to dissolve all hatred, anger and jealousy from the hearts of men. The Cathars observed only two sacraments, baptism and communion.

They believed that through baptism a pure soul entered the kingdom of God. The process of doing this was called ascending. The initiate would prepare for baptism through a voluntary renunciation of the flesh and attachment to the things of this world. This was called repentance by John the Baptist, Jesus and Paul. In Greek it is *metanoia*, which means "to turn around." In other words, to turn your back on the world. The Cathars believed that the key to divine transformation was the correct understanding of the symbolism of the Eucharist, that is, the bread and wine and the Holy Grail.

***The light of the sun is the bread; its warmth is the wine. The Holy Grail is the brain's third ventricle or cavity containing the pineal and pituitary glands.*** This secret of communion, known to the Cathars as the consolamentum (with the sun in the mind), was kept hidden from the uninitiated. Omraam Mikhael Aivanhov had this to say about communion.

***"Bread and wine are solar symbols. It is not a question of the physical reality of bread and wine, but of the two properties of the sun: light and heat, which combine together to create life.***

***The heat is Love - the light is Wisdom."***

And so we can see that [the Christ through] Jesus meant that if we ate his flesh: wisdom, and drank his blood: love, we would have eternal life. "For two thousand years, now, Christians have been eating wagon-loads of hosts and drinking barrels of wine without ever attaining everlasting life and even, sadly enough, without being in any way the better for it. The only way to attain eternal life is to eat the light and drink the warmth of Christ, the Spirit of the sun." Communion is a two way street. We receive God's light or wisdom and God's warmth or love. But we also return something to God through our eyes, which are the windows of our souls. We send to God our thoughts, prayers and affirmations, which are then amplified by the power of the sun and broadcast to the world where they can effect change.

***That's why we should only have positive thoughts when we sun gaze. And we should always end with an outpouring of gratitude.***

The early Christians, as did the Essenes and the worshipers of the one true God of Light in Akhenaton, would hold their communion services outside. And when they consecrated the bread and wine, they would lift it up to the sun so that the sun's rays would bless it and transubstantiate it into the body and blood of Christ. Thus the ancient Egyptian sun worshippers as

well as the early Christian sun worshipper such as the Manicheans, who were actually Christ worshippers, would charge the bread and wine with the spiritual Light or Christ Light that infused physical sunlight at dawn.

That's why they would hold their services outside at dawn. However, when the authorities began to persecute the early Christians, they were forced indoors or underground in catacombs and never resumed their outside services. Today, all that remains of this tradition is the Easter sunrise service held by some churches. Other churches look down on this practice because they consider it sun worship. Thus, most churches hold their communion services indoors. But fragments of the solar tradition remain. For example, the Catholic Church has a monstrance which is a vessel that houses the consecrated host.

According to the 1913 edition of the Catholic Encyclopedia—"The most appropriate form (for the monstrance) is that of the sun emitting its rays to all sides." The Cathars believed that the solar elements of the Eucharist transubstantiated into the body and blood of Christ within themselves. Transubstantiation comes from the Latin Trans, "across," and substantia, "substance." This substance turned men into gods, as declared by David in Psalm 82:6 "I have said ye are gods."

This substance, the transmuted elements, caught by the Holy Grail (the third ventricle), is what the Hindus call Amrita, the elixir of immortality and the Greeks called Ambrosia, the nectar of the gods. Specifically, the lost secret of the Templers... is about building a better human through the release of secretions from the astounding manufacturing plant of spiritual oils, the human brain. This oil or *essence* was the key secret of Mary Magdalene and the *Essenes* recovered by the Templers from between the temples. The skull [specifically the third ventricle] is... the Cup of Life, the Grail that catches these secretions from the brain... The Grail mysteries teach us that the object of the Grail Quest is to raise the white fire from the base of the spine (the illuminating serpent of kundalini) up

the spinal column (the Rod of Power) to the brain. Upon reaching the pineal gland at the center of the brain, kundalini's fire fuses the pineal's brain sand and makes or manufactures *the Philosopher's Stone* (an activated third eye). This Stone emits or secretes the elixir of life, the Sacred Soma, the tonic of immortality, for these terms all refer to the cosmic *esse* or *brain substance*." It was also called Christos (anointing oil) by the Essenes.

***During sun gazing or deep meditation, amrita is produced, fills the grail and drips down the back of the throat. Amrita has an intensely sweet taste described as nectar, honey, gold dust, euphoric, ecstatic, and intoxicating and gives one the feeling of being imbued with holiness. This bliss is not just a natural high; it is extreme happiness and freedom from attachment, conditioning and joy.***

It is the key that will unlock the gates of Heaven. Omraam Mikhael Aivanhov said that only those who are happy and carefree like children can enter the Kingdom of Heaven. One sun gazer described amrita as "...blissful energy. Kind of like when I was a happy child." This bliss can also be triggered by chanting. Like their forerunners, the Bogomils, the Cathars engaged in chanting. This along with sun gazing was the key to activating the pineal gland.

The use of mantras and chanting can awaken the pineal because it sits above the mouth suspended in the third ventricle, a chamber filled with cerebrospinal fluid. Its location above the mouth in a fluid chamber makes the pineal gland quite uniquely positioned to respond to sonic vibrations. Manly P. Hall, in *The Opening of the Third Eye* stated that the pineal gland "vibrating at a very high rate of speed, is the actual cause of true spiritual illumination."

The teachings of the Cathars posed quite a threat to the Catholic Church. Unlike the Cathars, the Church of Rome clearly did not produce a substance that gave people an

experience of divine bliss. And if it did, it would keep it from the people. Condemned by the **Council of Tours in 1163** as heretics, a propaganda war was launched by the Church against the Cathar's competing theology. Propaganda was not enough to dissuade the Cathars. The Church then sought to neutralize the threat posed by them by dispatching emissaries to debate and convert them. When its best envoys failed to convert the Cathars the Church called in the French mercenary Simon de Montford to exterminate them and guarantee its own survival.

***From 1209-1249 the first European genocide was conducted against the Cathars by Pope Innocent III. Promising spiritual rewards in exchange for the blood of the Cathars, he sent 30,000 enforcers into the Midi and nearby Languedoc to eradicate every man, woman and child who was a Cathar or supported the Cathars. The Cathars were hunted, tortured, burned at the stake and savagely murdered by the Church's hired killers. It used psychological warfare to turn neighbor against neighbor, and even brother against brother in a bloodthirsty campaign that continued with the Inquisition.***

Estimates place the total number of Cathars and sympathizers murdered between 300,000 and 1,000,000 men, women and children. Throughout all the carnage report after report substantiated an amazing testimony. The Cathars rarely displayed fear, terror or pain even after the most hideous atrocities were inflicted upon them. It was said their example caused many a crusader to undergo profound spiritual transformations. Later, at the siege of Montsegur - the Cathars last stand - crusaders actually converted to Catharism and fought alongside them.

***Although the light of the Cathars was snuffed out in the 13th century, at the beginning of the 20th century, the teachings of the Bogomils were revived by the master Petar Deunov (Beinsa Douno) and his chief disciple, Omraam Mikhael Aivanhov.***

## **Akhenaton**

*Pharaoh of Egypt (1368 B.C)*

In 1369 B.C., Ammon Hotep IV became Pharaoh of Egypt. He was influenced in his education by the priests of Aton (sun disk), at the time, considered a minor aspect of the sun god. He became devoted to Aton and convinced that Aton was the one true, self-created God and that all the other gods were man-made. Early in his reign, he changed his name to Akhenaton, meaning "he who is beneficial to Aton" He considered himself a son of Aton. He established the first monotheistic religion. His mother, Tia, did much to mediate and stem the tide of controversy caused by his bold opposition to the powerful priesthood of Ammon. However, after she died, he turned against the priesthood and their false gods.

***He told the people that these gods were not necessary because the one true God was within them. Aton's temples were open air gardens with no idols; they had no image other than the one Akhenaton devised.***

A sun disk with rays descending down to bless mankind. Aton's full title meant "effulgence which comes from the sun." He was the heat or life giving essence of the sun. The worship of Aton was based on the concept of Ma'at, which means "truth" or "justice". Above all things, Aton loved truth. The highest meaning of truth is Love. This is the spirit of the sun. The physical sun is only a symbol of the Universal Love. Akhenaton never worshipped the sun, but the spiritual Light behind it. As Jaquetta Hawkes wrote in "Man and the Sun," Akhenaton's vision was "very similar to that of Valencio and the Pueblo Indians of a Great Spirit behind the sun disk, but more subtle, refined, exalted. It was a vision, too, of all of us who believe there to be some higher existence beyond our present human comprehension." Another definition of Ma'at was "the established order or ideal state." Akhenaton valued Ma'at; he referred to himself as "Living in Ma'at" and his city

as the "Seat of Ma'at." ***He didn't bother much with enforcing law and order, trusting in the positive influence of human and divine love to guide his subjects' actions.***

He told his artists to picture him as he truly was with all his physical imperfections. Thus, they portrayed him with a very high, narrow, and receding forehead, a large, sharp, aquiline nose, a thin, weak mouth, and a long, slender neck; his chest is rounded, his stomach inflated, his thighs are large and broad, and in many ways his body resembles that of a woman. Hawkes sees this self-portraiture as symbolic of his reign. She wrote, "The religion and way of life he was to initiate gave full expression to the feminine principle." He escaped the formal, fear-based patriarchal priests and civil rulers of Thebes by establishing his own city, Akhetaton, "the horizon of Aton," or what is presently called El Amarna, where he could, as Hawkes wrote, ***"start anew on uncontaminated soil where his ideals could flower in their own air."*** The art of the new city was true to life; it was a new naturalism.

As Hawkes wrote, ***"a city founded upon the enjoyment of nature, of art, and of mortal and immortal kindness and love... The enjoyment of life and love was an essential part of the worship of the True God, so he had himself and Nefertiti portrayed tenderly embracing and kissing one another..."***

From what archeologists have been able to gather, it's clear that Atonism was a sensuous and materialistic religion. Incense was burnt freely several times during the day. Hymns sung to Aton, the father of joy and love, were accompanied by the sounds of harps and other instruments, and the people vied with each other in bringing gifts of fruit, and flowers, and garden produce to lie on the altars. Akhenaton loved to officiate at ceremonies as the high priest of Aton.

***He urged his people to worship in truth, simply and without an excess of ceremony.*** There were no images of demons and lesser gods. The mural decorations in the temple were less

severe and less conventional than those of the older temples of Egypt, and they were painted in lively colors. This symbolism shows Akhenaton's understanding of relationship between sunlight, prana and breath. He knew that sunlight is the source of all life and of everything which supports it upon earth. This quote from a decree made by Akhenaton upon the founding of Akhetaton shows that daily sun gazing was a part of Atonism and that its goal was immortality.

***"Every eye beholds him without hindrance while he fills the land with his rays and makes everyone to live. With seeing whom my eyes are satisfied daily when he rises in this temple and fills it with his own self by means of his rays, beauteous with love, and embraces me with them in life and power forever and ever."***

Besides sun gazing, sunbathing was also used by Akhenaton to rejuvenate the body. He designed and had constructed the Maru-Aten, or 'viewing temple' outside of Akhetaton, which appears to be a religious structure containing gardens, pools, open air kiosks and sunshades, or solar altars. The sunshades were roofless structures made of alabaster, sandstones, and granites inlaid with colored stones and faiences or colored glass beads. According to Egyptologist Cyril Aldred, they were used for "the daily rejuvenation of the body by means of the sun's rays." Although the vast majority of Egyptians did not give much credence to Atonism, and Akhenaton's court followed the rituals of the outer religion out of a sense of duty, there existed an inner circle of initiates that learned from Akhenaton the esoteric teachings of Atonism. Bob Frissell wrote that they studied the "missing knowledge" over a 12-year period and became enlightened, immortal beings. Most of these initiates were women.

***Unlike other pharaohs and religions, he didn't look down upon women and foreigners but considered them as having equal worth since everyone was blessed by the sun.***

Akhenaton's school was called "The Law of the One" and its symbol was the right eye of Horus. Frissell states knowledge, the logical side of how everything was created by spirit..."that it symbolized "male. After the death of Akhenaton, the teachings of Atonism, its rituals and precepts, were almost completely destroyed by the priesthood of Ammon. This is a common theme of all mystery teachings involving the sun.

*Original sun gazing monotheistic teachings of Zarathustra were destroyed by the priests of the pantheistic religions of Central Asia and by Arabs and Greeks. Escaping the wrath of the priests of Ammon, the initiates of the Law of the One mystery school went underground (literally), joined with the Tat brotherhood and emerged around 500 B.C. to form the sun gazing Essenes and later the Therapeuts.*

## **Akbar**

*The Wise Ruler of India*

Akbar the Great was one of the wisest rulers of India. As with Solomon, his greatness was not just in his power, wealth and influence, which were considerable, but in his mind and heart, which were open to all cultures, religions, castes, and political groups. He loved to gather great thinkers from all creeds: Hindus, Moslems, Jews, Zoroastrians, and even Jesuits from the Vatican and debate the truth of religious beliefs. Of these, the Zoroastrian priests, who would come to reveal the mysteries of fire and of the sun, had the greatest effect on Akbar. He also encouraged his painters, just as Akhenaton did, to incorporate techniques of realism and perspective and to portray the body in sensuous detail.

In one painting, *The Prince Worshiping the Sun*, their figures pay homage to the sun and wear garments that have suns on them. They also are barefoot, a requirement for weaving the deathless solar garment. After summoning a general council in 1583, Akbar composed and promulgated his Divine Faith (Din-

I-Ilani). This was a rational and ethical mysticism without priests and books. Akbar established believing people would adopt it as a unifying set of religious laws for all. The goal of Din-I-Ilahi was union of the soul with God.

*Like Zarathustra and Akhenaton before him, he had a vision of the sun as a symbol that would unite all people with love under a true monotheism that didn't erect a human or animal idol as a focus of worship. To Akbar, the masters Jesus, Zarathustra, Mohammad and all the great prophets were examples. They all "lifted up their eyes to heaven," meaning they sun gazed and directed their love and gratitude to the "Sun Behind the Sun."*

## **Viracocha**

*The Golden Age Solar Civilization.*

*Viracocha, (El Dorado, God Meru or Lord Amaru) from the City Tiahuanaca, Central America.*

Thousands of years ago, Cuzco came to earth as a great teacher in the Americas. The people there have a legend of a fair-skinned, green-eyed, bearded man who came from the Sun to teach the people the arts and sciences of civilization. ***In Peru, the Incas called him Viracocha. In Central America, he was called Kukulcan by the Mayas, or Quetzalcoatl by the Aztecs. In Brazil they called him El Dorado*** (the golden one) because his skin had a golden glow. Concerning El Dorado, archeologist Gene Savoy wrote, "He claimed to be a child of the sun... He was a radiant being of light." Exactly when Viracocha came to Peru is debatable. It occurred long before the rise of the Inca civilization. His legends record that he came to set the world right in a time of chaos after a terrible deluge had covered the earth and nearly destroyed mankind. This may correspond with the flood of Noah and the sinking of Atlantis. Or it may relate to the sinking of the much older Pacific continent of Lemuria. The ancient city of Tiahuanaca, where Viracocha first appeared is very ancient. In the center of

Tiahuanaca there is a seven-tiered, Tshaped pyramid with was built approximately 17,000 years ago. Recently, archeologists from the University of Missouri and Peru's National Agrarian University discovered in the Peruvian Andes the oldest solar observatory in the Americas -- a 4,200- year-old structure marking the summer and winter solstices that is as old as the stone pillars of Stonehenge. The observatory was built on the top of a 33-foot-high pyramid with precise alignments and sight lines that provide an astronomical calendar for agriculture. Among the most significant finds was a massive clay sculpture that marked the position of the winter solstice. It was, appropriately enough, a carving of a sad face. The archeologists report that the entire site contains ruins dating from 10,000 years ago (soon after the sinking of Atlantis) to well into the first millennium B.C.

***Viracocha was credited with establishing a golden age solar civilization. What's more, all the legends say that he had carried out his civilizing mission with great kindness and, as much as possible, had avoided the use of force.***

He used careful instruction and personal example to equip the people with the techniques and knowledge necessary for a cultured and productive life. In particular, he was remembered for bringing to Peru such varied skills as medicine, metallurgy, farming, animal husbandry, the art of writing and a sophisticated understanding of the principals of engineering and architecture. He also taught mathematics and astronomy by which the Incas, Aztecs and Mayans devised their accurate calendars. Besides teaching the people the basic arts and sciences of civilization, Viracocha also taught them how to make their ascension. In *Project X: The Search for the Secrets of Immortality*, Savoy claimed to have found records of Viracocha establishing "sacred colleges where priests and priestesses learned... to become celestial beings. At these ancient shrines, dedicated souls practiced the secret doctrines that enabled them to light the divine spark of their consciousness and unite themselves with the Godhead... He

taught them that men were nothing more than monkeys who could not rise above their superstitions until they took on the nature of light... His spiritual message was that matter touched by light is transformed. The divine seed within matter begins to germinate when exposed to the sun, and God is incarnated within the seed. Once the process is set in motion, the seed ascends to heaven, transformed into light."

The Viracochan priests wore long white robes, were organized as a theocracy and revered the sun. These Sons of the Sun, as they called themselves, apparently knew how they could perfect themselves and reach God through the light of the Sun. They were a superior people who had perfected a spiritual system to accelerate the evolution of man into a super-man... a god-man.

According to legends, the Viracochan priests took the most primitive jungle savages, and, by application of their system, elevate them to level of the first Adamic man or spiritual man. They knew, 15,000 years ago, that a man possesses all the necessary chakras, dormant mental faculties, plexuses, and glands, just waiting to be developed by light. And the ancient records verify this, as entire jungle tribes were raised to high degree of civilization in a relatively short period of time. This fact alone invalidates Darwin's theory of natural selection as a means of evolution when applied to man. The jungle tribes at that time were Neolithic men. Viracocha raised these peoples from the darkness and density of the Amazonian jungle to the light and rarified atmosphere of the mountaintops. There they erected spectacular and monumental cities, requiring higher mathematics, advanced geometry, architecture, ingenious irrigation systems, mountain terracing, and they built a network of roads, bridges and tunnels through mountains (at an average altitude of 10,000 ft) that are still in use today after more than 15 millennia. They understood the effects of light and darkness on the body and mind of man. And their sun gazing occurred at altitudes where the air is rarified, with much higher PRANA and ultraviolet content.

Viracocha said was, ***"Instead of looking down at the earth, look up to the sun, the source of all intelligence."*** He said the sun would fill man with the true spirit of God and raise him to a god-like nature. ***They didn't worship the physical sun,*** but they recognized the spiritual sun 'behind' that sun (Hatun Inti or the Great Central Sun), the source of all life and knowledge. They recognized the spiritual sun "behind" that sun, which was known as the source of all life and knowledge. Their vision of the cosmos extended from innermost to outermost suns: The sun or fiery core in the center of the Earth – the sun or divine spark in man's heart – the physical sun – and the spiritual Sun or Great Central Sun (God).

***Their belief was that they were grounded on the Earth, and that it was their duty to focus on our physical sun, (the gate to the kingdom of the Central Sun where they would one day return). They believed that the spiritual light of the Central Sun was sent to earth through our physical sun for our spiritual nourishment. And in the light of that Sun we could obtain every other thing we needed: materials things, energy, food, long-life, intelligence, and even immortality.***

This is what Jesus meant when he said "Seek ye first the Kingdom of God and his righteousness, and all other things will be added unto you." *All things are within the power of the sun to provide; it is the sun which gives the energy funding the Law of Abundance.* They saw the sun as it pulsates, the "back and forth" gateway, where God transmits life and intelligence to humankind and receives impressions and thoughts back from humanity. They had great concern that only good and righteous thoughts be transmitted to the sun. Otherwise, man had the ability to draw down destructive forces onto the Earth by his thoughts. Edgar Cayce discussed how the negative thoughts and emotions of mankind are out pictured on the sun as sunspots and how these cause weather disasters, earthquakes and volcanic eruptions. ***On the other hand, if enough people sun gaze and transmit positive thoughts and feelings to the sun, they can effect positive changes on Earth.*** According to anecdotal stories, the Viracochan priests glowed with a golden

light. There are also several historical accounts, not just legends, of the Viracochan priests levitating and even flying after a sun gazing session as well as eye-witness accounts of them walking on water. In fact, the name "Viracocha" means "he who walks on the foam (sea)."

## ***Hidden Reality of Sunlight***

*Dr. Mitchell Gibson*

There is a hidden aspect to the light of the Sun. Mystical and spiritual traditions from nearly every culture have linked the Sun to man's higher evolution. Cultures as diverse as the Essenes, The Mayan, Aztecs, Buddhists, Hindus, Oceanic tribes, and Native Americans all link the power of the Sun to man's higher nature. According to these Ancient Traditions, the hidden nature of sunlight holds an important key to higher human evolution. In this article, I will summarize the major findings of these traditions as they relate to the hidden nature of the Sun. Sunlight and eyesight is actually linked in an interesting way. The human eye is actually a miniature sun and like the sun of our solar system, it has the ability to absorb and radiate light. It absorbs energy through the retina from where it is redistributed to the brain and nervous system.

We know that these energy particles are the carriers of various Universal Factors of Energy that are capable of doing predetermined and specific work. In short, the Sun is a living entity and the Light of the Sun is a complex carrier wave that encodes several levels of information and energy that we use to sustain life on this world. There are certain components to sunlight that specifically help to initiate consciousness and intelligent thought. Energetic factor is a function of sunlight that humans are most knowledgeable about. Sunlight carries the electromagnetic spectrum and certain nourishing energy frequencies that are capable of sustaining life.

All of the elements that are necessary for life emanated originally from the Sun. Water, air, fire, earth, and all of the necessary nutrients for life came to us from the Sun. Each and every second, billions of tons of matter are released from the Sun and hurled toward the planets. This matter forms the basis for all life in our Solar System. The energetic factors that the Sun releases are able to sustain life all on their own. How can the body take in energetic factors in such a manner as to sustain life? Is it possible that some of our dormant “junk” DNA may become active and allow us to utilize solar energetic factors in the same way that plants do? Let’s look at one possible way.

There is a pathway from the retina, to the hypothalamus, called the retinohypothalamic tract. This brings information about the dark & light cycles to suprachiasmatic nucleus (SCN) of the hypothalamus. From the SCN, impulses along the nerve travel via the pineal nerve (Sympathetic nervous system) to the pineal gland. These impulses inhibit the production of melatonin. When these impulses stop (at night or in dark, when the light no longer stimulates the hypothalamus) pineal inhibition ceases, and melatonin is released.

***The pineal gland is therefore a photosensitive organ and an important timekeeper for the human body.*** The unexplored process of energy absorption, transformation, and processing from the Sun may occur here. The activation of pineal gland is a key step in psychic, spiritual and energy transformation processes. Suffice it to say that in this gland, energy processing and distribution can take place. The pineal gland is the subtle controller of all endocrine glands, therefore controlling the endocrine system. Through secretion of melatonin, it also regulates the circadian rhythm, sleep wake cycle and it also slows down aging process. It has psychic properties and it is said to be the seat of soul or mind. Sunlight may enter the eyes and be directly stored in the pineal. Pineal activation and charging through solar energy could be a vital step in higher evolution. Once activated and charged by the pineal gland, solar energetic factors may be transformed into electrical.....

....magnetic or chemical energies in the body. Once processed, this energy must be transported and stored somewhere. If the initial processing of this energy starts in the pineal gland, how does it get to the rest of the body?

***The Hypothalamus is the controller of autonomic nervous system. The pineal gland is connected to it through a net of autonomic nerves. The new energy that is derived from the sun may be transported via this system of nerves into the hypothalamus.***

The role of temporal lobe and limbic system also may be important. It may work as a regulator, if not receptor and may be psychically involved in directing the energy in proper pathways. The medulla oblongata contains many centers vital to life and may also store some of this energy. Other parts of the brain may play as yet undiscovered roles. ***There are specific energy factors released by the sun that are designed to awaken and enliven the mind. There are specific mudras and mantras designed to guide these energies into the mind.***

These energies raise IQ, enhance creative abilities, enhance musical gifts, enliven the body, and empower the process of enlightenment. In addition to the plethora of information regarding the hidden radiations of the Sun, the Ancients wrote extensively about the Spiritual Nature of the Sun itself. They wrote that the Sun which we see each day is only a small part of a much larger entity. This entity is part of a larger universe that feeds and nourishes our smaller physical domain. .

The Sun is an intermediary, a catalyst between the macrocosmic and microcosmic universes. The cell is composed of atoms which, in turn, are composed of light wave/particles. The light wave particles oscillate in the same way that the Sun does. Remember, the Sun oscillates on a regular basis. Ordinarily, one may not be able to see the microcosmic pulsation, but the pulsation is clearly visible to the eye on the macrocosmic level when you begin using the solar practices.

This pulsation is exactly the same as that of your heartbeat. The force for the beat of your heart comes through from the Primordial Worlds, into the Sun, and finally to Earth. The energy of your universe is in constant motion and reveals a distinct pattern of motion, light and dark. There is also a third vibration, a link between space and time. This link is called Consciousness. Though it cannot be seen, Consciousness is the vehicle through which we can see and know the universe. The Sun is home to the Fifth Dimension in our Solar System. The physical light and matter that we see emanating from the Sun is in effect the reflection of Fifth Dimensional matter onto the third dimension.

Through the Sun, we are connected directly to the Fifth Dimension and thus to the Higher Beings that live there. These beings guide and influence all life on our plane of reality. It is through their guidance that we develop Enlightenment and the ability to develop civilization, art, music, science and culture. Through our connection with Fifth Dimensional Beings, we can access a direct source of power, knowledge, and evolutionary potential.

*All beings are able to access this knowledge given the correct techniques and training. By learning how to connect directly with the energy of the Sun, the Initiate can learn to communicate directly with God.*

## ***Creating a Golden Sun***

*Wayne H. Purdin*

The sun, to give us life through the rejuvenating rays of sunlight absorbed through the skin. It's well known that sunlight causes the secretion of the hormone vitamin D, which is essential for health and wellbeing. This life-giving aspect of sunlight from the Father was called the A factor by sun gazing researcher Gene Savoy. There's also an X factor or immortality factor. When taken in through the eyes as in "we beheld his

glory" it becomes the wisdom of the Son "full of grace and truth." Savoy called the wisdom aspect of sunlight the "intelligence factor" or "IF." He wrote in his book *Project X: The Search for the Secrets of Immortality* "This energy [from the sun and beyond] has inherent IF potential. It is cosmic information coming into our mind and consciousness directly from the source – the cosmos where it all began... The first cause in the creation of the world was the 'word,' or the logos, which emerged from the mouth of God. He philosophers have always taught that this 'word' is the true nutrient of the spiritual part of man." (See article "The Hidden Reality of Solar Light" for an explanation of sun factors.)

*Omraam lectured about this intelligence from the sun.*

*"I can say that certain things that no human can teach me have been revealed to me by the sun. No book can give you what the sun gives you if you learn to have the proper relationship with him... If you want to create a bond between you (and the Sun), you have to look at him in all consciousness. If you do that there will be a communication of vibrations between the Sun and you in which forms and colors, a whole new world, will be born... The sun is intelligence, a life, a living light. And when you understand that, all of a sudden he begins to speak to you... Try asking him a question and you will see that he will answer you."*

Gene Savoy told me in an interview that this communication was through the language of angels, which "is a language of symbols – energy and wave front patterns with an Intelligence Factor that impinges upon one's spiritual consciousness and is understood thereby." He also told me that the language of angels is not spoken but sung. Omraam and his master Peter Deunov have heard this music of the spheres and the singing of angelic choirs. Peter Deunov said "*Experiment with the sunlight. Let it speak to you: music is hidden within. No harmony of tones more sublime exists than that which emanates from the vibrations of the rays of the sun.*"

Omraam said that “the sounds we hear produce geometric patterns within us,” which may be Savoy’s symbols and wave front patterns that our higher consciousness understands. We hear these celestial sounds with our inner ear and see the related sacred geometry with our inner sight. This inner sight is what Plato called “sun eyes.” The ancient Greeks believed that a *super intelligence* could be found in sunlight and that this intelligence or logos within the light could transform the initiate and endow him with wisdom. Socrates taught in his academy that personal regeneration was only possible through understanding the Word of God, the Light, and that it was attained only through inner illumination absorbed from the sun.

Any presentation on the wisdom aspect of sunlight would be incomplete without discussing Solomon. The name “Solomon” has an inner meaning. Sol is the heart or sun center of our solar system. Mon is short for Monad, which is the divine spark in our hearts, the sun center of our being. The O represents the circuit that is established between the two when we sun gaze, and through which we gain wisdom.

Whether Solomon sun gazed isn’t known for sure, but from his words it would seem so. In the Odes of Solomon: he wrote: *“As the sun is the joy to them that seek for its daybreak, so is my joy in the Lord: because he is my sun and his rays have lifted me up; And his light hath dispelled all darkness from my face, in him I have acquired eyes and have seen his holy day.”*

The meaning of “acquired eyes” is the key to Solomon’s legendary wisdom. Plato also wrote about ‘sun-eyes,’ acquired from the gods. He taught his students that expansion of one’s self was the result of sunlight---that some men could learn from studying plants and animals, others by looking at the stars, and superior men by looking at the sun, which he said was an act only possible for men ‘granted sun-eyes’ by the gods. Gustav Fechner, the Father of Psycho- Physics, was temporarily blinded by the sun when he sun gazed outside the safe hours. But after staying in a dark room for months, his eyesight

returned. He reported that the retinas healed, and became stronger, when his eyesight returned; he possessed ‘expanded eyesight.’ He said he could see angels and the auras around people and plants.

Scientists have discovered by examining Hira Ratan Manek that the pineal gland expands with sun gazing. His pineal is more than twice the size of a pineal of most people his age. Both light and darkness cause the secretion of hormones by the pineal gland. In the case of Fechner and Saint Paul, a period of darkness followed the blinding light. But in the solar mystery schools, it was the other way around. Archeologists have found that in every temple of the sun in every part of the world: Egypt, India, Mexico, Peru and so on, there was a cave or chamber under it that was completely sealed in darkness.

They correctly hypothesized that these were initiation chambers. According to the rites of ancient solar mystery schools, the initiate would meditate in total darkness for days, and then the high priest would bring the initiate out to an open part of the temple to gaze at the rising sun. The combination of the light sensitive hormones and the darkness sensitive hormones flooding the brain would cause the initiate's third eye to open. Solomon's temple, according to historical records, had underground tunnels and chambers, which were thought to be storage rooms, but, more likely, initiation chambers. Furthermore, the design of Solomon’s temple suggests that it may have been a sun temple and that initiates may have sun gazed from the Holy Place.

There are techniques that facilitate communication with the sun during sun gazing. Once you have reached the 15 minute point in your practice you can add these other techniques to enhance your experience. The sun transmits information or wisdom through our eyes, including the third eye, or pineal/pituitary gland complex, when we sun gaze. If you look at the pineal gland under a microscope you will see that it's covered by unusual crystalline structures that effectively make it an antenna sensitive to electromagnetic stimulation.

***So when we sun gaze, we become human radios that receive signals from the sun. If the pineal gland is the antenna, what is the battery? Omraam said “the solar plexus is in contact with the entire cosmos and serves as the medium through which man communicates with the universe.” So the solar plexus is the solar battery that powers our communication.***

Thus, the receptivity of the pineal gland is enhanced when the solar plexus is charged, and this is done by sun gazing in the Y position, where you stand with feet together and arms and hands spread out. This Y position was thought by the ancient Greeks to channel the sun’s ethereal radiance, which originated in the Great Central Sun. In other words, the Word. Plutarch wrote that our etheric body absorbs this radiance. I have seen pictures of sun worshipers from all over the world: Hindus, American Indians, ancient Egyptians, Medieval monks, Russians, Incans, and even prehistoric petro glyphs all standing in the Y position facing the sun. Only sun yogis can maintain this position for any length of time. An alternate position, which is just as effective, is to bend the arms at the elbow and have the forearms risen. So we have this sun gazing position that transforms us into human radios. But how do we tune into the mind of God, the Solar Presence in the Great Central Sun? In order to have this attunement, we need to do three other things besides sun gaze.

We need to activate the three other upper chakras through prayer, meditation, and chanting mantras or singing sacred songs. Chanting and singing with devotion activates the heart chakra. Praying out loud with willful intent activates the throat chakra. And meditating in stillness with mindfulness activates the crown chakra.

This was part of the daily program of every solar mystery school including that of Akhenaton in Akhenaton, that of Pythagoras at Crotona, that of master Omraam at the Bonfin, Blagoslovenia, IDEAL and other communities, and, most recently, that of the messenger David Lewis and the Hearts

Center. In the next few years it will be increasingly important to maintain our attunement because the outpouring of energy and information from the sun will increase exponentially. We are now experiencing an incredible increase in solar energy.

***The changes we are experiencing in the sun, the earth and in our consciousness are from the light fluency of the Galactic sun. It is transmitting to our sun a higher level of radiation or intelligence factor so that we will have the information we need to create a new earth of beauty, health, and peace.***

Omraam said that ***“The Age of Aquarius will soon be upon us and the tremendous upheavals accompanying it will oblige human beings to understand the reality of the invisible world and the laws that govern it. But the beauty, splendor and harmony of the new life that will emerge from these upheavals will be beyond anything imagined by man.”***

All those who have been secretly working for the coming of the Kingdom of God throughout the world will join forces and work together, and the bastions of ignorance, materialism and despotism will crumble and collapse. And it will be: nothing can prevent the coming of the new era, the new Golden Age. So what we have to do is sun gaze, pray, meditate and chant or sing so that we can tune into divine intelligence which will enable us to create miracles in our lives. One person in a city that’s in darkness can uplift everyone if he or she is one with divine intelligence.

***“All that we need to create a golden-age solar civilization of peace and prosperity. It will come to us through the sun if we are attuned with divine intelligence. We can be the DaVincis and Michelangelo’s of a renaissance in every area: art, education, medicine, energy, economy, and so on. The golden age is on-going, only it’s in the etheric. It will not descend into the physical. We must rise up to it by going into our hearts and communicating with the Word, the wisdom of the sun. Nourish yourself in the morning with sunlight.***

***Think of the Sun day and night, because by thinking of it, you are in touch with a world of power, purity and light. This is a key!! How can you purify and strengthen your body? By learning to meditate in front of the rising sun. ... Everything you eat, drink or breathe leaves some waste within you which can never be completely eliminated. Only the sun's rays leave no wastes. By working mentally to absorb the subtle particles of gold that the sun disseminates throughout space every morning, you will begin to regenerate your own physical body." Omraam Michael Aivanhrov.***

## ***Antares / Alpha Scorpii***

*Antares compared to our Earth is unbelievable. Your imagination must expand beyond anything you have ever experienced. Earth is 12,742 kilometers (7,900 miles) in diameter. - Antares is 970,370,000 kilometers (603,680,000 miles) in diameter.*

*Prof. Hilton Hotima*

***It is said that the beneficent influence flowing from the Great Sun (Antares) is such that the Solar Force radiating into humanity at these propitious periods of time enables the Adept to awaken the dormant organs, channels, nerves and consciousness. Man is an epitome of the Universe. Each body cell is a replica of the Universe. Within each cell there is an Intelligent Life Point—the Sun (nucleus) of the Cell Universe, which like our physical Sun, receives Light and Life from the local Sun and also from the “Sun behind the Sun.” The ancient engineers who designed and built the Great Pyramid of Gizeh had knowledge of the Great Sun, which the Atlanteans had named Osiris – Sirius, Dog Star.***

These engineers knew that once a year the Great Sun is in line with Sirius. For that reason the Pyramid was so built that, at the precise moment, the light of Sirius (Osiris) fell on the square (Divine Stone), which was placed at the upper end of the Grand

Gallery so that the light shone on the Great Hierophant, “who received the Super Solar Force and sought, through his own perfected body, to transmit to the initiates this added invigoration of the evolution of their Dignity.”

This was the secret purpose of the Square Divine Stone, whereon, in the ritual, Osiris sits to bestow upon the Illuminate the Crown of Celestial Light and Glory. According to legend, when the Great Sun (Antares) comes into conjunction with our local Sun, there occurs a reign of extraordinary awakening and effusion of Light throughout our entire solar system, and it affects more or less everything on the earth.

***As the super-power of the Great Sun (Antares) is transmitted to the Earth through our local Sun, “it is said to send greater power into the consciousness of the Earth sphere that a New Era of Thought and Intelligence may be born in the minds of men for the stimulation and guidance of Spiritual Development.”***

## ***Antares in Ancient Cultures***

Antares name derives from the Ancient Greek Αντάρης, meaning "(holds) against Ares (Mars)", due to the similarity of its reddish hue to the appearance of the planet Mars. It is the brightest star in the constellation Scorpius. Its distinctive coloration has made the star an object of interest to many societies throughout history. According to ancient Arab tradition, Antares is the warrior-poet Antar's star many of the old Egyptian temples are oriented so that the light of Antares plays a role in the ceremonies performed there. Antares was also known as *Satevis* in ancient Persia and was one of the four "royal stars" of the Persians around 3000 BC it was also known as *Jyeshtha* in ancient India. In the religion of Stregheria, Antares is a fallen angel and quarter guardian of the western gate. In astrology, Antares is one of the Behenian fixed stars.

# ***Sun Gazing Process***

*Written by Vinny Pinto, Scientist. Order his Free E-Book:  
<http://www.scribd.com/doc/378210/The-Art-andScience-of-Sun-Gazing-Living-on-Sunlight>)*

HRM experimented on his own body for three years and devised this method based on trial and error. This sun gazing method can be practiced by anyone in any part of the world at any time of the year. HRM is not a unique figure, and anyone can do this. Currently, thousands are using this method and achieving results.

In Brazil, Australia, Germany, more than 3000 people are practicing safe sun gazing to live on sunlight. This is a rebirth of a science, a spiritual practice from ancient times, and now it is becoming a scientific practice that can be followed by anyone, as described below. Each day, this practice is becoming more popular and has become known as the HRM Phenomenon.

## ***Safe Sun gazing Practice***

*Sun gazing is a one-time practice, usually for a period of 9 months, or 44 minutes, of sun gazing.* You can break up the practice into three phases: 0 to 3 months, 3-6 months and 6-9 months. After completing the sun gazing practice, you will then walk barefoot, 45 minutes daily [if you stop at 15 or 30 minutes of sun gazing, you walk barefoot for the rest of your life; if you complete the full 44 minutes of sun gazing, then you walk barefoot for one year. Barefoot walking on bare earth anchors the solarized energies in your body, after which no further sun gazing or walking is required]. Food makes us commit acts of pain to others and exploit them.

The practice of sun gazing entails looking at the rising OR setting sun once a day, only during the safe hours. No harm will come to your eyes during the morning and evening safe hours. Safe sun gazing hours occur anytime within the one-

hour window after sunrise or anytime within the 1-hr window before sunset. It is scientifically proven beyond a reasonable doubt that during these times, one is free from exposure to ultraviolet and infrared rays that are harmful to our eyes. To determine the time of sunrise or sunset, you can check the local newspaper, which also lists the UV Index as 0 during these times. Both times are good for practice - it depends on what is convenient for each individual. Sun gazing also has the added advantage of producing vitamin D during the 1-hour safe period window. And if you sun gaze, the need for spectacles and their associated adjustments for the eye will go away. This method will provide better eyesight without glasses.

For those who cannot initially sun gaze during the safe periods, sunbathing is an effective method for receiving the sun energy at a slower pace until one is able to sun gaze. Best times to sunbathe is when the UV index is lower than 2. This usually occurs within the 2-hour window after sunrise or before sunset. Sun bathing during the day is to be avoided, except for during the winter months, when the UV index usually remains at 2 throughout the day, which is safe for sunbathing.

Check your local newspaper to see the published results for UV Index to be sure. Also, do not use sunscreen when sunbathing during these times. When the body heats up, you perspire and perspiration is a waste product excreted by the body. When you are painted or coated with lotions and creams – they degenerate and the chemicals enter your body. It is our malpractice -our wrong use- why we blame the sun for skin cancers.

## ***0 - 3 Months***

First day, during the safe hours, look directly at the sun for a maximum of 10 seconds. Second day, gaze for 20 seconds at the rising sun, adding ten seconds every succeeding day. So at the end of 10 continuous days of sun gazing, you will be looking at the sun for 100 seconds - i.e. 1 minute and 40 seconds. Stand on bare earth with bare feet. Your eyes can

blink or flicker. Stillness or steadiness of the eyes is not required. Do not wear any lenses or glasses while sun gazing. Why don't you watch the sun instead of the TV? The intensity of the TV is much greater than the rising or setting of the sun. If you can watch TV at close ranges for extended periods of time, you can easily watch the rising or setting sun safely. Develop a belief that the sun's rays you are receiving into your eyes are of immense benefit, and will not harm you. This will give you quicker and better results. Even without a belief component, you will get results, provided that you follow the practice, however, it will take a longer time. On the other hand, you need not restrict any of your normal daily routines. There are no restrictions.

You can enjoy your food while applying this practice. Hunger will disappear eventually by itself [this is a possibility for some]. You may consider gazing from the same place at the same time daily. Following circadian patterns has its advantages. If you pray, you can use any prayer of your choice. No particular one is suggested and it is not a requirement. As a precaution, have your eyes examined by a doctor. This is to err on the side of caution from a scientific standpoint. Also, you should have periodic check-ups. Additionally, you can buy photo sun-cards to monitor UV and IR radiation when the cards are placed in sunlight, which are priced at about \$2. There is no need to buy an expensive \$500 photosensometer. If your cheeks get heated up, then stop gazing. Use common sense.

***When you reach 3 months, you will have gazed at the sun up to 15 minutes (if you were able to get sunlight every day).*** If you can watch TV for 3 hours, surely you can see the sun for that long. What happens as you reach 15 minutes? The sun energy or the sun rays passing through the human eye are charging the hypothalamus tract, which is the pathway behind the retina leading to the human brain. As the brain receives power through this pathway, it is activated into a "brainutor." One of the software programs inherent in the brain will start running and we will begin to realize positive changes because

we will have no mental tension or worries. We will enjoy self-confidence to face life's problems by means of developing a positive mindset instead of a negative one. Moreover, we will become fearless because all our mental ills will have disappeared. This is the first phase of the method and lasts around 3 months. Humans have good and bad qualities, which are two sides of the same coin. ***In the absence of sunlight, we develop bad qualities. When sunlight enters the brain, good qualities appear, replacing bad ones. Eventually, even spiritual ignorance goes away.*** Sometimes you can become confused from what you hear and read. You get contradictory information such as "red wine is good for you and alcohol is bad for you." You become baffled with life's problems and detest decision-making.

3 months of sun gazing, you develop a sense of confidence and know the answers for yourself spiritually. There evolves a balance of mind where you now are in a position to judge personal answers – and the correct answers. ***You develop powers that are already inherent in you. Bad qualities disappear, anger, greed, jealousy leave you. You become a lovable creature. Everybody likes you. You will do no wrong. If you are positive or fearless, you will not harm anybody nor cause pain to anyone. You will become a compassionate person. This is a great contribution to world peace. A positive approach creates solutions to problems and waste in society. There will be no need for environmental engineers.***

***By 3.5 months everything changes. Mental depression will disappear. Psychiatrists are observing that sadness is caused by lack of sunlight. With the practice of sun gazing, you will not experience depression for an entire lifetime. You will achieve a perfect balance of mind. Fear of death will go away. The state of your mind is such that you will not fear death. That which is to happen, you will be able to let happen. There will be no worries. Everyone has some sort of mental disorder, which is the biggest human problem, but these can be removed by the proper use of sunlight.***

### **3 - 6 Months**

Next, physical diseases will start being cured. 70 to 80% of the energy synthesized from food is taken by the brain and is used up for fueling tensions and worries. With a lack of mental tension, the brain does not require the same amount of energy as before. As you proceed in sun gazing and as your tensions decrease, the need for food intake will decrease.

***When you reach 30 minutes duration of continuously looking at the sun, you will slowly be liberated from physical disease because by then all the colors of the sun will have reached the brain through the eye.*** The brain regulates the flow of color prana [life force] appropriately to the respective organs. All the internal organs are receiving an ample supply of the required color prana. The vital organs are each dependent on a certain sun color prana: Kidney, red; Heart yellow; Liver, green; etc. The colors reach the organs and address any deficiencies. This is how color therapies work -- Reiki and Pranic Healing. There is a lot of information available on color therapy.

This is the process of becoming liberated from physical ailments over a six-month period. After 3-4 months, you can become cured of your physical ailments using autosuggestions: Imagining and visualizing healing your ailments while gazing at the sun. Scientific methods such as the solariums, crystals, color bottles, natural stones, gems, all utilize sun energy, which is stored in natural stones. You can keep natural color stones in drinking water to further hasten healing. In solariums there is usually a platform at the height of 100 feet where 7 glass cabinets are constructed for each of the VIBGYOR colors of the rainbow. This platform revolves around the sun the whole day and, according to the nature of the disease diagnosed, the patient is placed in the appropriate color for healing. Similarly, glass drinking water bottles with different colors are kept in sun for 8 hours. The water gets solarized and water develops medicinal value and is used to treat different diseases. Photosynthesis, which we misunderstand, does not in fact

require chlorophyll. Only the plant kingdom needs chlorophyll. The human body can process sunlight with a different medium. Photosynthesis transforms sun energy into a usable energy format. This is how photovoltaic cells produce electricity, how water is heated, food is cooked in solar cooker, and solar batteries operate automobiles. The eyes receive the entire spectrum of sunlight, which then is distributed to different parts of the body by the brain on a need-per-need basis. As a result, you are cured from all diseases. An intermediate food medium is avoided. As you continue gazing at the sun, energy is no longer being used up for mental impairments or physical ailments; thus its storage level increases in your body. You are your own master within 6 months.

### **6 - 9 Months**

Within 6 months, you will start to utilize the original form of micro food, which is our sun. Additionally, you can avoid the toxic waste that you take into your body when you eat regular food. ***7.5 months and 35 min of sun gazing is when hunger starts decreasing noticeably.*** The need for food intake decreases. No one needs to eat more than his or her hunger levels. Hunger comes because of the body's energy requirements, which are a must for its existence. Food is not a necessity for the body to function; only energy is.

Conventionally, you are indirectly receiving sun energy while eating food, which is a by-product of sun energy. If there is no sunlight, no food can grow. As you consume the original form of food, hunger decreases, starting to disappear eventually. ***By eight months, you should see hunger almost gone.*** For a dull or weak student or with no belief, this time period may be 9 months or 44 minutes. After that time, hunger disappears forever. All mechanisms associated with hunger-like aroma, cravings, and hunger pangs also disappear. Moreover, energy levels remain at a higher level. Having had this experience, I can testify that the brain is now well-activated with sun energy. Well done, you have become a "solar cooker."

## ***After 9 Months***

After nine months or when you reach 44-minutes, you should give up sun gazing because solar science prohibits further gazing for the sake of eye care. The body will get discharged after six days when you stop practicing, and it has to be recharged. Now the second practice you have to start is walking barefoot on bare earth for 45 minutes daily for a total of 365 days. Relaxed walking only, no need to walk briskly, jog or run. Any convenient time of the day is all right, however it is preferred to do that when the earth is warmer and sunlight is falling on your body.

*When you walk barefoot, an important gland in the brain's center called the pineal gland, or the third eye, is activated. The big toe of the foot represents this gland. 25 years ago it was considered a useless gland; now it has become an important gland for study and about 18,000 papers have been published about it. It has always been known as the "seat of the soul."*

*The pineal gland has optic nerve endings. The remaining four toes represent glands too – the pituitary, hypothalamus, thalamus and amygdale. The amygdale gland, for the last 2 years, has been gaining importance in medical research. It's a nucleus of the sun or cosmic energy and plays an important role in the photosynthesis of how sunlight reaches the brain through the eye. When you walk barefoot, your body weight stimulates all these 5 glands through your toes.*

This is strengthened by the earth heat/energy and the sun prana falling on the head or the crown chakra. The chakras are not in the spinal cord -- that is an imaginary location; they are definitely in the brain. All these create a magnetic field and the body/brain recharges with the sun energy entering into you. Relax. Walk 45 minutes for one year and food will continue to be unnecessary for you. After one year of recharging, if you are satisfied with your progress, you can give up barefoot walking.

A few minutes of sun energy falling on you every 3-4 days will be enough from then on. But if you want the immune system to strengthen, then keep on barefoot walking. Also if you want memory power or intelligence to increase, continue walking. As you increase the sun's heat on your feet, the brain will activate more and more, which will result in more activity of the pineal gland. The pineal gland has certain psychic and navigational functions. Navigational means that one can fly like birds. You can develop psychic skills of telepathy, television and place your body at different places simultaneously.

*Science has validated human psychic functions and medical experiments are being done to ascertain this. Different body parts and organs become purified once you stop eating due to detoxification. Different internal organs play different mechanical roles for the purposes of space travel and flight.*

*There are other uses other than food digestion for the internal organs. All the glands have a lot of functions and can perform at optimal level via sun energy. If you are fortunate to activate the brain optimally, you surely will reach enlightenment. You can read the past, present, and future.*

*This method can be safely used to control obesity. Almost all problems get resolved. Historically, a lot of people have remained without food. In 1922, the Imperial Medical College in London decreed that solar rays were the ideal food for humans.*

However, no one revealed what their technique was. For example, Yogananda, in his book "Autobiography of a Yogi," interviewed many saints and mystics to find out the secret of their lack of eating food. The common reply was that the sun's energy entered through a secret door and reached the medulla oblongata in the brain. They did not divulge their secret. This knowledge was lost to common folk at the time.

# ***How to Sun Gaze***

By Sunny Jamshedji

The information provided here is basically the HRM method by Hira Ratan Manek, the details of which can be found in the previous chapter, or by visiting [www.Solarhealing.com](http://www.Solarhealing.com). This is just a summary to print and follow until you have it down! Find out the time for sunrise and sunset. It changes by a couple of minutes each day. You can print a monthly calendar for your location using this website:

**USA:** <http://www.SunriseSunset.com/usa/> **World:**  
[http://www.sunrisesunset.com/custom\\_srss\\_calendar.asp](http://www.sunrisesunset.com/custom_srss_calendar.asp)

Calculate the time one hour after sunrise and one hour before sunset. These are your safe hours for sun-gazing; as a beginner, you should not, under any circumstances, gaze outside these hours. This means that after one hour after sunrise, or before one hour before sunset is a no-no! For example, if sunrise is at 6:22 AM, then gaze anytime between 6:22 AM and 7:22 AM. If sunset is at 8:46 PM, then only gaze between 7:46 PM and 8:46 PM. As simple as that! Stand on sand if possible. If you cannot find sand, then stand on any one of these in this order: bare earth, mud, road, concrete. As you go down the list, the connection (grounding effect) to the earth diminishes, so the best is sand or bare earth. Avoid standing in water and grass.

***Stare directly at the sun with open eyes; blinking is allowed! Start with 10 seconds, and each day increase your time by 10 seconds.*** If it is a cloudy day, then repeat the time from the last sunny day you gazed. For example, if yesterday was a sunny day, and you gazed for 2 min, and today is a cloudy day, then you stay at 2 min. The same, if tomorrow is cloudy. But, the next time it is a sunny day, add 10 sec more, so it would be 2:10 min. It is useful to have a timer for counting the seconds, one that will keep a memory of the last time you sun gazed. Most digital kitchen timers have this feature and are easy to find.

## ***Tips***

If you follow the method provided above, you will have excellent results in general health and wellbeing. If shortcuts are taken, like incrementing time too fast (easy to do!), not walking barefoot, not standing on sand or earth, then the benefits are reduced for the present time. According to HRM: Benefits are delayed, but not denied! If you are sun-gazing either at sunrise OR at sunset, leave the timer at the time that you sun gazed. i.e., if you sun gazed for 2 min. 10 seconds, leave the timer at that time. The next day, you can add 10 seconds to it. This way you can easily keep track of how much time you have been sun gazing. Most digital watches have a count down timer; learn to use it. Alternatively, get a digital or electronic cooking timer from a department store such as Target, Kmart, or Wal-Mart (in the U.S.) that counts down for at least an hour in seconds. This is your Sun-gazing Timer; don't use it for anything else. Each day, in the morning when you go out, you increase the time on the timer by 10 seconds if it is a sunny day. If it is not a sunny day, then you leave the timer on the same time as the day before.

If you change the time when you are finished (as I impatiently did the first few times!), then you will get confused, because you will have to set the timer back, if the day is cloudy! If you are in a cold location in the winter, then sun gaze from inside the house barefoot and warm! Otherwise, as HRM says: ***Move to a warmer location!*** If you are in a high-rise building off the ground in the city, but are able to sun-gaze in safe hours, then make a sandbox with sea-sand that you can stand in. Some benefits are reduced, and it may take you longer, but results are not denied. When you have reached 44 minutes, stop sun gazing. Phase II of your practice now begins.

***Phase II:*** Walk for 45 minutes daily for one year, barefoot on bare earth, to anchor the energies and make your body "solarized". Your feet may hurt for some time, but they will get used to it.

# ***Sun Gazing***

## ***Techniques 1***

***“If the light rises in the Sky of the heart . . . and, in the utterly pure inner man attains the brightness of the sun or of many suns . . . then his heart is nothing but light, his subtle body is light, his material covering is light, his hearing, his sight, his hand, his exterior, his interior, are nothing but light.” — Najm Razi, 1256***

Most of these spiritual sun gazing techniques aren't for beginners and would be detrimental if they attempted them. But if you've been sun gazing for some time and are past 30 minutes a day, then you can incorporate them into your practice now. However, the first fire blooming technique can be done after the 15-minute milestone. Not all sun gazers who are past 30 minutes would be interested in these techniques. HRM says that all that is required for perfect mental and physical health and spiritual enlightenment is the basic technique. So if you are satisfied with your progress, don't feel you have to try advanced techniques. But if you're a seeker and like to experiment, then try them. For some of these techniques, it may help to first record a tape of the instructions and play it while sun gazing until you have it memorized.

***You may have heard or read about advanced techniques that require sun gazing for an hour or more, staring at the sun without blinking, gazing at the mid-day sun through crystals, or moon gazing. Please don't attempt these dangerous techniques as they can damage your eyes and cause mental disturbances.*** The advanced sun gazing techniques in this chapter are spiritual techniques, not psychic techniques. Psychic refers to the psyche or soul... Omraam often used this term. But it always must go hand in hand with spiritual development. In other words, the soul must be wed to the spirit, to our individual spirit and to the Great Spirit, God.

## ***Techniques 2***

***Between 15 and 30 minutes, sun gaze with arms outstretched to the sun, palms facing the sun.*** As you breathe deeply in, visualize healing rays of light coming from the sun and entering your left palm and traveling to areas of your body that require healing or strengthening. If you have no problems, visualize the light going to your heart. Mentally affirm that the light is healing or strengthening you on a cellular level. Then, as you breathe out, visualize the light returning to the sun through your right hand. Express love and gratitude for your healing. Establish a continuous flow of energy.

You can combine this exercise with the second breathing exercise below. If arms get tired, lower them with elbows at sides and hands still facing out. If this position gets tiring, you can even lower your hands to hip level with palms facing the sun. This Y position was thought by the ancient Greeks to channel the sun's ethereal radiance, which originated in the Great Central Sun. Plutarch wrote that our etheric body absorbs this radiance. Use of this posture was called “fire blooming” because the radiance or essence thus channeled burned away impurities. After 30 minutes, begin with the energy circuit, but instead of visualizing light going to problem areas in your body, visualize it creating a miniature sun in your heart and see the light from your heart radiating out to problem areas in the world. Mentally affirm that the light is bringing healing, sustenance, peace or whatever is needed in those situations.

***Look directly at the sun, send intent, visualizations, thoughts, and feelings of love, hope, gratitude, and faith to bless all, and send any specific requests to the sun. In this way, blessings travel along rays of light to the sun and the sun amplifies them and broadcasts them to all humanity. If at any time your health or strength is adversely affected, go back to visualizing light and affirming healing and strength in your body.***

### ***Techniques 3***

*After sun gazing, rub your palms together to warm them, press them against your eyes and gaze at the afterimage of the sun until it fades away.* Paramahansa Yogananda taught the following Kriya Yoga palming technique, which can be done at any stage of sun gazing: “Close your eyes and turn your back to the sun. Put your right hand over the eyes and left hand over the right. You will see the image of the sun, which is still retained on the retina of the eye. Concentrate upon that image and visualize all the healing rays of the sun coming into your eyes through the sun, which you see with closed eyes. That is actually what happens. Keep the hands over the eyes. When the image of the sun begins to fade, move the eyeballs up, to the right, down, to the left, and so on, repeating this rotation with a little tension, and visualizing energy from the sun flowing into the eyes strengthening them.

*Then take the hands away and squeeze the eyes shut, holding them shut to the count of twelve, and then relaxes. Repeat twice more, tensing to the count of twelve and relaxing, making a total of three times.”* It’s interesting that Yogananda instructs his students to turn their backs to the sun. The reason for this came to me when I read in chapter 39 of “Biography of a Yogi” where he says “The invisible power flows into the human body through the gate of the medulla oblongata... The medulla is the principal entrance for the body’s supply of universal life force (AUM), and is directly connected with man’s power of will, concentrated in the seventh or Christ Consciousness center (Kutastha) in the third eye between the eyebrows. Cosmic energy is then stored up in the brain as a reservoir of infinite potentialities, poetically mentioned in the Vedas as the “1000 petaled lotus of light.” HRM says that palming helps heal the eyes and activates the pineal and I realized that when you turn your back on the sun, the sun warms the Medulla Oblongata at the back of the skull and gets the blood flowing in it.

### ***Techniques 4***

An advanced technique that anyone can practice while sun gazing is “drinking” the sun. When the first rays of the sun appear, open your mouth wide and let the sun’s rays charge your saliva. Visualize the yang energy, like golden nectar from the sun, entering your mouth and mixing with your saliva. Alternately, purse your lips and sip the golden rays to draw them into your mouth. Imagine that you are drinking the sun. Then swallow it. This yang energy moves down into the stomach, which is near the power center called the hara (just below the navel). Picture it then flowing into all the cells and organs of your body, strengthening, vivifying, and purifying them. Be sure to balance this exercise with 45 minutes of barefoot walking.

### ***Techniques 5***

A friend of mine told me about a lady who would perform breathing exercises while sun gazing whenever she felt ill, and was soon cured. She lived to be very old. The following exercise is a sun gazing breathing exercise from Qigong master Gerald Hall, who learned it from a Tibetan master. When you sun gaze, imagine on the inhale sunlight hitting your third eye at the speed of light and flowing to the stomach. Pause. Then on the exhale, imagine energy shooting out of your stomach at the speed of light down your legs, out the bottoms of your feet and back to the sun.

On the next inhale, imagine the sunlight hitting your feet at the speed of light, flowing up your legs to your stomach. Pause. On the exhale, imagine energy from your stomach at the speed of light shooting out through your third eye to the sun. Do these for 10 to 20 times or till you feel your body charged. Your hands should be at your sides with palms facing down to help ground the energy. Breathe through your nose only. Press your tongue to the roof of your mouth behind your teeth.

***This stimulates the Thymus gland and balances the cerebral hemispheres and the body's energy system.*** Breathe strongly enough to hear the flow. Both inhale and exhale should be smooth and the same length of time, to a count of five or whatever is comfortable. As you inhale and exhale, your stomach should expand and contract, not your chest. Other sun breathing exercise is the following, which will supercharge you if you feel weak and listless. Combine it with the first fire blooming exercise. After standing breathing for a while with your hands at your sides, sun gazing, breathe in strongly through the nose. On the exhale make it a deep sound and as loud as the inhale. Raise both hands up in front of you close to the chest and palms facing the sun. As you exhale extend your hands out toward the sun and breathe energy out to the sun. Pause. On the inhale, breathe in energy into your palms as you return your hands back to your chest with the palms still facing the sun. Do this 10 to 20 times.

## ***Solar Plexus Charging***

While sun gazing, put your right hand over your solar plexus and your left hand extending out to the sun. Your solar plexus is located between the navel and the tip of the breastbone. Visualize the life force flowing from the sun through your left hand and directly into your solar plexus. Curve your thumb and fingers of your right hand as if you were holding a 6-inch diameter ball of energy. It's important that your spine is straight. ***Your solar plexus is your energy reservoir, and you can refill it with this exercise.***

It is best done by advanced sun gazers while sun gazing, but anyone can do it at other times without having to gaze at the sun. You can do it while driving for several hours and not feel fatigued. An alternative to holding an imaginary ball of energy is to hold a real flower. The best kind is a sunflower, of course. But any flower will do. Another solar plexus charging technique that anyone can do at any time is to stand with your

back straight against a tree trunk; the bigger the better. Put your left hand behind your back between the trunk and your back with palm facing the trunk. Put your right hand over your solar plexus. Be sure to thank the tree for the energy you get, just as you thank the sun.

## ***Greetings***

After sun gazing, raise your right hand and salute the sun. Visualize a laser beam of intense golden-pink light emanating from the center of your palm. Send thoughts of love and gratitude to the sun. Then salute the trees, rocks, animals and any people around you. The Essenes, in a similar practice, would throw kisses to the sun after sun gazing and rural Mexicans today throw kisses to the sun on Sunday before they enter a church. The teaching behind this gesture is that the fingers of the hand are antennae that transmit energy. Scientists have confirmed this by measuring energy emitted by the fingers and photographing it. When combined with feelings of love and goodwill, this salute can transmit a lot of positive energy to vivify and uplift others.

## ***Sunrise Meditation***

***Omraam taught a meditation that is performed 20 minutes before sunrise.*** I learned it as part of a course taught by Natasha Kolesar, a disciple of Omraam. It is a contemplative meditation so your eyes don't need to be close. It would be good if you had a sanctuary like a den or office where you can close the door and put a "do not disturb" sign on it. I once used a closet where I had an altar and spiritual focuses like pictures of masters. When Omraam had his school in France at the Bonfin, he would lead his disciples up a steep path to a large rock. There he would give everyone the thought for the day, which they contemplated while waiting for the sun to rise and while sun gazing. After sun gazing, he would then expound on the thought for the day. [www.prosveta.com](http://www.prosveta.com) sells several daily

meditation books with a quote from Omraam for each day of the year. Or you can download a book of sunrise meditation quotes for free at ([www.liveyourquest.com/ecrits/sun.pdf](http://www.liveyourquest.com/ecrits/sun.pdf).)

***“The thought for the day is like a seed. Our meditation is like watering it to stimulate it to sprout, and the sun gazing afterwards is like the warmth and light of the sun which causes it to grow and blossom. The fruit of each person’s meditation will be different even though the seed is the same because the ground or consciousness of each person is different.” Omhram Mikhael Aivanhov***

After sun gazing, write down in your journal any thoughts that came to you during your meditation. Everyone, even beginners, can continue doing this meditation every day.

## ***Candle Gazing***

At times, due to clouds or schedule conflicts, you will not be able to sun gaze. At such times, I find it helpful to candle gaze. In India, this practice is called trataka or concentrated gazing. Find a quiet place, free of disturbances - people - phones - pets - fans - air conditioners that might disturb the flame.

Remove glasses and contacts. You may use soft background music and incense. Make the room dark, the only light being the flame of a candle used. The candle to be gazed upon should be placed on a table (or box) such that the candle flame is at eye level when sitting so you can hold your head steady and gaze straight ahead. Sit comfortably with the head and spine erect. The body should be positioned so that you are about an arm’s length from the candle. Begin by closing the eyes and allowing the whole body to relax, especially the eyes. Be aware of the steadiness of the body and keep the body absolutely still throughout the practice. When you feel calm and still, open the eyes and gaze steadily at the tip of the candle wick. Breathe deeply and evenly through the nose. Be aware that the candle

flame may flicker slightly but the tip of the wick will remain steady. Try not to blink or move the eyeballs in any way but do not strain or force them to stay open. The awareness should be so completely focused on the candle wick, that body awareness is lost. ***If your gaze or your mind wanders then gently bring it back to the practice. Be aware of your thoughts without trying to change them.*** After a minute or two, or when the eyes become tired or begin to water, close them gently and gaze at the afterimage of the flame in the space in front to the closed eyes. If the image moves up or down, or from side to side, observe it and try to stabilize it. When the image can no longer be retained, gently open the eyes and once again gaze at the flame once more and repeat the procedure. You may continue in this way 3 or 4 times. After the final round of gazing, practice palming before opening the eyes. Trataka may be performed at any time but the best time sunrise and sunset when the stomach is empty. Beginners should gaze for 1 or 2 minutes only. For general practice purpose 10 minutes is sufficient. Insomnia sufferers are recommended to practice for 10 to 15 minutes before sleeping at night. Trataka should be practiced after pranayama and before meditation. If at any time, you get a headache, simply reduce the time you spend gazing.

## ***Mantras***

Before, during and after sun gazing you can recite mantras and fiats that connect you with divine intelligence such as Om! OmRaam! Or the Gayatri mantra. You need to listen to a recording of the Gayatri mantra to pick up the correct pronunciation and meter. It’s better to sing it slowly with feeling instead of chanting it rapidly. It’s also important to contemplate the meaning while singing it. If you can do this, it will be very powerful. I found that after alternating chanting the Sanskrit words and the English words, I was able to say the Sanskrit words with meaning. Turning it around you have “I meditate upon your divine splendor.” The last line is Diyo Yonaha Prachodayat, which has much translation. HRM says it

means “May it activate the brain.” The Gayatri mantra is a meditation on spiritual light. By reciting it, we can obtain spiritual energy and the highest spiritual light, [especially if we do it while sun gazing.] The purpose of the Gayatri mantra is to enlighten the intellect of the chanter. Therefore, it will add luster to the aura and promote the accumulation of spiritual light at the cellular level. The Gayatri Mantra is like nourishing food to support our spiritual enlightenment. Chanting the Gayatri Mantra stimulates and facilitates insightfulness and awakens us to Divine Truth.

This makes it also a powerful healing mantra and, through protracted use, will build a cumulative quality of protection in the form of spiritual armor around your aura...

Chanting the Gayatri Mantra influences the physical body, clears the emotional body, and leads one to the inner heart. It is also said to rescue the chanter from all adverse situations that may lead to sickness and death. Reciting the mantra creates a certain rhythm in our breathing, which balances the electromagnetic rhythm and energy currents in the body with prana. ” According to Ashley-Farrand, the best time to recite the Gayatri mantra is at the Sandhya or meeting of day and night (that is dawn and dusk) because great spiritual energy or prana is streaming across the earth at these two times. Gayatri Mantra destroys ignorance. It is the ideal mantra to recite while visualizing yourself as a sun, radiating light to the world.

*Petar Deunov: “Work with light, for light is the expression of divine splendor. You must concentrate on light, immerse yourself in light and rejoice in light. It is by means of light that we can communicate with God.”*

*Omhram Mikhael Aivanhov: “This is a very powerful meditation that is well worth getting up early for - Mikhael told his students, “Learn to bathe in this river, in this immense flood of morning, for this is your true bath, a bath of light, the only one which can truly wash and purify you.”*

*”The prana or the life force is most concentrated 20 minutes before and 20 minutes after sunrise. Also, I have learned from other sources the predawn hour is most conducive to meditation because of the interaction between the photons of light from the sun, the Earth's magnetic field and our personal aura or electromagnetic field....Working directly with the sun through prayer and contemplation is much more powerful than any talismanic magic.”*

“The Creator has sown seeds in the soul, spirit, mind and physical body of every human being: the seeds of gifts and virtues, of Magic powers and of all heaven's splendors, and only the light and warmth of the sun are capable of awakening these seeds and making them grow. The day man understands this and decides to draw nearer to the spiritual sun, all the seeds lying dormant in him will begin to sprout and grow and produce flowers and fruit.”

*“On the physical, material level, the sun is the door, the link and the medium thanks to which we can make contact with the Lord... Through the sun, we work with God Himself... If you want to create a bond between you and the Sun, you have to look at him in all consciousness. If you do that there will be a communication of vibrations between the Sun and you in which forms and colors, a whole new world, will be born... The sun is intelligence, a life, a living light. And when you understand that, all of a sudden he begins to speak to you... Try asking him a question and you will see that he will answer you.”*

*”I am leading you to the sun so that you can take him as your model. He is the most perfect Teacher.* The true education is that in order to warm others one has to be warm oneself; in order to illuminate others one has to be luminous; in order to vivify others one has to be vibrantly alive. A true teacher must emanate the qualities he wants to teach others. He should be a contagious, stimulating, irresistible example! The Sun is a center: to focus our attention on it teaches us to concentrate and mobilize thoughts, desires and energies. It helps us to learn

concentration and meditation. Drink the light of the Sun! Light is a food you can absorb and assimilate to so that it becomes feeling, thought, inspiration.”

**“Love as the Sun loves! The Sun distributes light, warmth and life to every creature without discrimination, with boundless patience to help human beings until they reach perfection, without asking for anything from them. It represents true divine love, and you must model yourself on it to become better and better.” Omhram Mikhael Aivanhov**

**Peter Deunov: “All illnesses on the earth are caused by the sun, if we are hard - hearted, unresponsive and stubborn. The sun salutes us by its shells; if we are wise, it salutes us by its bright poems, which fill us with joy and gladness, and last, if we are spiritually elevated and love the nature, it sends its living fruits which deposit in us the germ of the new life – that, which is called in religion - Resurrection. The ignorant shall understand nature by its restricting, physical laws; the wise – by its illuminating bright poems, and the spiritual – by its living, vivifying fruits out of which flows the life for the whole of humanity.”**

<http://www.bratstvo.to.net/vehadi/menuen/fr1nen.html>

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