

SOLAR SCIENCES OF THE SPIRIT

Solar Meditation, Solar Gazing & Solar Health Practices



David Christopher Lewis

Spiritual seekers of today who desire to deepen their experience of the Divine can benefit from the powerful energies of the sun through the solar sciences. Allowing solar light to stimulate one's physical body, aura and chakras is an ancient science that can accelerate intuition and inner peace to flow through our consciousness, being, and world.

Knowing and practicing the solar sciences of the spirit will become commonplace and popular as the sensitive ones use their inner gifts and higher talents to co-create conscious communities of light within a quickly evolving, solar civilization.

SOLAR MEDITATION

Solar meditation is a practice which involves arising early and greeting the source of all life-giving energies, the sun.

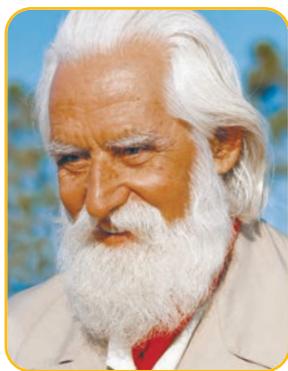
When we place our focused attention upon the sun, that light enters our eyes and then our entire consciousness to offer us wisdom and direct knowledge of our divine nature. When we live in this light-field of divine energy, we have access to everything that we require each day. For, in one sense,

everything on Earth comes from the sun.

We commune with this light through silent meditation—in which we quiet the mind, emotions, and body and slow the breath. Drinking in and assimilating this divine substance of solar radiation and cosmic joy accelerates our heart-mind connection and stimulates new solar synaptic flashes of higher ideations, thoughts, and feelings to manifest within our beings.

SAFE SOLAR GAZING & SURYA YOGA

Solar gazing is one of the practices of Surya Yoga, or sun yoga. The twentieth-century master **Omraam Mikhael Aïvanhov** taught his disciples to practice solar meditation every day. His book, *The Splendour of Tiphareth: The Yoga of the Sun*, contains his teachings on Surya



Yoga, in which he says: “By the practice of Surya Yoga you establish a link between yourself and the power that governs and gives life to the whole Universe: the sun.” Omraam is referring to the spiritual sun, the Great Central Sun, of which our physical sun is an offspring and a reflection. He said that in the new age dawning, Surya

Yoga would supersede all other yogas.

In 1992, a sun yogi from India, Hira Ratan Maken, began to teach simple, safe, and enjoyable techniques of sun yoga, including solar gazing. When done properly and following specific guidelines, gazing directly at the sun may lead to spiritual enlightenment, improved health, peace of mind, purification of consciousness, increased energy flow, physical longevity, and a radiant aura.

As a general rule, it is safe to gaze directly at the sun only during the first hour after the sunrise or the last hour before the sunset, beginning with only ten seconds and then adding an additional ten seconds per day, gradually culminating, over many months of practice, in a maximum of thirty to forty-five minutes. The sun's rays stimulate the pineal and pituitary glands and help the brain function, as well as our other glands.

Modern medicine and psychology have proven the importance of accessing full-spectrum light, especially when less direct sunlight is available during wintertime, in order to avert depressive mental states, emotional mood swings, and even various psychoses and neuroses.

Another student of the science of the sun was Gene Savoy, who experimented with lenses and discovered that the sun has various

types of rays that have specific effects on the body and mind. Savoy spoke of the wisdom aspect of sunlight, or the intelligence factor. In his book, *Project X: The Search for the Secrets of Immortality*, he wrote: “This energy [from the sun and beyond] has inherent Intelligence Factor potential. It is cosmic information coming into our mind and consciousness directly from the source—the cosmos, where it all began.”

Omraam also taught about this intelligence from the sun. He said: “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 an intelligence, a life, a living light.”

SOLAR HEALTH PRACTICES & OTHER SOLAR SCIENCES

Various other solar health sciences include solar bathing, solar breathing, solar-charged water drinking, and solar dining—eating solar-charged, live food. Solar bathing has been used for centuries in treating many diseases. Solar breathing is a type of pranic breathing that incorporates

consciously drawing the spiritual quintessences that the sun emanates into one’s subtle bodies to increase the light within.

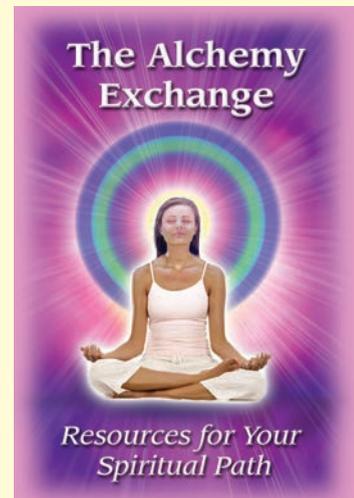
Using solar-charged water and food with a high concentration of natural nutraceuticals increases the bioavailability of the elements that our bodies require for their highest functioning. Chlorophyll, a product of photosynthesis in plants, is a complex molecule that is only one chemical element different from the hemoglobin within our blood. It is self-evident, then, that the closer we are in alignment with nature’s cycles and ways, the easier it is to maintain our spiritual, mental, emotional, and physical harmonic state of equanimity, positivity, and radiant vitality.



Solar emanation is the initiatic science of emanating solar light, love, and levity to all sentient beings in an undifferentiated field of grace, accessed through years and lifetimes of practicing and mastering various spiritual disciplines.

Our hope is that you will utilize the solar sciences within your personal path of Self-realization. ■

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