

# **LIVING ON SUNLIGHT**

**The Art and Science of Sun Gazing  
as taught by Hira Ratan Manek, HRM**

**Compiled and Edited by Vina Parmar, MBA  
2<sup>nd</sup> Edition**



## Canticle of the Sun

*“Praise to You, O Lord our God, for all Your creatures,  
especially our dear Brother Sun,  
Who is the day through whom You give us light.  
Fair is he, in splendour radiant,  
Of You, Most High, he bears the likeness...”*  
*~ Saint Francis*

Submitted by Stijn Cuypers

This book is available as an e-book and as a hard copy.  
To order a copy, send an email to [Livingonsunlight@yahoo.com](mailto:Livingonsunlight@yahoo.com)

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## CHAPTER 1 INTRODUCTION

### HOW TO NAVIGATE THIS BOOKLET A COMPREHENSIVE SUN GAZING RESOURCE

Sun gazing is an ancient and deeply spiritual practice that we are privileged to have learned about from Hira Ratan Manek (HRM). It is a meditation and healing practice that calms the mind, heals the emotions and physical body, and lifts the spirit. I had the honor of hosting HRM at East West Books in September 2004 in Sacramento, California, USA. After his talk, I was inspired to put together this collection of resources as a contribution to all sungazers. I asked for his permission and received immediate approval and blessings from HRM to compile this booklet, and it is my privilege to present it to you.

When I learned about sun gazing in July 2004, I found there were bits of information in so many places, I spent many hours online gathering information. I decided to compile this information into a booklet that would be a comprehensive resource. In this booklet you will find extensive information on sungazing including: benefits, how to, frequently asked questions, website resources, published articles, sun references in sacred texts, personal testimonials, and more.

Ever since I read the book, *Autobiography of a Yogi* written by Paramhansa Yogananda, I have been intrigued by the concept of living on *prana*, or life force. Even more so, I was intrigued by the advanced spiritual practices that enable one to live on *prana*. However, the methods were not revealed. HRM teaches a viable method to live on light – one that is specific, easy to learn, and simple to practice and advance in – provided we are willing to commit ourselves to the process. The tools he provides are free for all. My goal in putting this booklet together is to bring these tools and resources together for all sun gazers.

You do not have to read this book from front to back. Feel free to skip to any section that interests you. Each section is contiguous yet independent, and will therefore provide you with comprehensive information within it. You may find repetition of resources within segments because they are independent, and these simply help to reinforce the variety of information available on sungazing.

As extensive as this booklet is, there will always remain individual questions. I encourage you to join one of the many sungazing forums available (see Sungazing Resources) to connect with others on the sungazing journey. I trust this resource is as valuable for you as it has been for me to put together. I have spent many hours collecting, correcting, formatting and compiling information in the booklet so that it is logical, sequential, and as accurate as possible. I welcome your comments, suggestions, updates or testimonials. Send me an email at: [Livingonsunlight@yahoo.com](mailto:Livingonsunlight@yahoo.com). And feel free to share it with others.

Many thanks to: Hira Ratan Manek for his approval, review and blessings for this booklet, and for bringing sungazing to the forefront; Amma (Mata Amritanandamayi, also known as the “Hugging Saint”) for her blessings on the book; Jeanie Allam, my good friend who first told me about solarhealing.com; Yota Ardamerina for the beautiful photos of a sunset and flowers used in this book, as well as her testimonial; Ramon Sender for his extensive editing and fine tuning work to present a polished document; LifeMysteries.com and Solarhealing.com websites for hosting this book online; Sunny Jamshedji for the sungazing synopsis; John Logan, for the Sun Gazing Poem; Ram Jagessar for spending the time compiling sun gazing experiences from Yahoo sungazing group; Stijn Cuypers for the ancient text information, his input and testimonial; and everyone who reviewed and contributed to the publication of this resource. With humble gratitude, I give my thanks all.

Sun's blessings and many happy days of sungazing to you,

*Vina*

**Vina Parmar, MBA**  
[Livingonsunlight@yahoo.com](mailto:Livingonsunlight@yahoo.com).



## CHAPTER 2 LIVING ON SUNLIGHT

### BENEFITS AND BACKGROUND

By Hira Ratan Manek.

## Welcome to Solar Healing Center

The Solar Healing Center is focused on helping humanity to develop a better understanding of how the sun can be used to heal the mind, body and spirit as demonstrated by Hira Ratan Manek, who has not eaten solid food [since 1995].

Hira Ratan Manek (HRM), amongst others, has proven that a person can live just on solar energy for very long periods without eating any food. This has come to be known as the *HRM phenomenon*. The method is used for curing all kinds of psychosomatic and mental illnesses as well as increasing memory power and mental strength by using sunlight. One can get rid of any kind of psychological problems, and develop confidence to face any problem in life and can overcome any kind of fear including that of death within 3 months after starting to exercise this method. As a result, he will be free from mental disturbances and fear, which will result in a perfect balance of mind. Further, if he continues to apply the method for 6 months, he will be free from physical illnesses. Besides, after 9 months, he can eventually win a victory over hunger, which disappears by itself thereafter.

This is a straight-forward yet effective method based on solar energy, which enables one to harmonize and recharge the body with life energy and also invoke the unlimited powers of the mind very easily. Additionally, it allows one to easily liberate from threefold sufferings of humanity such as mental illnesses, physical illnesses and spiritual ignorance.

The Sun is the biggest planet in our planetary system. Its circumference is 109 times bigger than that of the earth and it can accommodate 1.3 million earths in it. Its distance from our earth is 150 million km and it weighs 333,000 times the weight of the earth. Also, 99.8% of the weight of our planetary system is the sun's weight. Sun continuously sends out fireballs, which are 50,000 km long, 9,000 km wide and whose each jump towards the earth is 200,000 km. Due to all these magnificent powers of the sun, it is no wonder that it has inspired the mankind throughout the history. It has been worshipped from the earliest of times by many societies living in different parts of the world. Each civilization had a different story about it.

In ancient Egypt, the sun was worshipped as Ra. Mankind and animals were said to have come into being through his tears. The king himself was believed to be the "Son of Ra". It was also believed that on his death, the king would be re-united with his father, the sun. The pyramids were regarded as a ramp or a means of access to the sky. Additionally, Ra was believed to travel across the sky in a boat and through the underworld all night. There, in order to rise again the next morning, he had to defeat the evil Apepi. He was represented as rising from the ocean of chaos to greet the world again.

In ancient Greece and Rome, Apollo came to be associated with the sun. In Mesopotamia it was Shamash. The Indian tribes of America have many interesting tales associated with the sun. One of the stories is as follows.

"A long time ago there lived a selfish chief who kept the sun and moon and stars for himself. The world had no light at all. At that time, there lived a raven who wanted to get the light and give it to the world. The raven changed himself into a leaf and was swallowed by the chief's daughter, who became pregnant and soon had a baby. The baby was none other than the raven. The baby could see many bundles hung about in the chief's house and started to cry for them. The chief was an indulgent grandfather and gave the child the first bundle. This was a bag of stars and the raven threw them up the chimney. They quickly

arranged themselves in the sky. The child cried again and this time his grandfather gave him a bundle, which contained the moon. Again the child threw it to the sky. Some time later, the child started to cry again. This time the grandfather gave him the sun and the child quickly changed into a raven and flew out of the window. This was how light came to this world."

Science has proved the need for sunlight for growth, agriculture, health and numerous other aspects of human life. Many of the myths from around the world reflect a belief in the need for sunlight in the greater scheme of things. Indian mythology too understands the role of the sun. It was worshipped as "Surya" in India in ancient times. According to the Indian mythology, Surya was responsible for health and life, a reflection of what was perhaps the scientific belief of the time. Surya is one of the principal Vedic deities. He is pictured as riding across the sky on a chariot pulled by seven horses. One wonders the analogy between seven horses and the seven colors of light.

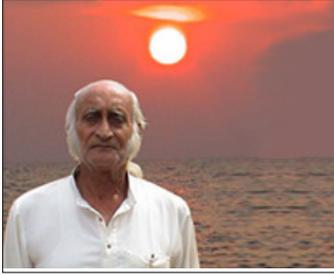
The HRM phenomenon is in fact a rediscovery of a scientific ritual, which was used to heal physical, mental, emotional and spiritual diseases in ancient times. Ancient Indians called this practice "Surya Namaskar," (sun salutation), where ancient Egyptians and Americans called it Heliotherapy and Europeans called it Apollo therapy. In the Americas, the sun was also known as INTA.

The scientific technique practiced by Hira Ratan Manek is how he derives his energy from the solar energy of the sun. Mankind is also using solar energy for running solar cookers, solar heaters, and solar cars. Similarly, what HRM does is to convert himself into a solar car or solar cooker by using sunlight. Traditionally, human beings eat secondary sources of energy as the plants and other vegetation depends heavily on the sun for their growth, simply put, the idea here is to learn how to absorb energy from the primary source, that is, the sun itself.

There is a scientific explanation of what may be occurring during the exercise of this method. Since the brain is a powerful recipient and the retina and the pineal gland (third eye) being equipped with photoreceptor cells, a kind of photo analysis could be taking place during the "Surya Namaskar," which provides a person with all kinds of energy and vitamins that are required for the proper functioning of his internal organs. Additionally, the rays of the sun with seven colors have a cure for all kinds of diseases such as Alzheimer's, Parkinson's, obesity, arthritis, osteoporosis, cancer and others. If world peace is to be achieved, everyone should have a perfect balance of mind. Thus, this method can also contribute to the world peace.

*Editor's note: Included here is the original version of HRM's website which outlines sun gazing. More information and products are now available on this website, so be sure to visit [www.SolarHealing.com](http://www.SolarHealing.com).*

Source: [www.SolarHealing.com](http://www.SolarHealing.com)



## ABOUT HIRA RATAN MANEK

Hira Ratan Manek was born on 12th of September 1937 in Bodhavad, India. He grew up in Calicut, Kerala, India, where he received his Mechanical Engineering degree from the University of Kerala. After graduation, he joined the family shipping and spice trading business and continued working there until he retired in 1992.

After he retired, he began to research and study the ancient practice of sun gazing in which he had been interested in since his childhood. This method was an old but forgotten method, which had been practiced, in ancient times in many different parts of the world (See Sun Gazing - History).

After working on this method for 3 years, he re-discovered the secrets of sun gazing. During his study, he was mainly inspired by the teachings of Lord Mahavir of the Jains, who had also practiced this method two thousand six hundred years ago. Other inspirations for sungazing came from ancient Egyptian, Greek, and Native American sources.

Since June 18, 1995, HRM has and continues to live only on sun energy and water. Occasionally, for hospitality and social purposes, he drinks tea, coffee and buttermilk. [Until now, he has undergone three strict fasts, during which he subsisted just on sun energy and water, under the control and observation of various scientific and medical teams.

The first of these fasts lasted for 211 days during 1995-96 in Calicut, India, directed by Dr. C.K. Ramachandran, a medical expert on allopathic and ayurvedic medicine.

This was followed by a 411 day fast from 2000-2001 in Ahmedabad, India directed by an International team of 21 medical doctors and scientists led by Dr. Sudhir (see website at: <http://home.iae.nl/users/lightnet/health/lightresearch.htm>) and Dr. K. K. Shah, the acting President of the Indian Medical Association at that time.

After the excitement of the findings at Ahmedabad, HRM was invited to Thomas Jefferson University and State University of Pennsylvania in Philadelphia where he underwent a 130 day observation period to observe and examine his retina, pineal gland and brain. The observation team was led by Dr. Andrew B. Newberg, a leading authority on the brain, who was also featured in the recent movie "[What the Bleep Do We Know](#)", and by Dr. George C. Bernard, the leading authority on the pineal gland. Initial results found that the gray cells in HRM's brain are regenerating. Seven hundred photographs have been taken where the neurons were reported to be active and not dying. Furthermore, the pineal gland was expanding and not shrinking, which is typically what happens after the mid-fifties, and its maximum average size is about 6 x 6 mm. However, for HRM, it has been measured at 8 x 11 mm.

There have been many other sungazers who have achieved similar results and have volunteered to be tested. However, due to lack of funding and other lifestyle restrictions, the results have not been documented. The uniqueness of HRM is that he has surrendered his living body for observation and experiments to the scientific community for several extended periods of time. Although scientists and doctors have agreed that hunger is definitely being eliminated, they have not been able to explain how sungazing is producing its results or why food is not required. However more research and further study of very complex brain functions are under way.

In 2002 Hira Ratan Manek gave over 136 lectures in USA and was invited by government agencies of many countries to help them understand this process. He then established his International Headquarters in Orlando, Florida. In 2003 HRM gave over 147 lectures in US, Canada, the Caribbean, the United Kingdom, and nearly 400 newspapers all around the world have published articles about him. Additionally, many television channels have broadcast his story and he was most recently interviewed by BBC World Services. In December 2003, HRM traveled to India for 4 months and delivered 70 lectures in

various cities such as Chennai, Pondicherry, Mumbai, Ahmedabad, Baroda, Palitana, Kachchh, Jodhpur, Pali, Balotara, Lucknow, Delhi, Chandigarh, and other areas. Additional lectures in Delhi, Mumbai, Lucknow and Chandigarh were sponsored by The Times Foundation whose Chairperson Smt. Indujain has taken a keen interest in spreading the universally popular HRM Phenomenon. Sri Sri Ravi Shankar, Founder of [Art of Living Foundation](#) and Surya Foundation of International Naturopath Organization and Salila Tiwari doctor of Indian Prime Minister Vajpayeeji have also taken a keen interest in the HRM Phenomenon that is spreading all over the world. It was at the house of Salila Tiwari that ZTV interviewed HRM and where the Surya Foundation made a detailed film on him. Zee TV released an HRM interview on March 25, 2003, in their Hindustan Hamara Program and has repeated it many times since then. BBC World Services also repeatedly broadcast HRM's interview on July 22nd, 2003, and are planning a documentary on HRM shortly. Other media groups from all over the world have reported on HRM including those in Europe, Russia and Gulf countries.

There are now Solar Healing Centers starting all over the world and facilitating a global group of HRM Phenomenon practitioners. For those who are interested in learning more about how sun energy is an effective healing source, HRM recommends these books:

- "**Light, Medicine of the Future**", by Jacob Lieberman
- "**The Healing Sun: Sunlight and Health in the 21st Century**", by Richard Hobday.
- "**UV Advantage**," by Michael F. Hollick
- "**Human Energy Systems**," by Jack Schawaz

Source: [www.SolarHealing.com](http://www.SolarHealing.com)



## **THE SUN GAZING PROCESS HISTORY AND PRACTICE**

by Shri Hira Ratan Manek

### **Sun Gazing**

We have a super computer in our bodies given to us by the nature, which is our brain. HRM (Hira Ratan Manek) calls it the “brainutor”. The brain is more powerful than the most advanced super computer. Each and every human being is gifted with innumerable talents, and infinite inherent powers by nature. Individuals should never underestimate themselves. Everyone is gifted. If we make use of these powers, we can take ourselves to great levels. Unfortunately, these infinite inherent powers are programmed in that part of the brain that is largely dormant and goes unused. Even medical science agrees we hardly make use of ABOUT 5-7% of the brain. The most brilliant of humans like Albert Einstein are reported to have used only about 32% of their brains.

If we can activate the human brain and awaken these infinite powers inherent in ourselves, then we can raise ourselves to higher levels. We can achieve any results we want. In order to operate the brain effectively, it needs to be activated. Being a holistic entity it needs a holistic power supply. Sun energy is the source that powers the brain. It can enter and leave the human body or the brain only through one organ, and that is the human eye. The eyes are the Sun Energy’s entry door to the human brain. They are also known as the windows of the soul. Recent research has found out that the eye has many functions other than vision. And more information continues to be revealed about the functions of the eye. The eyes are complex organs and contain 5 billion parts, much more than a spacecraft[ that has about 6-7 million parts]. By this, you can understand the immense capacity of the human eye.

HRM asserts that the rainbow is in the eye, not in the sky. The seven colors of the sun are only the reflection of what is in the eye. We can create a rainbow anytime we want – go to the garden, just observe below a source of flowing water as the sun moves above. There you will see the rainbow. The eye can receive the entire spectrum of the sunlight. It’s like having a glass window. The eye is the perfect instrument to receive all the colors of the rainbow. Since eyes are delicate parts of the body, we have to use them in such a way that they serve our purposes without getting damaged. Present-day teachings and ideas such as “Don’t look at the sunlight at all --you will damage your eyesight,” or “Never go out in the sun as you will get cancer,” are causing needless hysteria and paranoia. The more you are away from the nature, the more there is a cause for illness and you will automatically support global corporations. There are definite foolproof ways of getting the benefits of the nature without exposing ourselves to its adverse effects.

### **Sun Gazing History**

The Sun is the biggest astronomical body in our planetary system. Its circumference is 109 times bigger than that of the earth and it can accommodate 1.3 million earths inside it. Its distance from our earth is 150 million km and it weighs 333,000 times the weight of the earth. Also, 99.8% of the weight of our planetary system is the sun’s weight. The sun continuously sends out fireballs that are 50,000 km long, 9,000 km wide and reach out 200,000 KM towards the earth. Due to all these magnificent powers of the sun, it is no wonder that it has inspired mankind throughout history. It has been worshipped from the earliest of times by many societies living in different parts of the world. Each civilization had a different story about it.

In ancient Egypt, the sun was worshipped as Ra. Mankind and animals were said to have come into being through his tears. The king himself was believed to be the "Son of Ra". It was also believed that on his death, the king would be re-united with his father, the sun. The pyramids were regarded as a ramp or a means of access to the sky. Additionally, Ra was believed to travel across the sky in a boat and through the underworld all night. There, in order to rise again the next morning, he had to defeat the evil Apepi. He was represented as rising from the ocean of chaos to greet the world again.

In ancient Greece and Rome, Apollo came to be associated with the sun. In Mesopotamia it was Shamash. In the Americas, the sun was also known as Inta. The Indian tribes of America have many interesting tales associated with the sun. One of the stories is as follows.

"A long time ago there lived a selfish chief who kept the sun and moon and stars for himself. The world had no light at all. At that time, there lived a raven who wanted to get the light and give it to the world. The raven changed himself into a leaf and was swallowed by the chief's daughter, who became pregnant and soon had a baby. The baby was none other than the raven. The baby could see many bundles hung about in the chief's house and started to cry for them. The chief was an indulgent grandfather and gave the child the first bundle. This was a bag of stars and the raven threw them up the chimney. They quickly arranged themselves in the sky. The child cried again and this time his grandfather gave him a bundle, which contained the moon. Again the child threw it to the sky. Some time later, the child started to cry again. This time the grandfather gave him the sun and the child quickly changed into a raven and flew with it out the window. This was how light came to this world."

Science has proved the need for sunlight for growth, agriculture, health and numerous other aspects of human life. Many of the myths from around the world reflect a belief in the need for sunlight in the greater scheme of things. Indian mythology too understands the role of the sun. It was worshipped as "Surya" in India in ancient times. According to Indian mythology, Surya was responsible for health and life, a reflection of what was perhaps the scientific belief of the time. Surya is one of the principal Vedic deities. He is pictured as riding across the sky on a chariot pulled by seven horses. One wonders about the analogy between seven horses and the seven colors of the visible spectrum of light. To get energy for their body, Native Indians sunbathe by standing in the sun for two hours exposing maximum parts of their body, and they don't need to eat food on those days. They sustain themselves on the "micro food" of sunlight. When clouds gather, we become gloomy. We see the sun and feel energized.

The HRM phenomenon is in fact a rediscovery of a scientific ritual that was used to heal physical, mental, emotional and spiritual diseases in ancient times. Ancient Indians called this practice Surya Namaskar; ancient Egyptians and modern Americans called it Heliotherapy; and Europeans called it Apollo therapy. In the Americas, the sun was also known as Inta.

The scientific technique practiced by Hira Ratan Manek allows him to derive his energy from the solar energy of the sun. Mankind is beginning to use solar energy for running solar cookers, solar heaters, and solar cars. Similarly, what HRM does is to convert himself into a "solar car" by using sunlight. Traditionally, human beings eat secondary sources of energy because plants and other vegetation depend heavily on the sun for their growth. Simply put, the idea here is to learn how to absorb energy from the primary source, that is, the sun itself.

There is a possible scientific explanation of what may be occurring during the exercise of this method. Since the brain is a powerful information processor and the retina and pineal gland (third eye) are equipped with photoreceptor cells, a kind of photo analysis could be taking place during the Surya Namaskar that provides a person with all the energy and vitamins required for the proper functioning of their internal organs. Additionally, the rays of the sun with their seven colors contain a cure for all kinds of diseases such as Alzheimer's, Parkinson's, obesity, arthritis, osteoporosis, cancer, mental illnesses, and others. If world peace is to be achieved, everyone should achieve a perfect balance of mind. Thus, this method can also contribute to world peace.

## Sun Gazing Process

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 Sungazing Practice

Sungazing 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 sungazing, 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. Sungazing 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 sungaze during the safe periods, sunbathing is an effective method for receiving the sun energy at a slower pace until one is able to sungaze. 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 and/or flicker. Stillness or steadiness of the eyes is not required. Do not wear any lenses or glasses while sungazing.

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 three 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. But after 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 sungazing, 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 amygdala. The amygdala 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.

*Editor's Note: Gratitude to Ramon Sender for editing this information and making it grammatically correct, clear and accurate.*

Source: [www.solarhealing.com](http://www.solarhealing.com)



## CHAPTER 3 HOW TO SUN GAZE

### A SYNOPSIS: SUN GAZING INSTRUCTIONS

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!

#### Process

1. 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)
2. 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!
3. 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.
4. 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.
5. It is useful to have a timer for counting the seconds, one that will keep a memory of the last time you sungazed. 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. Quoting HRM: If mind accepts, body will adapt. If body adapts, mind accepts!
- After you have completed one year of barefoot walking, contact HRM directly at [HiraRatanManek@Yahoo.com](mailto:HiraRatanManek@Yahoo.com).

## Sun Charged Water

HRM says that water charged by the sun has amazing healing effects on the body. So, to get the benefits from this water, do the following:

1. Fill a half or full gallon clear glass jar with drinkable water; preferably filtered, distilled, or tap water.
2. Place it outside on the ground in your yard with a glass cover on it sometime in the morning.
3. Leave it outside for 5 to 8 hours. More time is not necessary, and less time has less effect.
4. Drink this water throughout the day. Do not store in plastic, and there is no need to refrigerate.
5. You can water houseplants with it, as well as give it to your pets!

Note: Do not leave the water outside overnight under the light of the moon; the energy in this water may have detrimental effects on you!

*(last updated: 12/16/2004, 08:32 AM, Version 1.025)*

*Submitted by HRM for inclusion here. Edited by Vina Parmar, MBA*

## Sun Bathing

Sun bathing is highly recommended for health ailments including arthritis, osteoporosis, and so on:

1. Wear light colored, light clothing or none if you have the privacy to do so.
2. Sunbathe for a half hour, 2 hours after sunrise or 2 hours before sunset only or when the UV measures less than 3. Like HRM says, “Bathe yourself, don’t bake yourself!”

For detailed information on the benefits of Sun Bathing, see <http://www.healself.org/sun.html>, articles written by Dr. Bernarr, D.C. D.D. Topics include:

- Sunbathing Heals Cancer
  - Sunbathing Helps Heal Almost Everything, Ailments From A To Z
  - Sunbathing Helps Depression
  - Sunbathing Strengthens Muscles
  - Sunlight Will Help Heal Your Eyes
  - Absence Of Sunlight Causes Blindness
  - For Best Results When Exposed To Sunlight, Do Not Use Eyeglasses, Sunglasses, Sunlamps, Sunscreens, Suntan Lotions Or Tanning Pills
  - How To Sunbathe Correctly
- and more.



## WHAT? SUN GAZING, A POEM AND ESSAY

*By John Logan. Printed with permission*

The instructions are very simple:

Bare earth,

bare feet,  
standing,  
gazing at the sun,  
within the hour of  
sunrise and/or sunset,  
for 10 seconds for the first day,  
and increasing by 10 seconds  
for each day there after,  
until 44 minutes is reached.

Then  
for the next 6 days,  
walk barefoot  
on bare earth  
to "seal" the effects of the procedure.  
This will be 9 months, and  
it takes 9 months to produce a baby!  
After that for further benefit,  
continue gazing for 15 minutes  
or as comfortable, and  
continue walking for 45 minutes  
each day  
barefoot  
on bare earth.  
This gives life to the new-born child.

HRM\* has advised to do our best;  
the instructions are firm but not rigid.  
If we miss a day, no problem, just continue.  
If we miss a few days, just back up and  
ease back into the process

If there are clouds, just look through the clouds.  
If there is rain, just look through the rain,  
it is OK to use an umbrella.  
If it is summer, do it early;  
if it is winter, do what is necessary  
to make contact with the earth, otherwise  
be warm and comfortable.

If we choose to stop at 15 minutes  
there will still have been benefits.  
If we choose to continue on for 30 minutes  
there will be further benefits.  
If we choose to continue on for 45 minutes  
there will be further benefits..  
If we choose to make a simple lifetime  
commitments there will be still further  
benefits and in making that lifetime commitment  
we will be defining how we proceed, but

the instruction to keep walking and  
to continue watching the sun a little  
will strengthen and deepen the results.

It is simple, but profound.  
The sun is not God, it is just the sun,  
but it is the source of all our nourishment,  
one way or another.

It is much more than it seems, this Sun Gazing.  
It is a challenge.  
Can we make a commitment and do it.  
Can we do it and finish what we have started.  
It is a challenge.  
Life is filled with obstacles.  
Can we meet them?  
There will be excuses, and  
our minds will play many tricks  
to distract us  
from this simple task.  
We are conditioned and the conditioning  
wants to keep its habits, resisting change.  
If we are not up to the challenge  
of simplicity  
we will find reasons and obstacles  
for not completing the challenge.  
We may learn a necessary truth  
that the world we are living in  
is not a world that promotes living.

If an urban society provides us with  
concrete covering bare earth and  
no way to even see the sun  
within the hour of sunrise and sunset,  
if our work and the challenges  
of our home life  
prevent us from keeping  
our appointment with the sun –  
then, perhaps, we need to examine  
the life we are choosing to live  
as we are now living it.  
We may discover that  
we need to make changes  
and if unwilling to follow even  
these simple instructions  
perhaps we are not ready  
to follow them yet, and  
perhaps we are not ready  
for the consequences and the benefits.

HRM has told us of some benefits.  
Like treats or toys dangled before us  
to invite us to come to a feast.  
BUT  
HRM has not told us a thousandth  
of the consequences, of the results.

Transformation has been indicated but  
what has been indicated is  
only a part of it;

Transformation of the whole of our lives,  
our awareness and our consciousness  
is the real consequence.  
If HRM told us all of the details  
we would find them unbelievable,  
we would ask innumerable questions, and  
not be able to understand the answers -  
until we have stayed the course to the end  
for ourselves.

THEN

we will understand and need no explanations.  
of the benefits we have received.  
Indeed,  
he cannot tell us all of the consequences  
because each of us is on the same journey  
but the experiences are individual.

We, in following the instructions,  
return to something Primal and Primary.  
We, in contacting the Primary,  
return to being the Chooser.

There is no God dictating what we have to do.  
There is no Judge condemning us to hell if we fail,  
except the hells of our own choices.  
There is, in fact, no shame for failure.  
There is only the doing or the not doing.

It is all really very simple.  
But those who have followed the instructions  
throughout history  
all testify to the transformation of oneself  
beyond the illusions  
to which our habits have brought us.

For a tiny piece of what the challenge offers  
have a look at the writings of  
Lanza del Vasto,  
RETURN TO THE OBVIOUS,\*\*  
for a sideways look at the path  
we are choosing to take.

By John Logan, Spiritual Friend, 2004  
Email: lotusaware@yahoo.com

\* HRM is Hira Ratan Manek. He can be reached at [www.solarhealing.com](http://www.solarhealing.com)

\*\* The full title is PRINCIPLES AND PRECEPTS OF RETURN TO THE OBVIOUS. This book is out of print but available through Amazon.com or Half.com. There are centers dedicated to his work and they may have new copies. He was a follower of Gandhi and Vinoba, an advocate for Peace, and encouraged walking as a way to experience reality. Typing his name into a search engine will bring up a number of references to him and his work, many will be in French but others are in English.



CHAPTER 4  
**FREQUENTLY ASKED QUESTIONS**  
PART I

**Responses are by Hira Ratan Manek:**

Can blind people practice sun gazing?

-No.

Can people at any age follow this practice?

-Yes.

Can children also do this practice?

-Children can do this practice provided that they do it on their own will.

Can anyone who has any kind of eye disease or had an eye surgery do sun gazing?

-Yes.

How does the body get the nutrients that are essential for it to function?

-What we eat is all secondary or third form of sun energy since all the vegetables and fruits are dependent on sunlight. Therefore, the body can get the essential nutrients from the original form of sunlight.

Is standing bare foot on bare earth necessary?

-Yes, the power of the earth protects the eye.

What happens when the weather is cloudy?

-One can still gaze in the direction of the sun, which is behind the clouds, without increasing the sun gazing time when the weather is cloudy.

What happens when there is severe winter?

-In winter, one can gaze at the sun from his house through the glass window. However, the benefit that he will get is less than that of outside gazing.

How can people at places where sun is rarely seen practice that?

-People, who are really interested in this practice, can migrate to places where sun is available and stay there for the duration of the practice.

If there is interruption while practicing, what happens?

-Nothing adverse happens but final success is delayed.

Can people eat and continue with their daily routine while practicing?

-Yes. However, hunger will slowly disappear.

Can obesity be cured by the help of this method?

-Yes. It is a sure cure for obesity.

Does any damage happen to the eye?

-No damage will happen. On the contrary, any disease will be cured.

Are there ultraviolet rays at sunrise or sunset times?

-There are no ultraviolet or any other harmful rays during these periods.

Was this method practiced in the past?

-Yes.

How many people on earth practice this method?

-Thousands of people are practicing this method throughout the world.

Can this method cure any kind of mental diseases?

-Yes.

Can this method help us overcome any psychological problems we face?

-Yes.

Are the effects of sunrise and sunset the same throughout the year in different parts of the world?

-More or less the same.

Is it essential to follow any religious ritual while practicing?

-No.

Is any guru or master needed while practicing the method?

-No.

Do we stand or sit while doing the practice?

-Standing is better than sitting.

Does this practice cure migraine?

-Yes.

Should the glasses be removed while sun gazing?

-Yes, the practice should be done with naked eye.

Source: [www.solarhealing.com](http://www.solarhealing.com) (original version of website)



## FREQUENTLY ASKED QUESTIONS PART II

Most of the questions have been graciously answered by [Hira Ratan Manek](#), who has brought HRM sungazing method to the world. This list of FAQ's was compiled from the Yahoo Sun Gazing group responses.

- **Before you reached non-eating state, did you sungaze at sunrise or sunset?**  
Both, but mostly at sunset, as I was on the west coast of India at the time.
- **Have you taught anyone to sungaze under direct supervision?**  
Yes, many. The site [sungazing.com](http://sungazing.com) is one.
- **How long did it take you to figure out how to sungaze like you recommend today?**  
I read a lot of books, and experimented for three years before finding the present method. Hrm
- **Can I sungaze if I have a lens implant?**  
Yes, but wait three months after surgery before starting.
- **How do thoughts affect the results of sungazing?**  
Just do sungazing and think of good things for you and universe and then everything good will happen in you. You have everything in you. It is hidden and sun invokes our inherent powers and raises ourselves to higher and higher standards. Safe sungazing with faith is more than sufficient.
- **Will crystals or gold help accelerate my sungazing progress?**  
Gold and other metals and precious stones like diamonds are just a secondary source of sun energy. They are all extra mediums of sun energy. The best source is directly from the sun.
- **At my home, the sun sets behind mountains, but it is still light out for over an hour after the sun sets behind these mountains. Can I sungaze safely just before the sun sets behind the mountains?**  
If the UV is less than 2.
- **Can I sungaze by looking at the sun through leaves and branches? It is less difficult this way.**  
Yes, but you will receive less benefit, and at a slower rate.
- **After I suncharge water, is it ok to refrigerate?**  
No, use it directly.
- **I lost the need to eat after sungazing in 2000, but now I get hungry and have begun to eat again. Is this a problem? I would like to remain a non-eater.**  
An individual feels the change in feelings. It is a body language and is there from birth. Nobody teaches some normal natural functions of the body; they are inherent from birth. Hunger-less hunger and more hunger and satisfaction and liking for things are all natural phenomenon's known as body languages. You know hunger and when you eat you have satisfaction. The moment you are satisfied, don't eat more - eating more than hunger is a human torture and opens doors for many diseases. Nowadays we eat more because of external influence, like from friends and family and also carried away by ads, etc. With sun gazing from 6th month onwards these phenomena of disappearance of hunger develops and one who wants to be non eater must be vigilant not to eat more than the body requires. With water all your system works because body is 80% water and out of what we eat more than 50% is water, so in reality we eat mostly water and since body is 80% water nothing adverse happens with non-eating. Yes, plenty of water is a

must. I can't say whether one can come back to eating afterwards because hunger pangs also disappear. I am not going to come back to eating because it is my lifelong pledge to remain non eating and so I have not applied my mind in that direction. One who wants to come back to eating should not go for that. So decide for yourself and take your own time before going for non eating stage. It can solve hunger problem but hunger is not so dangerous as obesity. The present threat to the world is from obesity and already who is discussing this. USA is seriously suffering from terror of obesity. Sungazing can slowly remove hunger and so is an effective medicine for obesity. This is the only medicine which is free and no adverse effect. If you take less water than digestive system suffers and if you have no problem with non eating and if you want to come back you can if you slowly restart with thick liquids and so on and somebody should try that. I cannot. I repeat that you should be fully prepared not to return if you are going for non eating. Otherwise don't try. A wavering mind will invite problems. Also, do not consider hunger as the world problem. It is the obesity. The terror of Saddam or laden is nothing compared to this terror of obesity. Why not think of controlling obesity? On the whole sungazing gives immense benefits. Total health - mind body AND spirit is easily achieved! Non eating is not that important. An individual has to decide what he wants from the sun before it will happen. Thanks and with best wishes, hrm If I have left any question unanswered please feel free to write.

- **Why do animals not sungaze?**

If animals are taught and if they understand, they can also benefit. As a matter of fact, all creatures except men and women harness energy from sun and there are many creatures who hibernate(eat less or eat once in 6 months or a year. Except men and women, no creature is worried about food, clothing, and a house. Accidentally or knowingly, they depend on nature and the sun primarily.

- **What is the best way to benefit from solar winds?**

Gaze at the sun outside without aid (no glasses, etc) and you will benefit fully from the solar winds.

- **I just had eye surgery. Can I sungaze?**

Sungazing can be done three months after surgery.

- **If I had a patch of sand in my yard to sungaze from, can I use it instead of going to the beach?**

The beach sand provides greater benefit.

- **Can I just cut some grass out of my yard and put sand down, and sungaze from there?**

Yes, that does work.

- **Is it ok to sungaze on granite rock?**

Contact with the earth is minimal when you stand on granite, so it's better to sungaze on sand or dirt.

- **Is it ok to sungaze barefoot on grass?**

Grass absorbs much of the energies, and is not a good place to practice sungazing.

- **When choosing the "right" soil to be barefoot on - standing-walking, I understand the sand and mud type soil are to prefer? What other types of soil can be used?**

The best is dry sea beach, then river beach and then any thick layer of sand, earth, dirt, respectively.

- **Will my sungazing benefit from mentally repeating certain mantras, such as "Om Ghrineea Surya Aditya Om"?**

This helps but I cannot suggest it, because than most will take it as a religious preaching and I want to proceed only scientifically so that humanity is benefited fully.

- **I sungaze, but my hunger is the same as always. When will I be free of food?**  
Impatience only delays results. Allow things to happen in their own time.
- **when you studied the scriptures for sungazing, have you ever heard of practitioners repeat sutras or some affirmations during sungazing, to give an intention to the sunrays? To lead energy to a particular goal, so to speak.**  
Yes it is both ways; some did the sutras and some did not. When we read or listen, we have to understand things for ourselves and find answers for ourselves and need not carbon copy others. Everything is a guideline and we have to decide for ourselves.
- **I gaze during safe hours, but vary the time according to how I feel. Is this safe?**  
Any method which gives the practitioner joy has to be followed and as an individual you are your own master and methods are only guidelines. Hence take care when you practice any method that you have joy and no harm is done to you.
- **Can we use pinhole glasses for sungazing?**  
yes, there's nothing wrong with this approach.
- **I could not sungaze for 10 days due to weather. I was at 7 minutes. Should I continue gazing at 7 minutes?**  
If possible stabilize at 7 minutes for 2 3 days and then proceed and if you can do it without tension its ok otherwise take 2 3 days to practice the old time.
- **I read this: "HRM said there is a couple in India that had completed the sungazing practice and had been without food for a few years. They conceived with no trouble, nine months later the mother gave birth to a healthy child. The woman's body made ample breast milk for as long as the child breast-fed." Please let us know if the above account is true or not.**  
Yes, this was reported in local paper at Ahmedabad and it is true but we have no scientific records and what they say we believe it and so also the papers and like that there are many happenings but no records. What was reported in paper I repeated the same thing because that paper is very reliable. hrm
- **On a hot but cloudy day, is it safe to gaze when the sun is obscured by clouds?**  
No. The clouds do not filter dangerous radiation very well, and you may incur some damage to do so. In winter, UV is much lower, and you have greater liberty to gaze during non-safe hours.
- **Why do you recommend drinking water before and after gazing?**  
Water is the best antioxidant, so drink often, especially before and after sungazing.
- **What happens if we gaze outside of "safe" hours?**  
You will probably harm yourself. Please avoid gazing outside of safe hours.
- **What is the UV level at during "safe gazing hours"?**  
Many sources now publish a 0 to 10 UV rating level for all hours of the day, and at sunrise and sunset, the level is always 0 - very, very safe.
- **Would meditating on a candle in the dark, 10 min. then gazing at the after-image in eyelids & humming all help to read auras?**  
There are many methods to see auras, and sungazing is one of the easiest.
- **If I gaze from indoors, should I sungaze longer than the recommended 9 months/44 minutes?**  
It may take more or less double the time needed - we have no records at present of such practices but they definitely help even at this slower pace. Please keep your records perfect and this can help others in future.

- **Can I sungaze while pregnant?**  
So far, we have no records of pregnant ladies sungazing and I **advise not to do it**. Some doctors suggest that there should be some mild sunlight falling on stomach for few minutes so that mother and child remain healthy. Since I have no information about sungazing during pregnancy, I can't speak about the results, so it is a personal choice.
- **I sungaze for 13 minutes, and sweat around my face and forehead. Is this a sign of effectiveness?**  
It is probably the combination; both the hot weather and the personal inner changes can cause the sweat.
- **As a woman, is it safe to sungaze during menstruation?**  
Yes, there are no restrictions in this regard.
- **It's hard to look at the sun - are you sure sungazing is safe?**  
Yes, but gaze only during safe hours - first hour after sunrise and last hour before sunset. The sun is stronger in this age, so we must use the safe hours.  
<http://news.bbc.co.uk/2/hi/science/nature/3869753.stm>
- **Do you know of Jasmuheen and her claims?**  
I have very much influenced Jasmuheen in recent days and she specially came to meet me in Ahmedabad last year (2003). hrm
- **Through word of mouth, I hear many are unhappy with their sungazing progress - why is this?**  
All must allow things to happen in them without pushing things to happen. When sungazing properly and with faith, everything will develop, but when people try to pursue quickly, it may not happen. Sungazing invokes our silent powers.
- **What is the big deal about living without food?**  
If one wants to enjoy eternal bliss then liberation from food is a must, and once you are free from food you have enjoyments which you cannot compare with what you have now. For instance, your vision gets extended; at present we have limited vision. There are immeasurable wonders one could enjoy when one is liberated from food.
- **If sungazing can help us see auras, can it help us recover abilities that mankind once had?**  
Sungazing helps in everything and it invokes all our powers which nature has given us. We can raise ourselves to higher and higher levels with the help of the sun.
- **I even dream about sungazing - is this normal?**  
It's a good sign, and you will develop many powers.
- **Are bare feet on bare earth needed to sungaze in order to correct vision problems?**  
Yes, barefoot on bare earth gives quicker and more certain results. Any other method is slower, and can take a very long time.
- **Do I need to learn pranayama breathing to do sungazing?**  
No. Breathe normally and relax, be thankful during sungazing.
- **If we are meant to sungaze, why do we have stomachs?**  
We are blessed with an alternate energy system (the stomach), to help us in case we do not find our way to sungazing.
- **I'm sungazing at 44 minutes now, and not really hungry. But I'm really skinny, and can't afford to lose weight. What should I do?**

Sungazing will only naturally cause you to loose excess weight. If you are becoming too skinny, it could be your mental expectation that is causing you to not feel hungry. Eat if you need to!

- **Can you read the past, present and future?**  
No, not yet, but with practice I believe it is possible. It is one of the last stages of enlightenment.
- **Can the sun help reduce body pains?**  
Yes. Even science is discovering this - [http://www.usatoday.com/news/health/2004-03-02-sunlight-pain\\_x.htm](http://www.usatoday.com/news/health/2004-03-02-sunlight-pain_x.htm) Look here for an article about how sungazing can make you happier: [http://www.news-record.com/news/local/light\\_070804\\_hp.htm](http://www.news-record.com/news/local/light_070804_hp.htm)
- **Can I use UV400 sunglasses to sungaze during the day?**  
Avoid sunglasses. Gaze only in the safe hours, and even if it's cloudy, you'll still gain some benefit.
- **Do you know anything about biophotons and coherence?**  
Yes. Search for these terms on a search engine and you'll discover we can live long and disease-free on light. Sungazing is the best practice.
- **I heard about a technique I can use throughout the day. It says to gaze at the sun for 5 seconds, and then close your eyes until the image of the sun disappears. Does this work?**  
Yes, this also benefits, but at a slower rate.
- **I recall that Kali Yuga (supposedly the period we are in and the least auspicious of all of them) as the age when "men could no longer look at the sun." I would then assume that the Sat Yuga, the most auspicious of the ages, would be a time when men could look at the sun and draw their sustenance directly - is this interpretation correct?**  
Yes, in satyuga the sun was the only micro food the food of everyone. Micro food means sun energy, and gradually a change came and today we are at the worse by neglecting sun and so it is kaliyuga, but again we are slowly moving towards satyuga.
- **I have reached 26 minutes and hunger pangs are reducing and been trying to stay without substantial food. Just some juice, some boiled corn. But in the last 4 days, have been aching all over, eye red due to the pain. There is great energy and I still sleep just 2 hrs every night, but am looking for reasons for the aches.**  
Don't worry, because when toxic wastes disappear sometimes aches do happen, and this happens for some.
- **Would "basking" in the sun, whether with eyes closed or open but not looking directly at the orb seems beneficial? I am wondering if even more than the direct gazing, which creates after effects.**  
All alternatives do benefit but at a slower space. In all alternative methods success is delayed but not denied. Hence it is an individual choice, and one must adopt the method where one feels happy and not tense.
- **Is it ok to sungaze both at sunrise and sunset each day?**  
Choose either the morning **or** the evening.
- **Do you feel enough energy even when involved socially, as an active participator in the society? (Which can be very energy consuming, compare to living by meditating in the cave or monastery when following hinayana-path).**  
Yes, I am full of energy and my energy is reflected in powerful aura which is recorded by Indian defense scientists using Krilian photography.

- **Do you practice yoga?**  
No. Sungazing gives everything and that is the super most yoga.
- **What was the underlying reason for your canceling eating foods? Was it driven by exploration of your abilities of sustaining on alternative feeding sources? Was it a religious reason? Or, did you just s enjoying eating foods?**  
No religious connections and I had only in mind powers of sun and knowledge of many people who had lived me like in the past and I studied them deeply. That's all - it's very simple.
- **Did your ability to live without eating happen gradually or suddenly?**  
Hunger slowly goes away and finally disappears. Everything happens slowly. I never tried for anything. You need not limit food intake and it automatically goes away because body requires energy and not food and normally we derive energy from food a secondary source but with sungazing you receive direct energy and this the concept of imperial medical college London far back in 1922 that we eat is secondary source and man can live directly on original source (that is sunlight) and some day it will be discovered how man can live on sun energy and that is what it happened in me and medical science has recorded this and is now positive towards such happenings and such happenings are taking place.
- **How did it start you to stop eating solid foods (and limiting drinking of liquids)? Was that in connection to beginning of your conscious ability to receive the needed life energy via sungazing, which as a result reduced (and further terminated) your need of sustaining your life based on eating solid foods?**  
By sungazing and faith in the powers of sun everything happens and it happened in me and it can happen in every one.
- **How much of life am I missing due to the fact that I continue to eat?**  
I don't have an exact answer, but with non eating and living only on sun energy definitely slows aging and increases life span and you are free from all ills of life. You enjoy eternal bliss.
- **Is there any benefit to sungazing with the eyes shut?**  
Sunlight on closed eyes helps to correct vision defects.
- **Can I just suntan instead of sungazing and get the benefits?**  
We do get energy through the skin, and it reaches everywhere, but you have to do it day to day basis, but by sungazing you make yourself a solar chip - a permanent feature. We know we get vitamin D when sunlight falls on skin and so it means we do get effects of sunbath but compared to sungazing, the benefits are very very slow and temporary.
- **Could you tell me about the potential damage to the retina if I sungaze?**  
No damage can take place if gazed slowly and in safe hours. Also there will be improvement to eye sight.
- **Can we benefit from looking at the sun reflecting off of water?**  
Yes, gazing reflection of sun in pure water helps but not in sea water. Gazing directly safest is first hour or last hour of sun. Proceed slowly.
- **When we sungaze, are we supposed to just look at the sun, or swing our head from side to side? Some people I spoke with mentioned I should be swinging gently when I sungaze.**  
Gaze at the sun in a normal way during safe hours and after gazing close your eyes for some time and then only look outside. Also, drink plenty of water before sungazing and this will make everything ok.
- **For multiple reasons , it is relatively difficult for me to get to sungaze at the sunrise and sundown, so I have to settle for the midday sun that is pretty strong here in California. Is**

**this ok?**

Please look at the sun in a normal way and only during safe hours. **Midday is to be avoided as it will not give any results** and some times harm you also.

- **Due your current state of receiving energy directly from the sun and no desire for food, at what age do you estimate you would live to, assuming you died a natural death? Also I'd like to know if you have gained any psychic abilities you mentioned in the article on your website.**

My present feeling is I may live much longer than we normally do, and I have some abilities developed like powerful aura and reading aura of others and ability to convince others very quickly etc. Anybody can get these benefits. Allow things to happen without aspiring and they happen and you have to use them only for human welfare.

- **Should we try to not blink during sungazing?**  
You have to look at the sun in normal way only and so eyes can blink - there's no harm.
- **Is it good to consume cartenoids? I get my daily intake from living spirulina.**  
Spirulina is nothing but mostly water having some grass charged with sun light and so if you drink plenty of water before sun gazing it will serve the same purpose.
- **I always sneeze when I look at the sun, for the first 30 seconds or so. Should I be concerned?**  
Joy! By sneezing for such short duration you are cleansing your paths leading to brain and it is good. So don't worry and be careful to look at the sun in the first hour or last hour and be more careful in summer.
- **It's very hard to find bare earth here in the middle of winter, with snow everywhere. Would touching a tree be a good alternative?**  
Touching a tree can help, but in winter do gaze from a glass window and in such cases benefits will be slower and no adverse effects.
- **I started sungazing by looking at the sun for 20 minutes. Now, my eyes are very sensitive to the sun. Have I overdone it?**  
You have to look at the sun within one hour of sunrise or within one hour before sunset, and also gradually increase the time from a few seconds. You have done it to fast, so s for a few days and than restart as suggested and you will be ok.
- **Should I fast when I sungaze?**  
You do not need to fast, because fasting will happen in you due to sungazing. You will gently develop less and less of an appetite.
- **What happens if a bad person sungazes?**  
Everyone from birth has both good and bad qualities and the moment sunlight reaches the brain bad qualities are evaporated (or gone) and good qualities which are under a cover come to the surface and so a devil also becomes divine. The sun takes care of everyone. It's a big satellite and our thinking goes as a signal and it works. Even immortality can be reached. Sun solves all ills of our life and many historical records are there.
- **Do you feel that sungazing contributes to success in Brahmacharya (Celibacy)? If so, could you elaborate as to why this is the case?**  
You get energy from the sun and then with your own suggestions (that is, auto suggestion) you can take it upwards or downwards. It is an automatic process with your auto suggestion and if you take it up that helps in Brahmacharya, and if you take it down it helps in sex, but don't misuse it otherwise there will be adverse effects.

- In many respects sun-worship has been associated with some very treacherous, barbaric and self-serving ideologies. Is there a chance I'll become an egomaniac through sungazing?**  
Sungazing leads one to higher levels. A devil becomes divine so don't worry - sun will take care of you. Have faith and do sungazing as suggested and success will be yours.
- What is "auto-suggestion", and how does it work?**  
Auto suggestion is your order or request to the brain and it gives results when sungazing.
- Will a white coating exist on our tongue if we sungaze and reach the point where we don't need to eat?**  
A white tongue is not common for all fasting people; the color varies.
- Newborn babies have a very wonderful scent - like fresh fruits! Does sungazing lead to a pleasant body scent?**  
Yes
- Can you explain why reflections from the snow or salt are harmful? Is it also the case with the reflections from water?**  
To clarify: reflections from water during low intensity are good, but other times they can be slightly harmful. But reflections from snow and salt or sea water are to be avoided as it is proven from past experiences.
- So, are you suggesting that all chronic degenerative diseases (both physical and mental) can be cured by sungazing?**  
Sungazing allows you to reach the height of divinity curing all ills of life.
- What was your primary motivation for wanting to do sungazing?**  
It is a freedom struggle for humanity so that everyone is his own master and is free from three fold sufferings like mental illness physical illness and spiritual ignorance. Nations are free but we the human beings are not free and we are still slaves of many ills. This is my freedom struggle for humanity.
- Can we benefit from sungazing by not using sunglasses when it is snowy (white everywhere)?**  
Reflections from the snow or salt are harmful and so you must use sunglasses and take care of your eyes.
- From the book "Sunlight on Water", page 179; it says "As you create reality now, remember that your foundation is energetic. You come from, are derived from, and return to light. You have a basis of order and truth established within you, and honoring those spaces and opening and receiving and aligning those circuits is very, very important. Then by grounding them and experiencing your mastery, you receive and intone equilibrium....." As I read this, it seemed to me to REALLY simplify much of the discussion of the ways to interpret how sunlight can/should be used by us humans. It seemed to me to point to Hira's simple statements.....'just do the sungazing; that is sufficient'. Marlene**  
Thank you very much, Marlene. hrm
- I am sungazing now for more than three month and somehow I ended up doing already 25 - 30 minutes a day. Is it important to reach the 44 for minutes only after 9 month or can I go higher already now and keep the amount of minutes until 9 month are over? Gazing for 30 minutes feels good. Another question is: do I have to worry about taking minerals or eating the right things?**  
You can have slight alterations in practice as you are doing now and if results are early as it

happens in some cases there is no need to go till 44 minutes; you have to judge for yourself. There are no restrictions in food habits. Everything good will happen in you and already you are feeling good, so sun is helping you.

- **How would a person who has sungazed for years, but didn't follow the 44 minute/9 month protocol know when to stop the practice? What are the signs, symptoms or awareness that indicate that you have had your fill of cosmic solar energy? Does everyone who goes through the 9 month 44 minute program reach a point of not needing food, or does that only apply to some people?**  
If you follow hrM protocol you will be non-eating like me. People go on gazing without faith and so experience no success and in some cases indefinite gazing does not harm but has no success. An individual feels the changes herself and if he does not then his sungazing is without faith.
- **Why must we stop at 44 minutes of sungazing?**  
It is from past experiences that texts suggest 44 minutes and if somebody continues in some cases adverse effects may take place, so it is forbidden for more than 44 minutes as a general safety rule (but an individual can do it taking care of his eyes). If one continues at some fixed time like 15 minutes than also good results will come but success will take longer. Success in such cases is delayed, but not denied.
- **Are there any instructions to help raise kundalini?**  
Sungazing as I described easily awakens kundalini and finally leads you to enlightenment.
- **HRM, I'm wondering if you know other sungazers who have reached the point of no longer needing to eat. I should let you know that this is not my interest in sungazing, but it is a fascinating consequence with magnificent implications. In the last few years, are you experiencing any more changes in your body/mind/spirit?**  
Visit [www.sungazing.com](http://www.sungazing.com) - there are many now living without food like me and there are many changes I am experiencing in all ways and I am enjoying eternal bliss.
- **Is this a nudist concept or something? Does this sungazing have anything to do with running around [naked] in the sun? I want to do that too! How do I get started?**  
The first two hours after sunrise, or last two hours before sunset are ideal for lightly-clothed or nude sunbaths.
- **Can sungazing then heal dental problems also?**  
Yes all ailments of the teeth go away with sun gazing. That is why children who play in open or whose environment is full of day light have no teeth problem - there are many such recorded facts. Recent research says that people in slum areas open to nature have more resistance power than people leaving in closed environments.
- **I can't imagine sungazing leading me to not needing to eat. My bones are weak, and I need calcium to keep them strong. Am I an exception?**  
The body automatically converts vitamin D to calcium and vice versa and both are interlinked and so from sunlight you get calcium also.
- **Any suggestions about how to activate that cerebo-spinal activity?**  
Continue sun gazing with faith and you will achieve the results.
- **I know someone with retinitis pigmentosa, a genetic disease that robs him slowly of his hearing and sight. Will sungazing help?**  
Sungazing and sunbaths will help.

- I was wanting to know if once you have completed sungazing I grass will always drain you or not. I know you have to walk on bare earth daily, but during other parts of the day do I need to stay off grass unless I have shoes on?**

It is not necessary. Only while gazing does being barefoot on bare earth give a the quickest and best effect. At other times you can be on grass if you life.
- I was browsing the web and found a type of Reiki called Tummo with some pretty fantastic claims about raising kundalini with their system. I am currently a Reiki Practitioner and I am sungazing daily. I was wondering if it was worth while to pursue other spiritual disciplines while sungazing or is it best to finish sungazing before moving on to other things to see what sungazing will accomplish for me?**

Sungazing is the answer of all and so don't think of other methods. Sungazing by itself will give the fastest results.
- Hira, Why after the 211 days fasting you lost 41 kg, while after the 411 days fasting you lost only 19 kg? Why during the 211 days fasting your blood sugar was dangerously lowered to 43, while during the 411 days fasting it was much higher, between 60 and 90? I got no information whether your pineal gland was calcified or not. Do you know how it is?**

My first water fast of 211 days was when I was very much obsessed and so I lost a lot of weight, but experienced no energy crisis. Even today if I go strictly on water fast from third day my sugar level will be 43 but no adverse effect and I will be energetic always. It is difficult to explain how body acts at different times differently in similar circumstances and that is what they are trying to find out. **IF THERE IS NO ENERGY CRISIS** then we need not worry and there are many findings but everything cannot be disclosed as at many places all over the world they are studying the data collected on me from time to time. If energy levels remain good than we need not worry. We know very little about body even now and so my only reply is based on energy - we are moving to energy medicine and energy science now.
- Why you are the only one who accepted a long medical observation?**

I believe in every one, and I wanted to change the beliefs of medical science and so I volunteered for observations and still I am ready for observation. Because of my observations, light has become the medicine of this millennium and medical science is now not negative on this issue and this is a big breakthrough for human welfare and ultimately world peace. I cannot say about other people why they are not getting observed. For my part, I am doing my best so that masses get confidence in the hrm phenomena. The hrm phenomenon is a freedom struggle for humanity by which you are your own masters and you are free from the slavery of dependency. hrm
- When will sungazing lead me to not need water?**

This might be considered a siddhi, or a manifestation of spiritual development. They are side-shows to the real unfolding of your perfection.
- Under constant observation, Prahlad Jani apparently went 10 days without food \*and water\*. [http://news.bbc.co.uk/2/hi/south\\_asia/3236118.stm](http://news.bbc.co.uk/2/hi/south_asia/3236118.stm) says "he has not had a single drop of water for the past 65 years."**

10 days of observation is not sufficient to certify for 65 years and there are many in India who can remain without water and do not urinate for a month.
- Hira, I note that some other people who do not eat, also do not consume water either, but you say that water is a necessity for you. Why is that?**

I have still not reached that stage. I feel water is a necessity which keeps all body parts intact. Those who claim to have lived without water are (so far) not examined by medical science, whereas I have been examined 24/7 on three occasions for 211 days, 411 days and 130 days, respectively.

- **It is much too cold to go outside barefoot to sungaze. Should I move?**  
 Even if you do not stand barefoot on bare earth and do gazing from window, you will benefit, but slowly. Something is better than nothing. In such adverse conditions progress is slow. Those who are serious to achieve success quickly should migrate to a tropical or sunny region for two years and once they are solarized they can stay anywhere.
- **Where is the "surya chakra" located? Is this the chakra that sungazing affects?**  
 Sungazing activates all chakras, and energy is stored by all body parts which normally store energy from food. Food is replaced by direct energy from the sun.
- **A couple days ago I noticed that if I looked slightly above, below or to either side, the sun would seem to blink rapidly and/or spin counter-clockwise. Is it just my eyes or does something else explain this?**  
 this sometimes happens. hrm
- **I live in the city. Is it ok to sungaze while standing barefoot on concrete?**  
 Sungazing other than on bare earth is less effective and progress is much slow.
- **Is there any advantage in visualizing the sun during a closed-eye meditation? There are many days where it is overcast and rainy here.**  
 Yes, visualization works but much slower.
- **Hira, Regarding your 411-day fast... During this fast, did there come a time at which your hunger returned? I understand that after all the body fat has been burned, hunger is supposed to return. Did this happen to you? And if so, how did you handle it? Did the hunger eventually go away again?**  
 My hunger disappeared far back in 95 and then I remained on water for 211 days and only for social or hospitality I was open to tea coffee buttermilk and water. Of course, water is my necessity. When major observation was necessary, I did 411 days living only on water, and supervised round the clock by volunteers and doctors. Hunger has disappeared from me and will not return. In the USA, I did 130 days similarly in 2002. By sungazing hunger disappears forever. Even now I am open only to tea coffee buttermilk only for social and for hospitality purposes and I have no hunger and I take no food other than those 3 liquids for the reasons stated. I will go for my life time like this. thanks hrm
- **Hilarion told me I should build up my fat reserves before I engaged in sungazing. Something about sungazing stresses the nervous system. What's up with that?**  
 It's not necessary. Sungazing will balance everything you lack.
- **Looks like in the old days they used to do sungazing while standing in the Ganga River. Is it even better than standing barefoot on bare earth? "And standing in the stream, he turned his face towards the god of day. And touching the water of Ganga (Ganges river), the virtuous Yudhishtira with senses under complete control and depending upon air alone for his sustenance, stood there with rapt soul engaged in Pranayama." "They that with undivided attention adore and worship thee, are delivered from all dangers, agonies and afflictions. And they that hold that thou art everywhere (being the soul of all things) living long, freed from sin and enjoying an immunity from all diseases." (Vana Parva, Section III, Surya)**  
 Standing in knee deep water was to see the reflection of the sun from water and get energy for those who were afraid of a direct look, and it works but is slower than standing barefoot on bare earth.
- **Patanjali said "Through meditation, one-pointedly fixed upon the sun, will come a consciousness (or knowledge) of the seven worlds." (The Yoga Sutras of Patanjali 3:26 )**

## Comments?

Yes, it is true but it takes time - there are many who are meditating on sun including me, hrm

- **My sex drive is declining, and I'm at 7 minutes of sungazing now. Could sungazing be causing this?**  
No. Sungazing makes an impotent man potent, and full of energy. No one can become impotent with sun gazing. Spiritual health improvements will often decrease sex drive, but your ability will remain strong. There may be some other reason and this can be found out only if details of life style are disclosed.
- **The HRM sungazing method says to stop sungazing after reaching 45 minutes, and then begin to walk barefoot each day. I love the experience of sungazing and would like to go on doing for years. Is this safe, in your opinion?**  
The past experiences suggest not to sungaze indefinitely because it may have adverse effect on eye, but an individual, if s/he wants to go ahead, s/he can taking care to manage the health of the eye. When suggestions are given they are for the masses but there can be exceptions like you and so if you love sungazing, then continue, taking care of the health of your eyes.
- **I am very afraid to do this sungazing - I value my sight, and am too afraid to run the risk of damaging my eyesight. Is there anything I can do?**  
People with fear cannot do sungazing, and they will feel **adverse effects**, even if they don't have an initial problems, and so the first step in this case is to practice radiance of sun before sunrise or after sunset and then begin to sungaze normally, and everything will be ok.
- **[Hira](#), you say to increase sungazing by 10 seconds each day. Where I live, we often do not see the sun - it is cloudy for days at a time. How can I progress if the sun is not visible so often?**  
The simplest approach is simply to sungaze as many days as possible, even on gray or overcast or cloudy days (gazing toward where the sun is located in the sky), and simply skip those days where the rain is too intense. Success may be delayed, but it will come.
- **Many thanks to HRM and [Vinny](#) [Yahoo Sun Gazing Group moderator] for your wonderful efforts. Thanks also to [www.lifemysteries.com/sungazing](http://www.lifemysteries.com/sungazing) introducing me to sungazing and for answering some of my early questions. I do have a couple of questions which I would like to pose directly to HRM. Forgive me if you've already covered this elsewhere. First, I'm profoundly phobic - my eyes are incredibly sensitive to light. I suffer with this more than anyone I've ever met. It has been this way since I was a small child. It gets so bad that even with sunglasses I sometimes have to pull over to the side of the road because I can't keep my eyes open! My questions: Will sungazing be possible for me if I ease into it? Do I need to practice in a special way? Is it possible that sungazing will heal my sensitivity?**  
Thanks. In this case first see the radiance of sun before sunrise or after sunset for few days, and then slowly start sungazing as suggested by the HRM phenomena and you will be ok. Looking at the sun either in the first hour after sunrise or the last hour before sunset gives vitamin a and this is what the health of the eye require. Radiance of sun before sunrise or after sunset is a sure cure for the ailment you describe.
- **HRM, how do you know all that about sungazing? Is it just from your own experience or are there many people having the same benefits after a certain time of sungazing?**  
I have always said that I have revived an age old practice and I have no claim of discovery. What I am saying is from my experience, and also from what I have read about many who were practicing in the past. In some cases success may be slow in coming, but never denied.
- **How is it that people say they benefit from 3 weeks total darkness without any light at all? Are they are using up a reserve of serotonin from previous exposure to light?**

Yes, people say so many things but we have to judge for ourselves before selecting a method. If darkness helps then dark jail cells would not exist. Yes, darkness may help to achieve certain things but only after sun is within you. Please go through the darkness technology in detail and you will find many complications. People suffer mentally in the absence of light, which prevents any benefit from darkness. All great yogis first brought the sun inside them and only then did some migrate to caves.

- **I read some excerpts from "Spiritus Sanctus" on a Moon Angels of Ecstasy and Dance list, and it indicates that Melatonin is needed for youth. This is produced in the dark or by starlight and a candle flame, so what do you say about sun hastening aging, as so many beauty culturists say? Can even early morning sun-gazing help improve longevity?**

Yes, for melatonin, serotonin production is required and for serotonin, sunlight is a must. Only if serotonin is produced during day time can melatonin is produced in darkness. Hence, without daylight, darkness has no benefits.

- **Do they worship darkness in the Sun Temple in Kashmir?**

I have no exact details of the sun temple in Kashmir and so I cannot make any comment now.

- **Regarding the issue of vision improvement, are you saying this is to be done before starting any program of regular sungazing, or can it be done each day before doing the regular gazing? (background notes to this question): Since you have vision problems, just continue to gaze for the 60 seconds you have reached and close your eyes immediately and concentrate on the inner image till it disappears and do this two or three times one after another in the safe hours and slowly after a fortnight you will see the inner image remaining for longer periods and this is a sign of improvement of your vision, then proceed up to two minutes and repeat the same practice. I can give further guidance after that. Palming of eye also will quicken the process and be sure to drink sun charged water. Keep the faith on powers of sun and you are bound to succeed.**

At present you have to limit yourself to this practice and not do regular sungazing. You have to improve your vision to some degree first, and then progress to regular sungazing practice.

- **I wonder if any of you have found that by staring or even imagining the light of the star Sirius you have felt an increase in energy. I find the light of Sirius more uplifting bluer and whiter whereas our sun is more yellow because of the stage of the star.**

Yes, you can get energy from the stars but much much less compared to sun

- **I was nearsighted most of my life, and now I wear trifocals, as the eyes are more worn out. If I would like to, could I just go on with the regular increases of time to sungaze, or is it really better to go so slowly and wait until the eyes become normal. I am impatient to continue building up my time, as I am feeling like it is greatly benefiting me. I also bought the workbook by Flo Aeveia Magdalena, which is titled Sunlight on Water, A Manual for Soul-full Living. It is quite interesting and I need to take it slowly. I think it is a wonderful synchronicity that I found both of these "sunlight" things at the same time, and they are really working together in me in a short time. I do feel lighter (which is a good thing), and more in balance.**

Since you have vision problem just continue to gaze for a minute where you have reached and close your eyes immediately and concentrate on the inner image till it disappears and do this two or three times one after another in the safe hours and slowly after a fortnight you will see the inner image remaining for longer periods and this is a sign of improvement of your vision and than proceed up to two minutes and repeat the same practice. Further guidance after that. Palming of eye also will quicken the process and also drink sun charged water. Also keep everyone informed of the book **Sunlight on Water** as you read so everyone gets the information. Keep the faith on powers of sun and you are bound to succeed.

- **A Prof. Jausslin from Zurich presented a ritual to us. It involved a copper plate with a tiny piece of zinc that was supposed to produce same effects as the earth. Could we use this to sungaze?**  
 Nothing can equal earth. In its absence there can be alternates which can help to some extent or most of the extent, but nature is nature and it cannot be equally duplicated.
- **What happens to a person who has a Kundalini awakened and then sungazes. Is there an increase or inhibitory process that takes place in his/her system?**  
 Sungazing awakens kundalini and if kundalini is awakened by other methods sun gazing is not necessary. Your experiences are normal with many practitioners. Feelings of bliss are what we want. You are on proper path. Your brain is getting charged quicker and is rapidly becoming less and less dormant. The more people are devoted to the sun, the quicker they will get experiences like yours.
- **Its winter here, and very cold. Do you have any thoughts on what I can do to accomplish the benefits of sungazing?**  
 Practice sun gazing wherever possible in winter. Something is better than nothing. Don't wait for perfect conditions needed for practice.
- **Would sunglasses for a beginner block out necessary nutrients that is vital in sungazing processes? Or is it adequate to even use them during sungazing?**  
 Avoid sun glasses even in daily use. Serotonin built up decreases by use of sunglasses and this results in melatonin deficiency, and eventually results in disturbed sleep.
- **Although is not part of the sungazing procedure, I would think that walking in the summer on the beach on the hot sand is a good exercise. Do you agree?**  
 I have always suggested as part of sungazing practice to walk on sea beach in the evening hours as the super most practice and especially for people who want to bring down their excess weight.
- **Isn't the third eye the Ajna Chakra, the sixth chakra? So it is still not clear to me.**  
 No, the pituitary is not the third eye now. Before, it was. Now pineal is the third eye according to medical science. The pituitary is the ajna chakra. The 7th chakra or the crown chakra or sahasradala padma correspond to the pineal. All glands get activated through sun light either through eye or fall on body. But if it is through eye it is the pineal first then the pituitary. If it is through sunbath than first pituitary and afterwards pineal gets activated. **Lack of sunlight leads to illnesses.** Whichever way you take safe sunlight it benefits but through eye the success is quicker.
- **I wonder if the pineal corresponds to the Ajna Chakra and the pituitary to the Crown chakra or vice versa, and when the chakras are activated are they experienced as tingling, as described here, or spinning? If these two glands and the corresponding chakras are activated by calling in the Light from above and spreading it throughout the cells of the body, is age-reversal possible? And should this calling down of the Light be best done while sun-gazing or standing or sitting with closed eyes in the Sun, or just in meditation at any time, light or dark?**  
 Pineal is in the center of the brain and is also the third eye. Ajna chakra corresponds to pituitary. Brain and glands and chakras one after another gets activated by light. The process is easy and sure when light enters through open eye and the practitioner is standing straight barefoot on bare earth. In case of alterations in the practice the process slows down but without harm or adverse effect.
- **I had the feeling of "tingleness" near my forehead where I guess would be the 3rd eye - is this cause for concern?**

Your experiences are normal. Third eye is in the center of the brain and is called the pineal. At forehead we have the pituitary.

- **In your lecture, you mentioned "In Brazil, Australia, Germany, more than 3000 people are remaining on light." Do you mean 3,000 who take only water at the most?**  
People living on light live only on water mostly but rarely take some fluids for socialization.
- **I wonder if swaying the whole body or at least moving the head from side to side rhythmically while sun-gazing is helpful for receiving the energy. Swaying back and forth for a few minutes, with eyes closed, before the mid-morning or mid-afternoon sun is a technique used at the Ashram Eye Clinic here in Pondicherry.**  
as long as you are not directly looking at the sun the energy flow is very, very negligible.
- **You said "palming of your eyes to be done as frequent as possible". Could you please give us a procedure for "palming of your eyes"? For whom would "palming of your eyes" be appropriate? When should "palming of your eyes" be done?**  
Palming can be done at anytime. Just rub your two palms together for a few seconds and apply the heat that develops to closed eyes, that is just touch heated palms to your closed eyes. This can be done any number of times and at any time. This can be done by anyone and especially whose eye is weak or has some disease.
- **Where could we purchase copies of your lectures? I didn't notice any mention of it at your site.**  
I can e-mail the copy of my lecture (posted at ), there's no need to purchase it. If sun is free than everything from it is free, please.
- **I was wondering, if it is possible to receive some kind of energy from the moon? I mean from moongazing.**  
From moon it is negative energy you get and present day science, specially the medical science, has recorded adverse effects of moon...that is why we have the universally popular word "lunatic".
- **HRM, do you have any audio tapes or videos available?**  
all most all my lectures are recorded both in audio and video, and many people have copies. I don't ask people to send me a copy but many are have them.
- **When you say you gaze at the sun, do you look at it with open, half-open or closed eyes?**  
All three types you mentioned are sun gazing but most advantages is looking at the sun with a normal look and with open eyes.
- **1. I live in northern New Mexico, at a fairly high altitude (over 7,000 feet). This makes the effects of the sun more intense. How do I adjust my sun gazing for the altitude? 2. I'm crossed-eyed, with a lazy left eye, and have some astigmatism. How does that affect sun gazing? I believe that in a recent post HRM said to start with 5 seconds of gazing for near-sighted folks, which I am. At what point does the increment go up to 10 seconds per day, if ever? 3. It's cold up here! I plan to sun gaze in the morning and it's often in the 20's at sunrise and winter isn't even here yet! Do I just wear shoes or boots and put off the barefootedness until spring? Or, am I better off sun gazing from inside my apartment, with shoes off. I can certainly open a window for the time I'm sun gazing.**  
1. Mountains height do not make an appreciable difference compared to the distance with sun and so no harm sungazing from mountain . 2. For the eye defects you have you have just to gaze at the sun for few seconds say five and immediately close your eyes and then concentrate on the inner image of the sun till it lapses and do this same time twice or thrice and continue for few days and you will find after few days (say, a fortnight) some improvement in your eyes and than we can decide for further way of sun gazing. In winter do it through a glass window otherwise stand outside barefoot on bare earth if weather is warm. Do it only during either first

hour of the sun or last hour of the sun or whenever UV intensity is less than 2. Drink plenty of sun charged water and palming of your eyes to be done as frequent as possible. More than everything think positively that you are being cured by the sun and you will be cured. 3. It is better to have timers so that you can concentrate on sun. In your case it is only five seconds more or less and so don't worry to be exact. You have to concentrate on the inner image of the sun till it disappears and slowly it will remain for longer and longer periods and that is a sign of improvement.

- **Would drinking from a lake be considered sun charged water?**  
No, because the sunlight falls on a large area and so the concentration is not that much compared to container. hence sun charged water in a glass container is better than an open lake.
- **You can surcharge any water. It should be in a glass or crystal container. Should the water be covered with a lid?**  
The glass container must have a lid and preferably a glass lid. There are other many normal ways to magnify the sun's energy by making use of mirrors, etc.
- **I wonder if holding flowers, particularly the one named Transformation by the Mother, available in this season in Pondicherry, might act as a "Wand of Horus" if held during sun-gazing, esp. at the heart or navel centers.**  
It may help, and is worth trying.
- **Anyone know how sun charged water compares with or relates to ionized water such as you can get from using a water ionizer, also held to be the greatest age reversing antioxidant?**  
Some university in USA (Georgia?) has research on water and they claim to have developed SIW, or super ionized water. So far it is kept a secret, and may be they want to market the SIW concept.
- **How long do the sun charged water stay sun charged and keep its special property? Does one have to recharge the water if it is not used after one day?**  
Usually its power remains for another 24 hours, and it can be recharged after that but best thing to retain power will be to store it in a mud pot; it remains for longer period because mud has lot of sun energy in it.
- **In cold-weather climate, is there any benefit to sungazing next to a tree?**  
Yes, trees may help. It is a good idea. Trees with big trunks and having leaves, but not ones without leaves.
- **I am not sure what you mean by sun charged water. Isn't all the water on the earth sun charged or are you talking about something special?**  
It is more special than the normal water offered by nature.
- **<http://www.healthlibrary.com/reading/ncure/chap8.htm> has info on colored water. Do you agree with the information?**  
One need not go into different colors. If the O group of blood is universal than this clear glass sun charged water is also universal. Nowadays there is lot of confusion on color therapy created by different authors and people get confused. My attempt is to make everything simple. Take in the sun safely through your eyes and give the autosuggestion for the benefits you want and you will get it. It is very simple and harmless, yet very few people do it.
- **How would you suggest making/storing "sun charged water"? What type of water should we start with? (Spring, DI, Tap)**  
Any type of water preferably good water can be sun charged and sun energy can be preserved

for long periods if such sun charged water is stored in mud pots or clay pots or what we call nowadays terra cota pots.

- **You mention the effects of different colored glass on medicinal value. Can you elaborate?**  
There are lot of books by many writers, even the western writers on color therapy and all differ on benefits of color charged water. If some says water charged in a red-colored bottle is for kidney ailments then the other says use a blue color. Hence this things lead to confusion and I suggest only sun charged water through a clear glass container and it has all the colors of the sun. Just as the O group of blood is universal, the same is for the color of the sun or what we normally see with naked eye. Color therapy authors have made color therapy complicated, but the easiest and surest way is to opt only for normal universal color. I have a book on color therapy, but they all differ and make for confusion. I suggest the one universal color which we see normally, as it has all the other colors in it.
- **Can I make sun charged water using a plastic container?**  
Water can be sun charged only through a glass container; a plastic container does not help.
- **How can sungazing lead to enlightenment?**  
For enlightenment, two things have to happen. No food and no sleep but at the same time energy levels must be high. Liberation from food is easy with sungazing, but sleep disappears after a very long time and that too only after some change takes place in pineal or pineal is activated by sun energy. If you do not feel restless than it is ok but if you feel restless than we have to understand why. In some cases it happens initially for few days and then disappears, and you get sound sleep afterwards. Brain functions are very complicated and in some cases food disappears first and then sleep while in some cases sleep disappears first and then food. If you feel restless than we have to worry, otherwise not. Sun energy entering and charging the brain activates or invokes inner powers depending on practitioners thinking or auto suggestion and results vary from individual to individual. But over all there is no harm at all. The practitioner gains if he does not get disturbed by minor happenings and keeps faith and is positive.
- **Why must we sungaze by adding 10 seconds per day? Can't we gaze longer if it feels good? I gaze during the day, and have no problems with it.**  
Though sungazing done for years or even at midday may not harm the eye yet at the same time the effect of light are much more than needed for the brain and so the non eating part (phenomenon) does not develop. The brain requires its charging to be done slowly and steadily and not in excess and that is the reason why non eating part does not come into existence. Everything inside the brain is invoked with a **slow** practice. Overdoing also does not benefit though it may not harm. Anything in excess also is rejected by the body. slow and steady wins the race. Slow and simple practice always gives benefits.
- **I was wondering about the "standing on warm earth" part of sun gazing. Can one stand in water, like ocean water on the beach or wet sand? It is not warm but I think it does ground the body. Here, even the dry sand gets quite cool by the time the sun is in the last hour.**  
It is the warm earth that helps or gives benefit. It is not only the grounding part, but heat from the feet reaches the pineal and helps in its activation. The toe represents a connection with the pineal. Hence for better performance one must avoid standing in water or wet sand.
- **What is the kechari mudra, and do I need to practice it?**  
The kechari mudra involves placing the tongue at the back of the mouth. It is one of the "kriyas" of kriya yoga. To perform sungazing and achieve optimal results, you do not need to practice the kechari mudra.
- **When SG eradicated all or your negative personality traits, did they simply disappear, or did they first get worse before they got better?**

Everything has happened in me (HRM) and I only know the benefits and results and because of happening on its own as a result of sungazing. I cannot explain **how** it happened.

- **During the World War II my father was a prisoner in a Nazi concentration camp for two years. I never paid attention to his stories and some written materials that were dealing with torture methods applied there. However, recently I remembered he told me about his fellow inmate who was put in a wire cage of 1 cubic meter and kept there to die of starvation and thirst. He wasn't given any food or liquid and there was no rain at all. He survived for 57 days. In that terrible heat, my father said. Obviously, there was a lot of sunlight. We know humans cannot live without liquid for more than 72 hours. How could he live that long then, if not of the sunlight?**

Everything is possible in this world and such things do happen every now and then, but we ignore noticing it. Two years back (2002) a lady freedom fighter from Kurd in turkey survived for nearly 225 days in dark jail even without water. She was aged 26.

- **If we CAN look up to the sun during regular hours without squinting or pain---is it damaging to the eyes?**

If uv index is less than 2 it is ok.

- **Apart from the obvious spiritual /emotional effects how else has sungazing affected you? Have you noticed any increase in psychic talents, such things as telepathy or precognition?**

Such powers do come but takes time. It is now the belief even of medical science that the pineal gland, if activated, gives psychic and navigational powers. At present thousands all over the world are doing research on the pineal gland.

- **Is there anything else besides sungazing I can do to improve the results?**

Walk barefoot on soil or sand, and drink sun charged water.

- **Can you offer us some more information on how a person might prepare sun charged water? In a glass container? Is exposure even thru a window (glass) okay in winter?**

It is very easy. Keep the glass container filled with water in sunlight from 5 to eight hours. The more you keep it exposed, the better. In summer, five hours is sufficient when kept outside. In winter keep it inside near a glass window and at least eight hours is required. This is sun charged water. In New Orleans, sun brew tea is popular. It is a teabag dipped in water in a glass container that is kept in sunlight and becomes sun brew tea after few hours (say, a minimum of 5 and maximum of 8 hours). Similarly, different colored glass containers are used and water in each container gives a different medicinal value after being sun charged. This is a simple method based on working of solariums. Clear glass absorbs entire spectrum of sunlight and so also the human eye. In ancient texts sun charged water is the supreme antioxidant.

- **How long should the after-image of the sun remain when I close my eyes and palm?**

There are a variety of factors that affect the time the after-image remains. It varies from person to person.

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CHAPTER 5  
**HRM LIVE**  
LECTURES AND INTERVIEWS

Hear HRM Live online for free:

A voice lecture from Hira Manek at this website:

[http://www.lifemysteries.com/html/hira\\_livelecture.html](http://www.lifemysteries.com/html/hira_livelecture.html)

Also see:

Go to this link and scroll down to August 16:

<http://www.mysteriesofthemind.com/Archives/2004/archives200408.htm>

To speed things along, eliminate the first 35 minutes, and again from the one hour mark for the next 14 minutes.

You may also purchase HRM's lectures on CD or DVD at his website: [www.solarhealing.com](http://www.solarhealing.com).

Included here are two separate transcripts of lectures HRM has given, which follow next, for your interest.



## HRM'S LIVE LECTURES TRANSCRIPT # 1

By Ram Jagessar

### **LECTURE BY HIRA RAM MANEK, OAKVILLE, CANADA, OCTOBER 2, 2004**

In this world we are all born and we all die. That is the natural order of things. In between life and death we are interested in acquiring much needed total health.

What do we mean by total health? Even according to medical philosophy it is putting mind first and not body first. Usually people speak of body, mind and spirit but in my experience it is mind, body and spirit. If mind is healthier, body will be healthy. Mind does not follow the body but body definitely follows the mind. It is mind over matter. This is where medical science so far has gone wrong in treating the body and not the mind.

Now what is our mind? The bigger mind is brain. It is part of the brain and what is brain? Super computer. We know computer but we have failed so far to use our own brain, a natural gift to us right from birth. We hardly use two or five per cent of our brain. It is a very big human crisis which we also work on and which medical science is trying its best, so far without success.

I have given a new name, and in a new dictionary in a year or two this word will be introduced. A very new term. You know computer. We are going to the age of brainuter. This computer will be in due course a past memory. We'll be using our brain instead of computer, the brainuter.

We all hear, we read that man has inner and infinite powers but where are they in earth? The suggestion is also given to us that man should invoke his powers but so far nobody has given us a key, a solution how you invoke your powers, infinite powers that you enjoy right from birth. Then we are told in religious discourses and spiritual lectures that man's mind is wavering, man is full of weaknesses that should be controlled, but nobody suggests a way how to control.

We speak of self realization and enlightenment. Many people claim they have self-realized souls, they are enlightened souls. These two great words have been diluted miserably. I don't claim myself that I am a self realized person. I have found out the way. I am only on that path. But whatever I have achieved so far I have scientific proofs.

And the methods that I am suggesting to you can be followed by anybody. Thousands are repeating that practice. When a practice like this is found out by somebody and is repeated by hundreds and thousands then it is a science by its own success. This is happening.

I don't claim that I have discovered anything new, no such claim. But I have revived an age old universal practice. It's a universal practice. It doesn't belong to any religion, any culture, any country. It was universal. Some of it was used in daily life. Everybody knew to harness energy from the sun but gradually a change came.

We forgot scientific practices and we have seen suffering on mental, physical and spiritual fronts. We have mental illnesses, we have physical illnesses, we have a lot of spiritual ignorance. We are making our lives miserable.

We go into unnecessary thoughts of the past, future, think of illusion and stories, but we forget about our present life. Other things are all imaginary- past, future everything- but this present life we know it is a reality. Our attempts should be to make this present life happy which we fail to do. We unnecessarily go into unnecessary things.

Now why is our present life not healthy? We have mental illnesses, tension, stress, strain. We have

physical illnesses, we have spiritual ignorance. How can we cure that? There's a very easy way- just activate the human brain, the computer, the brainuter, the super computer slowly.

What extraordinary powers god has given you, they are invoked, they come out. These are the software of the super computer. What we think, our thought process, is a combination of the keyboard and the mouse. Nowadays some computers have already started coming out without mouse or keyboard. They are all voice activated computers. Slowly we are entering the age of the brainuter.

You might have heard in ancient days people used their brains and they remembered ten thousand books, twenty thousand books, everything. So what we lack, our brain lacks, is the power supply, the electricity. Now we know from sunlight electricity is easily produced. This electricity is dangerous. If you touch it you will have a shock, you may die also. But electricity from the sun is only energy. If you touch nothing happens. That is the best part of it.

We know the earth is born from, it is a product of the sun. We know that all energy we use is from the sun. All living creatures except human beings, the so-called human beings, use the sun willingly. Our willingness is to avoid the sun. That is what the modern science has created, the crisis. We are suggested- don't look at the sun, you will lose your eyesight. Don't go into the sun you will have cancer. All myths, wrong beliefs, keeping us away from nature.

But if sun is used safely it's a very powerful medicine, equivalent to nectar or elixir of life. So far, we are scared by modern science that ultra violet rays of the sun are highly dangerous. So far they have given us only the noon ultra violet, that is midday. Definitely that is harmful.

But what about when the sun rises or when the sun sets? Now if you check the internet from the last two years there is a shift. There are lots of weather web sites on the internet, a lot of newspapers which suggest hour to hour ultra violet light from sunrise to sunset. You will find that one hour from sunrise- suppose sunrise is at six – six to seven - that is known as the first hour of the sun. Suppose sunset is at seven, then six to seven- that is known as the last hour of the sun. These sunrise and sunset times will go on changing. You have to just get it from the internet or your local newspaper.

In these the first hour of the sun and last hour of the sun, ultra violet is absolutely zero. Absolutely zero. In rare cases in summer it may be two but even up to two on the ultra violet index is good for your eyes. Now there are some sun cards available, costing about a few dollars. If you keep one in sunlight for 20 seconds immediately that ultra violet reading will come, how much is the ultra violet. So your eye must receive the sunlight when ultra violet is less than two, it is required for the health of your eyes. Sunlight between two and five ultraviolet, your body must receive if you want to remain free from various bone diseases, diabetes, blood pressure.

This is the safe sun. Any sunlight that is more than five ultraviolet is definitely dangerous. And people are accepting that dangerous ultraviolet and thinking that they are safe by applying sunscreen, and sun block. A very harmful practice.

Sunscreens are never to be used. When you are personally taking heat the sunbath or tanning yourself, body perspiration has to go out because if that doesn't go out that becomes a toxic waste stored in your body. Sunscreens also penetrate inside your body and that is why people get cancer. It is not the sun that is giving the cancer but our wrong use of it. . From last week the Cancer Society of UK has been reporting that Britons are starving themselves of sunlight and so they are suffering from cancer. A certain amount of safe sunlight is a must, if you want to remain away from cancer, AIDS, osteoporosis and so many common diseases that we are suffering.

Now I come to the practice, how you make use of sunlight in a safe way. We have found out scientifically the safe hours, the first hour of the sun and the last hour of the sun. The eye is a very delicate part of the body, a very powerful part of the body. The eye receives power from cosmic sources. The eye can give power to others also. The print of the human eye is never similar, just like your fingerprint.

The eye being delicate, we have to use it in a safe way because the eye is the only entry, the only door for the sunlight. To enter, it can reach the brain. The eye is the extended part of the human brain. What I'm giving you are all medical facts. Light can enter and leave the brain only through the eye. Our souls enter then leave the body also through the human eye.

First day, when you look at the sun it is your choice. Either you look in the morning or evening. You have to practice this only once in a day, not even twice. No restrictions in your daily routine. You enjoy your life. Don't change your routine at all. Don't stop your medicines, don't stop your food. Only you are adding this yogic exercise to your daily normal routine, nothing else.

First day you look at the sun in a normal way. As far as possible, stand straight as I am standing, with your spinal cord straight. If possible, for better and quicker results stand barefoot on bare earth. Your eye can blink and flicker. It's a normal look. Ten seconds looking at the sun, the sky will never fall down. Don't be afraid. It's a safe period.

Don't you go to certain spots to see and enjoy sunlight and sunset for minutes together? Then what is ten seconds? Nothing. Next day you look for 20 seconds. That's the maximum. You can have a lesser period. There are timers available which will ring at ten seconds, twenty seconds, every day you can adjust them, costing one dollar, two dollars, not even costly. Every day whenever the weather is fine- there may be cloudy days – forget about that. It's just like not going to school, being absent. You are absent that day from the practice because of clouds or some compulsion in your life. Don't worry about that. It is not necessary that every day there will be sun for you. Whenever the sun is there, take advantage of it. By the third month you will be reaching (if you have started at ten seconds and everything is fine with your weather) fifteen minutes. Now the sunlight which is slowly passing through your eye is traveling through a golden pathway to the brain known as the hypothalamus

This energy starved brain gets the power supply food required for it. This brainuter, the supercomputer, activates. Some of your programs come out. Some of your software works. Some of your infinite powers are invoked. What happens? What do you experience?

You will have got back balance of mind. At present we are wavering. We are unable to decide things in our life, which way. We don't have perfect balance of mind, steadiness of mind, so we falter, we go wrong in our decisions. Perfect balance of mind is inside you. It is hidden. It is part of your software. That comes out. We are full of self confidence.

(Usually) we lack self confidence in our will. We become fearless. Even fear of death goes away. Though we know that we are to die, the moment we are born, that birth comes along with death. It is written, it is a fact. Still we are afraid. Nobody wants to die. We are afraid of death, fearful of death.

Here, your mind changes. If it is to come one day, let it come. We are not afraid of it, we will become fearless. That is a must for a happy life, fearlessness. You become positive in thinking; we are negative nowadays. We spend a lot of money to get PMA, positive mental attitude. Then we have weak qualities. We are only men and women, not human beings actually. If we have weak qualities like anger, greed, jealousy, envy, hostility, unkindness, exploiting our fellow beings, harming others. These are all weak qualities, so we are not human beings.

By the third month when you start from 10 seconds, increasing 10 seconds each day and reach 15 minutes more or less, even these weak qualities will disappear. These are the bacteria of the human brain.

What happens when there is no sunlight outside? Lot of insects, lot of pollution, lot of bacteria. Even we don't like cloudy weather, we are all depressed, isn't it? The moment sunlight comes we are all energetic. If there is cloudy weather each and every one of us will pass the remark- what a dull day! I am depressed. I am not energetic. This shows the effect of light on the human body.

The same thing happens if your brain is starved of sunlight. That is what is happening. We enrich all the

weak qualities. That is why we are always angry, we are greedy, we have jealousy, we envy others, we are hostile to our brothers. And what happens? Because of that we harm other people, our fellow beings, we pain them. So sin is also committed by us, it is part of spiritualism also.

And when you are angry, when you are greedy, you are anxious, you are excited always. Then your body chemistry changes. If that changes you suffer from diabetes, blood pressure, cholesterol, asthma, allergy and so on, which are psychosomatic diseases. So by safe sun gazing you get perfect mental health within three months, more or less.

Nowadays even psychiatrists, doctors have started agreeing this is the reason why people in winter get the seasonal affective disorders in cold countries. Winter blues- why fifty percent, seventy percent of the population in cold countries lose mental balance. Why rates of suicide are high in cold countries. This is the reason. Even during better days, sunny days, we don't make use of it.

Instead of giving all these tablets like Prozac and all, many psychiatrist doctors suggest to the patients just move to a sunny climate. Stay there for a month or two and come back. Your mental disease is gone.

There is a shift in treating mental health now. If you receive sunlight this way, even in bad climate, in winter, you will be mentally healthy. If you are making use of safe sunlight, when sunlight is receivable, whatever may be the problem in your life, you will never lose mental balance, never slip into depression or mental phobia.

Even those who are suffering from mental diseases, if they are taken to safe sunlight they will improve. Sunlight cures mental disease, sunlight gives perfect mental health. what the present day world requires for disease is my main thrust for studying the sunlight .

World peace will be far away, we will go on talking of world peace, but world peace will be within our reach if every one of us gets mental health, every one of us. We are not at peace with ourselves, so we disturb, we hurt our fellow beings, so world peace is disturbed.

Nations do not fight- but it is a limited world peace. Real world peace is when everyone of us is free from mental tension and enjoy a perfect mental life. And this you get with sunlight. What a god given gift! Within 3 months more or less! If that is your goal- mental health- you can stop the sun gazing practice. Just gaze at the sun occasionally for 15 minutes or walk barefoot on bare earth 45 minutes every day, you will never have mental ill health in your life. It is guaranteed.

There may be the problems. Problems will be in life right from birth till death. But what happens when we get the problems, the mental illness? That you will never have if you take safe sunlight.

The vision of your eye will improve. Here you are not damaging your eye with safe sunlight. Your glasses will go away. You will have better eyesight without glasses, you can read without glasses. Your cataract will go, your migraine will go. If glaucoma has come it will disappear. These things are happening and have happened. We have got recorded facts. Your vision improves by safe sunlight. There are so many benefits.

Now the moment you have mental health, no psychosomatic disorders will happen to you. You will be free from that because your body chemistry is not being upset. But if you have already got diabetes, blood pressure, cholesterol, asthma, allergy, tuberculosis (TB), cancer, AIDS, osteoporosis, rheumatism, thrombosis –any disease- proceed further with sun gazing even after three months. Your eye will definitely get adapted. If the mind accepts the body adapts.

You can train any part of the body as you like. People eat glass pieces, stones, swallow live snakes, eat blades, even chew the blades. Nothing happens to them because the mind accepts, then they train themselves. And compared to that, just looking at the sun during safe hours, say morning or evening, is not a dangerous practice at all. And every one of us, is before the TV for hours together, aren't we? Then we've got computers. If our eye can be comfortable with TV and computers it can be comfortable with this

safe sun. The intensity of the light that you receive from the TV and computer is 20, 000 times worse than the noon sun of the day, the midday sun. But I am not suggesting use the noon day. I am just suggesting you use the sunrise or the sunset.

By the time you reach six months, 30 minutes, without any effort you are getting liberated from physical diseases. What happens here? The body has auto-healing and auto-repair resources. The body can heal by itself, if the body gets some cosmic source of energy.

You might have heard of color therapy, how different colours of the sun affect internal organs of your body and how you can get freedom from different diseases by making use of one of the colours of the sun, the rainbow colours. The sun has seven colours, rainbow colours. Our internal organs depend on some colour of the sun, for example kidneys are running on red colour, liver on green, heart on yellow. If that colour is deficient you will get the disease in that part of the body. If that colour of the sun is supplemented you are cured.

We have some systems already working, known as solariums. At a height of 100 feet there is a revolving platform on which there will be seven glass cabins, the violet, indigo, blue, green, yellow, orange, red - seven cabins. Seven people are collected, running short of this colour and each one is in that cabin. This platform turns round in the sun and according to the cabin you get that particular colour that your body requires and you get cured.

Here in this room we are getting the entire spectrum of sunlight, all the seven colours. But if you paint this with red, green, blue or in anything that particular colour will only enter this room and you will have benefit only of that.

Then people use coloured glass bottles, store water in them, keep them in sunlight for 5-8 hours, this water becomes medicine. And according to the colour of the bottle it can be used to treat different diseases. People use gems, natural stones, diamonds, you know these natural stones, diamonds are full of sun energy and that is why in industry they are used to cut even the toughest, strongest things.

If you want red medicine of the sun take natural stone, red stone, dip in a water vessel, keep it for a few hours and it will release some energy that it has stored. You get that medicine and you are cured. This is colour therapy. Thousands of books are now written on colour therapy by thousands of authors and they have confused the whole system.

So I am taking the world out of that confusion. Just as O group of the blood is common, is universal, it's the same thing. This clear light that we see during daytime is universal. It carries all of the seven colours. So using only that light it is just like O group of the blood. Don't go into this colour confusion. You will definitely get cured

I want humanity free from all such mediums. As a matter of fact this is my freedom struggle for humanity. At present we are not really independent, our nations are independent but not we the citizens. We depend on other people, on current mediums to solve our problems. We are slaves of dependency. We have to get rid of dependency. We should be our own masters, we should stand on our own legs. We should solve all our mental, physical, spiritual problems, but not depend upon a guru.

Here your eye has the entire spectrum of sunlight. Actually the rainbow is in the human eye, not in the sky. It's only a reflection. On any sunny day I can show you the rainbow at any time of the day, even without rain. So our eye possesses the seven colours of the sun. There are similarities between the sun and the eye. The eye receives the entire spectrum, all the seven colours, and it goes to the brain.

Now you know because of your thinking which part of your body is fading or having disease so this colour automatically reaches there. If you have a dreaded disease, some deformity in your hand, leg, spine-anything- then you give an auto-suggestion to the brain, give the order to the brain that what the brain is receiving- this energy- must go to that part of the body. It goes and you are liberated and getting cured from six months. So you are getting regulation from physical disease without any effort. That is another

benefit.

There is yet another benefit. If you want to stop, you can stop this practice here also. Just gaze every day for 15 minutes or walk barefoot 45 minutes in a day and then life will be without physical illnesses. The sun insures you from that. This is not covered if you meet with any accident. Other things are all covered. If you meet with any accident then definitely it's not covered.

What a great benefit of sunlight and that's what the UK Cancer Society now says, that Britons are starving themselves of sunlight and so they are suffering from cancer. Even Boston Medical School Professor, one Michael Hollick, has written a book which has created a controversy in the medical establishment. Another book says man must receive safe sunlight to be healthy. There is a shift in the belief of the modern medical authorities. If you have got diabetes, blood pressure, anything, just bask yourself in the sun for half an hour daily. Basking means just warming when the UV index is up to 5. Don't bake yourself, just bask. People are baking, then blaming the sun for cancer.

Insulin will build up in your body. Diabetes has to go. If you have got osteoporosis you get plenty of vitamin D. Your dead cells will be back to life. Cancer can be reversed or rheumatism or arthritis, anything, if you just bask every day half an hour in the sunlight.

If your goal is part of spiritual exercise to do penance, to reach higher consciousness, to become a self realized person or to be an enlightened person, if you are choosing that path then you have to proceed further. Extend your sun gazing even after six months. We have body cells that are spread over our entire body- each cell has a brain and a consciousness. This is the super brain, the brainuter. Each body cell has a separate brain, separate consciousness and all these body cells are photo voltaic and you know what photo voltaic cells do. They store sun energy and manufacture another cell, which requires energy.

So from seven months onwards your energy levels increase directly with sunlight and what happens when your energy levels increase? Your hunger goes down. What is hunger? It's a calling bell, an alarm, a red signal for the energy required by the body. It is in direct proportion to the energy requirement. Traditionally we eat food. And what is food again? It's a secondary source of sun energy. If there is no sunlight nothing will grow. So what we eat is a secondary source of sun energy.

Far back in 1900 the Imperial Medical College, London – highest authority in medical science in those days- came across a few people. One lady was remaining without food for 52 years, depending only on sunlight. Has anybody read Yoganand's autobiography? It is reported there. Then one Christian saint Theresa Newman in Germany, ardent follower of Lord Christ, for twelve and a half years she was living without food. Some Christians priest (fasts) ten to twenty years and they are even flying.

Medical science did not get the answer, but they came to one conclusion that solar radiation is the original food of humanity. What we eat is a secondary source. Some day somebody will prove how man can live directly on sun energy. And I was the first person to prove to medical science that man can live directly on sun energy. I will come to that part afterwards.

So what the body requires even according to medical science is energy. Energy is a must for the body. Food is not necessary. If the body can draw energy from any other source it can sustain (itself) We are afraid to harness sun energy directly. We are using second and third media.

By the seventh month as you extend your sun gazing, the body cells start storing energy. As the energy levels increase your hunger goes down. When hunger goes down your food intake also goes down. Slowly hunger is going down, energy is on the increase. By about the ninth month your hunger disappears for ever! You are full of energy without food. There are no hunger pangs also. You are not even disturbed at the sight and smell of the food. Because your hypothalamus gland also gets enriched and strengthened.

That is what some research that is going on at North Carolina State University suggests that if the hypothalamus gland gets strengthened, that gland has hunger pangs and points of satiety, man can

hibernate. You know what is the meaning of hibernation? Eating sometimes very rarely and sustaining yourself. Man can't do that.

By the ninth month your hunger disappears. When you experience four, five days that you have no hunger but your energy levels are still much more than when you are taking food, then you have to give up sun gazing forever. This is not lifetime sun gazing. Only nine months, 45 minutes, that's the most if you are starting with ten seconds. Because the whole text, the past experiences suggest that human eyes cannot gaze even at the safe sun for 45 minutes continuously for more than a week or ten days. These are all past experiences. As I told you, this is not a discovery. I have just revived an age old practice which was universal.

Native Americans practiced, Brazilian people, Peruvian, Egyptian people, Indian people. In India it was known as surya namaskar, and in India they gave the science of Gayatri mantra. What does the meaning of gayatri mantra suggest? Man must - dhimani dhiyoyona pracho dayat- man must receive sun's rays, allow it to enter the body and as the storage increases it illuminates your dormant brain.

And that is what we want. We want to activate our super brain, the supercomputer, the brainuter. We are hardly using 2 per cent, five percent. Even with that we create, we call ourselves intelligent. Suppose we use ten percent tomorrow, what will happen? Why not use it? We have got a lot of software inside, infinite stores. Only what we require is the power supply and this is how it is used.

So once you give up sun gazing by the ninth month- and you have to give up, taking care of the eyes, you have to recharge because no energy remains with you forever unless it is recharged, regenerated. It is just like a cell phone that we have to recharge every day. So walk barefoot every day for 45 minutes, relaxed walking on bare earth, or gaze the sun for 15 minutes, that's all - for a year.

If you have given up this practice at the third month or the sixth month then your lifetime you have to walk. But if you have completed nine months of sun gazing then it's only one year's walking or 15 minutes sun gazing for a year. And what happens? Your body becomes a perfect solar chip. You are fully solarized. You are just like a solar cooker.

Then occasionally, when you have to go out because of your daily routine some sunlight falls on you. Your energy will be recharged, regenerated, recycled. You don't require food at all. You have no mental illness. You have no physical illness. You don't require food also.

And this is what NASA is also trying to find out – in the space food project. For space travel for months and years you cannot carry food. You must have microfood. You must make your body tuned to the sun, for sunlight is everywhere.

If you make it, in future you can be an astronaut. You can qualify for space. Now a lot of private agencies are coming out for space travel. Food is a problem. Here you are making your body a solar chip .

For obesity, those people who are obese, it is the best way to get rid of obesity. If you ask any person to fast, we know the problem of fasting even in a religious way. When religion demands that (we) fast for a day or two we know we have hunger, we are suppressing hunger. We are always counting time and date. We look at our watch and calendar. What number of days have passed on?. We have hunger. We want to eat. But where is it that hunger disappears? We are not controlling hunger. Here fasting is happening, you are not fasting and that is the difference.

You are winning over hunger, you are not controlling it. So you can fast easily. Easily obesity is under control. For obese people it is the only alternative, the only way out to control obesity in an easy way.

If you want to remain free of Alzheimer and Parkinson in old age then also this practice is a must because your neurons regenerate. You can get your MRI of the brain when you start sun gazing. After a few months get another MRI. Your expert will tell you that the cells in the brain which are known as neurons, they regenerate.

So far medical science believes that neurons never regenerate. Now they believe that neurons do regenerate. If neurons regenerate it's a big relief for humanity. Your aging process slows down, your life span increases, your intelligence increases, your memory increases. You don't have Alzheimer's or Parkinson's in old age, if neurons regenerate, and they do regenerate through sun gazing. After nine months of sun gazing and one year of walking, or 15 minutes of sun gazing to recharge, you need not do anything.

You live happily, you have no mental illness, you have no physical illness. You have even no spiritual ignorance. When you become positive by the third month., when you get mental health you are not paining anybody. You are at peace with yourself. You are not disturbing other people, and when you don't disturb other people and when you don't pain other people, no sin is committed by you. What is spiritualism? Think about big things. Spiritualism is a nutshell is –don't pain anybody, don't harm anybody in thoughts, words and deeds. Then you can build up everything on that.

The moment you become positive, when anybody becomes positive, even if he is an addict, on drugs, liquor, he will be free from that, So if anyone known to you is having addictions for drugs, or liquor, get him to sun gaze. The moment he becomes positive in three months, he himself will give up all these bad things. What a big relief!

You want peace. Right from birth you are dreaming of peace but you never get peace even by paying millions and billions of dollars. It is always at a distance from you., but it is within you. God has given it to you. You have to invoke that. It is hidden inside you, buried inside you. Sunlight brings it to the surface.

So if you make your present life happy, your death is also happy. If your death is happy then your life after death is also happy. We think of heaven after death but we never think of the present life. We are making the present life itself a hell. Make this life happy first and then after death your life will be happier.

There is life after death, even science says. We talk of soul, that the *atma* (soul) never dies, changes form, remains forever. What about your body? Your body is made up of energy. This energy can also never be destroyed.. It only changes form. So *atma*, the soul, is nothing but the energy that your body has. So this energy complements., supplements, enriches, purifies. If this eternal source of energy the sun- everlasting energy- you enjoy eternal bliss.

We are remaining away from the sun so we are suffering. Modern science has misguided (us), now they have started realizing. Those medical experts who are having humanity in their heart, many are now encouraging that you should be with nature, you should be more with the sunlight and daylight. You can without any effort get rid of all ills of human life. We talk about hunger. We want to solve hunger. Before we solve problems of other people let us first solve our own problems. Let us be healthier. Let us first get mental health and physical health and get rid of spiritual ignorance . Don't think of other things.

What will happen to the world? How can we solve hunger in hungry countries? According to me I say obesity is to be tackled on a war footing and not hunger. If people in a country get obese that country is being ruined. Obesity is to be tackled. Even young children are getting obese. It's a very dangerous time. Obesity is a terror, much greater than if you put Bin Laden and Saddam Hussein together. Obesity is much more dangerous.

Mental ill health is even much more dangerous. All of us lack mental health. Even the mental health experts, psychiatrists, doctors, are also not free from mental disorders, not to speak of our political heads. Every one of us has some mental disorder in a big way or a small way. We are not at peace with ourselves. It has to be taken by sunlight, such a god given gift!

When you start the practice, no restrictions. No government can dare to stop it. Can any government ask you not to gaze at the sun, or take in safe sunlight? No government can do that. On top of that, it is cost effective., You needn't spend anything. Zero. That is the best part of it. It's easily available. Don't get scared away when some scientists says the sun is dying out, that it is fading. And after billions of years. ..

billions of years is a very big thing. Why get scared of that?

They started with the ozone depletion theory. Today only I read it has come, that the ozone layer has come back. There is no danger now. Some date back they reported that this big ozone hole is broken into small pieces and when there is lightning in the sky it is getting stitched, just like a tailor stitches your torn clothes. So they are retreating from the mischief they made by wrong forecasts of the ozone depletion theory.

For the solar flares, every now and then they say there will be an explosion of the star. Who knows? Scientists, most of them get grants to do some research. Every now and then they go on saying something, every six months and we are unnecessarily getting scared of that. These phenomenon of science are climatic conditions, a regular cycle which happens on this planet every ten years, fifteen years. Don't get scared of the sun.

Of course avoid the midday sun between ten and three, definitely. But the first hour of the sun and last hour of the sun, your eyes must receive in a safe way. Your body must warm every day in the sun. In cloudy days or in winter, as you experience winter here, you can even gaze at the sun from the glass window of your house. Something is better than nothing. You can't go out and look at the sun. You can't walk barefoot, stand barefoot when the weather is bad. You can do it from a house in such conditions. Only thing, your success is delayed because of that. Success is guaranteed but it is only delayed, that's all. It is just like your academic career, you are a dull [slow] student because of bad weather.



## HRM'S LIVE LECTURES TRANSCRIPT # 2

December 1, 2002.

### **SUN GAZING PHENOMENA, BROUGHT BACK By Shri Hira Ratan Manek**

#### **"Solar Empowering: Nutrition & Nurturing"**

Transcribed and adapted by the SUNGazers.

This is the adaptation of a lecture given by Hira Ratan Manek, December 01, 2002.

This talk is about the renewed Sun Science that will give a new direction to humankind and solve many of the ills of the present day human society. Solutions on all fronts—be it related to physical, emotional, mental and/or spiritual diseases. As a matter of fact, it is the rebirth of a science practiced in ancient times throughout the world. HRM is reviving and regenerating this lost practice. In different part of India it is known as Surya Namaskar or Sun Salutations. Similar practice was in Greece, Egypt it was called Heliotherapy, and so too in the Americas—Brazil, Mexico, Peru. The Inca civilization practiced it. INTA means sun. Example is the health resort sun temples in Machu Pichu, Peru. Ancient writings found on this mountaintop describe how to garner energy through the sun. Energy from sun has been used since times immemorial. We know it is a scientific fact that without sun or its energy nothing will move, every movement of every creature even the various energies electrical, magnetic, wind directly or indirectly sources itself to the sun.

Nowadays we rarely use the sun energy willingly as we are scared of the solar radiation and treat it like the enemy. Many human crises occur due to lack of use of sun energy. First major crisis is mental tension and worries, lack of self-confidence, and negative thinking. Also fear, anger, irritation, greed, hostility and lack of compassion. All these are ailments of the mind. Can we overcome all these setbacks easily? Can the present human kind—each and every one of us, become a good-natured person contributing to world peace?

Yes, if we make use of the sun energy.

Next crisis, after psychosomatic disorders come physical diseases and then lastly spiritual ignorance. We can ourselves hardly liberate us from these problems and diseases. As we age we have the onset of geriatric diseases like Parkinson's and Alzheimer's. The biggest setback we have encountered is lack of immunity. Most of us suffer from poor immunity. We have no energy to tackle day-to-day living. We can overcome all this by taking sun energy. It is an established fact that total health includes; mental, physical and spiritual wellness.

We have a super computer in our bodies given to us by nature. This is our brain. HRM calls it the "brainutor." The brain is more powerful than the most advanced super computer. Each and every human being is gifted with innumerable talents and infinite inherent powers by nature. Individuals should never underestimate themselves. Everyone is gifted. If we make use of these powers we can take ourselves to great levels. Unfortunately these infinite inherent powers are programmed in that part of the brain that is largely dormant and goes unused. Even medical science agrees we hardly make use of the brain but about 5-7% - the most brilliant of humans like Albert Einstein is reported to have used only about 32% of his brain.

If we can activate the human brain and awaken these infinite powers stored in us then we can raise ourselves to higher levels. We can achieve any results we want. In order to operate the brain effectively it needs to be activated. Being a holistic entity it needs a holistic power supply. Sun energy is the source that powers the brain. Sun energy can enter and leave the human body or the brain only through one organ and that is the human eye. Eye is the Sun Energy's entry door to the human brain. Eyes are also known as the window of the soul. Recent research has found out that the eye has many more functions

than that of vision. And more information is continuing to be revealed about the functions of the eye. The eyes are a complex organ and they have 5 billion parts much more than a spacecraft that has about 6-7 million parts. By this you can see the immense capacity of the human eye.

HRM asserts that the rainbow is in the eye not in the sky. The seven colors of the sun is only the reflection of what is in the eye. We can create a rainbow anytime we want—go to the garden and observe a source of flowing water as the sun moves above. There you will see the rainbow. Eye can receive the entire spectrum of the sunlight. It's like having a glass window. Eye is the perfect instrument to receive all the colors of the rainbow.

Since eyes are a delicate part of the body we have to use it in such a way that our purposes are served as well as that it doesn't get damaged. Present day teachings and ideas such as don't look at the sunlight at all—you will damage your eyesight; never go out in the sun as you will get cancer, is causing needless hysteria and paranoia. The more you are away from nature the more there is cause for illness and you will automatically support global corporations. There are definite foolproof ways of getting from nature the benefits it has to offer not exposing ourselves to its adverse effects.

Receive sunlight only in the morning or evening hours (no longer) than 1-hour after sunrise or 1-hr before sunset. It is proven beyond a reasonable doubt that at these times one is free from UV and IR rays' exposure. The UV index remains at 2 all through out winter. Best times to take sunbath other than winter times are the 1-hour window before sunset and/or after sunrise. Gazing has the added advantage that you get vitamin A and D during the 1-hour window in the morning. Vitamin A is necessary for the health of the eye, the only vitamin that the eye requires. If you gaze, the spectacles and the associated power in the eye will go away. This is better eyesight without glasses. It is safe to gaze during the one-hour period of sunrise and sunset or during winter when the intensity is less.

Actually there is no sunrise or sunset. It how we define it. Sun is fixed; it is we on earth that rotate. Hira experimented on his own body for three years and devised this method based on trial and error. This can be accomplished by anyone in any part of the earth in any part of the year. Hira Ratan Manek is not a unique figure anyone can do this. Now thousands are using this and achieving results. In Brazil, Australia, Germany, more than 3000 people are remaining on light. There are thousands eating light around the globe—a rebirth of a science that was practiced long time ago. Food has bid goodbye to them, it is not that they have stopped eating. Originally this was a spiritual practice now it is a scientific practice. It can be followed by anyone.

When the results become reproducible it will become scientific. This practice will become a challenge to conventional medicine. This is a simple program for humanity. Hira Ratan Manek has gone through 125 complementary alternative holistic modalities—in all of them he infers they rely on the sun energy. Hira Ratan Manek has one intention that is to have humanity become truly independent. We all love to be independent. Are we independent? We become independent if we solve our own mental, physical and spiritual problems. We can achieve this with the use of the brainutor given to us by nature. As we make use of the sun's power supply and we make use of the energized brain it becomes less and less dormant.

To determine when the sunrise is or the sunset period check the local newspaper to get the daily timings. Both times are good for practice - it depends on individual convenience. Day by day this practice is becoming popular and is being known as the HRM phenomena. Hira Ratan Manek envisions that it is the acronym for human resource management!

Sun gazing is a one-time practice of your lifetime. Look at the rising or setting sun-one time per day. First day look for a maximum of 10 seconds. Second day look 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 foot. Eyes can blink and/or flicker. Stillness or Steadiness of the eyes is not required. Why don't you watch the sun instead of the TV? The intensity of the TV is much more than the rising or setting sun. If you can watch TV you can easily watch the rising or setting sun safely. Have a belief component in you that the sun rays or light that you are getting into the eyes is of immense benefit and will not harm you. This will give you earlier, quicker and better results. Without fail, even with out a belief component also you will get results if you

follow the practice—it will take longer time—that's all. You need not restrict any of your normal daily routines in life. There are no restrictions. No fasting, enjoy your food. Hold on to your food like a parent holding on to the infant baby. It is hunger that will disappear, food that will leave you. Fasting will happen.

Consider gazing from the same place at the same time daily. Following circadian patterns has its advantages. Adding sun gazing to your daily routine will not disturb the flow of the daily routine. If you pray, you can have any prayer of your choice. Any prayer. No particular one is suggested. Prayer is not a requirement. As a precaution have your eyes examined by your doctors. This is to be on the safer side from the scientific viewpoint—so have periodic check ups. Also, you can buy photo sun-cards which is priced at about \$2 to monitor UV or IR radiation (when cards are kept in the sunlight). There is no need to buy an expensive \$500 photosensor-meter. If your cheeks get heated up then stop gazing. Use common sense.

When you reach three months you would have gazed at the sun 15 minutes at a stretch. When you can watch TV for 3 hours, surely you can see the sun for that long? What is happening as you go up to 15 minutes? The sun energy or the sunrays 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 the power supply through this pathway it activates into a brainutor. One of the inherent brain's software programs has started running. We realize we are a different person now. No mental tension or worries. We have the self-confidence to face life's problems. We no more think negatively only positive thoughts arise. We are not fearful. We become fearless—our psychosis has disappeared—so has all the ills of the mind. All this within 3 months. The first power has awakened.

We humans have good and bad qualities—they are 2 sides of the same coin. In the absence of sunlight we develop bad qualities. When sunlight enters the brain —good qualities come on the surface and replace bad ones as they evaporate. Eventually even spiritual ignorance goes away. Sometimes the more we hear and read we get confused. We get contradictory information. Red wine is good for you. Alcohol is bad for you. We are baffled with life's problems and detest decision-making. But after 3 months of sun gazing we develop a sense of confidence and know the answers for ourselves spiritually. There is a balance of the mind; we are in a position to judge personal answers—the correct answers. We develop powers that are already inherent in us. 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 pain anybody. 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. We won't throw waste, as there is no away. By 3.5 months everything changes.

Mental depression will go away. Psychiatrists are observing that SAD is caused by lack of sunlight. With the practice of sun gazing—not only in winter but you will not have depression in your whole lifetime. We will achieve a perfect balance of mind. Fear of death goes away. The state of mind is such that we will welcome death. What is to happen let it happen. No worries. Everyone has some sort of mental disorder. This is our biggest human crisis, thinking. Sunlight definitely removes your mental diseases.

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 in fueling tensions and worries. With a lack of mental tension, brain does not require the same amount of energy as before. As you proceed in sun gazing and as your tensions decrease food intake goes down.

When you reach 30 minutes duration of continuously looking at sun you will slowly be liberated from physical diseases—since by now all the colors of the sun reach the brain through the eye. Brain regulates the flow of color prana appropriately to the respective organs. All the internal organs get ample supply of the required color prana. The vital organs are dependent on certain sun color prana. Kidney red, Heart yellow, Liver green etc. Colors reach the organs and address any deficiencies. This is how color therapies work.. There is a lot of information available on color therapy. This is the process of getting liberated from physical ailments over a six-month period. After 3-4 months you can become cured of your physical ailments with auto-suggestion—imagining and visualizing healing your ailments while sun gazing.

Scientific methods such as the Solariums, crystals, color bottles, natural stones, gems, all utilize sun energy. Sun energy is stored in these natural stones. You can keep natural color stones in drinking water to further hasten 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 does not mean you need chlorophyll. This concept also we very wrongly understand. Only the plant kingdom needs chlorophyll. Human body can do it with a different medium. Photosynthesis is transforming the sun energy into a usable energy form. This is how Photovoltaic cells work and electricity is produced, similarly water is heated, food is cooked in solar cooker, and solar batteries run automobiles.

Eyes receive the entire spectrum of the sunlight. And the Brain distributes it to the different parts of the body on a need per basis. And one is cured of all diseases. A 3rd intermediate medium is avoided. You are your own master within 6 months. As you continue gazing the sun energy is no longer being utilized to attend to mental impairments or physical ailments and hence its storage level increases in your body. 7.5 months and 35 min of sun gazing this is when hunger starts going down very palpably. Food intake decreases. No one needs to eat more than his or her hunger levels. Hunger comes because of energy requirements, body requires energy and energy is a must. But food is not a necessity for the body to function. Only energy is. Conventionally we are indirectly getting sun energy while eating food that which is a by-product of sun energy. No sunlight—no food will grow. What we eat is secondary sun energy. In 6-months time we are staring to eat the original form of micro food—Our Sun. Also, when we eat secondary energy we put in a lot of toxic waste into the body. This can be totally avoided.

So as we consume the Original form, the sun, hunger goes down. Then hunger starts to disappear. By eight month you should see hunger almost gone. 9 months or 44 minutes for a dull or weak student or with no belief. Maximum 9 months or 44 minutes. Your hunger disappears forever. All mechanisms associated with hunger like aroma, cravings and hunger pangs disappear. No appetite for food. Energy levels are at a higher level. There is a judgment (having had this experience) that the brain is well activated with the sun energy. We become a solar cooker.

We have to give up sun gazing now. Solar science prohibits further gazing after 9 months or 44 minutes for the sake of eye care. The body will get discharged when we stop sun gazing. So we have to recharge. The charge will last for only 6 days. Now we have to start walking on bare foot on bare earth for 45 minutes daily. Relaxed walking only. No need to walk briskly, jog or run. Any convenient time of the day preferably when the earth is warmer and sunlight is falling on your body. When you walk bare foot 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 in the recent times. 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—pituitary, hypothalamus, thalamus and amygdale. Amygdale for the last 2 years has been gaining importance in medical research. It's a nucleus of the sun energy or cosmic energy and plays the important part of photosynthesis via the sunlight reaching the brain through the eye. When you walk bare foot, 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 energy of the sun entering in you. Relax. Walk 45 minutes for one year and food continues to be without you. After one year of recharging, if you are satisfied with your progress you can give up barefoot walking. Few minutes of sun energy falling on you once in 3-4 days is enough.

But if you want the immune system to be strengthened then keep on the bare foot walking. Also if you want memory power or intelligence to increase please continue the walking practice. As you increase the sun's heat on your feet the brain will activate more and more. Pineal gland will become more active. The Pineal gland has certain psychic and navigational functions. Navigational means like the birds one can fly. We can develop psychic skills of telepathy, televisioning, produce 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 its organs get purified once you stop eating due to detoxification. The different internal organs play different mechanical parts for the purposes of space travel and flight. There is another utility value (other than food digestion) for the internal organs. All the glands have 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 past, present, and future. Sky is the limit at the same time even limited success is possible. This method can be safely applied to control obesity. Almost all problems get solved.

A lot of people have remained without food historically. Accordingly in 1922 the Imperial Medical College in London decreed that solar rays is the ideal food for humans. But no one has mentioned what their technique is e.g. Yogananda in his book "Autobiography of A Yogi" interviewed many saints and mystics to find out the secret of their lack of eating food—common reply was that the sun energy is entering through a secret door and reaching the medulla oblongata in the brain. They did not divulge their secret. This knowledge was lost to common folk.

An International team of 21 Doctors supervised Hira Ratan Manek in Ahmedabad for 411 days. He remained only on a diet of water. There were volunteers that were on -round-the-clock-supervision. Although sun energy is ample for Hira Ratan Manek energy requirements sometimes he takes coffee, tea or buttermilk to satisfy his family and doctors.

After the excitement of the findings at Ahmedabad, Hira Ratan Manek was invited to Thomas Jefferson University and State University of Penn in Philadelphia. They wanted to observe and examine his retina, pineal gland and brain. Some of the initial results are that the gray cells in Hira Ratan Manek's brain are regenerating. 700 photographs have been taken. Neurons are reported to be active and not dying. Pineal gland is not shrinking which is typically what happens after mid fifties and its max. average size is about 6 x 6 mm. But for Hira Ratan Manek it's been measured to be at 8 x 11 mm.

Last June, scientists from the US space agency verified that Manek spent 130 days surviving only on water, the report said.

Mr. Manek is now in the US to show NASA's scientists how he survives without food. The US space agency hopes to use the technique to solve food storage and preservation problems on its expeditions, the report said.

Sun gazers are volunteering to be tested but due to monetary crunch are not able to document the various physiological results. Sun gazing is an answer for arthritis, migraine and thrombosis. Thrombosis is a common problem now a day because we sit on chairs and legs are always dangling and hanging. Kneecap replacement has become fashionable. Even when it is not required expensive invasive surgeries are performed due to medical malpractice and greed. Let us not be dependent on an external sources. Let us become our own masters. Let us do sun gazing.

The uniqueness of Hira Ratan Manek is that he has surrendered his living body for observation and experiments to the scientific firmament. Brain functions are complicated and one cannot explain why food is not required. How sun gazing is doing wonders is not explained? Although scientists are agreeing that hunger is definitely being eliminated. Hira Ratan Manek recommends these books for the curious: Light medicine of the future by Jacob Lieberman, and The Healing Sun: Sunlight and Health in the 21st Century by Richard Hobday

The cover pages of both these books ask one to get rid of sun—glasses earlier the better. We are avoiding the beneficial effects of the solar winds. Nobody is asking you to look at the sun during the day. Also do not use sunscreen. When body gets heated up you perspire and sweat is a waste product and needs to go out of the body. When you are painted or coated with lotions and creams—they get degenerated and the chemicals enter your body. It is our wrong use—why blame the sun for the skin cancers. Sun bathing during the day is to be avoided.

There is a practice in getting energy on a temporary basis in the Americas. To get energy for their body, natives take sunbath by standing in the sun for two hours exposing maximum parts of their body and they don't need to eat food on those days. They sustain on micro food of the sunlight. When clouds gather we become gloomy. We see the sun and get energetic.

Make use of the sun energy in a safer way and not for harmful purposes.

Hira Ratan Manek's request is to please use this practice for personal welfare/development and for humanity.

## **SYNOPSIS**

The information below is a wrap-up of all the information in this article to give you the main parts about how to use the Sun to help you.

### **Shri Hira Ratan Manek Phenomena.**

Shri Hira Ratan Manek has done it and you can do it too. Winning over Fear and Mental Diseases  
Winning over Physical Diseases. Winning over Hunger. By following his system of receiving Sun Energy, you can gain all the above benefits. You can turn your body into a solarium. You can become Superman from man. You can convert your brain into Brainuter. Hira Ratan Manek was born in India in 1937; he became a mechanical engineer and had a very successful business life in the shipping industry. Realizing the uselessness of a materialistic life, he quit the materialistic world. He took the vow to observe celibacy in 1987. Now he has nothing but a few clothes and spends all his time for the world peace and for maximum happiness of the people. Now, he travels around the world showing to the people the way to become free from mental and physical diseases and how to control greed, desires and anger.

### **Hira Ratan Manek Phenomena: How he found it**

Hira Ratan Manek was curious about Lord Mahavir's life and his Tapasya, he studied all the material available. He also studied the principles of "Gayatri Mantra," and principles of "Bala-Atibala" as mentioned in the Ramayan. After deep study and reflection on the principles of "Atap-Atapana," "Gayatri Mantra" and "Bala-Atibala," he realized that one can receive enough energy to sustain the body form the Sun through the eyes by charging the brain and in the process all the mental and physical diseases are cured.

### **SYSTEM: How to do it**

Based on these principles and the life of Lord Mahavir Swami, he reinvented the system of "Sun Gazing." He claims not to have invented it but says he has reinvented what was lost and now is known as "HRM Phenomena." There are no conditions or limitations as to age, sex, or caste. Anyone at any age can do it. You do not have to fast or change your life style in any way to do this. All the changes happen slowly as a result of Sun gazing but those are not requirements. Only thing to watch is that if you do not feel comfortable after you start, just stop it. About 25,000 people around the world is now practicing the Sun gazing system and has received many benefits. Contact us for testimonials.

### **STEPS:**

1. Stand in the open under the sky barefooted and on Mother Earth. The ground can be sand like ocean or riverfront or dirt or like baseball practice ground. It cannot be concrete, tile, lawn or top of the building. This is very important because this makes the earth thing complete and all the five elements of sky, air, fire, water and earth complement each other and help in the process.
2. Start looking at the rising or setting Sun for 5 to 10 seconds on first day. Increase Sun gazing by 5 to 10 seconds every day. For example, you can look at the sun for 10 seconds on first day, 20 seconds on second day, 30 seconds on third day, and so on.
3. Sun Gazing has to be done during the first hour of Sunrise to avoid damage to eye retina. One should not look at the sun after one hour or it is too bright.
4. Sun Gazing can also be done during the last hour of Sunset. But morning Sun also gives you Vitamin A and D.

5. While praying, one has to wish that Sun energy is entering through their eyes to the Brain and Body and that it will do good to us and that it will not have any bad effects on us. This is very important because what you believe becomes the reality of you.

#### **PROCESS: What Happens?**

We all know the Rainbow. Shri Hira Ratan Manek says that the "Rainbow" is in our eyes. By receiving the Sun rays through our eyes, the glands in the brain gets charged and through it our brain gets charged and this brings out hidden un-utilized powers of the brain. As in Color therapy, by receiving the Sunrays through eyes, we get all the colors and any deficiency of color is filled.

#### **BENEFITS**

1. When Sun gazing every day and continuing it for 90 days, all the mental disorders and mental diseases are cured. One gets winning over fear. It can be fear of death, fear of uncertainties, stress and like. Nature becomes pleasant and anger is controlled.
2. When Sun gazing every day and continuing it for 180 days, all the physical disorders get cured.
3. When you reach the final phase of 270 days, you get the victory over the taste and hunger.

#### **UNIQUE: Is this Unique?**

Shri Hira Ratan Manek has done 411 days of fasts in the year 2000-01. He has not taken any solid food since 1995. While not fasting, he takes only three times in a day either tea, coffee or buttermilk. When he was in America for the first time, he fasted 109 days, which was completed on October 27, 2002. Is this unique? Shri Hira Ratan Manek says, "This is not unique." Great Rishis had been doing it. Now in India, there are at least 17 people known to him, who has not taken any food for five years or more. Some have not taken any food for 20 or more years. Only thing unique about Shri Hira Ratan Manek is that he wants to show to the world how any person can do this and this is completely scientific.

#### **ADVANCE LEVEL:**

Once you complete the 270 days of Sun gazing, your body becomes like the solarium. You receive all the benefits mentioned above and you become quite, serene and a happy person, untouched by any and all the miseries of the world. Personal consultation is necessary after that for those who want to continue the Sadhana further to receive the benefits of advanced level like power of visualization, power to see the aura and its color and like.

#### **PRECAUTIONS:**

1. One should not look at the Sun for more than 44 minutes at a time. Sun gazing should not be increased by more than 10 seconds every day.
2. It is strongly recommended to consult an eye doctor periodically to check the effect on the eyes.
3. One should stop Sun gazing if they feel any discomfort or feel heat around the eyes.

#### **REQUEST:**

If you start Sun gazing, please communicate to us about your encounters, experiences and benefits. Contact for any questions or clarification. Solar Healing Center, 1 Purliew Pl, Suite 110 Winter Park, FL 32792 407-657-7032 [hiraratanmanek@yahoo.com](mailto:hiraratanmanek@yahoo.com)

Website <http://www.jsocf.org/hrm.htm>

From the website: [http://www.theopenline.cc/sun\\_gazing.htm](http://www.theopenline.cc/sun_gazing.htm)

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## HRM'S INTERVIEW WITH JASMUHEEN

By Jasmuheen – August 2003

### Interview with Hira Ratan Manek on his Journey with Solar Nutrition

Jasmuheen: "As many TEV readers are aware, I first became informed of the research done by Dr Sudhir Shah and his team in India through an article sent to me that was published in the India Times. The following year I met with both Dr Shah and Hira in Ahmedabad, just prior to the extensive rioting there. It was a pleasure to be with the team and to see how far they had come with their work and also to be actively involved in disseminating this research throughout our networks. For those who have not read Dr Shah's synopsis of his research on Hira, you can download this freely from half way down the Living on Light section at: [www.jasmuheen.com/who.asp#lo](http://www.jasmuheen.com/who.asp#lo) under the triangle prana sign. Dr Shah also shares a little more extensively in my latest book "The Food of Gods". Hira has now taken over much of my work in educating both the public and the media in pranic nutrition.

#### TEV Question 1:

**Welcome to TEV where we have shared previously the findings of Dr Sudhir Shah and his team and the research they conducted with you. It is wonderful to now interview you personally to gain a little more insight into your journey with this. As a pioneer of solar nourishment in the West, can you share a little about your own journey and how you came to be interested in this type of nutrition?**

HRM Response: I was hinted at this first by Mother of Aurobindo's ashram in Pondicherry in 1962 but I did not take it seriously then but it was on my mind and so I developed a special interest about the sun. Being Jain, I got inspired in this sun energy by Lord Mahavir's fasting of twelve years and six months and I critically studied him and became inspired by his looking at the sun and walking barefoot in the hot sun. When I went deeper into his teachings I found his technique of "AATAP" which meant receiving sunshine to raise oneself into higher and higher levels. This belief on sun energy was further strengthened by the autobiography of Yogananda where he is making mention of a few people living on sun energy and especially of Yogi Giri Bala who survived for 50 years without food on sun energy. Yogi Bala said sun energy was entering the brain through a secret door and she was able to sustain it but she refused to disclose information on her practice any further. In 1922 the Imperial Medical College felt that solar radiation was the original food of humanity and what we eat is a secondary form and some day somebody will prove how man can live directly on solar energy. All of this information excited and strengthened my belief in sun energy but I got a break through finally from the GAYATRI MANTRA which suggests that man must allow solar rays to enter the body and be stored to illuminate the dormant brain.

Yes, if a brain which is largely dormant can be activated with sun energy all human crisis are overcome was the strong idea that went into me and from what I understood from Lord Mahavir, Gayatri Mantra, Yogananda's books, the sun dances of Native Americans, and the Egyptian belief in the power of the sun, I was able to revive an age old practice of sun gazing or SURYANAMASKAR or the present HRM phenomena. As a matter of fact entire humanity was on sun food (micro food) at the beginning and slowly we changed over to a secondary source of food (plants). But at all times in human history many have lived on sun energy and many are also living now and are living for a period much more than me but I am unique only to the extent that I volunteered before medical science for round the clock supervision and observations. I have no claim that I have found out how to live on sun energy because it was already there but it had been forgotten and I have only revived it and proved it before science. And human history has a record of several people who have lived on sun energy from time to time.

This is in short my inspiration for surviving on sun energy. I repeat I have not discovered what is now known as the HRM phenomena. It is only revival of a forgotten practice - a practice which many have

practiced from time to time and if anybody who reads the history of such people they will be definitely inspired to start on a journey like me which is extremely easy and simple.

**TEV Question 2:**

**Can you provide for our readers some of what you feel are the personal benefits of being able to receive our nourishment directly through the vortex of the sun?**

HRM Response: The sun benefits us in all ways and it solves all our problems. It enables one to harmonize and recharge the body with life energy and also awaken the unlimited powers of the mind very easily. It easily enables one to attain liberation from the threefold sufferings in life i.e. mental, physical illness and spiritual ignorance.

**TEV Question 3:**

**Do you feel that a person who does not lead a spiritual type lifestyle that maybe includes kindness and compassion to others, meditation, prayer and things like chanting would still be able to receive enough nourishment via the sun so that they can let of taking nutrition via the usual food sources?**

HRM Response: Yes this is very nice question. Just as coin has two sides nature has gifted us with both good and bad qualities. In the absence of sun energy reaching the brain we develop evil qualities and the moment sun energy starts reaching there evil qualities disappear and good qualities that are hidden come on the surface and the practitioner from the devil becomes divine. We all experience that in the absence of sunlight climate also becomes awful and there is dirt and gems on the increase all around us and as the sun comes everything gets purified. No body likes dull days because we are all depressed. Sun purifies everything on earth and so a person also and the transformation takes place easily and automatically. Devil to divine through sun.

**TEV Question 4:**

**Although we know in esoteric circles that our sun is a grid point and cosmic disperser of very pure and powerful Divine energies, if people can absorb all their nourishment from gazing into the sun each dawn and dusk, what about on days where we cannot see the sun as it is too cloudy and stormy, how do solar feeders get their nourishment then? Is there anything else that you recommend that people do?**

HRM Response: Even if the sun is not seen energy of the sun is there always in a lessened form. Once you activate the human brain by 9 months sun gazing practice and then become a permanent solarium or solar cooker by barefoot walking for a year everything afterwards is easy and HRM phenomena describes in detail how one can become easily and permanently charged with sun energy in about 2 years time. Many websites have put up this HRM phenomena and recently I have my own website with this phenomena [www.solarhealing.com](http://www.solarhealing.com). Kindly go through it and anybody can write to me in case of doubts or difficulties in understanding.

**TEV Question 5:**

**Over the last year or so you have become very public with your experiences with Solar Nutrition particularly in the USA. What do you hope to achieve by making yourself available for scientific testing and public lectures?**

HRM Response: Yes for last eight years I have often been investigated by different doctors and scientists and I am always prepared for scientific observations as my body is a laboratory for research and I support human welfare and world peace. My lectures have already brought awareness in masses and many are strengthening me by their research in support of HRM phenomena and many have started practicing HRM phenomena and many are successful. In California a documentary on sun gazers is underway.

Recently one Russian magazine has come out with an article on me. Some physiatrist doctors have started using this HRM phenomenon to cure sad disease and many are finding it an easy method to control obesity. Slowly but steadily and surely sun energy is becoming a sure cure for everything. It is an answer to hunger and obesity. It is all in all. HRM

**TEV Question 6:**

**What would you like to show or tell the world? What mark or impact would you like to make on human history?**

HRM Response: The HRM phenomena is a freedom struggle for humanity. Nations are independent but we the human beings are not independent and we are ruled by the kingdom of dependency. We want always a third medium to help us. With HRM phenomena you are your own master. You live happily and die happily and make your life after death also happy. You achieve everything you desire without harming others and without depending on others. Human welfare is easily achieved and this ultimately leads to eternal world peace. So HRM phenomena are a freedom struggle for human welfare and world peace.

**TEV Question 7:**

**Lastly, what do you feel are the global benefits of solar nourishment on our world and our future?**

HRM Response: Global healing in all directions is the global benefit. There will be peace, peace and peace everywhere. No energy crisis because sun energy will never end. No pollution because sun energy never produces pollutants. No obesity and no hunger. No AIDS and no cancer. All will be mentally, physically and spiritually fit. Total Health will rule the world. I see a world with human welfare and world peace. Yes we are moving towards the golden age of satyayuga, from present kaliyuga, from bad to eternal good.

*(I have done my best to answer your questions and you have a right to correct its spelling grammar etc and since you know me you can put everything to public in a proper way. Thanks and with love light and laughter and with kind regards HRM) ~ Jasmuheen.*

Source: The Cosmic Internet Academy  
[www.selfempowermentacademy.com.au](http://www.selfempowermentacademy.com.au)



## CHAPTER 6 ARTICLES PUBLISHED

### NASA TO STUDY MAN WHO SURVIVES ON LIQUIDS AND SUNLIGHT

June 30 2003

An Indian man, who claims to have survived only on liquids and sunlight for eight years, has been invited by NASA to show them how he does it. Hira Ratan Manek - also known as Hirachand - a 64-year-old mechanical engineer who lives in the southern state of Kerala, apparently started disliking food in 1992, the *Hindustan Times* newspaper reported.

In 1995, he went on a pilgrimage to the Himalayas and stopped eating completely on his return. His wife, Vimla, said: "Every evening he looks at the sun for one hour without batting an eyelid. It is his main food. Occasionally he takes coffee, tea or some other liquid."

Last June, scientists from the US space agency verified that Manek spent 130 days surviving only on water, the report said. They even named this subsistence on water and solar energy after him: The HRM (Hira Ratan Manek) Phenomenon.

Mr. Manek is now in the US to show NASA's scientists how he survives without food. The US space agency hopes to use the technique to solve food storage and preservation problems on its expeditions, the report said.

Mr. Manek said he "eats through his eyes" in the evening, when the sun's ultraviolet rays are least harmful. He and his wife claim the technique is totally scientific. However, doctors warn that staring at the sun can make you blind.

His wife said: "He has a special taste for sun energy. He believes only 5 per cent of human brain cells are used by most people. The other 95 per cent can be activated through solar energy. **DPA** ☼"



## LIVING ON LIGHT

What would you say if I told you that I actually met someone who is literally "living on light"? Someone who says he has no need for food anymore? Someone who actually has been under medical supervision in a hospital in the US for 120 days, during which he consumed no food, only drank water and still went about his normal activities? What if he has actually, at one time, lived for 414 days without food, and then able to climb a hill to offer prayers at a temple on the top, and that too get up there faster than someone who was eating and drinking as usual?

You would think that either I was crazy or that this person was a great conman. Unfortunately, neither of these is true. I have met this person his name is Hira Ratan Manek in Bombay last wee. Let me tell you his story.

Mr. Manek is about 60 years of age. He has been researching the subject of drawing nourishment DIRECTLY from the sun, instead of getting it "second-hand" as he says, by eating plants, or "third-hand" by eating animals that eat plants. After ten years of study and experiments on himself, he has perfected a simple method that works.

His belief is that we don't need food, we need the energy food provides, which in turn it has derived either directly or indirectly from the sun. He says that if you can tap the source directly, there is no need to eat any food any more. But living without food is not the basic objective. That is only a side issue. It just happens, your hunger goes down until you no longer feel hunger or fatigue and can live without food but this is not what we are getting at. The basic objective is to live a happy, peaceful, healthy life, free of all mental ailments, tensions and physical problems and diseases. All this can be achieved by the simple expedient of sun-gazing. Of course, there is a specific method he has prescribed, that has to be followed in order to get the results and ensure that no harm is done to your eyes. Few more things are very important:

- The whole thing has to be done regularly i.e. every day. You can do it for 3,6 or a maximum of nine months. It should be stopped after nine months, because then it is no longer required to do it any more.
- The "auto-suggestion" to be given to yourself, when you are doing it, is that the sun is the provider of energy, the divine healer and that the sun-rays are healing yourself. You must believe in this implicitly. Any skepticism or doubt will cause the system not to work
- You must surrender yourself to the divine force of the sun, and let it do its work on you. You need not do anything else except surrender. This attitude of surrender, of dropping your ego, is important. You are not doing anything or getting anything out of the sun. It is giving it to you, if you surrender to it.

If you are interested in the exact method, email Mr. Manek directly at [hiraratanmanek@yahoo.com](mailto:hiraratanmanek@yahoo.com)... He travels extensively, both in India and in the US, so may not reply immediately. He has already given 60+ lectures in the US on this topic and he has been examined by the Indian Government, defense forces etc to see how this miracle is happening.



I have seen a few conmen in my life and my spiritual guide, Ganoba Date, has seen many more, including many men "pretending" to be enlightened. He came along with me to meet Mr. Manek, and he too was convinced that he is genuine. Why?

- He is not trying to sell us anything. There is no vested interest, no financial involvement
- He does not claim that he has done something special or that he is something special. He says we all can do what he has done, and in fact that many people have and are doing it
- He freely parted with the information, on his technique, without asking for anything in return, no money, no respect, no need to become his disciple, nothing at all
- He is not egoistic, and a very simple person.
- He does not claim that he did anything, or that this process does anything. All he says that, if you surrender to this divine energy, it just happens.

So it has happened with him. He no longer feels the need for food. Occasionally he drinks a cup of tea, coffee or buttermilk, for "hospitality purposes" when he is entertaining guests. He feels little or no fatigue, and sleeps just for a couple of hours a day. Sometimes he goes for a whole week without sleep and without ill effects. He has no bowel movements unless he has something to eat, which is very occasionally. He is normal in appearance, slim, but not very thin, his eyes and face are radiant, and he is active, living an ordinary life. Doctors have observed him and observed the phenomenon and they accept this is happening, but cannot explain it, at least not as per the laws of the science they know.

Funnily enough, I wrote about Mr. Manek several months ago, in one of my earlier newsletters, when I read about him in a newspaper article. Now I was lucky enough to meet him, thanks to my friend Manju. Since I have an eye problem, he suggested an alternate method for me, which he assured me will heal my eyes, that are suffering from what has been diagnosed as an "untreatable" and "incurable" problem macular degeneration. I have started the practice and I will keep all of you posted of the progress ✨



## **WORLD WATCH: INDIAN MAN LIVES ON SUNLIGHT**

NEW DELHI -- Forget those fad diets and low-fat foods. If you want to control hunger pangs, just stare at the sun. That's the advice of a 65-year-old Indian man who claims he has not eaten solid food since 1995.

Hira Ratan Manek, a mechanical engineer from the southern Indian state of Kerala, said all he needed to survive was solar energy, the Asian Age newspaper reported yesterday.

The newspaper quoted him as saying: "Solar energy absorbed through the eyes eliminates mental illness, physical illness, spiritual ignorance and makes life happy and peaceful." -- Sapa-DPA

### **Solar-powered Indian man says he doesn't need food**

An Indian man who claims not to have eaten solid food since 1995 says he gets all of the energy he needs from the sun.

Hira Ratan Manek, 65, from Calicut in Kerala, says he has conquered hunger by absorbing solar energy through his eyes.

He believes people can induce changes in their bodies by gazing at the sun every day during the first hour of sunrise or last hour of sunset while standing barefoot on the ground.

He said: "After a few days of practice, you will feel the energy entering the body through the eyes. By receiving the sun rays through the eyes, the brain gets charged and brings out its unutilized powers."

The mechanical engineer underwent a 411-day fast beginning January 1, 2000 under the observation of doctors in Ahmedabad, and had lived without food for 211 days prior to that.

It is reported he has not eaten solid food since 1995.

Mr. Manek told The Asian Age: "Solar energy absorbed through the eyes eliminates mental illness, physical illness, spiritual ignorance and makes life happy and peaceful.

"One's hunger just disappears. It also activates the dormant human brain and awakens the infinite powers in human beings."



***TIMES OF INDIA***  
**HIRA RATAN MANEK: ENGINEER USES SUN TO CLAIM  
VICTORY OVER HUNGER**  
**30 Dec. 2000**

Endocrinologist's update - July 13, 2001 - see report following this newspaper article  
By A Staff Reporter:

AHMEDABAD: Can the human body turn into a photovoltaic cell and convert the rays of the sun into energy? Sixty-four-year-old retired mechanical engineer Hira Ratan Manek claims it can. For the past 364 days, he claims he has not swallowed a single morsel of solid, living only on some boiled water and the star closest from the earth.

"We humans live primarily on secondary solar energy as the plants which we consume depend heavily on the sun to grow," Manek, a Kutchi living in Coimbatore, says. "All you need to do is learn to absorb from the primary source of solar energy."

To ensure that Manek's story does not sound like a fairy tale, there are an array of doctors from the Health Care International Multitherapy Institute and the Jain Doctors Association who have been monitoring his health from two days before the fast started, which will last up to February 15 to complete 411 days.

The method of becoming a solar cooker is quite simple. According to Manek, you start by looking straight into the rising morning sun for only a few seconds. Slowly you increase the time to minutes reaching up to 30 to 35 minutes. "If you do it gradually, your eyes will not be damaged and help in charging your brain with solar energy."

Manek adds that once you go above 15 minutes, your desire for food slowly diminishes. "It is victory over hunger, not its suppression." At 30 to 35 minutes, the human brain starts developing the capacity to store solar energy. "All you need to do is take a walk barefoot for about 40 to 45 minutes in the sun everyday to recharge the energy."

Claims Manek, "Only through this process can man achieve complete freedom or Moksha. You rid yourself from physical and psychological ailments. Psychosomatic ailments out of stress become a distant dream.

But more importantly you develop a corona of energy around you. As this energy field becomes stronger, diseases don't harm you. Even your worst enemy will become harmless."

Eminent neuro-physician Sudhir Shah, who has been monitoring Manek's health with a team of doctors, says, "What we have is not 100 per cent science, but hypothesis. However, we believe that this is a chronic case of adaptation syndrome where the body reduces its demand for energy after 16 to 30 days of fasting. This is done by downing the regulation of receptors."

Shah does not rule out the possibility that the temporal lobe in the human brain, which is believed to control Para psychic activity like the sixth sense, may have been activated due to this process. All other parts of the brain including the hypothalamus, the pituitary glands and the medulla oblongata have shown no signs of changing.

For Manek, a Shwetambar Jain, the fast has both religious and scientific connotations. "All this search for a microchip to insert in the human brain to store loads of information and increase memory is ridiculous," he says. "We don't even use 10 per cent of it. But once charged, its capacity is increase manifold. In fact, enlightenment in spiritual terms is nothing but 100 per cent use of the brain!"

Hira Ratan Manek a 63 year old mechanical engineer and a Gujarati businessman, who has done fasting for 211 days during 19th June 1995 to 15th Jan 96, has started yet another fast for 411 days from 1st January 2000.

### **Shri Hira-Ratan-Manek**

#### **Fasting for 411 days with Scientific & religious approach under the direct Supervision of team of Expert doctors.**

Hira Ratan Manek is following the Jain way of fasting and he takes only water after sunrise & before sunset from 1st January - 2000. He became famous during 1996 when he started a fast for 211 days with only water. The fast which he started was aiming to the prosperity of the world ended in the Jain temple situated in the Gujarat.

The medical team is led by HealthCare International Multitherapy Institute & Jain Doctors Federation jointly. It is fully supported by Jain Yuvak Mahasangh President Dr. Jitubhai Shah.

"We came to know about his fasting of 211 days through Dr. Laxmiben Khona and Chandrahas Khona of Ahmedabad & so we invited him in our conference to explain his aim of fasting and his feeling during fasting." Said Dr. P.G.Shah the president of Health Care International Multitherapy Institute who organized the above conference. He informed that during the First International conference on Multiple Healing Systems which was held at Ahmedabad during 4-6 December 1998, Hirabhai declared that he will be on fasting from 1st January 2000."

Doctors Observing Shri Hira Ratan Manek

Dr. K.K.Shah

Dr. P.G.Shah

Dr. P.D.Doshi

Dr. H.C.Mehta

Dr. Sudhir Shah

Dr. Viresh Patel

Dr. Nalin Gheewala

Dr. Hamendra Modi

"Earlier, he was used to do small fasts which leads 10 to 20 days. But, when he completed the 211 days fast, his weight was reduced by 41 kg. and the Sugar level (Glucose) was lowered to 43. Medical Science says that when the glucose level of a human being decreasing below 50, then the situation becomes dangerous, even though in his case nothing has append." Said Dr. P.D.Doshi the secretary of Health Care International Multitherapy Institute. Hirabhai was ready to go for continuous medical checkup during his fasting from 1st January 2000 onwards. So we took up the challenge and asked him to stay at Ahmedabad during this period He agreed for the same so now we are doing medical check up jointly with Jain Doctors Federation.

"After the successful completion of the fast, he was living with 9 types of liquids only. Food and fruits were totally avoided. Subsequently he started dropping liquids one by one and from 1st January 2000 he is on fasting. He is not taking anything except water. This water will be taken only after boiling and that too from sunrise to sunset.

He, who is also a member of the Solar Energy Society of India, has been proved that human being can live depending on Solar Energy months together without taking any other food. He has completed 100 fasts on 9th April and he would like to study the importance of the solar Energy in the human Body.

### **Shri Hira-Ratan-Manek**

#### **At First International conference of HCI**

"Fasting is a method of curing the meditation of mind and body which has been proved by great Jain monks, sanyasis and munis of ancient times. There is a need to propagate these methods during this age of increasing diseases of the body and mind due to overconsumptions and increasing with fasting would

help maintain perfection. Says Dr. K.K.Shah the past president of Indian Medical Association and the present president of Jain Doctors Federation. Hirabhai has completed 166 fasts on 14th June 2000 and we are very much satisfied with his health Initially his weight was 77 kgm which has now reduced up to 62kgm. All other parameters are normal. We are keeping daily record of pulse, temp, blood pressure, water intake, urine output, weight, hours of sleep etc. Blood & Urine examination, ECG etc. done regularly. Investigations like T.C., D.C., Hb, blood urea, serum creatinine, serum acetone, lipid profiles etc is done.

Solar power could sustain you for days together without food and it has now been scientifically established that all other sources of energy will get dried up sooner or later. I have been trying to evolve a lifestyle based on effective uses of solar energy, reduced consumption and perfect mental calm through meditation which would solve many of the problems now threatening human existence," Hirabhai said.

"The aim of fasting is to break all caroms & to achieve Mecca." But apart from that it gives your body & mind inner strength & calmness. I believe that during fasting the solar energy provides energy to the body and if you can get energy from the Sun directly you need not eat any food says Hirabhai.

He was staying at kachhi Jain Samaj-Paldi, Ahmedabad. with free accommodation during 27th December-99 to 5th April-2000. Then he was at Dr. P.D.Doshi's Hospital- Sharda Hospital, Asarwa, Ahmedabad during 6th April to 6th May-2000. With free accommodation. From 7th May he is at Shri Popatlal Doue's house.

Free accommodation is given to Shri Hirabhai by Shri Popatbhai Dave & Ullasbhai Dave for which all members of Health Care International Multitherapy Institute & Jain Doctor Federation are very thankful to them.

Shri Hira-Ratan-Manek's current address:

2, Parag Society, C/o, Shri Popatlal Dave, Nr. Opera Jain Vpashrya  
New Vikasgruh Road, Ahmedabad-7.

Health Care International Multitherapy Institute.  
President : Dr. P.G.Shah pH.: 079-6620472.  
Secretary : Dr. P.D.Doshi pH.: 079-2134551

Jain Doctors Federation  
President : Dr. K.K.Shah pH. : 079-6578936  
Secretary : Dr. Himont Shah pH.: 079-6405201



## ENDOCRINOLOGIST'S REPORT ON HIRA RATAN MANEK

by Dr. Navneet Shah M. D. FICA (U. S. A.) Physician Endocrinologist (C) 6425566  
July 13, 2001

### The Hypothesis on prolonged fasting

This is unique. You will agree that such a prolonged continuous Jain fasting for religious (the spreading of Ahimsa and other high mottos) and scientific purposes (to create awareness about Sun-energy) and also aimed at a solution of four-way human crisis (physical, mental, food and neurological) under scrupulous daily medical supervision is unheard of. It's just fantastic, and absolutely amazing, but this is not a myth. It's not happening in Himalayas or distant jungles. It is happening in Ahmedabad, Gujarat (India) in the continuous presence of public and under strict medical check and supervision by expert doctor team.

There is no reason to be skeptical. One may personally come and check and scrutinize. We doctors have done all these months and fellow men have been staying with him all throughout. And also several visitors see him throughout the day and night. Mr.Hira Ratan Manek has completed a 411 day fast successfully on 14th Feb 2001. It started from 1.1.2000. He was on total fasting as per Jainism. He was consuming boiled water daily only between 11 a.m. to 4 p.m. no other liquids and just no other food, No IV or IM injections. He was completely kept isolated while under strict observation.

Medical checkup commenced a few days before fasting program and continued till today. It consists of daily written record of pulse, blood pressure, respiration, temperature, water intake, urine output, weight etc. and relevant Hematological and biochemical (basic and few advanced) tests periodically i.e. monthly or fortnightly. ECGs are taken regularly, Ultra Sonography, EEG, CT.Scan and M.R.I. Brain have been taken at the end of one year and a team consisting of general practitioner doctors, physicians, surgeons, cardiologists, endocrinologist and a neurologist have been examining regularly and periodically from first day of fasting. Except for loss of 19 kgs weight, (which is now stable with no further weight loss for 3 months) a slight reduction of pulse rate and B.P. and definite reduction of respiratory rate (from 18 it is now 10/minute) amazingly, there is no medical abnormality. Even the brain and mental capacities are absolutely normal. There are hardly any findings. He has stopped passing stool after 16th day of fasting and urine output is maintained at around 600 to 800 c.c. His blood sugar is 60 to 90. There is no acetone. The rest of the other parameters are normal.

It is just amazing. Isn't it? But how do we hypothesize it? How does science look at it? As per science, under normal circumstances of prolonging starvation, (under accidental situation or extraordinary situation,) human beings lose weight fast. First fat is utilized. Ketones appear in urine in first week. Then proteins are burnt. Before that, the person becomes dull, lethargic and irritable, his logic reasoning fails and vital parameters fall and within 8 to 10 weeks, as per science the physical existence will be challenged. Here there is no such ill effect. How do we explain this? How does his energy mathematics works? How is he still so intact with normal intellect, normal mental, function? Though so far there is no solid thesis (as this is the first event in the world under medical supervision), there has to be some logical, scientific hypothesis. It explains quite a bit, but also leaves few questions unanswered, for all of us to further analyze. It also opens, at the same time, several new avenues for the coming time to work upon it. (e.g. issue of obesity).

This hypothesis has four basic steps to explain energy-metabolic mathematics. i.e.

1. Reducing calorie requirement by chronic adaptation.
2. Deriving basic energy from cosmic source-chiefly, 'sun energy'.
3. Utilizing the energy in the efficient way and recycling the same in his body.
4. Genetically or phenotypically a different body disposition.

(1) Chronic Adaptation Syndrome: As the body and the mind adapts to chronic stress in a healthier way, as compared to acute stress, similarly body's adaptation must be different to chronic fasting (beyond 30

days) as compared to acute fasting (e.g. 3 to 15 days). No body knows which is the exact point, where body adapts chronically, but 30 days sound reasonable time though it may vary individually. This is some kind of hibernation, so to say. The routine calorie mathematics sounds logical and quite applicable to acute fasting where fats break up first, ketones appear in urine and weight loss starts; muscle mass reduces and vital functions and mental capacity may start slowing down. Thus in acute fasting, energy dissipated must come from stored sources of body to match 1:1 ratio of calorie consumption against utilization. In chronic adaptation; the metabolism of body must slow down. The body needs are reduced to the minimum. This is possible by down regulation of cellular and receptor function. There is thus altering the energy metabolism to the lowest possible. Oxygen and water are supplied to cells as basic things. At this stage, the hunger center will become depressed satiety center will be activated. So there will not be any feeling of hunger or food craving. It may be possible for such an individual to do routine activity with very low amount of energy or calories as 500-600 calories, to sustain cellular metabolism.

(2) Deriving Energy from Cosmic source - Solar Energy: Whatever low amount of energy, that is required, must come from some source. He is only on boiled water-which as per science as having hardly any caloric value. or does it really supply some energy? Most likely, he is drawing energy from cosmic energy - Cosmic Sources. Hence more correctly it is energy mathematics rather than calorie mathematics; a concept worth understanding.

Out of all cosmic sources, the SUN is the most powerful and readily available source and has been used for energy, by sages and Rishis since ancient time, including lord Mahavir, Tibetan lamas and other Rishes. Again, how the SUN energy is received. The Brain and the mind are the most powerful recipients in human body. The retina and the pineal gland (the third eye or the seat of soul as per Rene Descartes) are equipped with photoreceptor cells and may be considered photosensitive organs. As plant kingdom thrives on chlorophyll and photosynthesis, directly dependant on the Sun, similarly some photosynthesis must be taking place when we hypothesize Sun energy.

Through complex ways and distinct pathways this energy must enter the body. There is a pathway from the retinas, to the hypothalamus, called the retinohypothalamic tract. This brings information about the dark and light cycles to suprachiasmatic nucleus (SCN) of the hypothalamus. From the SCN, impulses along the nerve travel via the pineal nerve (Sympathetic nerves 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 (or the third eye) is therefore a photosensitive organ and an important timekeeper for the human body. The unexplored process of energy synthesis and transformation from the sun energy perhaps partly occurs here.

While going through the details of recent scientific literature and also comparing it with ancient Indian spiritual texts, as well as western occult and new age, the following things are apparent. The activation of pineal gland is the key step in psychic, spiritual and energy transformation processes. Here in this gland, energy processing and re-distribution occurs. Pineal gland is the commander of all endocrine glands, therefore controlling the humeral system. It also regulates the circadian rhythm, sleep wake cycle and it also slows down the aging process. It has psychic properties and is the seat of soul or mind - so called the third eye. It is the Agna (Ajna) chakra of tantric system. Its activation can be done with prolonged yoga & meditation techniques or through practice of solar energy. The later does not use classic yoga steps. Pineal also inhibits growth & metastasis of some tumors. It has a stimulatory effect on the immune system. In birds and other animals, it has a magnetic material and is therefore the navigation center in birds.

Scientists are looking at magnetic, navigatory properties of pineal gland in humans. So pineal activation and charging through solar energy is the vital step and that is the doorway of energy highway. This may be Kundalini Shakti activation, in other words. Normal Pineal gland measures 6 x 8 mm in human body. As per C.T.Scan & MRI Scan reports of Mr. Hira Ratan Manek. it is 8 x 11 mm (enlarged). This may indirectly support the important role of pineal gland in energy transformation. However it may be mentioned, that anatomically enlarged gland does not necessarily always mean hyper function.

Ever since mankind has started ignoring the psychically and Spiritually equipped pineal gland it has fallen on merely physical-material plane and endless pains have fallen on mankind. Mankind must now relearn to activate pineal and the other psycho-spiritual bodies either through cosmic energy dynamics or through practice of Rajyoga or the Tantric ways or other such practices. Kundalini Shakti is said to be activated through these and happiness and bliss with peace are bound to follow. This light energy may be transformed into electrical, magnetic or chemical energies in body. Once processed, this energy must be transported and must be stored somewhere. Actually the ultimate form of all energy is light. Energy and light can be transformed into matter and back again to energy. Hypothalamus is the commander of autonomic nervous system and Pineal gland is in proximity to autonomic nervous system, so it is logical that new energy transportation may either activate this system or it may use this system as vehicle.

Parasympathetic nerves & its hormones & chemicals may be more useful than sympathetic system. As sympathetic system increases body needs (e.g. thinking, fighting stress, excitement etc.), parasympathetic system is known to reduce the energy needs. It keeps the person serene and at mental peace and alters the metabolic requirements to a lower state and puts it to sleep. There may be other hormones or chemicals too. 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. Deep into the limbic systems or in the parts of medulla oblongata, this energy may ultimately be stored and from time to time, may be recalled, charged or recycled. Medulla oblongata has all vital centers and therefore can be proposed as store of vital energy.

Thus there are energy receivers or receptors, processors analyzers, transformers, storers etc. to explain the energy logistics. As this form of energy mathematics is different from what we conventionally are used to in form of food and calorie mathematics; we will call this micro-food or mind utilization food (Manobhakshi Aahar {Ttu\_ûte ynth). Here, we have talked about the Sun energy, but one may use any source from the cosmos, i.e. air, water, plants, earth etc. This may be called Surya vigyan, but equally there is Chandra vigyan and Vanaspati vigyan as mentioned in our ancient texts.

Also apart from retina & pineal gland, skin and other senses may be responsible for receiving the energy. In short, this opens up tremendous possibilities. This micro-food can solve the food crisis on earth and in fact is the only possible food in present context for somebody who wants to be a long-term space traveler or planet traveler. Amazing! It is time to note, that our routine food is not the only source to sustain the body. The role of mind: Whatever said, in this step, (i.e. the step II of deriving the energy from the sun and transforming it in body.) the mind may play the crucial role. It is well known that the mind has enormous capacity, (the soul has even further or infinite capabilities). Through Sun Tratak & Meditation, tremendous capacities are born which will bring tranquility to mind and also slow down metabolism, as mentioned in step I.

Mind can do every thing including so-called miracles. It can revitalize body, it can heal diseases, it can know things in advance and it can manipulate laws of physics. Its unclear till this date whether mind is a separate entity or the pineal gland itself. The faith and blessings from Yogis and Gurus have their own roles sustaining ones self in adverse situations. On religious days, under high spirits and a cultivated atmosphere, a few people surprisingly do unusual things like walking on fire or piercing pointed swords, through their bodies without damaging themselves. If similarly, some does fasting, these phenomena may help to pull him/her through the period of physiological problems till one enters chronic adaptation phase.

(3) Energy Economy in efficient ways and re-cycling the energy in his own body: Those who are chronically deprived of energy learn to utilize the available energy in more efficient ways - so that even at the low energy state body metabolism and vital functions including nervous system do not suffer. This is quite logical and one can imagine this happening in the individuals caught in natural calamities, or those left alone in the sea or survivors of high altitudes after plane crash etc. managing to live for several days or weeks, without food. Also, one can hypothesize that these people may be recycling the energy in their own bodies. This may be done, through complex mechanisms, involving neural & humeral organs. Solar energy, dissipated through body may get absorbed into the earth and while walking bare footed on the soil, standing in the sun, may help absorbing this energy through skin of toes, sole of feet as Shri Hira

Ratan Manek does regularly and always preaches to do so to recycle the energy. This may be related to the principals of acupressure or reflexology.

(4) Genetically or phenotypically a different body predisposition: We should also examine this aspect carefully, as this leaves scope for an important discussion - whether each and every individual can use sun energy and if so, so efficiently? Only time can answer this. But it is possible that each individual has a different genetic code and also each body has different physical capabilities. Hence, one may be able to receive this Solar energy more readily, can transform & store it in a better way and also can utilize more efficiently and even recycle it - while another person may not be able to do it to the same extent. Hence, experiments, must be taken up, if possible on a randomized base upon volunteers with control population. However, leaving this component aside for the time being, it is possible that many people can do this experiment very successfully under supervision. Prior body checkup and particularly retinal-ophthalmic checkup is mandatory and under strict medical guidance, a graded time bound experiment upon volunteers may be taken up.

If this theory can be generalized, then it can change the destiny of mankind. First of all, the food crisis will be solved. Through activation of this supreme energy in body and transforming it into electrical, chemical and magnetic forms, people can not only become free of diseases but can gain positive health with a vibrant aura. His luster can impress even enemies the enemy may dissolve. With improvement of mental & intellectual capacities one may be able to use brain power up to 90 to 100 %, as against to 3 - 10% as we normally do. There will be reign of peace and prosperity. As there is no food, the bad thoughts and ill feelings will be stopped, so eternal peace is bound to follow.

This will also question the routine common calorie mathematics. By this, there is a challenge to the routine calorie based science. Its limitations are highlighted, at the same time the complex issues of obesity and malnutrition can be readily explained through the concept of solar energy. It is possible that obese people, though not eating excess food, still receive energy from cosmic sources explaining their obesity. The concept of cosmic energy can be used thus for total uplift of mankind at physical mental, intellectual, supramental and Spiritual levels. Extensive scientific research work therefore should be immediately taken up, by appropriate authorities, including bioscientists & medical personnel, to answer all these issues.

( Ref. case study of Mr. Hira Ratan Manek : 411 fast : 375 fast completed on 9-1-2001.)

Dr. Sudhir V. Shah M.D., D.M. Neurophysician 206-8, Sangini Complex, Nr. Parimal Crossing, Ellisbridge, Ahmedabad-380 006. Ph. : (c) 079-646 70 52 (R) 079-662 17 42. Hon. Neurologist : H.E. The Governor of Gujarat, India. President : Asso. of Physician of A'bad. (97-98) Hon. Asst.Prof. of neurology : Sheth K.M School of PGMR Smt. N.H.L. M.M College Hon. Neurologist : V.S.Hospital, Ahmedabad. Jivraj Mehta Smarak Hospital I acknowledge suggestions & help received for this hypothesis.. From : (1) Dr. Navneet Shah M.D. FICA (U.S.A) Physician Endocrinologist (C) 6425566. (2) Dr. Gargey Sutaria (M.D.) & Dr. Kalpesh Shah (M.D.) Radiologist Usmanpura C.T.Scan Centre. Clinical Assistant : Dr. Nalin Gheewala M.D. Physician. Dr. K.K. Shah M.S. Surgeon. Dr. Viresh Patel M.D. Physician. Dr. P.G.Shah M.B.B.S. Family Physician. Dr. P.D.Doshi M.B.B.S. Family Physician.



## CHAPTER 7 REFERENCES TO THE SUN IN SACRED TEXTS

### MAHABHARATA: SECTION III FROM THE HINDU TRADITION

"Vaisampayana said, 'Yudhishtira the son of Kunti, thus addressed by Saunaka, approached his priest and in the midst of his brothers said, 'The Brahmanas versed in the *Vedas* are following me who am departing for the forest. Afflicted with many calamities I am unable to support them. I cannot abandon them, nor have I the power to offer them sustenance: Tell me, O holy one. what should be done by me in such a pass.'

"Vaisampayana said, 'After reflecting for a moment seeking to find out the (proper) course by his *yoga* powers, Dhaumya, that foremost of all virtuous men, addressed Yudhishtira, in these words, 'In days of old, all living beings that had been created were sorely afflicted with hunger. And like a father (unto all of them), *Savita* (the sun) took compassion upon them. And going first into the northern declension, the sun drew up water by his rays, and coming back to the southern declension, stayed over the earth, with his heat centered in himself. And while the sun so stayed over the earth, the lord of the vegetable world (the moon), converting the effects of the solar heat (vapours) into clouds and pouring them down in the shape of water, caused plants to spring up. Thus it is the sun himself, who, drenched by the lunar influence, is transformed, upon the sprouting of seeds, into holy vegetable furnished with the six tastes. And it is these which constitute the food of all creatures upon the earth. Thus the food that supporteth the lives of creatures is instinct with solar energy, and the sun is, therefore, the father of all creatures. Do thou, hence, O Yudhishtira, take refuge even in him. All illustrious monarchs of pure descent and deeds are known to have delivered their people by practising high asceticism. The great Karttavirya, and Vainya and Nahusha, had all, by virtue of ascetic meditation preceded by vows, delivered their people from heavy afflictions. Therefore, O virtuous one, as thou art purified by the acts do thou likewise, entering upon a file of austerities. O Bharata, virtuously support the regenerate ones.'

"Janamejaya said, 'How did that bull among the Kurus, king Yudhishtira, for the sake of the Brahmanas adore the sun of wonderful appearance?'"

#### [108 Names of the Sun]

"Vaisampayana said, 'Listen attentively, O king, purifying thyself and withdrawing thy mind from every other thing. And, O king of kings, appoint thou a time. I will tell thee everything in detail, And, O illustrious one, **listen to the one hundred and eight names (of the sun) as they were disclosed of old by Dhaumya to the high-souled son of Pritha. Dhaumya said, 'Surya, Aryaman, Bhaga, Twastri, Pusha, Arka, Savitri. Ravi,**

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Gabhastimat, Aja, Kala, Mrityu, Dhatri, Prabhakara, Prithibi, Apa, Teja, Kha, Vayu, the sole stay, Soma, Vrihaspati, Sukra, Budha, Angaraka, Indra, Vivaswat, Diptanshu, Suchi, Sauri, Sanaichara, Brahma, Vishnu, Rudra, Skanda, Vaisravana, Yama, Vaidyutagni, Jatharagni, Aindhna, Tejasampati, Dharmadhwaaja, Veda-karttri, Vedanga, Vedavahana, Krita, Treta, Dwapara, Kali, full of every impurity, Kala, Kasha, Muhurttta, Kshapa, Yama, and Kshana; Samvatsara-kara, Aswattha, Kalachakra, Bibhavasu, Purusha, Saswata, Yogin, Vyaktavyakta, Sanatana, Kaladhyaksha, Prajadhyaksha, Viswakarma, Tamounda, Varuna, Sagara, Ansu, Jimuta, Jivana, Arihan, Bhutasraya, Bhutapati, Srastri, Samvartaka, Vanhi, Sarvadi, Alolupa, Ananta, Kapila, Bhanu, Kamada, Sarvatomukha, Jaya, Visala, Varada, Manas, Suparna, Bhutadi, Sighraga, Prandharana, Dhanwantari, Dhumaketu, Adideva, Aditisuta, Dwadasatman, Aravindaksha, Pitri,

**Matri, Pitamaha, Swarga-dwara, Prajadwara, Mokshadwara, Tripistapa, Dehakarti, Prasantatman, Viswatman, Viswatomukha, Characharatman, Sukhsmatman, the merciful Maitreya.** These are the hundred and eight names of Surya of immeasurable energy, as told by the self-create (Brahma). For the acquisition of prosperity, I bow down to thee, O Bhaskara, blazing like unto gold or fire, who is worshipped of the gods and the *Pitris* and the *Yakshas*, and who is adored by *Asuras*, *Nisacharas*, and *Siddhas*. He that with fixed attention reciteth this hymn at sunrise, obtaineth wife and offspring and riches and the memory of his former existence, and by reciting this hymn a person attaineth patience and memory. Let a man concentrating his mind, recite this hymn. By doing so, he shall be proof against grief and forest-fire and ocean and every object of desire shall be his.'

"Vaisampayana continued, 'Having heard from Dhaumya these words suitable to the occasion, Yudhishtira the just, with heart concentrated within itself and purifying it duly, became engaged in austere meditation, moved by the desire of supporting the Brahmanas. And worshipping the maker of day with offerings of flowers and other articles, the king performed his ablutions. And standing in the stream, he turned his face towards the god of day. And touching the water of the Ganges the virtuous Yudhishtira with senses under complete control and depending upon air alone for his sustenance, stood there with rapt soul engaged in *pranayama*. <sup>1</sup> And having purified himself and restrained his speech, he began to sing the hymn of praise (to the sun).'

### [Prayer to the Sun]

'Yudhishtira said, "Thou art, O sun, the eye of the universe. Thou art the soul of all corporeal existences. Thou art the origin of all things. Thou art the embodiment of the acts of all religious men. Thou art the refuge of those versed in the *Sankhya* philosophy (the mysteries of the

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soul), and thou art the support of the *Yogins*. Thou art a door unfastened with bolts. Thou art the refuge of those wishing for emancipation. Thou sustainest and discoverest the world, and sanctifiest and supportest it from pure compassion. Brahmanas versed in the *Vedas* appearing before thee, adore thee in due time, reciting the hymns from the respective branches (of the *Vedas*) they refer. Thou art the adored of the *Rishis*. The *Siddhas*, and the *Charanas* and the *Gandharvas* and the *Yakshas*, and the *Guhyakas*, and the *Nagas*, desirous of obtaining boons follow thy car coursing through the skies. The thirty-three gods <sup>1</sup> with Upendra (Vishnu) and Mahendra, and the order of Vaimanikas <sup>2</sup> have attained success by worshipping thee. By offering thee garlands of the celestial *Mandaras* <sup>3</sup> the best of the *Vidyadharas* have obtained all their desires. The *Guhyas* and the seven orders of the *Pitris*--both divine and human--have attained superiority by adoring thee alone. The *Vasus*, the *Manilas*, and the *Rudras*, the *Sadhya*s, the *Marichipas*, the *Valikhilyas*, and the *Siddhas*, have attained pre-eminence by bowing down unto thee. There is nothing that I know in the entire seven worlds, including that of Brahma which is beyond thee. There are other beings both great and endued with energy; but none of them hath thy lustre and energy. All light is in thee, indeed, thou art the lord of all light. In thee are the (five) elements and all intelligence, and knowledge and asceticism and the ascetic properties. <sup>4</sup> The discus by which the wielder of the *Saranga* <sup>5</sup> humbleth the pride of *Asuras* and which is furnished with a beautiful nave, was forged by Viswakarman with thy energy. In summer thou drawest, by thy rays, moisture from all corporeal existences and plants and liquid substances, and pourest it down in the rainy season. Thy rays warm and scorch, and becoming as clouds roar and flash with lightning and pour down showers when the season cometh. Neither fire nor shelter, nor woollen cloths give greater comfort to one suffering from chilling blasts than thy rays. Thou illuminest by thy rays the whole Earth with her thirteen islands. Thou alone are engaged in the welfare of the three worlds. If thou dost not rise, the universe becometh blind and the learned cannot employ themselves in the attainment of virtue, wealth and profit. It is through thy grace that the (three) orders of Brahmanas, Kshatriyas and Vaisyas are able to perform their various duties and sacrifices. <sup>6</sup> Those versed in chronology say that thou art the beginning and thou the end of a day of Brahma, which

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consisteth of a full thousand *Yugas*. Thou art the lord of Manus and of the sons of the Manus, of the universe and of man, of the *Manwantaras*, and their lords. When the time of universal dissolution cometh, the fire *Samvartaka* born of thy wrath consumeth the three worlds and existeth alone And clouds of various hues begotten of thy rays, accompanied by the elephant Airavata and the thunderbolt, bring about the appointed deluges. And dividing thyself into twelve parts and becoming as many suns, thou drinkest up the ocean once more with thy rays. Thou art called Indra, thou art Vishnu, thou art Brahma, thou art Prajapati. Thou art fire and thou art the subtle mind. And thou art lord and the eternal *Brahma*. Thou art *Hansa*, thou art *Savitri*, thou art *Bhanu*, *Ansumalin*, and *Vrishakapi*. Thou art *Vivaswan*, *Mihira*, *Pusha*, *Mitra*, and *Dharma*. Thou art thousand-rayed, thou art *Aditya*, and *Tapana*, and the lord of rays. Thou art *Martanda*, and *Arka*, and *Ravi*, and *Surya* and *Saranya* and maker of day, and *Divakara* and *Suptasaspti*, and *Dhumakeshin* and *Virochana*. Thou art spoken of as swift of speed and the destroyer of darkness, and the possessor of yellow steeds. He that reverentially adoreth thee on the sixth or the seventh lunar day with humility and tranquillity of mind, obtaineth the grace of Lakshmi. They that with undivided attention adore and worship thee, are delivered from all dangers, agonies, and afflictions. And they that hold that thou art everywhere (being the soul of all things) living long, freed from sin and enjoying an immunity from all diseases. O lord of all food, it behoveth thee to grant food in abundance unto me who am desirous of food even for entertaining all my guests with reverence. I bow also to all those followers of thine that have taken refuge at thy feet--*Mathara* and *Aruna* and *Danda* and others, including *Asani* and *Kshuva* and the others. And I bow also to the celestial mothers of all creatures, *viz.*, *Kshuva* and *Maitri* and the others of the class. O, let them deliver me their suppliant.'

"Vaisampayana said, 'Thus, O great king, was the sun that purifier of the world, adored (by Yudhishtira). And pleased with the hymn, the maker of day, self-luminous, and blazing like fire showed himself to the son of Pandu. And Vivaswan said, 'Thou shall obtain all that thou desirest. I shall provide thee with food for five and seven years together. And, O king, accept this copper-vessel which I give unto thee. And, O thou of excellent vows, as long as Panchali will hold this vessel, without partaking of its contents fruits and roots and meat and vegetables cooked in thy kitchen, these four kinds of food shall from this day be inexhaustible. And, on the fourteenth year from this, thou shall regain thy kingdom.'

"Vaisampayana continued, 'Having said this, the god vanished away. He that, with the desire of obtaining a boon, reciteth this hymn concentrating his mind with ascetic abstraction, obtaineth it from the sun, however difficult of acquisition it may be that he asketh for. And the person, male

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or female, that reciteth or heareth this hymn day after day, if he or she desireth for a son, obtaineth one, and if riches, obtaineth them, and if learning acquireth that too. And the person male or female, that reciteth this hymn every day in the two twilights, if overtaken by danger, is delivered from it, and if bound, is freed from the bonds. Brahma himself had communicated this hymn to the illustrious Sakra, and from Sakra was it obtained by Narada and from Narada, by Dhaumya. And Yudhishtira, obtaining it from Dhaumya, attained all his wishes. And it is by virtue of this hymn that one may always obtain victory in war, and acquire immense wealth also. And it leadeth the reciter from all sins, to the solar region.'

"Vaisampayana continued, 'Having obtained the boon, the virtuous son of Kunti, rising from the water, took hold of Dhaumya's feet and then embraced his brother's. And, O exalted one, wending then with Draupadi to the kitchen, and adored by her duly, the son of Pandu set himself to cook (their day's) food. And the clean food, however little, that was dressed, furnished with the four tastes, increased and became inexhaustible. And with it Yudhishtira began to feed the regenerate ones. And after the Brahmanas had been fed, and his younger brothers also, Yudhishtira himself ate of the food that remained, and which is called *Vighasa*. And after Yudhishtira had eaten, the daughter of Prishata took what remained. And after she had taken her meal, the day's food became exhausted.

'And having thus obtained the boon from the maker of day, the son of Pandu, himself as resplendent as that celestial, began to entertain the Brahmanas agreeably to their wishes. And obedient to their priest, the sons of Pritha, on auspicious lunar days and constellations and conjunctions, performed sacrifices according to the ordinance, the scriptures, and the *Mantras*. After the sacrifices, the sons of Pandu,

blessed by the auspicious rites performed by Dhaumya and accompanied by him, and surrounded also by the Brahmanas set out for the woods of *Kamyaka*."

Source: <http://www.sacred-texts.com/hin/m03/m03003.htm>  
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**RAMAYANA**  
**FROM THE HINDU TRADITION**  
**(GITA PRESS EDITION).**

Aranyakanda, canto 6, verses 2-6:

“The Vaikhanasas, the Valakhilyas, sages who washed the utensils after their meals (keeping nothing for another time), those **who lived on the sun’ or moon’s rays** (...) these ascetics approached in the hermitage of Sarabhanga.”

Aranyakanda, canto 8, verses 3,4

“Then they – Rama, Laksmana and Sita – who were free from sins, worshipped in time the fire and other gods according to the rites, in the forest resorted to by ascetics and, **having seen the rising sun** and going to Sutiksna, uttered the following sweet words...”

Aranyakanda, canto 35, verse 15

“The coast-line was further graced by the presence of Siddhas, who had subdued their passion, and Caranas, as well as by sons of Brahma, Vaikhanasas, Masas, Valakhilyas and **Maricipas (another order of ascetics living on the sun’s rays alone).**”

Yuddhakanda, canto 27, verse 43-44

“They all stand as though they would destroy your Lanka as soon as they gaze on it. Nay, here, stands in their midst their valiant commander, widely known on earth, O king, by the name of Satabali, who, **clever as he is and desirous of victory, worships the sun-god every day.**”

Yuddhakanda, Canto 105, verses 1–31

(In this canto Sage Agastya advises Lord Rama to recite “Aditya-Hrdaya”, a collection of verses in praise of the sun god, with a view to gaining victory)

Uttarakanda, Canto 10, verses 6-9.

(Here the pious brother of the demon Ravana, worships the sun with raised arms)



## **RIG VEDA FROM THE HINDU TRADITION**

### **HYMN XXXVII. SURYA**

1. Do homage unto Varuna's and Mitra's Eye: offer this solemn worship to the Mighty God, Who seeth far away, the Ensign, born of Gods. Sing praises unto Surya, to the Son of Dyaus.
2. May this my truthful speech guard me on every side wherever heaven and earth and days are spread abroad. All else that is in motion finds a place of rest: the waters ever flow and ever mounts the Sun.
3. No godless man from time remotest draws thee down when thou art driving forth with winged dappled Steeds. One lustre waits upon thee moving to the east, and, Surya, thou arisest with a different light.
4. O Surya, with the light whereby thou scatterest gloom, and with thy ray impellest every moving thing, Keep far from us all feeble, worthless sacrifice, and drive away disease and every evil dream.
5. Sent forth thou guardest well the Universe's law, and in thy wonted way arisest free from wrath. When Surya, we address our prayers to thee to-day, may the Gods favour this our purpose and desire.
6. This invocation, these our words may Heaven and Earth, and Indra and the Waters and the Maruts hear. Ne'er may we suffer want in presence of the Sun, and, living happy lives, may we attain old age.
7. Cheerful in spirit, evermore, and keen of sight, with store of children, free from sickness and from sin, Long-living, may we look, O Surya, upon thee uprising day by day, thou great as Mitra is!
8. Surya, may we live long and look upon thee still, thee, O Far-seeing One, bringing the glorious light, The radiant God, the spring of joy to every eye, as thou art mounting up o'er the high shining flood.
9. Thou by whose lustre all the world of life comes forth, and by thy beams again returns unto its rest, O Surya with the golden hair, ascend for us day after day, still bringing purer innocence.
10. Bless us with shine, bless us with perfect daylight, bless us with cold, with fervent heat and lustre. Bestow on us, O Surya, varied riches, to bless us in our home and when we travel.
11. Gods, to our living creatures of both kinds vouchsafe protection, both to bipeds and to quadrupeds, That they may drink and eat invigorating food. So grant us health and strength and perfect innocence.
12. If by some grievous sin we have provoked the Gods, O Deities, with the tongue or thoughtlessness of heart, That guilt, O Vasus, lay upon the Evil One, on him who ever leads us into deep distress.

Source: <http://www.sacred-texts.com/hin/rigveda/rv10037.htm>



## **HYMNS TO THE SUN GOD FROM THE EGYPTIAN TRADITION**

[From the Papyrus of Ani, Sheets 18 and 19.]

The following Hymns are good, typical examples of the songs of praise and thanksgiving which were addressed to the Sun-god by orthodox Egyptians under the XVIIIth dynasty.

### **A HYMN TO RA WHEN HE RISES ON THE HORIZON AND WHEN HE SETS IN THE LAND OF LIFE.**

Homage to thee, O RA, who risest as Tem-Heraakhuti.

Thou art adored. Thy beauties are before my eyes, and thy splendour falleth upon my body.

Thou goest to thy setting in the Seqtet Boat with fair winds, and thy heart is glad. The heart of the Matet Boat rejoices.

Thou stridest over the heavens in peace, all thy foes being cast down.

The stars which never rest (*i.e.*, the planets) hymn thee, and the stars which never vanish (*i.e.*, the circumpolar stars) glorify thee as thou sinkest to rest in the horizon of Manu.

Thou art beautiful at morn and at eve, O thou Living Lord, the Unchanging One, my Lord.

Homage to thee who risest as Ra and settest as Tem in beauty.

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Thou risest and shinest on the back of thy mother [the Sky-goddess], O thou who art crowned king of the gods.

Nut (the Sky-goddess) pays homage to thee, and Maat (the goddess of Law and Truth) embraces thee at morn and eve.

Joyfully thou stridest over the heavens and the Lake of Testes (a part of heaven) is content thereat. Thine enemy Sebau is cast down headlong, his arms and hands are cut off, and thy dagger has severed the joints of his backbone.

Ra has a fair wind, the Seqtet Boat advances and comes into port.

The gods of the South, the North, the West and the East praise thee, O thou divine substance, from whence all forms of life sprang.

Thou speakest--earth is flooded with silence, O thou ONLY ONE, who didst dwell in heaven before ever the earth and the mountain came into being.

O SHEPHERD, O LORD, O ONLY ONE, Creator of what is, thou didst make the tongue of the Nine Gods. Thou hast made all that sprang from the waters, and thou shootest up from them over the land of the pools of the Lake of Horus.

Let me breathe the air which comes from thy nostrils and the north wind which is from thy mother Nut. Glorify my spirit, O Osiris, make divine my soul.

O Lord of the gods, thou art worshipped at setting in peace, and art exalted because of all thy wondrous works,

Shine thou upon my body each day.

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### **A HYMN TO RA, WHEN HE RISES IN THE EAST.**

Hail, thou Aten, thou lord of rays, who risest on the horizon day by day! Shine thou with thy beams of light upon the face of the Osiris Ani, the truth-speaker, who sings hymns to thee at dawn, and adores thee at eventide. Let his soul appear with thee in heaven. Let him sail out in the Matet Boat and arrive in port in the Seqtet Boat, and let him cleave his way among the stars that never vanish.

Homage to thee, O Her-aakhuti, who art Khepera, the self-created!

When thou risest and sendest forth thy beams upon the lands of the South and the North, thou art beautiful, yea beautiful, and all the gods rejoice when they see thee, the King of Heaven.

Nebt-Unnut (a goddess) is on thy head, her serpents are on thy head, and she takes her place before thee. Thoth stands in the bows of thy boat to destroy thy foes.

The denizens of the Tuat (Underworld) come to meet thee, they bow before thee in homage at the sight of thy Beautiful Form.

I would come before thee daily to be with thee and to behold thy Beautiful Aten (Disk). Let me be neither prevented nor repulsed.

Grant that when I look upon thy beauties my members may be made young again, even as are the members of thy favoured ones.

I am one who worshipped thee on earth. Let me enter the Eternal Land in the Everlasting Country. O my Lord, I beseech thee to decree this for me.

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Homage to thee who risest as Ra on thy horizon and restest upon Maat!

Thou passest over the sky, every face watches thy course, thou thyself being unseen. Thou showest thyself at dawn and at eve daily.

The Seqtet Boat of thy Majesty goes forth mightily, thy beams fall upon every face, thy variegated lights and colours cannot be numbered, and cannot be told . . . .

One by thyself alone didst thou come into being from the primeval waters of Nunu (or Nu).

May I go forward as thou dost advance without pause, and dost in a moment pass over untold leagues and as thou sinkest to rest even so may I.

Thou art crowned with the majesty of thy beauties, thou dost fashion thy members as thou dost advance, and dost produce them without the pangs of labour in the form of Ra, and dost rise up into the heights.

Grant that I may come into the everlasting heaven and the mountain where thy favoured ones dwell. Let me join myself to those who are holy and perfect in the divine Underworld, and let me appear with them to behold thy beauties at eventide. I lift my hands to thee in adoration when thou the living One dost set. Thou art the Eternal Creator and art adored at thy setting in heaven.

I have given my heart to thee without wavering, O thou who art the mightiest of the gods . . .

Source: <http://www.sacred-texts.com/egy/tut/tut11.htm>  
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## GAYATRI MANTRA FROM THE HINDU TRADITION

Many people choose to chant the Gayatri Mantra while gazing at the sun. This mantra has the power to invoke pure light directly into us using the power of sound.

Recognized as supreme in bestowing enlightenment, the Gayatri Mantra is a meditation on spiritual light and is known as the essence of all mantras. The Sanskrit words in this mantra embody the vibration of seven luminous spheres of light along with spiritual powers and potencies within. The purpose of the mantra is to enlighten the mind and intellect.

Thomas Ashley-Farrand, in his book, *Healing Mantras*, states, "For pure spiritual potency, the accumulation of the highest spiritual light, and attainment of enlightenment, there is nothing to compare with the Gayatri mantra...Prolonged use of the Gayatri mantra will eventually accumulate so much spiritual light in the physical body that it resists decay, even after death."

### The Gayatri Mantra:

"Om bhur bhuvah svah tatsaviturvareṇyam bhargo devasya dhimahi dhiyo yo nah prachodayat."

Defined:

Om – Brahma or Almighty God  
bhur – Embodiment of vital spiritual energy (praṇa)  
bhuvah – Destroyer of sufferings  
svah – Embodiment of happiness  
tat – That  
savituh – Bright, Luminous like the Sun  
vareṇyam – Best, Most exalted  
bhargo – Destroyer of sins  
devasya – Divine  
dhimahi – May imbibe  
dhiyo – Intellect  
yo – Who  
nah – Our  
prachodayat – May inspire.

Translation: It is a prayer to the Almighty Supreme God, Luminous like the Sun, the essence of our life existence, who removes all our sins, pains and sufferings and grants happiness; beseeching His divine grace to inculcate within us His Divinity and Brilliance which may purify us and guide our wisdom on the righteous path.

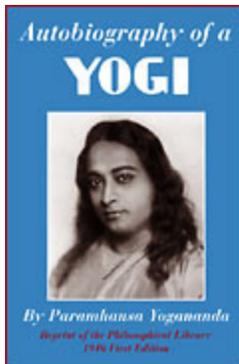
### Gayatri Mantra in Various Religions

The Meaning of Gayatri Mantra Encompasses the Teachings of All Religions

1. **Hindu:** God is the eternal source of life-force; Supreme embodiment of unalloyed bliss and Almighty destroyer of all worries and vices. Meditate upon the preeminent radiance of His pious inspiring power that will enlighten our intellect and motivate it towards the righteous path of elevation. (Rigveda 3|62|10; Yajurveda 36| 3; Samveda 1462)
2. **Jew:** 'O' Jehova (God) Guide me on the path of religion (righteousness); Show me Thou way which is straight, noble and perfect. (Old Testament-Prayers 5|8)
3. **Shinto:** 'O' Lord! Our eyes might see indecent things and vices, but our hearts (inner minds) should be free from all evils and impurities. Our ears might hear what is immoral and profane, but our hearts should not perceive anything unholy or wrong. (Japanese Preaching)

4. **Parsi:** That Supreme Master (Ahurmazda – God) is the Supreme King because of His pure intelligence and truth. Executing altruist deeds in His name makes us beloved of God. (Avesta 27|13)
5. **Dao (Taoism):** Dao (the Supreme-Self: God) is beyond all perceptions and thoughts. Righteous conduct as per His disciplines is an ideal religion. (Dao Treatise)
6. **Jainism:** Revering salutations to all the Arhantas, the Siddhas, the Acharyas, and the Upadhyays (all of whom are enlightened masters). Revering salutations to all the saintly beings. (Invocation Prayer)
7. **Buddhism:** (For ultimate peace and joy) Surrender to buddha – the enlightened awareness; Surrender to dhamma – the inner righteousness; Surrender to Sangha – the collective consciousness. (Diksha Mantra | Trisharanam)
8. **Confucius:** Must I behave not what I like others behave not. (Notable Quotes)
9. **Christianity:** 'O' Father! Please do not put us under test; Save us from all sins and evils. All the infinite power, noble prosperity and greatness is eternally Thine. (New Testament 'Matte' 6|13)
10. **Islam:** 'Ya Allah!' We pray to you only and need Thou help alone. Show us the righteous path – the path of those who are blessed with Thou light and grace, and not the (wrong) path of those who are unholy and worthy of Thy punishment. (Quran Sura: Al-Phatiha)
11. **Sikh:** "Omkar" (God) is one. Thy name is the ultimate Truth. HE is the creator of Nature, HE is Almighty, absolutely bright and brave. HE could be known only by the blessings of a noble Guru (enlightened divine intellect). (Guru Granth Sahib – Japujee)
12. **Bahai:** 'O' Lord! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being. 'O' God! I will not longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life. 'O' God! Thou are more friend to me than I am to myself. I dedicate myself to thee O Lord. (Abdu'l-Baha in "The secret of divine civilization")

Source: [www.awgp.org](http://www.awgp.org)



**PARAMHANSA YOGANANDA**  
**AUTOBIOGRAPHY OF A YOGI**  
(Original 1946 Edition)

**CHAPTER 39**  
***Therese Neumann, the Catholic Stigmatist***

Therese greeted me with a very gentle handshaking. We both beamed in silent communion, each knowing the other to be a lover of God.

Dr. Wurz kindly offered to serve as interpreter. As we seated ourselves, I noticed that Therese was glancing at me with naive curiosity; evidently Hindus had been rare in Bavaria.

"Don't you eat anything?" I wanted to hear the answer from her own lips.

"No, except a consecrated rice-flour wafer, once every morning at six o'clock."

"How large is the wafer?"

"It is paper-thin, the size of a small coin." She added, "I take it for sacramental reasons; if it is unconsecrated, I am unable to swallow it."

"Certainly you could not have lived on that, for twelve whole years?"

"I live by God's light." How simple her reply, how Einsteinian!

"I see you realize that energy flows to your body from the ether, sun, and air."

A swift smile broke over her face. "I am so happy to know you understand how I live."

**CHAPTER 46**  
***The Woman Yogi Who Never Eats***

Mother," I went on, "please forgive me, then, for burdening you with many questions. Kindly answer only those that please you; I shall understand your silence, also."

She spread her hands in a gracious gesture. "I am glad to reply, insofar as an insignificant person like myself can give satisfactory answers."

"Oh, no, not insignificant!" I protested sincerely. "You are a great soul."

"I am the humble servant of all." She added quaintly, "I love to cook and feed people."

A strange pastime, I thought, for a non-eating saint!

"Tell me, Mother, from your own lips—do you live without food?"

"That is true." She was silent for a few moments; her next remark showed that she had been struggling with mental arithmetic. "From the age of twelve years four months down to my present age of sixty-eight—a period of over fifty-six years—I have not eaten food or taken liquids."

"Are you never tempted to eat?"

"If I felt a craving for food, I would have to eat." Simply yet regally she stated this axiomatic truth, one known too well by a world revolving around three meals a day!

"But you do eat something!" My tone held a note of remonstrance.

"Of course!" She smiled in swift understanding.

"Your nourishment derives from the finer energies of the air and sunlight,<sup>7</sup> and from the cosmic power which recharges your body through the medulla oblongata."

"Baba knows." Again she acquiesced, her manner soothing and unemphatic.

#### FOOTNOTE:

7 "What we eat is radiation; our food is so much quanta of energy," Dr. George W. Crile of Cleveland told a gathering of medical men on May 17, 1933 in Memphis. "This all-important radiation, which releases electrical currents for the body's electrical circuit, the nervous system, is given to food by the sun's rays. Atoms, Dr. Crile says, are solar systems. Atoms are the vehicles that are filled with solar radiance as so many coiled springs. These countless atomfuls of energy are taken in as food. Once in the human body, these tense vehicles, the atoms, are discharged in the body's protoplasm, the radiance furnishing new chemical energy, new electrical currents. 'Your body is made up of such atoms,' Dr. Crile said. 'They are your muscles, brains, and sensory organs, such as the eyes and ears.'"

Someday scientists will discover how man can live directly on solar energy. "Chlorophyll is the only substance known in nature that somehow possesses the power to act as a 'sunlight trap,'" William L. Laurence writes in the New York Times. "It 'catches' the energy of sunlight and stores it in the plant. Without this no life could exist. We obtain the energy we need for living from the solar energy stored in the plant-food we eat or in the flesh of the animals that eat the plants. The energy we obtain from coal or oil is solar energy trapped by the chlorophyll in plant life millions of years ago. We live by the sun through the agency of chlorophyll."

Source: <http://www.crystalclarity.com/yogananda/46.asp>  
1<sup>st</sup> edition is in the public domain.

# PARAMHANSA YOGANANDA

## WHISPERS FROM ETERNITY

### A Book of Answered Prayers

1949 Edition

#### 11

##### **Prayer at Dawn.**

With the opening of the earliest dawn and the lotus-buds, my soul softly opens in prayer to receive Thy light. Bathe each petal of my mind with Thy radiant rays! I saturate myself with the perfume of Thy presence, and I wait to waft with the breeze the aroma of Thy message of love to all. Bless me, that with the spreading dawn I may spread Thy love everywhere. Bless me, that with the awakening dawn I may awaken all souls with my own and bring them to Thee.

#### 12

##### **Prayer at Noon.**

The sun shines high in the heavens: everything is fully awake. Awaken Thou me, likewise! Thou art invisible, yet Thine energy flows through the rays of sunshine. Fill my veins with Thine invisible rays, making me strong and tireless. As the sun shines in the busiest streets, may I behold Thy rays of protecting love in the crowded places of my life's activities. As the light shines steadily, undisturbed, on the street, whether crowded or empty, so may I hold my calmness and my strength steadily, while I move through the crowded or empty streets of life. Give me strength; and what I receive, teach me to share with others.

[http://www.ananda.org/news/self-realization\\_fellowship.html](http://www.ananda.org/news/self-realization_fellowship.html)

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## CHAPTER 8

# SUN GAZING RESOURCES

## ONLINE FORUM GROUPS

Currently there are four forums online for Sungazing:

### **1. Yahoo Group on Sungazing:**

<http://health.groups.yahoo.com/group/sungazing/>

This group is devoted to folks who sungaze. This practice of looking directly at the sun to take in the sun's nourishment is commonly called

sungazing, sun gazing, solar healing, solar gazing, solargazing, solarhealing, sun staring, Sun Yoga, Surya Yoga and Solar Yoga. Created in October 2003 to offer support and advice to folks who have chosen to engage in sungazing, and for sungazers to share experiences. Hira Ratan Manek has indicated that he will be actively present on this group, helping to guide and steer folks thru the practice of sungazing. Sunyogi Umasankar is also an active list member. The list operator is Vinny Pinto, a degreed scientist who has been a life-long student of deep wholistic methods of achieving greater levels of health, vitality, well-being and love. Vinny is also a mystic and a spiritual healer.

Website address: <http://health.groups.yahoo.com/group/sungazing/>

You have to become a Yahoo member before you can post and view messages. After you become a member, you can post messages, subscribe, etc at the addresses below.

For more information: [www.rawpaleodiet.org/sun-sungazing-1.html](http://www.rawpaleodiet.org/sun-sungazing-1.html)

Post message: [sungazing@yahoogroups.com](mailto:sungazing@yahoogroups.com)

Subscribe: [sungazing-subscribe@yahoogroups.com](mailto:sungazing-subscribe@yahoogroups.com)

Unsubscribe: [sungazing-unsubscribe@yahoogroups.com](mailto:sungazing-unsubscribe@yahoogroups.com)

List owner: [sungazing-owner@yahoogroups.com](mailto:sungazing-owner@yahoogroups.com)

## 2. Life Mysteries Sun Gazing Group:

[Life Mysteries](http://www.lifemysteries.com/sungazing.html) Website Address: <http://www.lifemysteries.com/sungazing.html>

Offers a new **sun gazing forum** where HRM is one of the four moderators:

<http://forums.lifemysteries.com/index.php>. Forum includes sections on Sungazing Chat, Q & A, Introduction for new members, Testimonials and Personal Reports, Tools and Accessories, Theories and Suggestions, and Files and Downloads (**this booklet is available for free download here on this forum**).

Also offers an extensive list of FAQ's derived from Yahoo's Sun Gazing forum, with HRM's responses (included here in this booklet).

Life on Earth exists in large part because the sun showers the Earth with energy (light, warmth, electromagnetics, and more). But did you know that you can develop many amazing abilities, simply by looking at the sun?

Sungazing has many names, including suryanamaskar, solar gazing, solar healing, sun staring, Sun Yoga, and Solar Yoga. It involves the act of looking directly at the sun near dawn or dusk while maintaining an open heart. Starting with just a few seconds, and extending the time with each passing day by 10 seconds, until you reach a total of 45 minutes (in about 9 months).

## 3. MSN Group on Sun Gazing: <http://groups.msn.com/SunGazing>

This group is for people that like to gaze at the sun. When the UV index is below 2 it is safe to gaze at the sun. Sungazing will help decrease the need for food for the human body. Less food ...

Website Address: <http://groups.msn.com/SunGazing/home.htm>

Email Address: [SunGazing@groups.msn.com](mailto:SunGazing@groups.msn.com)

## 4. Message Board on HRM's website at [www.solarhealing.com](http://www.solarhealing.com):

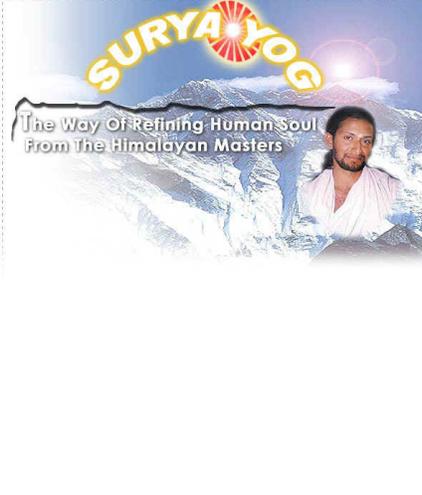
<http://www.solarhealing.com/wwwboard/messages/118.htm>



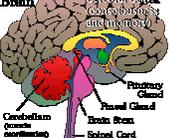
## SUNGAZING WEBSITES & RESOURCES WEBSITES, LINKS, AND MORE

*Editor's note: Since changes are so rapid in today's internet world, it is best to double check the information provided here on websites.*

	<p><a href="http://www.solarhealing.com">Hira Ratan Manek's website on Solar Healing</a> Website Address: <a href="http://www.solarhealing.com">http://www.solarhealing.com</a></p> <p>Welcome to Solar Healing Center The Solar Healing Center is focused on helping humanity to develop a better understanding of how the sun can be used to heal the mind, body and spirit as demonstrated by Hira Ratan Manek, who has not eaten solid food for over 7 years. Also includes:</p> <p><b>Message Board on Sungazing:</b> <a href="http://www.solarhealing.com/wwwboard/messages/118.htm">http://www.solarhealing.com/wwwboard/messages/118.htm</a></p>
	<p><a href="http://www.lifemysteries.com/sungazing.html">Life Mysteries Website: http://www.lifemysteries.com/sungazing.html</a></p> <p>Offers a <b>sun gazing forum</b> where HRM is one of the four moderators. Also offers an extensive list of FAQ's derived from Yahoo's Sun Gazing forum, with HRM's responses (included in this booklet).</p> <p>Life on Earth exists in large part because the sun showers the Earth with energy (light, warmth, electromagnetics, and more). But did you know that you can develop many amazing abilities, simply by looking at the sun?</p> <p>Sungazing has many names, including suryanamaskar, solar gazing, solar healing, sun staring, Sun Yoga, and Solar Yoga. It involves the act of looking directly at the sun near dawn or dusk while maintaining an open heart. Starting with just a few seconds, and extending the time with each passing day by 10 seconds, until you reach a total of 45 minutes (in about 9 months).</p>
	<p><a href="http://health.groups.yahoo.com/group/sungazing/">SunGazing Yahoo Group:</a> <a href="http://health.groups.yahoo.com/group/sungazing/">http://health.groups.yahoo.com/group/sungazing/</a></p> <p>The purpose of this group is to offer support and advice to folks who have chosen to engage in sungazing, and for sungazers to share experiences.</p> <p>Hira Manek has indicated that he will be actively present on this group, helping to guide and steer folks thru the practice of sungazing. Hira Manek has not eaten solid food in over seven years, and lives almost exclusively on sunlight; he has been studied by major research universities and also by scientists performing research for NASA; all studies have supported and validated his claims and practices.</p> <p>The list operator is Vinny Pinto, a degreed scientist who has been a life-long student of deep wholistic methods of achieving greater levels of health, vitality, well-being and love. Vinny is also a mystic and a spiritual healer.</p>

	<p>Sun Gazing MSN group          Website Address: <a href="http://groups.msn.com/SunGazing">http://groups.msn.com/SunGazing</a></p>
	<p><a href="http://www.newtreatments.org/sungazingsites">http://www.newtreatments.org/sungazingsites</a>          New treatments for Crohn's disease, Colitis, Hypoglycemia, etc. Features an Overview of Sungazing websites, many of them listed here.</p> <p><a href="http://www.newtreatments.org/doc/WisdomExperience/99">http://www.newtreatments.org/doc/WisdomExperience/99</a>          Ed author of this sungazing journal logs his experiences, following Hira Manek's method of sungazing. He lives in the Netherlands.</p>
	<p><a href="http://www.sungazing.com">Sungazing.com</a>          Website Address: <a href="http://www.sungazing.com/">http://www.sungazing.com/</a>          During late November of 2002 there were some flyers put up around school (American College of Traditional Chinese Medicine, ACTCM), about an Indian man, Hira Ratan Manek (HRM), coming to lecture in Berkeley, CA. The flyer was preaching this man's ability to store the sun's energy in his brain; it was also advertised that HRM hadn't eaten food in seven years. I am certainly caught up in the quest of 'enlightenment' as are many Bay Area individuals; I own the tapes, the books and the scented oils. I burn incense, I take classes, and although I have not taken classes on burning incense, I certainly believe there is more to life than meets the eye. What is the goal? Why are we here? Who am I?</p>
	<p><a href="http://www.sunlight.as.ro">Sunlight Website</a>          Website Address: <a href="http://www.sunlight.as.ro/">http://www.sunlight.as.ro/</a></p> <p>Comprehensive in its coverage of historical practices and various Eastern systems which have embraced sungazing, by Petre, an engineer in Romania. Also has testimonials and to studies with biological effects.</p>
	<p><a href="http://www.suryayog.org">Surya Yoga Website:</a>  <a href="http://www.suryayog.org">http://www.suryayog.org</a></p> <p><b>Surya yog</b> is a way of living from the great enlightened Himalayan Masters. They have been staying in the Ashrams and caves of the Himalayas for the past innumerable years without any food. They derive the energy from the <b>SUN (Surya)</b> , the Eternal light of the world.... <b>Surya Yog</b> is an advanced Yoga that helps a common individual to merge (<b>Laya</b>) with Nature. Problems like excess sugar, high blood pressure, chest and heart problems, headache, skin cancer, asthma, spondylitis, eye problems, depression, lack of memory, lack of concentration &amp; will power, phobias etc can be vaporized through regular <b>SuryaYog</b> Sadhana. This is a process developed by <b>Acharya Jewel. G.</b> for the welfare and upliftment of all living beings. This course is fully scientific and above any religious dogmas.</p>

	<p><a href="http://www.sunyoga.org">SunYoga website</a>  Website Address: <a href="http://www.anandaproject.org/sunyoga/index.html">http://www.anandaproject.org/sunyoga/index.html</a></p> <p>Welcome to the site of Sunyogi Umasankar</p> <p>This website is written on behalf of Sunyogi Umasankar, a great Indian Yogi who has recently completed a 62,000 km walk around the Indian Subcontinent to spread the message of Universal Peace, Unity and Brotherhood.</p> <p>Umasankar-ji has discovered a method of absorbing energy directly from the sun, removing the need to eat, drink or sleep. This discovery has enabled him to travel through India without money or possessions, teaching people he meets along the way.</p>
	<p><a href="http://www.rawpaleodiet.org/sungazing/">Vinny Pinto's website on sungazing</a>  Website Address: <a href="http://www.rawpaleodiet.org/sungazing/">http://www.rawpaleodiet.org/sungazing/</a></p> <p>Sungazing: Observations and Notes from a Veteran Sungazer. (continued next page...)  Vinny is also the moderator for the Yahoo Sun Gazing group. An excellent and comprehensive resource, with over 35 pages of information on sun gazing.</p> <p>These pages are devoted sungazing (aka sun gazing or sun staring) and to folks who sungaze. This practice of looking directly at the sun to take in the sun's nourishment is commonly called sungazing, sun gazing, solar healing, solar gazing, sun staring, Sun Yoga, Surya Yoga and Solar Yoga, and practitioners are usually called solar gazers or sungazers. Recently, Hira Manek, an ex-engineer from India, has become quite famous for his ability to live on sunlight via sungazing. Sun gazing has been practiced in a number of cultures, including early cultures of/in Egypt, the Aztecs, the Mayans, Indian Yoga, Native American tribes, Tibetan Yoga, and some traditions of QiGong (aka Qi Gung, Chi Kung), such as BaKua (aka BaGe, BaQi) and Tai Chi. The practice has sometimes been called Solar Yoga in Tibet and India, although most modern traditions of Solar Yoga do not involved staring at the sun, but only asanas (poses) toward the sun.</p> <p>See also: <a href="http://www.rawpaleodiet.org/sungazing/sg-surv-1.htm">http://www.rawpaleodiet.org/sungazing/sg-surv-1.htm</a>  Sun Gazers Survey of 56 participants</p>
<p><b>SICK? WELL? ...  SUNBATHING HELPS YOU  AND EVERYONE</b></p>	<p><a href="http://www.healself.org/sun.html">http://www.healself.org/sun.html</a>  Website on the many health benefits of Sun Bathing  Articles written y Dr. Bernarr, D.C. D.D.</p>
<p><b>Imagination Blindness  iblindness.org</b></p>	<p><a href="http://www.iblindness.org/books/bates/ch17.html">http://www.iblindness.org/books/bates/ch17.html</a>  The Bates method of curing imperfect sight by treatment without glasses. Chapter 17, in which he recommends sungazing and reports performance of subjects on vision tests improved after a short period of sungazing.</p>

	<p><a href="http://www.raysender.com/light.html">http://www.raysender.com/light.html</a>  Ramon (Ray) Sender has been practicing sungazing since the early 1960s. 1974 he co-wrote "<b>Being of the Sun</b>" with Alicia Bay Laurel, and in it he summed up what a homegrown sun-worshipping religion might be like. Ray may be reached at <a href="mailto:nvmin@mindspring.com">nvmin@mindspring.com</a></p>
	<p><a href="http://www.jasmuheen.com/">http://www.jasmuheen.com/</a>  Website for Jasmuheen, who is a breatharian and author of <i>Living on Light</i></p>
	<p><a href="http://www.theopenline.cc/sun_gazing.htm">www.theopenline.cc/sun_gazing.htm</a>  This is the adaptation of a lecture given by Hira Ratan Manek, December 01, 2002.  "Solar Empowering: Nutrition &amp; Nurturing" Transcribed and adapted by the SUNGazers.</p>
	<p>Weather.com  <a href="http://www.w3.weather.com/maps/activity/skinprotection/currentuv/index_large.html?">http://www.w3.weather.com/maps/activity/skinprotection/currentuv/index_large.html?</a>  Current UV Index for USA</p>
<h2>Custom Sunrise Sunset Calendar</h2>	<p><a href="http://www.sunrisesunset.com/custom_srss_calendar.asp">http://www.sunrisesunset.com/custom_srss_calendar.asp</a>  Monthly Calendar with sunrise and sunset times for the U.S and the world.</p> <p>Also see:  <a href="http://www.weatherimages.org/latlonsun.html">http://www.weatherimages.org/latlonsun.html</a>  <a href="http://www.cmpsolv.com/los/sunset.html">http://www.cmpsolv.com/los/sunset.html</a>  <a href="http://www.weatherimages.org/latlonsun.html">http://www.weatherimages.org/latlonsun.html</a></p>
<h2>Galileo, solar observing, and eye safety</h2>	<p><a href="http://mintaka.sdsu.edu/GF/vision/Galileo.html">mintaka.sdsu.edu/GF/vision/Galileo.html</a>  Galileo, Solar Observing, and Eye Safety</p>
	<p><a href="http://curezone.com/forums/m.asp?f=338&amp;i=159">http://curezone.com/forums/m.asp?f=338&amp;i=159</a>  Provides history and background on sun gazing.</p>
<h2>PETE'S JOURNAL</h2>	<p><a href="http://www.seekeronline.org/journals/y2003/dec03.html">http://www.seekeronline.org/journals/y2003/dec03.html</a>  Pete's Journal on Sun Gazing</p>
	<p><a href="http://www.crystalinks.com/thirdeyepineal.html">www.crystalinks.com/thirdeyepineal.html</a>  Detailed information and images on the Pineal Gland, brain and more.</p>
<h2>UV INFORMATION</h2>	<p><b>Hourly UV forecasts:</b>  (best to double check with an accurate UV meter)  <a href="http://wabcweather.abclocal.go.com/wabcbin/WABC_HOURLY_US?thiszip=10001">http://wabcweather.abclocal.go.com/wabcbin/WABC_HOURLY_US?thiszip=10001</a></p>

## UV INFORMATION

(cont'd)

The following links are from Vinny Pinto's sungazing website:

<http://www.epa.gov/sunwise/uvindex.html>

Get the daily UV index for your city, town or zip code within the USA from the EPA (USA):

[http://www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index/uv\\_current\\_map.html](http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_current_map.html)

A quick-view map of the USA for a snapshot view of the UV index

England: [http://www.met-office.gov.uk/weather/uv/uv\\_uk.html](http://www.met-office.gov.uk/weather/uv/uv_uk.html)

Europe: <http://www.met-office.gov.uk/weather/gsuvi.html>

[http://www.accuweather.com/adcbn/public/health\\_maps.asp?type=uvi](http://www.accuweather.com/adcbn/public/health_maps.asp?type=uvi)

North America, South America, Europe, Asia, etc.



### UV Measuring devices:

#### UV Meters: from \$50USD

<http://www.safesun.com/>

<http://www.safetygears.net/sunwatch.htm>

[http://www.testsymptomsathome.com/fs\\_tan91.asp?portalid=GO](http://www.testsymptomsathome.com/fs_tan91.asp?portalid=GO)

[O](#)

#### Watches: \$35USD

<http://www.ambientweather.com/lateuvluinw.html>

#### Cards: \$4USD

<http://www.lessemf.com/ionizing.html>

### Sungazing in other Languages:

**Greek:** [http://www.yota.gr/sq\\_gr/](http://www.yota.gr/sq_gr/)

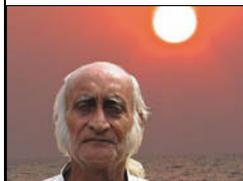
Welcome to Solar Healing Center

Êáëüò ðñèáðá óõĩ ÊÝíõñĩ Çëéáêðò Èãñáðáßáò

This is the Greek version of the "official site for Hira Ratan Manek"

ÓÇÌΑÉÙÓÇ:

Áððü ðĩ site áßíáé ç äëëçíéêð Ýëäĩóç ðĩõ "official site for Hira Ratan Manek",



**Italian:** A published article on sungazing

<http://www.scienzaeconoscenza.it/>

3-12-2004

[Rimirare il sole per nutrirsi -](#)

Hira Ratan Manek da nove anni riesce a nutrirsi esclusivamente di acqua e della diretta luce solare grazie a un metodo antico praticato da varie culture in

tutto il mondo.

[>>>](#)



## RECOMMENDED BOOKS

**1. Light, Medicine of the Future**

by Jacob Lieberman. Recommended by HRM.

**2. The Healing Sun: Sunlight and Health in the 21st Century**

by Richard Hobday. Recommended by HRM.

**3. Toward a Solar Civilization**

by Omraam Mikhael Aivanhov

**4. UV Advantage**

by Michael F. Hollick

**5. Human Energy Systems**

by Jack Schawaz

**6. The Splendour of Tipareth**

by Omraam Mikael Aivanhov.

One of the foremost books on sungazing.

**7. Project X**

by Gene Savoy.

**8. Autobiography of a Yogi**

by Paramhansa Yogananda.

HRM often quotes this book. Chapters 39 and 46 contain information on two saints who lived on light, Therese Neumann and Giri Bala. Both these chapters are included in this booklet for reference.

**9. Essene Gospel of Peace**

by Edmond Bordeaux Szekely

Books 1, 2 and 4 have areferences to the sun.

See <http://www.essene.com/GospelOfPeace/index.html>



## CONTACT INFORMATION FOR HRM

The best way to reach Hira Ratan Manek is by email. He replies to all inquiries. Email address: [Hiraratanmanek@yahoo.com](mailto:Hiraratanmanek@yahoo.com)

He also actively participates in the Yahoo Sungazing Group and you can email him at the group as well. To join Yahoo Sungazing group, go to: <http://health.groups.yahoo.com/group/sungazing/>

### **India Contact Information:**

Shri Hira-Ratan-Manek  
2, Parag Society, C/o, Shri Popatlal Dave, Nr. Opera Jain Vpashrya  
New Vikasgruh Road, Ahmedabad-7

### **U.S. Contact Information:**

Solar Healing Center  
One Purlieu Place, Suite 110  
Winter Park, FL 32792  
PH: 407.657.7032  
FX: 407.657.9579

### **Speaking Engagements:**

For information on how to book Hira Ratan Manek for a speaking engagement, please email us at: [info@solarhealing.com](mailto:info@solarhealing.com)

### **Questions to Hira Ratan Manek:**

If you have questions concerning HRM personally or the Sun Gazing process, please email your questions to: [hrmanek@solarhealing.com](mailto:hrmanek@solarhealing.com)

### **Tour Dates:**

HRM Tours internationally. His schedule is listed on his website: [www.solarhealing.com](http://www.solarhealing.com). Sometimes his schedule changes so rapidly, and updates are available on the Yahoo Sungazing Group at: <http://health.groups.yahoo.com/group/sungazing/> or by emailing HRM at [Hiraratanmanek@yahoo.com](mailto:Hiraratanmanek@yahoo.com).



## CHAPTER 9 INDIVIDUAL SUNGAZING EXPERIENCES

### JOURNALS OF SUN GAZERS ON THE INTERNET

1. <http://www.falconblanco.com/betsy/sungazing/archive.htm>

Betsy's journal from 15 minutes through 38 minutes of sun gazing. Here's an excerpt:

*"From the first time I did sungazing I liked it. I especially liked the aspect of being in tune with a natural rhythm such as the rising and setting of the sun. In the past I had made many of my sitting meditations outside and also walked barefoot as much as possible in the forest twice a day with my dog. Also the meditation I did was very much like gazing at my inward sun. At that time in my life I experienced being very much connected with nature and also with myself. Later I moved, and then changed my practice to a sitting meditation inside and also I dropped my habit of daily walks outside. Now I am doing daily sungazing and also walking with the dogs in the forest and I feel the same kind of stirrings returning. Everything outside just seems so alive, and I want to immerse myself in it as much as possible."*

2. [www.sungazing.com](http://www.sungazing.com)

Outlines practice, frequently asked questions, scientific background, and more. A sun gazer who reached 44 minutes of practice – within the site is his account of 35 minutes of practice.

3. www. [www.yota.gr/s\\_marfan](http://www.yota.gr/s_marfan)

Syndrome Marfan, a DNA disease, and how sun gazing has helped improve health. Outlines benefits of sun gazing up to 18 minutes of practice.

4. [www.sungazing.com/blog.html](http://www.sungazing.com/blog.html)

Sungazing diary of Mason who completed the HRM protocol, 44 minutes of staring directly into the sun.

Contact: [mason@sungazing.com](mailto:mason@sungazing.com)



## TESTIMONIAL LETTERS

You will find numerous personal testimonials and experiences on the Yahoo Sun Gazing group postings at <http://health.groups.yahoo.com/group/sungazing/>. Here are a few testimonials, published with permission. If you would like to submit yours, I invite you to write to me by sending an email to: [Livingonsunlight@yahoo.com](mailto:Livingonsunlight@yahoo.com). Privacy is guaranteed if so desired.

**Testimonial # 1:** *Published with permission, sent by HRM to be included here.*

To: [hrmanek@solarhealing.com](mailto:hrmanek@solarhealing.com)

Sent: Tue Aug 17 2004 14:54

Subject: One year of practice

Dear Sri Manek,

It has been almost one year since I re-started my sungazing practice. Although I am progressing more slowly than you did, I have still had excellent results.

For many reasons, i.e., cloud cover, seasonal heavy fog, my work schedule, urban environment, transportation delays to sungazing spots, my progress has been slow but steady. But I've become very patient. I've not always been able to stand barefoot. When I can get to a nearby beach to sungaze, I love practicing barefoot in the sand. Even if it takes me 2-3 years to log the equivalent of the accumulation to 44 minutes, I'm committed. Right now I've logged about 2600 minutes. I slowly increased to 44 minutes, but since many days I could not do the full scheduled number of minutes, I did the best I could. But I've kept a log of all the minutes and conditions.

What I want most to tell you is my results. When I began last September 2003, I was diagnosed with osteonecrosis (femur and hip), osteoporosis, and osteoarthritis. I could barely walk at all. I had collapsed at a conference in April 2003 and had to use a scooter cart to get around. I could not walk around my house without a cane. I was in pain constantly in most positions.

Now I walk comfortably. I'm not totally healed, but I am mostly cane-free. Most of my hatha yoga practice has returned. I'm even teaching pilates and yoga classes. I recently traveled to the East Coast and did not need to use the wheel chair at airports. Now I am able to walk in the sand on the beach - with a cane, but much much better.

I have let go of many foods that were toxic for me - mostly starchy foods, sugar and processed foods (I haven't eaten flesh in many years). I now eat almost 100% fruits and veggies. Mostly raw. A little cooked. Very little fat or oils. Dairy in very small amounts - I think this will drop away soon. I believe sungazing decreased my desire for the foods that have been toxic in my body. Being free of these foods and receiving sun energy more directly, I believe, has allowed my bones and joints to heal.

I am so very grateful.

Spiritually, this suryayoga practice has been the most profound meditation I have ever done. I say my prayers when I meditate, and ask for God's guidance in all my life. I receive help on very difficult decisions. I have come to believe God is there for me. And God seems to speak to me through people I meet just when I need them.

Thank you so very much for your guidance, for your inspiration, for your presence in my life. I hope to see you when you come to San Francisco. Please post your schedule on the website or let me know how I can hear you speak again.

Namaste.

Jill

**Testimonial # 2: *Printed with Permission***

**Yahoo Groups Post # 6542**

**From:** "Stephen & Tracey Currie" <[curries2@t...](mailto:curries2@t...)>

**Date:** Fri Sep 24, 2004 6:48 pm

**Subject:** Testimonial of a newcomer

I am fair skinned, with hazel eyes. I burn easy and my eyes are sensitive to the sun. I also experience great sensitivity to heat and I don't do well in the hot summer months. I tend to wilt like a flower.

I am hoping to build up my ability to enjoy the hot summer days in my garden without worrying about a hat. I don't like sunscreen and believe it does more harm than good. I don't use it. I have stopped wearing sunglasses when I drive as well.

I am following HRM's advice by 10 second increments and allowing my eyes to adjust to the light. I am not in a hurry to reach 44 minutes as I want quality sungazing experience. I remember HRM saying that it is important to allow the eyes to adjust by 10 second increments.

I live in Calgary, Alberta Canada. Calgary experiences all types of weather and this summer has been rainy and over cast, which has test my patience.

As a new person to sungazing I was full of questions. I realized with time that I am my own master and with the basic principles I could do safe sungazing and that my experience would be unique from others. I am not hung up on all the little details now. At first I was.

This is what I have experienced sungazing:

At two minutes and holding:

During the 1 minute time frame I experienced on two occasions after sungazing, a pain behind and along my left temple. The pain was sharp but short lived. The pain was gone in a couple of hours. Because my eyes are sensitive to sunlight, I've chosen to sungaze at sunset as I feel the sun is more gentle at that time. I know when my eyes become accustomed to the sun, I will experiment with sunrise as well.

I have on many occasions experienced a red-orange colored dot overlapping the street lanterns and my clock radio at night. In the morning the dot is gone from my vision.

I have during the day on a few occasions tilted my face to the sun with my eyes closed. My eyes are getting stronger. At night I sometimes put my palms on my eyes and do Reiki. This is also helping to strengthen my eyes.

During sungazing I have experienced a red-orange halo around the sun.

I have experienced a very intense white light with the rainbow prisms around the sun.

Usually the sun itself looks dark compared to the light around it.

Once the rays around the sun seemed to pulse and dance out to me.

On another occasion I closed my eyes during sungazing and I had an image behind my closed eyes. The image was the shape of an eye with a line running straight down from the middle, bottom of the eye. Sort of like an image of a key.

I am so very new to sungazing. I still get butterflies in my stomach and have to concentrate on grounding before I sungaze. I feel connected and that the experience of sungazing is special. I feel fortunate to be able to sungaze.

I am at 2 minutes and holding. I am waiting until I can gaze at the sun without my eyes tearing and having to close my eyes off and on during sungazing. When I can gaze without tearing, I will start adding 10 seconds per sunny sunset. If it is cloudy I will not add 10 seconds but will still sungaze at my current time. I believe that it is important to sungaze no matter the weather conditions. It is a discipline and a commitment. I believe sungazing is not to be taken lightly, but of course I plan to enjoy the journey and not turn it into a religion either.

I suffer from chronic fatigue and fibromyalgia. I intuitively do not sungaze when I am feeling weak. Sungazing detoxifies the body and I don't want to stress my body too much on the days I'm not feeling well.

I am very excited about healing on all levels and will continue to sungaze until I've reached 44 minutes.

In the short time I've sungazed, I've noticed that my vision is crisp, clear like I'm looking through binoculars. My vision was very good before hand.

I hope my experience as a newbie is helpful to you.

In beauty,  
**Tracey Currie**

**Testimonial #3:**

By Vina Parmar. Email: [Livingonsunlight@yahoo.com](mailto:Livingonsunlight@yahoo.com)

December 14, 2004

Dear Sun Gazers,

Currently, I am at 12 minutes 30 seconds of sun gazing. For me, sun gazing is a spiritual and meditative practice as well as one that heals the body, mind and emotions. I am so grateful that HRM has given the world sun gazing information so freely and readily. I feel privileged to have learned about it, to practice it, and to someday complete it. My positive experiences so far include:

9 minutes:

- Total elimination of depression and anxiety.
- Increased confidence in myself and my abilities.
- Increased energy levels: I have noticed that I need less sleep and feel more energized after sungazing.
- Mental clarity, calm mind: As a result of sun gazing, I feel more clearheaded, calm, and focused.

12 minutes:

- Heightened sense of perception and self awareness– I am observing habits and tendencies I didn't see about myself (and others) that I wasn't aware of before. A "witness consciousness" emerging, which I find illuminating.

One challenge I faced: When I reached 3 minutes, I noticed my eyesight becoming blurry after sun gazing, and it would improve when I missed a day or two of sun gazing. I asked HRM about this, and he gave me a remedy that was very helpful in alleviating the blurry vision: After sun gazing, remember to close your eyes and focus on the negative image until it disappears. I follow these instructions after every session, and have not experienced blurry vision since.

I look forward to reaching the milestones of 15 minutes, 30 minutes, and then the final stretch of 44 minutes. Thank you, HRM, for spreading the word on sun gazing so freely and readily with all receptive seekers. I am honored to have learned about it.

Sun's Blessings,

*Vina*

**Vina Parmar, MBA**

Editor, Living on Sunlight

**Testimonial #4:** *Published with permission.*

**Yahoo Groups Post # 6540**

**From:** "yota\_programmer" <yota1@o...>

**Date:** Mon Sep 20, 2004 10:20 am

**Subject:** Greetings to all from Shining Greece

Dear HRM and all,

Today I just finished 3 months of SG according to the instruction of HRM in his site and in this [Yahoo] group.

I have a deep respect for HRM for revealing this method to all of us, and I don't know how to thank him and all the rest of you dear SunGazers for sharing your reports of SG with all, and encourage all to continue further.

I will post a report of the benefits that I got from SG up to here (3 months, 15 min of SG).

1. I had photophobia and I was completely cured from it in the first 20 days of SG. (Serious photophobia, I was never going out without black sunglasses, and it was so bad that even I had to reduce the contrast and brightness of my PC screen, as I couldn't stand the light at all, like a vampire I was staying in the dark, I was avoiding the full moon in case my teeth will grow P-) <-- that was bad Greek humor).

Of course the first days my eyes were watering and flicker all the time, and it was difficult even for a whole second to see the Sun, but, I insist and then I had a daily progress till the problem was gone.

2. The first days, I had to sit down as it was difficult to me to stand due to a spine problem (I had 2 operations in my spine, because of Scoliosis and I was feeling pain if I was standing more than 10 seconds), I couldn't believe that after about 30 days I could stand with no pain and do after that day the SG normally from the standing position and barefoot of course.

3. After, as I got getting energized by the Sun day by day, I didn't need to eat so much as before so I lost 5 kilos fast and easy without starving, I just needed less food and feel no hunger. This happened the first 1 and half month about. I am 1.80cm, and now I am 70 kilos (I was 75 kilos) which now is normal, and I didn't lost more kilos since then. I know that you say that the weight loss happen after 6 months of SG, but with me it happen in that way, it seems for each individual is different. I still eat when I am hungry, I don't press myself to eat when I`m not hungry, I let it happen by itself as I continue with SG.

4. Later, at about 2 months I noticed that I need less sleep, I used to sleep about 10 hours per night, and even that was not enough for me, so, now I am sleeping about 7-8 hours and feel just fine, (I didn't press myself to do that, it just happened by itself as I was doing the SG every day).

5. My mood is in much better condition now, I can woke up with a smile in my face, and that was not the case in the past.

I will continue of course up to 44 min, as I found a pure source of energy that make my life better, and as I continue I will write reports.

The first time I've learnt about SG was from a post of Chuck Davis in the MIND-I email-group, and I couldn't believe this is possible, but before to reject something I check it first, so I did and I was surprised of the good results that I got, it is amazing what kind of diamonds you can find in the internet (between a lot of crap of course :-) !!!

I told the good news about SG to some of my Greek friends and in the beginning they told me "You go to be our animal for experiments, and if you succeed at anything we will do it too", so, when they saw my results, they started SG too, but because some of them don't know English I translated for them the texts

I found in the site of HRM and some of posts here, and email it to them, so, it seems that a new group of Greek Sun Gazers is rising here :-)

Dear HRM, I am so grateful to you for revealing to us this method, I would like to offer by myself something too, and I think the best way to do it, is by making a site in Greek language about SG, so the Greek speakers can learn about it and try this method, I am a computer programmer/web designer so for me it is easy to do it, and also to host it in my server and give it for free to Greeks to get benefits from SG.

[non-related text edited]

I am very glad that I found such a good method like SG is, and improved my health and mood without spending money, without any kind of gurus who want to control your life, (I had bad experiences on that) so simple and easy, the Sun is out there for free and can "feed" all of us.

Sincerely yours,  
**Yota Ardamerina**

**Testimonial #5:** *Published with permission.*

Here are my experiences with sungazing. On the 9<sup>th</sup> of March 2003, I had a dream about the Sun. Gazing at its light with hungry eyes; I had an OBE [out of body experience] and was suddenly sucked out of my body towards the Sun. I felt bliss almost unbearable. While surfing the web a few days later, I stumbled upon a post on a discussion board mentioning Hira Ratan Manek (HRM) who had conquered hunger by sungazing. After exploring many sources that dealt with this rather strange practice, I started to sungaze myself at the end of June of that year. I followed HRM's method of starting with only 10 seconds, and increasing it slowly day by day. I loved looking at the golden disc and soon realized there was nothing to worry about; the sun hardly left an afterimage on my retina. I started emailing with HRM and even had the pleasure of meeting him in Calicut and travelling with him to Pondicherry, when I was in India in the first half of 2004.

Gazing at the sun literally filled my heart with joy. Many times I could really feel a wonderful peace welling up in my heart and spreading throughout my body. Another thing I noticed was that every time I sungazed, my skin seemed to feel softer – as if some subtler energy permeated it.

Always on the lookout for shortcuts, I was glad HRM had pointed out that standing barefooted on sand or earth protects the eyes and aids us in our practice. I eagerly searched the web for more info on sungazing. In “The Essene Gospel of Peace” I read that Jesus advised people to fast and taught them cleaning exercises to strengthen the eyes. I never experimented with fasting to see what effect it would have, but discovered its power by accident. One day in November, when my “most beloved star”, Surya, was high in the heavens, I cast a glance upon him, and noticed to my surprise that I could look at him without feeling any pain. It was even more satisfying than gazing at sunrise! Then I thought that maybe the fact that I had not eaten anything that day was the reason why I could gaze at the noonday sun without any discomfort. I asked HRM about it and he answered yes, that fasting people have such powers. His answer, plus my own experience, convinces me that fasting (and also other cleaning exercises like the shat kriyas: neti, dhauti, nauli, basti, kapalbhati, and tratak) strengthens the eyes. Probably one can also receive more sunlight by raising the hands into the air and using the fingers as antennas to pull energy from the light. In any case, it is a fact that many sources mention this. In the Ramayana, we read how Vibhisana worships the sun with raised arms (Uttarakanda, canto 10, verses 6-9). In the Egyptian “Papyrus of Ani”, there is a hymn to Ra, in which we find the line “I lift my hands to thee in adoration when thou the living One dost set”, and Black Elk, a Lakota medicine man, used to tell the story how, long ago, his people used to go to Canada to experience the healing effects of the aurora borealis and to draw its energy into their bodies by lifting their hands and doing certain breathing techniques. For me personally, however, fasting is what helps me most in sungazing. I cannot live without food yet, but that doesn't matter. The wonderful feeling I get, when gazing at “The Glory of the Elves”; that is what matters.

I am a junkie for sunlight; that is a fact. I have been sungazing for over a year now, and love to watch the sun rise every time I get the chance. It is such a joy for the eyes! How foolish of most people to think that looking at the sun would cause us harm. Those windows of our souls, the eyes with their photoreceptive cells, are the organs *par excellence* to receive the Light!

The 17<sup>th</sup> of December 2004.  
Stijn Cuypers, Belgium.



## SUN GAZING RESULTS

*"While it is true that the better way to pursue sungazing is without a results timetable of expectations, some people have reported progress. These are some of the very early results from the earliest days of the group, October 2003." ~ Ram Jag*

### **Emotional tensions reduced**

Ed (Netherlands) Mon, 20 Oct 2003.

At age 19 I got ill, Crohn's disease and unaware of alternatives I endured the regular therapies and medications for three years. Then I decided to use diet, which almost instantly ended/cured my disease. I started gazing in March 2003, following Hira Manekji's protocol. I reached 15 minutes and 20 seconds two days ago.

The results so far are very promising: My emotional tensions have significantly reduced: I no longer trouble my mind with excessive thoughts like "what if..." or "suppose that would happen..".

The two most notable emotions that have decreased are materialism and fear. I also barely have any bad dreams anymore.

My sleeping quality has improved considerably. The most notable difference is the increase in energy. I can now work all day long without really getting tired, while in the past I used to get tired quite easily.

I also notice that the energy-drop I normally experienced after eating a cooked breakfast (two broiled eggs with 100g of roast beef and a lot of butter) has disappeared.

.....

### **Healing physically**

Bonny Tue Oct 21, 2003

I'm female and a sun gazer. I consciously started sungazing in the mid 80's but have been sungazing off and on since childhood. I got sick in the late 80's/early 90's and stopped for a couple years. Interesting that at my 'sickest' I could not bear the light of the sun. As I became more aware of my own energy and thoughts (negative) I was able to slowly start sungazing again ... and I physically started to heal as well. I have found that too much sun makes me too "mental." And no I don't mean psycho mental - I mean intellectual. Too much thinking - and with the 'intellectualizing' old allergies and sensitivities return. I have learned to consciously draw the energy down into myself and let my mind be silent.

.....

### **Getting mental .....**

Vinny Pinto Tue Oct 21, 2003

I, too, have noticed the same thing with getting too "mental" (too much up in the head, away from gut/heart) if I sungaze too much, or in some folks who sungaze too much. This tendency in me has decreased markedly over the years, thankfully, but I still occasionally meet long-term sungazers whose energy is almost frenetic or frantic, and up in the head, or too mental, as you called it. And, of course, failing to keep the feet (preferably bare) on the earth during sungazing and/or failure to walk on the earth for a while after sungazing seems to only exacerbate this tendency.

.....

### **Headache disappears**

"John Esposito Tue Oct 21, 2003

I have, or used to have this problem too. I thought "the sun gives me migraines". Probably because I'd moved to the SW US.

So I start sungazing, only seconds a day at first, and it's as if I'm being "inoculated" against any negative effects of the sun. Now of course a few seconds in the sun is not going to have \*that\* much effect on my serotonin levels, but my migraines are gone. Only an occasional one Tylenol headache at worst.

What has happened is that I no longer think of the sun as a "nuisance" as I long for the cooler climate of my old home. Positive feelings and beliefs about the sun and its life-giving properties put an end to the headaches that I was giving myself -- and blaming it on the sun.

.....

**Not bothered by noonday sun**  
Marilyn Jarzembki Oct 22, 2003

I only sungaze within the first hour of sunrise. When everyone else was complaining about the brightness of the sun, I was fine. I thought that was interesting. The sun doesn't generally bother me anyway because I know better not to wear glasses of any sort

.....

**Various illnesses healed**  
John Waters Wed Oct 22, 2003

I was brought up in the Christian tradition and I reasoned that IF the "healing Christ" truly is the "Light of the world," and is in the sun, then as I received this radiant blessing on my body and in my eyes, then I would be healed. At the time, in 1978, I was suffering from crippling and painful arthritis, bursitis, low blood sugar, depressive episodes, shyness, irregular heartbeat, chronic fatigue, tooth decay, light sensitivity, nosebleeds, overweight, flatulence, stomach-aches, and other chronic disorders. The sunshine-diet treatment worked very effectively. I felt totally rejuvenated and invigorated!

Part of the radiant blessing was the activation of a special artistic talent that I had as a small boy, but the talent got suppressed by socio-cultural conditioning. My behavior changed, along with my diet.

.....

**Burst of energy after sungazing**  
Betsy Sat Oct 25, 2003

I found out about sungazing from Ed of the Netherlands via another person and have been following the technique suggested by HRM. I started this year in March and am now at 24 minutes. One thing I noticed in the early days was a few times when I felt really tired and then did the sun-gazing that after I had a big surge of energy. From the moment I started it I have liked doing it, just because I feel good when I do it.

.....

**Greater energy**  
Caspar Sun Oct 26, 2003

I am sungazing for some weeks now. My experience with sungazing is that I got more energy and I felt much better. I sleep very much in the winter, and I never get awake before I hear the alarm (clock). But after the sungazing I got awake even before the alarm so I just can say I got a lot more energy with it. Thanks HRM and all the others!

.....

**Detox after resuming sungazing**  
Ed (Netherlands) Mon Oct 27, 2003

I notice that when I haven't gazed a few days, I start to experience some more emotional tension. I also think I noticed a strong detox when I started to gaze again after 4 days without gazing. I feel the body

gets a surplus of energy and uses this to clean up the body, regenerate and get rid of toxins and old dead cells.

When I gaze each day, I notice I get a lot more energy and I also feel more clean inside, which probably indicates that the liver/kidneys, etc are operating optimally due to the extra solar energy.

Every day I don't gaze, I feel this energy buffer decreases. Once the energy has dropped, and I restart the gazing again, the difference is very noticeable.

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**Very calm after sungazing**

Heidi Hanson Mon Oct 27, 2003

I'm Heidi and I live in Oakland California and I just started a regular sungazing practice several days ago.

One interesting phenomenon that has happened to me is this: Today and yesterday I sungazed standing in front of an open window with my bare feet on the carpet, on the second floor of the house. Anyway, for a full five minutes after sungazing on both days I had a very striking electrical tingling in my feet. This suggests that not having my feet on the ground might have meant my feet just stored up the energy coming through my nervous system from my eyes and that's why it felt like electricity. Or, possibly this would have happened regardless as my own energetic/nervous/pshysiological system's unique reaction to the practice - as I actually had tingling in my feet in general for a period of months in 2001 to the degree that I had to put cold towels on my feet at night because the heat would become too uncomfortable.

My goal with sungazing is to overcome depression - and due to the positive effects on the energies around my head (dark thoughts) I've noticed in the last two days - it feels like it might work. Also, I feel extremely calm when sungazing.

.....

**New lifestyle- getting up early to go to the beach**

Larry Sturgis Oct 31, 2003

My wife Kay and I just started gazing a month ago and are enjoying the new lifestyle that is emerging simply by getting up before sunrise to go to the beach.

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**Deepest experiences since started sungazing**

Vinny Pinto Fri Oct 31, 2003

As a 16-year sungazer and sun worshipper, and also both a scientist and a mystic (and ex-engineer) I personally believe that sungazing is not essential to deep spiritual unfoldment and immersion in the field of God/Being/Spirit/Love. However, I do believe that sungazing has helped me along the path.... my own deepest "enlightenment" experiences have all come in the years after I started sungazing.

.....

*Source: Yahoo Sun Gazing Groups Archives. Collected by Ram Jagessar*



## CONCLUSION

By the Editor

I trust this compilation of sun gazing information is useful to you. If you have any comments or questions or have information to add that would be useful to sungazers, send me an email at: [livingonsunlight@yahoo.com](mailto:livingonsunlight@yahoo.com). All contributions are added at the discretion of the editor and HRM.

If you have a testimonial that would inspire others, I invite you to share it here for the benefit of others. If you would like to submit your testimonial anonymously to protect your privacy, please indicate so and your request will be respectfully honored.

As extensive as this resource is, there will be individual questions which need to be addressed. That is why the sungazing forums are so valuable. I encourage you to connect with others on the sungazing journey, as these forums are a much needed source of support and information.

If I can be of assistance to you, do feel free to email me.

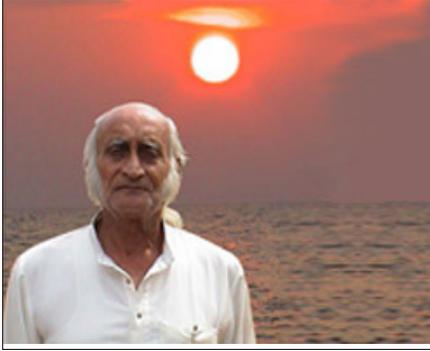
Sun's blessings to you,

*Vina*

**Vina Parmar, MBA**

Editor, Living on Sunlight

Email: [Livingonsunlight@yahoo.com](mailto:Livingonsunlight@yahoo.com)



Hira Ratan Manek (HRM) has been studied by NASA, universities in the United States, and by international scientists for his ability to live on sunlight since 1995. In this first book ever published about his teachings and methods, HRM shares this ancient spiritual practice openly with all.

Harmonize and recharge the body with life energy and easily invoke the unlimited powers of the mind with sunlight. Liberate yourself from the threefold sufferings of humanity including mental and physical illness and spiritual unawareness:

*Living on Sunlight* is a comprehensive resource for harnessing the power of the sun. You will find detailed information on: benefits of sunlight, instructions, questions and answers, transcripts of HRM's lectures, published articles, ancient texts, online resources, testimonials, and more. This book will save you time and equip you with a wealth of knowledge, making it easier than ever to master the deeply spiritual practice of living on sunlight.

#### **What people are saying about *Living on Sunlight*:**

*"You are great, Vinaji. I admire and appreciate what you have done because it is a milestone for human welfare and world peace. Thanks." - HRM*

*"Here is the best book available on sungazing, filled with tons of resources and information. Thanks to Vina Parmar for putting together such a comprehensive collection of information!" -Jack Sinclair, Lifemysteries.com Sungazing Forum moderator.*