



# THE SUN GAZETTE

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## AN INTERVIEW WITH GENE SAVOY



Archeologist and world explorer Gene Savoy is a sungazing pioneer. He taught himself sungazing in 1945 and ever since then has been teaching sungazing techniques, establishing a solar-based religion, and going on sea voyages and jungle expeditions. Now at 80, he spends most of his time at the headquarters of the International Community of Christ in Reno, Nevada.

Long-time sungazer Vinny Pinto had this to say about Gene's religion: "It is apparently an amalgamated system of methods for spiritual growth, practices to achieve immortality, and other stuff, which includes lots of sungazing. He and his church are closely linked to claims of the rediscovery of the Essene doctrines and Essene practices of worship. He related some fascinating tales of increased health, increased intelligence, spiritual open-

ing, intuitive access and body energy from the sungazing... He claimed that numerous ancient Incan and Aztec high priests and shamans had used sun gazing for health, regeneration and healing purposes..., and claimed that sungazing was an essential part of the path to immortality." Gene has written over 70 books on the Essenes, Christianity, solar cultures, and his explorations. The one that's most relevant to sungazing is *Project X: The Search for the Secrets of Immortality*. I asked him about some quotes in this book.

SG: In *Project X* you wrote that "primitive man was able to rise to a civilized state by the discovery of the spirit through the teachings of a Moses, Plato, Jesus, Viracocha who introduced them to a hidden system or science of the spirit that gave them the key to their true nature and could put them in contact with the stars, with God." Is there a universal "science of the spirit" that was the basis of civilization in every part of the globe? Is sungazing a part of this science?

GENE: Long before recorded history there existed an ancient religious school composed of highly advanced mystics, representing many nations and peoples who taught the principals of religious arts and sciences, which were later lost to the world. The purpose of Project X was to reclaim these principles for the benefit of humanity. Looking at the sun is part of it. You have to see, or contact, the intelligence behind the sun.

SG: Why did solar cultures like the Mayans and Aztecs degenerate into human sacrifice?

GENE: This is caused by knowledge becoming mundane, when oral traditions are lost.

SG: Quetzalcoatl, a Christ-like figure, promised to return after a cataclysm and a new sun would purify the earth with fire. Would the appearance of a Christed one be the second coming or would it be the new sun, the Sun of Righteousness, or both?

GENE: The Second Coming is the new Sun of Righteousness

SG: Do you feel this prophecy and that of Malachi about the Sun of Righteousness burning the wicked and healing the righteous will soon be fulfilled? Some think that the

unusual activity of the sun in the middle of the current solar cycle will lead up to catastrophic solar flares when it reaches it's peak in 2012.

GENE: It's inevitable. It's going to happen.

SG: What can we do to prepare for this?

GENE: What we can do is follow the teachings that have been laid out. These are the oral teachings of the Essenes, the Paradosis of Jesus, which is now available only through Jamilian University.

SG: This Paradosis or true gospel of Jesus was never put into print and only taught by word of mouth until it was lost after the Romans slaughtered the Essenes in 68 AD. Who taught it to you? Was it divine revelation?

GENE: Yes, it was through divine revelation.

SG: How do you ensure that students of Jamilian University don't divulge this teaching to the uninitiated?

GENE: Ensuring the purity of the teachings is determined by one's own conscience based on the individual's understanding and participation under the oath.

SG: Most historians think that the Essenes had their roots in the solar doctrines of Zoroastrianism, which the Jews adopted during the Babylonian captivity in the 6th century B.C. In light of the fact that Akhenaton's Hymn to the Sun is almost identical to Psalm 104 and that Joseph and Jacob may have been in Egypt around the time of Akhenaton or shortly thereafter, could the solar doctrines of Akhenaton also have had an influence on the Essenes?

GENE: Yes, I think they did.

SG: In *Project X* you wrote that the solar priests of the Incas and Mayans knew the language of light beings beyond the physical world. Are these light beings angels?

GENE: You could call light beings angels.

SG: Are the Quechuan mantras used by Inca priests to evoke solar light beings, the Sanskrit mantras of Tibetan masters used to

evoke pitris (archangels), and the Enochian chants used by the alchemist John Dee to evoke angels different forms of the language of angels? Did the Essenes also use Hebrew chants to evoke angels.

GENE: I would say that the mantras and chants you mention might be similar, or related to, the language of angels. It's likely that the Essenes used Hebrew chants since that was their language.

SG: Are angelic words sung at a certain meter and intonation?

GENE: Most definitely. The language of angels would be "sung" at a certain meter and intonation perceived by spiritual faculties.

SG: You also wrote that this language was a language of symbols different from alphabetical ones - ideograms. Do these ideograms have an affect on our consciousness?

GENE: Yes, it is a language of symbols – energy and wavefront patterns with an Intelligence Factor that impinges upon one's spiritual consciousness and is understood thereby.

SG: You wrote concerning the Essenes: "Nurtured on God's Light as the True Bread of Life, these Sons of God spoke the language of angels..." Is God's Light the spiritual component of sunlight?

GENE: Yes of course.

SG: Is it something that can be accessed anywhere, even in the darkest dungeon?

GENE: No, God's Light cannot be accessed in some dark dungeon. The key is sunlight.

SG: How is being nurtured on God's Light related to being able to speak the language of angels? Is it a language of light?

GENE: The language of light is spirit. Being nurtured on God's Light, one becomes enlightened or spiritual, and can understand the language of light.

SG: The sun rituals in various cultures use reflected or focused sunlight off crystals, lenses, silver coins or gold mirrors. Do these tools actually tune in sunlight like a radio tunes in radio signals? Or do they change the consciousness of the observer?

GENE: These tools can be used to "refine" sunlight. They can help to change the consciousness of the observer. That's the object.

SG: Maurice Cotterell, in "The Lost Tomb of Viracocha," deciphered the secret code hidden in the Statue of Viracocha and the Gateway of the Sun at Tiahuanaco. He says it contains instructions for a sungazing ritual to

be performed at Autumn Equinox and involved moving the head and tongue from left to right while alternately closing and opening the eyes. This is remarkably similar to a sungazing Mithraic ritual that was supposed to result in levitation. I tried this recently and experienced a thrust of energy from the base of my spine that propelled me up out of my chair. Can you shed any light on the ultimate purpose and metaphysics of this ritual?

GENE: There are many techniques for absorbing cosmic/solar energy and benefiting from it. There is no one technique that provides enlightenment. It is a combination of techniques as a system of spiritual regeneration under guidance and with proper application by which the individual can be transformed, or reborn, spiritually.

SG: In the Bible, it records that Jesus, just before he performed a miracle, as in raising Lazarus from the dead, "lifted up his eyes." Was he sungazing?

GENE: Of course that's what he was doing, looking at the Light behind the sun. The origin of light is spirit.

SG: Is sungazing a two-way stream of information, such that whatever you ask for in prayer while gazing at the sun has a much better chance of manifesting?

GENE: Yes, there is a two-way exchange.

SG: Sungazing is becoming more popular along with sunbathing, walking barefoot, eating raw foods and fasting. These practices lead to better health, but will they lead to enlightenment?

GENE: No, not necessarily. These practices are just a first step.

SG: What more can people do to become spiritually healthy?

GENE: To become spiritually healthy, it's necessary to apply the teachings of Light available through Jamilian University.

SG: How would people find out more about the International Community of Christ Church of the Second Advent and the Sacred College of Jamilian Theology?

GENE: Contact the school through our web site at [www.jamilain.org](http://www.jamilain.org).

## **SLEEPING GROUNDED**

Our ancestors first slept on the ground in direct contact with the earth. To increase comfort, they used furs, straw mats, then mattresses filled with down. Then, to avoid insects, rodents, and cold drafts, modern man invented the bed, which raised him off the

ground, cutting him off from the earth. Multiple-storied houses and office buildings separate us from the earth during the day. Our ancestors also first walked barefoot in direct contact with the earth. Then someone invented leather sandals, which allow earth currents to flow into the body but prevent the other benefits of barefoot walking. About sixty years ago, the invention of synthetic shoes and flooring effectively cut us off from the earth. That's when autoimmune diseases (now the third leading group of diseases after cancer and cardiovascular disease) began to seriously reduce our quality of life.

Scientists have observed that people who live near the equator have lower incidence of autoimmune diseases compared to people who live in more northern or southern latitudes. Many of these people endure hardships and live in primitive conditions with inadequate sanitation and health care. Part of the reason for this, I believe, is the greater intensity of sunlight, which provides the health benefits of sunbathing. But I think, more importantly, these people sleep on the ground and walk barefoot or wear leather sandals that conduct earth currents. Thus, they are naturally bio-electrically grounded, which means that the body upon contact with the earth conducts a natural flow of negative ions from the earth. These negative ions then permeate the body and create a measurable field of negative ions on and around the body. This field of negative ions then serves as a natural shield to neutralize excess free positive ions in the body. The only times people in developed countries are in contact with the earth are in the summer when they camp out or go to the beach. As a result, they don't recuperate from stress and suffer from inflammation diseases such as arthritis, fibromyalgia, and lupus.

So, should you throw out your bed and shoes to reconnect with the earth? No, there's no need to go to such extremes.

A study reported in the October 2004 issue of the Journal of Alternative and Complementary Medicine examined the effects of sleeping grounded to the earth, in beds that had conductive mattress pads, on 12 subjects with sleep disorders. After 8 weeks, results indicated that grounding the human body to earth during sleep reduces nighttime levels of cortisol and resynchronizes cortisol hormone secretion more in alignment with the natural 24-hour circadian rhythm profile. Also, subjective reporting indicates that grounding the human body to earth during sleep improves sleep and reduces pain and stress.

People feel better when they sleep on a conductive mattress pad that is grounded to the earth for the same reason why they feel energized and relaxed after going barefoot on the beach or work with their hands in the garden. It's because the body's pain- and inflamma-

tion-causing free radicals are neutralized by the huge quantities of antioxidizing free electrons from the earth. If you're earthed while you sleep, your body is being supplied with billions of free electrons that can extinguish free radicals and thereby stay younger and less stressed. Sleep is the primary time when the body heals and restores itself. Plus, you don't have to spend hours each day outside walking barefoot or working in the garden to get the benefits of earth grounding. Conductive mattress pads drain off charge from static electricity. Plus, the direct current (DC) voltage of the earth creates a partial natural protective electron (Faraday cage) on the surface of the body. This natural shield prevents environmental 50-60 Hz AC electric fields from creating electron disturbances in the body that can elevate free radical levels and promote chronic inflammation and pain. Contact with the earth also grounds the body's own bioelectricity - electricity produced by the nervous system, heart beating, metabolism, etc. Grounding returns the body to its natural bioelectrical homeostasis.

Grounding while sleeping is perhaps the most efficient and effective means of promoting health because it requires no extra time and effort and is scientifically proven to restore cortisol rhythms, reduce tension and promote sleep. In addition to the winning team of the Tour de France, Olympic medallists and top players in the NFL, NBA and major league baseball now enjoy a competitive edge from grounding while sleeping. When sleeping on a grounded mattress pad, the stress and tension in your body naturally drains away. Then as your nerves calm and muscles relax, sleep comes more quickly. Many happy users report relief from the pain of arthritis, fibromyalgia, lupus and other conditions where chronic pain is a factor.

Initial studies have documented that just eight hours a day of earth contact have been able to provide the following benefits:

1. 85% went to sleep quicker
2. 93% slept better throughout the night
3. 100% reported feeling more rested
4. 82% experienced a significant reduction in muscle stiffness
5. 74% experienced the elimination of or a reduction of chronic back and joint pain
6. 78% reported improved general health

In addition, several subjects in the study also reported experiencing significant relief from respiratory conditions, rheumatoid arthritis, PMS, sleep apnea and hypertension. Using a control group to help establish the validity of results, a total of 60 persons participated in these studies regarding possible benefits from grounding while asleep. However, more research needs to be done.

Does this mean we don't have to do barefoot walking to get grounded? No, grounding is

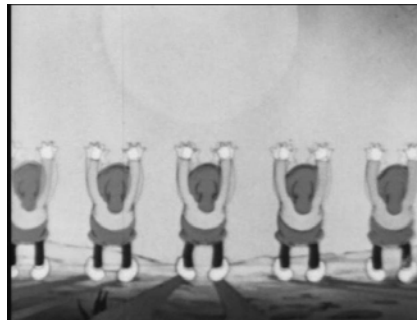
just one benefit of barefoot walking. It's also one the best low-impact exercises, it stimulates the reflexology pressure points on the soles of our feet to keep our glands and organs in good tone, and it can absorb solar energy and minerals from the earth. It's also good to lie on the ground occasionally and not depend totally on a grounded mattress pad. Warren Grossman healed himself of a rare disease by lying on the ground and wrote about it in "To Be Healed By the Earth."

Conductive mattress pads can be bought online at [www.lessemf.com](http://www.lessemf.com) for \$59.95.

## THE SUNSHINE MAKERS

In 1935, Ted Eshbaugh directed *The Sunshine Makers*, one of the most popular cartoons ever created. It was played in theaters across the country. Audiences loved it because it lifted them out of the emotional depression of the Great Depression. In the early days of television, it was standard fare on Saturday mornings. I remember, as a child of four, watching it for the first time. It left a deep impression of optimism in me, a conviction that evil people were afraid and sad, and that if they could be infused with the light, they could be transformed.

The Sunshine Makers are tiny gnomes who get up before the break of dawn to sungaze and then march to their factory to bottle sunshine. As they sungaze, they sing a song of praise: "A new day is dawning and here comes the sun. Hail his majesty the sun!"



As they go to the factory, they sing: "The sun is above who fills you with love and gives your blues away. And we are the ones who welcome the sun, and we do it every day."

The factory's roof opens as a gnome cranks a giant lens out which focuses the sun's rays into a funnel, concentrating sunlight into an intense beam, which is converted into electricity that charges a vat of water.



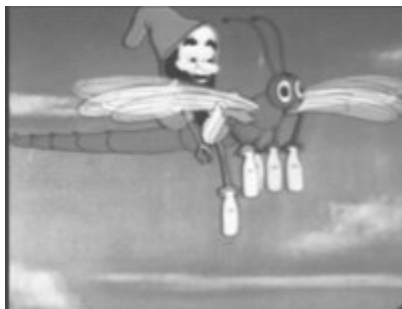
The supercharged sun water is then injected into bottles, and the bottles loaded onto a cart, pulled by a grasshopper. As the driver begins his deliveries, he sings: "Sunshine! Sunshine! I just love that good old golden sunshine. Sunshine! Sunshine! It's just the thing to make you feel fine." He stops to make a delivery. As he sets out on his way again, he begins to sing his song, but is interrupted by a bow and arrow attack from a dark gnome, who expresses his contempt for sunshine. The arrow narrowly misses the sun gnome, who retaliates by throwing a bottle of sun water at the dark gnome, which splashes on the back of his coat.



The dark gnome is terrified of the sunlight on his coat and flees to his village in a gloomy swamp. The villagers mope around singing "We're happy when were sad. How are you? Terrible. That's fine."



The other dark gnomes see him coming and hide in their huts. He buries his jacket and rings the alarm. They gather around and he incites them to go to war against the sun gnomes. The rest of the cartoon shows the gnomes fighting. The dark gnomes use swamp gas while the sun gnomes use their bottled sunshine.



When a dark gnome is hit by sunshine, he becomes happy. When a vulture is hit, it becomes a bird of paradise. A dead tree becomes a verdant tree. The stagnant pool of swamp water becomes a fountain of pure water. The sun gnomes corner the remaining dark gnomes. One of them protests, "I don't want to be happy; I want to be sad."



A sun gnome pours sun water down his throat, and he changes his tune to "I want to be happy. I want to be gay. I want to be happy and glad, and never again be sad. I never will cry; I never will sigh, for I want to be glad." Then, as the scene fades, the chorus sings, "And now the world looks bright and fair, for there's sunshine everywhere."



It's amazing that Ted Eshbaugh intuitively knew, decades before any studies were done, that bright sunshine was the antidote for sadness. It's also amazing that he shows the gnomes gazing at the rising sun with hands outstretched, as was done by sungazers in ancient times in various parts of the world, and still is done today. (See insert).

*The Sun Makers* is an allegory of modern times, showing the dichotomy between the light-bearers (not just sungazers, but all those who are on a path to higher consciousness) and those who support death consciousness (fear, hatred, terrorism, drugs, free sex, etc.)

and reject the light. The sun gnomes didn't react to the dark gnomes' attack with more fear and hatred, but with love. They administered the sun water to the dark gnomes, as loving fathers would give medicine to recalcitrant children. It's significant that the dark gnomes are dressed like morticians. Their fear and loathing of sunlight can be seen in the medical establishment's warnings of death and blindness from sunlight exposure. Take, for example, this typical quote from Dr. Margaret Kripke of the M.D. Anderson Cancer Center, talking about the dangers of sun exposure: "We need to be concerned with what the health effects of ultraviolet light radiation would be, specifically skin cancer, eye damage such as cataracts, and perhaps immunological effects." These negative effects are all possible, of course, but only at high altitudes or during the danger period from late morning to mid-afternoon. If sungazing and sunbathing are done during safe hours, they can prevent skin cancer, improve eyesight and strengthen the immune system.

Can we somehow bottle sunshine, as the Sun Makers did, and distribute it to those who need it, especially those who don't want to sunbathe and sungaze? It would be fantastic if, instead of bombs, artillery and bullets, we could deliver concentrated sunlight into those countries that are dark cesspools of fear and hatred. Sun-charged water isn't the same as sunlight and it loses its charge after 24 hours. Vitamin D can be added to a drink, as was done with milk. By the way, Bordens acquired the rights to *The Sunshine Makers* so they could use it as a commercial for their vitamin D milk. However, vitamin D production is only one benefit of sunlight. Sunlight also causes the brain to produce serotonin, which is "just the thing to make you feel fine." If it were possible to add serotonin to a drink, it might deliver similar anti-depressant effects as sunlight. However, due to the blood/brain barrier, getting serotonin into the brain through a drink isn't possible. Also, there are other neurochemicals that sunlight stimulates. (Read the article in this issue on "Endocrine Secretions During Sungazing.") However, there is a way to get serotonin and other essential neurochemicals without sunlight. In 1984, the NIH found that the body clock is regulated by bright light, which causes the body to produce serotonin. In 2002, the medical journal *The Lancet*, reported that darkness and overcast days cause serotonin to be depleted. A new treatment evolved, called *light therapy*, using light to regulate hormones that caused depressive mood disorders. Light therapy was first applied to a special type of depression in the winter called Seasonal Affective Disorder (SAD), and has since been successfully applied to major depression, bipolar disorders, anxiety disorders, and eating disorders. See the following article for more information on light therapy.

## HOW TO SUNGAZE

Sungaze 1x/day up to 1 hr. after sunrise or in last hr. before sunset. Stand erect with bare feet on bare ground. Remove glasses. Raise arms, palms facing out. Begin with 10 seconds. Increase 10 sec/day. If cloudy, sungaze but don't increase time. When cold, do it indoors thru open window. If ill, affirm and visualize sunlight going to problem area. Express gratitude. After or before sungazing, walk barefoot for 45 minutes. When you reach 44 minutes of sungazing, reduce time 1 min/day to 15 min and stay there for the rest of your life.

## C SPECTRUM

Moderate sunlight exposure improves mood; strengthens immunity; prevents disease; enhances mental awareness, concentration, intelligence, and productivity; stimulates our metabolism; improves sleep; and boosts our energy levels.

Specifically, the full spectrum of the sun's light rays has been shown in medical and scientific studies to: 1) prevent cancer (recent clinical studies have shown that sunlight actually lowers your risk of colon, prostate, breast, ovarian and even skin cancer); 2) reduce your risk of getting sick (there is a preponderance of evidence suggesting that decreased sun exposure is closely related to your risk of acquiring the flu, a common occurrence during the winter); 3) increase healthy levels of vitamin D, essential not only for healthy bones, but for reducing the risk of developing disorders such as diabetes, cancer, heart disease, obesity, and autoimmune disease; 4) lower your blood pressure (in fact, the farther from the equator you live, the higher your blood pressure); and 5) even help babies sleep better at night (this is great news for you parents out there).

Many health disorders can be traced to problems with the circadian rhythm, the body's inner clock, and how it governs the timing of sleep, hormone production, body temperature, and other biological functions. Disturbances in this rhythm can lead to health problems such as depression and sleep disorders. Natural sunlight and various forms of light therapy can help reestablish the body's natural rhythm and are becoming an integral treatment for many related health conditions. When light enters the eye, millions of light- and color-sensitive cells called photoreceptors convert the light into electrical impulses. These impulses travel along the optic nerve to the brain where they trigger the hypothalamus gland to send chemical messengers called neurotransmitters to regulate the autonomic (automatic) functions of the body. The hypothalamus is part of the endocrine system whose secretions govern most bodily functions-blood pressure, body temperature,

breathing, digestion, sexual function, moods, the immune system, the aging process, and the circadian rhythm. Full-spectrum light (containing all wavelengths) sparks the delicate impulses that regulate these functions and maintain health.

Lack of adequate sunlight has been linked to various diseases and debilitating conditions. Both the "winter blues" and SAD (Seasonal Affective Disorder), characterized by feelings of sadness and depression, irritability, fatigue, excessive eating, oversleeping, social withdrawal and loss of interest in sex, have been scientifically correlated to a lack of sunlight and decreased serotonin, the feel good hormone produced by the pineal gland when we sunbaze. This is why modern antidepressant drugs like Prozac, Paxil and Zoloft are called SSRIs, "selective serotonin reuptake inhibitors". Light therapy (now called phototherapy) with full spectrum light wavelengths has been shown by dozens of studies to be comparable to the effectiveness of antidepressant drug therapy for mood disorders but without any side effects.

Pioneer light researcher (and full spectrum light inventor) Dr. John Ott first coined the term "malillumination" to describe sunlight deficiency and the harmful effects of typical cool-white and pink-colored fluorescent light on learning, behavior, health and longevity. He states that poor lighting poses a serious threat to health. He believes that the kind of light adequate for maintaining health must contain the full wavelength spectrum found in natural sunlight. Dr. Ott discovered that most artificial lighting, both incandescent and fluorescent, lacks the complete balanced spectrum of sunlight and interferes with the body's optimal absorption of nutrients. Windows, windshields, eyeglasses, smog, and suntan lotions all filter out parts of the light spectrum and contribute to this problem. Research reveals that if certain wavelengths aren't present in light, the body can't fully absorb certain nutrients. Malillumination contributes to fatigue, tooth decay, depression, hostility, suppressed immune function, strokes, hair loss, skin damage, alcoholism, drug abuse, Alzheimer's disease, and cancer. It has also been linked, in a recent study at the Clinical Pathology Department of the National Institutes of Health, to a loss of muscle tone and strength.

Dr. John Downing, O.D., Director of the Light Therapy Department at the Preventive Medical Center of Marin in San Rafael, California, reports that by spending 90 percent of our lives indoors, under inadequate lighting conditions, we cause or worsen a wide range of health problems, including depression, heart disease, hyperactivity in children, osteoporosis in the elderly, and lowered resistance to infection. In order to keep up health it is important to be exposed to light contain-

ing the full wavelength spectrum found in natural sunlight.

The problem is that getting adequate sunlight isn't easy these days. Most people suffer from malillumination. We all need about one hour of unfiltered sunshine each day. Unfortunately, the majority of us don't even come close to receiving that amount.

In the first place, we spend too much of our daylight hours indoors, with poor lighting, sometimes even without windows. And windows themselves (even our eyeglasses) block some of the 1500 wavelengths present in sunshine from reaching our retinas and nourishing our brain and body.

And many of us live in climates with winter weather that robs us of essential sunlight. Gloomy days, clouds, rain and snow all obstruct the sun's healing rays and dampen our mood at a time of the year when full spectrum lighting is so essential. Moreover, sunlight-blocking air pollution and haze permeate most cities all year long.

And to add to all this, many of us have had the living daylights scared out of us by prevailing medical warnings about the sun causing blindness, cancer and damaged immune systems. So we slather on toxic sunscreen, wear sunglasses when we're outside, and we run from our tinted cars to our jobs or homes under the protective cover of umbrellas. If we can't sunbathe or sunbaze due to adverse weather or being stuck indoors, how can we get the full spectrum light our bodies need to stay healthy and happy?



### Way Healthier Full-Spectrum Bulb

Fortunately, full-spectrum light bulbs for home and office are available. However, not all full-spectrum light bulbs are created equal. Some have low Correlated Color Temperature (CCT) and Color Retention Index (CRI). You want a light bulb that has a CCT over 5000 and a CRI close to 100. Also, some bulbs don't last very long and emit harmful EMF. The Way Healthier Full-Spectrum light bulb has a CCT of 5550, a CRI of 93, a service life of 10,000 hours, no EMF emissions, and only uses 20 watts, yet gives off light comparable to a 150-watt bulb. You can order Way Healthier Full-Spectrum light bulbs for less than half the price of other full-spectrum bulbs at [www.mercola.com](http://www.mercola.com).

While full-spectrum lighting isn't as healing as sunlight, it does have healing effects because it still normalizes hormonal activity and produces vitamin D. John Zimmerman, Ph.D, founder and President of Bio-Electro-Magnetics Institute in Reno, Nevada says that bright light therapy involves the use of bright white light ranging in intensity from 2,000 to 5,000 lux. While the intensity of this light therapy isn't near that of sunlight (50,000 lux), it is significantly higher than that of the average office and workspace (50 to 500 lux). Dr. Zimmerman adds that brighter lights in the workplace have been shown to reduce mistakes on the job, and drowsiness, especially among night shift workers. Bright light therapy is also used to treat SAD, Bulimia, Delayed Sleep Phase Syndrome, and Irregular Menstrual Cycles. In Russia, a full-spectrum lighting system was installed in factories where colds and sore throats had become commonplace among workers. This lowered the bacterial contamination of the air by 40 to 70 percent. Workers who did not receive the full-spectrum light were absent twice as many days as those who did. It can be applied to the skin in order to relieve hypertension, depression, insomnia, premenstrual syndrome, migraines, and carbohydrate cravings associated with metabolic imbalances. A ten-year epidemiological study conducted at Johns Hopkins University Medical School in Baltimore, Maryland, showed that exposure to full-spectrum light (including the ultraviolet frequency) is positively related to the prevention of breast, colon, and rectal cancers. Light therapy is also used to treat jaundice in newborn babies.

Light and color have been valued throughout history as sources of healing. Today, the therapeutic applications of light and color are being investigated in major hospitals and research centers worldwide. Results indicate that full-spectrum, ultraviolet, colored, and laser light can have therapeutic value for a range of conditions from chronic pain and depression to immune disorders and cancer. We can enjoy these benefits simply by switching to full-spectrum light bulbs.

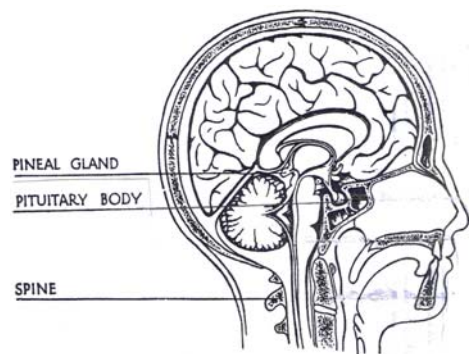
## ENDOCRINE SECRETIONS DURING SUNGAZING

In the last issue of *The Sun Gazette*, the article "Imbibe Sunshine for a Natural High" examined how sunbazing and sunbathing cause the secretion of "feel good" hormones serotonin, beta-endorphins, and dopamine. This article will examine how the endocrine glands secrete other hormones during sunbazing, which create not just a high, but greater energy, longevity and experiences of samadhi or higher consciousness.

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

Scientists at the University of Pennsylvania, including Dr. George C. Brenard, a leading authority on the pineal gland, observed sun yogi HRM for 130 days in 2002. They found that his pineal exhibited growth and reactivation. The average size of the pineal is 6x6 mm, but in HRM's case it was 8x11 mm.

Scientists refer to the pineal gland as the "atrophied third eye." Indeed, it, along with the pituitary, is the third eye chakra or energy center, but they're just dormant, not atrophied. According to Max Heindel's Rosicrucian writings, in the distant past, man was in touch with the inner worlds through an activated pineal and pituitary gland. Considered the most powerful and highest source of ethereal energy available to humans, the third eye has always been important in initiating psychic powers (e.g. clairvoyance and seeing auras).



To activate the 'third eye' and perceive higher dimensions, the pineal and the pituitary must vibrate in unison, which is achieved through meditation or sungazing. When a correct relationship is established between the personality, operating through the pituitary, and the soul, operating through the pineal, a magnetic field is created. The pineal can generate its own magnetic field because it contains magnetite. This field can interact with the earth's magnetic field. The solar wind at dawn, charging the earth's magnetic field, stimulates the pineal gland. This is why the period between 4 and 6 am is the best time to meditate and why sunrise is the best time to sungaze. At these times, the pineal stimulates the pituitary to secrete Human Growth Hormone. That's why sungazers experience rapid nail and hair growth, restoration of hair color, and general rejuvenation. Cleopatra used to place

a magnet on her forehead to stimulate the pituitary to restore her youth and good looks. She didn't know she already had a magnet in her head. Also at dawn, the negatively charged pineal and the positively charged pituitary combine their essences to create a "light in the head" while meditating.

This light has been seen by mystics, initiates, prophets and shamans throughout the ages. They refer to it as the experience of God or of a universal intelligence. Many cultures and mystics have induced this experience through the use of hallucinogenic substances, such as soma, mushrooms, Mescaline, and LSD. However, these experiences tend to be short-lived and require repeated usage to re-live the experience. Most mystics agree that natural methods, such as intense meditation, visualization, deep-breathing, chanting and sungazing combined with purification are the best ways to induce third eye activation and can have life-transforming effects.

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

The use of mantras and chanting can also gradually awaken the pineal because it sits above the mouth suspended in the third ventricle, a chamber filled with cerebrospinal fluid, what some esotericists have called "the grail." Its location above the mouth in a fluid chamber makes the pineal gland quite uniquely positioned to respond to sonic vibrations. Manly P. Hall, in *The Opening of the Third Eye* stated that the pineal gland "vibrating at a very high rate of speed, is the actual cause of true spiritual illumination." The pineal governs energy level. Thus, the more it is stimulated, the higher a person's energy level. Monks at a monastery in France were told by a new abbot to stop chanting. They found that they no longer were able to get up before dawn to work in the fields after only a few hours of sleep. When chanting was restored, so was their energy. You can find chanting and singing practices in many cultures that activate the third eye. Take, for example, this quote from "The Dialogues of Kabir," "In the center between the two eyes is the seat of eternal music, the music of the spheres. One who practices this sound principle gains entry into this kingdom." And a more recent teaching from Sri Chinmoy states that "There are quite a few mantras that also help in opening the third eye. The Gayatri Mantra, for example, helps in opening the third eye, for it invokes the infinite knowledge, wisdom and light." Sun yogis usually recite the Gayatri mantra while sungazing. The last line of this mantra can be

translated as "May it [the sun] activate the brain." Jonathan Goldman in *Tantra of Sound* wrote that "Sound can act like a psychoactive substance, altering and enhancing consciousness." Perhaps this is because certain sounds can stimulate the production of psychoactive substances in the pineal.

Dr. Rick Strassman, who conducted research at the University of New Mexico from 1990 to 1995 on the effects of the psychoactive drug Dimethyltryptamine (DMT), suggested that the pineal gland is involved in DMT production, because the precursors and enzymes necessary for its formation are quite high in the pineal. He says DMT may be released from the pineal during dreams, near-death, death, birth, and during meditation and mystical experiences. Near death experiences are identical to DMT trips. HRM says that at the moment of death, the pineal gland collapses, releasing all its contents. I propose that during sungazing, meditation, or chanting, the pineal secretes not only DMT, but other peptides as well that have psychoactive effects. The mixture of these secretions has been called various names: nectar of the gods, ambrosia, the living water, and amrita. It is said that to experience amrita is to be bestowed with immortality, that is, to be freed from the cycle of birth and death...hence liberated. The term *Amrita* is Sanskrit for "elixir of immortality," it literally means "deathlessness". This has obvious parallels to "ambrosia" the name of the classical Greek "food of the gods" which means "no death."

During sungazing or deep meditation, amrita is produced, fills the grail and drips down the back of the throat. David must have experienced this when he wrote in Psalm 23:5 "thou anointest my head with oil; my cup runneth over." Amrita has an intensely sweet taste described as nectar, honey, gold dust, euphoric, ecstatic, intoxicating and gives the feeling of being imbued with holiness. People report that it usually is secreted while practicing the Khechari mudra (tongue upward on palate). The following is the account of an initial amrita experience by a sungazer, Lillie, who is a member of the sungazing forum at <http://forums.lifemysteries.com>: "I have had an awesome experience 10 or 12 times that I have not yet read about. This will happen most often in the morning. I will get this taste in my mouth that will last anywhere from 45 minutes to 2 hours. It is the most wonderful taste I have ever experienced! I can assure you that there is NOTHING to describe what may be similar, or at least nothing I have ever tasted. It is just so divine I find myself getting lost in it, and wanting it to never go away. I don't know if there's any connection, but I now have less anxiety, and much better eating habits. Also, I can strongly feel others' emotions before they even look at me and I have begun to see colored auras on people and animals."

After reading about amrita and continuing sungazing for three more months, this is Lillie's update: "The amrita has not become more often, but it lasts longer (the longest being almost three hours now). My emotions during amrita are extreme joy and happiness. The taste is still so amazing it takes my breath away. The only way I can describe even a hint of the taste is like a milk-sugar-nutty, and that's still not even close! If I'm not at work or in the public and can find a quiet place, the taste seems much stronger."

"I have energy surges that seem pretty powerful. Not nervous energy, but like a blissful energy. Kind of like when I was a happy child. I believe it stems from sungazing and meditation. I meditate twice a day. While sungazing, I do a light meditation that consists of expressing gratitude for everything. At night, I meditate on colored balls of light before going to sleep. I do deep breathing before sungazing and walk barefoot for 15 minutes afterwards. When I eat just a little fruit or nothing in a day is when I usually notice the blissful energy. I truly am more loving and grateful since I started sungazing. I now get by on five hours of sleep instead of eight. I used to be a light smoker. My cravings went away at only 7 minutes of sungazing [after about two months]. I mean they completely went away. It's like I never smoked, and I'm amazed that I ever did that. Being able to see auras is still pretty mild. I usually can see it on an angry person, and it's kind of like pulsating shades of reds and oranges from the head and chest area. I can see other colors on occasion when I am paying close attention. (I also can see mostly blue and white on my dogs). As far as feeling and knowing other emotions, this has become very powerful, almost to the point of frightening me on occasions. Sometimes I think I can almost physically feel the emotions of others."

I have not been blissed out to the extent that Lillie has, nor have I experienced any indescribable taste in my mouth. However, I have experienced sensations of bliss during and after sungazing, also feel more love and gratitude, and am more sensitive to the feelings of others. I suppose that amrita is being produced during sungazing, but not to the extent that it overflows down the back of my throat. It is nonetheless, being transported through the gland ducts to the blood and lymph and throughout my body. I can feel it tickling and warming my heart at times.

To get back to the biochemistry of amrita, DMT increases all pituitary hormones and beta-endorphins, vasopressin, prolactin, Growth Hormone, and cortisol. It's possible that a DMT-induced surge of beta-endorphins creates the euphoria of an amrita experience. Serotonin receptors are activated by DMT and serotonin receptors regulate heart rate, blood pressure, body temperature, and pupil diameter. Apparently DMT is a small mole-

cule not much larger than glucose and Strassman says that it is like brain food that is rapidly transported across the blood brain barrier.

As far as the primary active ingredient of amrita goes, besides the opiates which give a profound analgesic effect, the "wakefulness" chemical is probably a phenethylamine similar to Mescaline (3,4,5-trimethoxyphenethylamine). Our bodies can convert the amino acid phenylalanine to tyrosine and phenethylamine. Mescaline made from the peyote cactus is one of the oldest psychedelics known to man and is used in spiritual ceremonies. Curiously it can produce a bright internal light. Tyrosine is also a precursor to the excitatory neurotransmitters norepinephrine and dopamine. The "wakefulness" chemical could also be a tryptamine that the body produces, perhaps similar to 5-MeO/DMT. The essential amino acid tryptophan is the precursor for tryptamine, which is slightly psychedelic. Tryptamine is a naturally occurring compound found in both the animal and plant kingdoms. Tryptamine and LSD have a common mode of action.

Research will probably find that many secretions from about five different glands including the pineal and pituitary may contribute to the mixture. Thus, the production of amrita may be a joint effort of the circumventricular organs secreting into the cerebro-spinal fluid of the brain. High levels of opiates, oxytocin, vasopressin, phenethylamine and tryptamine would bring the individual into the extreme heart expanding unitive experience of Samadhi or Cosmic Consciousness.

The following is part of a channeled message from Trasarim, angels of the sun. I usually don't give much credence to channeled messages because they may contain distortions and additions from the consciousness of the channeler. Nevertheless, I included it in this article because it indicates that there is more to sungazing and third eye awakening than just psychoactive brain chemistry and subjective experiences. Also, it supports Descartes hypothesis that the pineal gland was a valve for the transfer/conduction of divine and human communication.

"The rays of the sun are streaming information. The solar sun is a step-down transformer of energy-information from a higher sun, called the Central Sun or, in ancient literature, The Eye of Buddha. This energy enters the eye, which is the only exposed nerve in the human body temple. Sunlight travels along the optic nerve to the pineal gland. The pineal gland is also referred to as the "Eye of Buddha" in ancient literature. The pineal gland reacts by secreting neuropeptides, glandular chemicals, that are natural consciousness enhancing agents. These naturally produced psychoactive chemicals inform the

Children of Light and Love with Divine Consciousness and Life on a cellular level.

The human eye is the only eye of any mammal on earth that has 'the whites of the eyes'. This is because light goes forth from the eyes of the Children of Light and Love as well as into them. It is through the eye that information is sent to others. This is the meaning of "darshan, the gaze of the master". When you look directly at the sun's rays, send intent, visualizations, thoughts, feelings, and sensations of divine virtues and situations to bless all, and send any request, through the optic nerve into the rays of the sun. It is important that the Children of Light send meditations and prayers while looking at the sun. In this way, blessings travel along rays of light to the sun and the sun broadcasts this to all. This is the ancient way."

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

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

## THE SKINNY ON SUN SCREEN



I don't recommend using sunscreen while sunbathing for four important reasons: 1) it blocks the production of vitamin D, which is so essential for good health, and MSH, an important hormone in weight loss and energy production; 2) it traps toxins under the skin that would normally be excreted through sweating; 3) it gives a false sense of security so that people stay out in the sun during unsafe hours or for longer than they should; and 4) it contains carcinogenic ingredients.

Sunscreen is regulated by the FDA as an over-the-counter drug because it contains several "active" ingredients. The debate over the toxicity of these active ingredients is still ongoing. The main chemical used in sunscreen lotions to filter out ultraviolet B radiation may be toxic, particularly when exposed to sunshine. The ingredient Octylmethoxy-

cinnamate (OMC), which is present in 90 per cent of sunscreen brands, was found to kill mouse cells even at low doses in a study by Norwegian scientists. In the study, mouse tissue grown in culture was treated with a solution of OMC at five parts per million - a much lower concentration than in sunscreens. Half the cells treated with OMC died, compared with fewer than 10 per cent in a control group. When researchers shone a full-spectrum lamp for two hours to simulate midday sunshine, more cells died. Dr Christensen suggested that the reaction between OMC and sunlight created an effect that was twice as toxic as the chemical alone.

It's not certain that the effects on mice are repeated in humans, although the findings reported in New Scientist magazine suggest that human cells could be damaged if a sunscreen containing OMC penetrates the outer layer of dead skin and comes into contact with living tissue.

A study in the April 2004 Journal of Chromatography found that there is significant penetration of all sunscreen agents they studied into the skin. So, it's fair to assume that when you use sunscreen your body is absorbing its chemicals, including the carcinogenic OMC.

Another ingredient used in sunscreens, Titanium dioxide is a white powder that has the ability to reflect and scatter ultraviolet light. Researchers now say it can be absorbed by

human skin. The compound's full effects on human health and toxicity remain unclear and are still under investigation. The U.S. government's National Institute for Occupational Safety and Health (NIOSH) labels the chemical "a potential occupational carcinogen."

If sunscreens are harmful, how do we avoid getting sunburned in the summer? One way is to stay out of the sun early on in the season and limit your exposure until your system adjusts by increasing melanin pigmentation in your skin. At the beginning of the season, go out gradually and limit your exposure to perhaps as little as 10 minutes a day. Gradually increase your time in the sun so that in a few weeks you will be able to have normal sun exposure with little risk of skin cancer. You can further avoid the damage from the sun by staying out of the sun during the harmful times from from 11 AM to 1 PM. For your children, reduce exposure to the sun particularly during the hours of 10 AM to 4 PM. You can stay in the shade during this time or wear lightweight long sleeve shirts, long pants and a wide-brim hat. However, it is possible to get sun burnt through clothes as they have only an SPF of 5.9.

Along with not getting sunburned, diet can protect against skin cancer. Consuming many whole vegetables will increase antioxidant levels in the body, which will provide protection against any sun-induced radiation damage. Eating the right vegetables for your

metabolic type will give you the best results, of course. Eating fish and avoiding vegetable oil will also help as this will bring your dietary Omega 6:3 ratio closer to 1:1.

In 2001, the National Academy of Sciences published a comprehensive review showing that the omega-6:3 ratio was the key to preventing skin cancer development. I believe that it is the worsening omega-6:3 ratios that are at least partly responsible for the rise in skin cancer rates. With the typical diet today, it ranges from 20:1 to 50:1.

A 2000 cancer research study found that omega-6 fats act as stimulators and long-chain omega-3 fats act as inhibitors of development and progression of a range of human cancers, including melanoma."

So if you want to benefit from the sun this summer, throw away your sunscreen and use practical methods like clothing and shade to protect your skin from the sun when necessary. Eat right and always avoid getting burned, but be sure to get some sun on your skin. Complete avoidance of the sun is a surefire way to cause health problems.

The Winter Solstice meeting of ISIS will be held on January 6<sup>th</sup> at 7:00 pm at the Changing Hands Bookstore, 6428 S. McClintock Dr., Tempe.