



THE SUN GAZETTE

Voice of The Sun Center of Phoenix

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FREE

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CONTENTS

Creating a Golden Age	1
Hearts Center Easter Class	1
Hidden Reality of Sunlight	4
Interview - Mark Amaru Pinkham	6
Basics of Sun Yoga	8

CREATING A GOLDEN AGE



Imagine living in a universe without stars. Everything would be pitch black and frozen. There would be no possibility of civilization. But thanks to the sun we have light, warmth and life. With light we can see objects, shapes, colors and distances, so we have the beginnings of art and science. With warmth we can feel happy and give love and this love can extend to God and form the basis of religion. With life we can move, act and express ourselves, so we have the beginnings of dance, singing, and acting. So the sun provides all the ingredients for culture and civilization. But most people today take the sun for granted and they block out the sun's beneficial rays with sun screen and sunglasses. But in the distant past people in every culture on every continent worshiped the sun, and because they had a close relationship with the sun, their civilizations were called golden age solar civilizations. Archeologists think of these ancient people as being primitive nature worshipers, but the sun worship of Akhenaton and Zarathustra were the beginnings of monotheism and contrasted sharply with the polytheism of the rest of society during those periods in history.

The Bulgarian master Omraam Mikhael Aivanhov had the correct understanding of sun worship. He said, in *Toward a Solar Civilization* (available through www.prosveta.com) "In our planetary system, the sun is the representative of God, the supreme sun of the universe... Light, warmth and life as we know them are a very inferior reflection of the true light, true warmth, and true life. Behind the light of the sun is the light of God... You must not think of the light of the sun as the true light of God. It is a reflection of the true Light." In the book *Light is a Living Spirit* he talks more about this true light, which he calls Videlina after the Bulgarian word for "seeing." In other words, Videlina or the true light of God enables us to see the invisible spiritual world. Videlina condensed into material form as physical light or svetlina after the Bulgarian word for "shining." He said "'The light that we receive from the sun is not the Light of that first day of Creation of which Genesis speaks. Beyond the visible sun is the invisible dark Sun which pours a ceaseless stream of energies into our visible sun, and the visible sun transforms them and sends them on in the form of light... In the beginning was videlina, that first movement within the spirit of God which manifested itself by blazing forth, radiating from the center to the periphery; that first movement outward from within. Before creating, God encompassed himself in a circle of light which we may call His aura... It was not the spoken word which created the world, it was the Logos, the Divine Word, Light..."

With this explanation of videlina and svetlina, we can have a greater understanding of what St. John wrote in his gospel "In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not... That was the true Light, which lighteth every man that cometh into the world..." In other words, the Word was movement or vibration that created and animated the material universe from subatomic particles to the most immense sun.

John wrote "And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth." This could mean that the Christ Light was manifested in Jesus. But at a deeper level, it could mean that the Word of God, or the invisible true light of God that shines in darkness, condensed into material sunlight (Continued on Page 2)

Mercola.com publishes article about sungazing. This will increase the public's awareness of sungazing significantly because this ezine has a million subscribers and gets 5 million hits a day. To read the article go to <http://articles/mercola.com/sites/articles/archive/2009/01/08/feasting-on-sunshine.aspx>

THE HEARTS CENTER EASTER CONFERENCE, APRIL 9th - 12th



The Hearts Center focuses on making practical the teachings of the world's mystical traditions, including the mysteries of the sun. It is an organic stream of souls who desire, through oneness of heart and purpose to work toward a golden age of enlightenment and planetary freedom. It welcomes all seekers of truth, honoring their spiritual backgrounds and chosen path. Heart Centers have been established in many cities. They are oases of light and comfort where people of all cultures and traditions share their gifts and talents in service to life. The Heart Center sponsors Meru University, a modern-day mystery school that assists in the spiritual development of the soul through courses, workshops and publications. Heartfriends throughout the world keep abreast of the latest heartstreams and Meru University courses through the website at www.theheartcenter.org, and come together for pilgrimages to sacred sites and periodic conferences.

This spring from April 9 -12, the Hearts Center will be holding it's Easter 2009 Conference in Tempe, Arizona at the InnSuites Hotel & Suites. The theme of the conference will be **Recreating Earth's Ancient Solar Civilizations: Resurrecting Golden-Age Cultures of the Past**. The tentative schedule as this goes to press is:

April 9, Meru University – *Heart-Mindfulness as the New Way of Love-Wisdom*. Darhan with Jesus and Kuthumi.

7:30 pm: Free public lecture on *The Yezidis, Children of Sanat Kumara* by Mark Pinkham.

April 10, 9:45 am: Mark Amaru Pinkham on *The Lemurian Brotherhood of the Sun in the Spiritual Evolution of Mankind*. Mother Mary - *Refresh Your Immaculate Vision*, John the Beloved - *Love the Light to Secure our New World*, Paul the Venetian with the Goddess of Beauty - *Refashion Your World in Beauty*, and Astrea and Purity - *A Planetary Clearance of the Piscean Age*.

April 11: Lady Kristine - *Take Responsibility for Tomorrow's World Today*, Mystery master - *Create a World of Solar Joy*, Igor - *The Science of Presence and Divine Light*, David Lewis on *Ancient Golden Age Cultures*, Uriel and Aurora - *Resurrect the Highest of Ancient Cultures*, Jackie Fleder and Jeanette Wallen (coauthor of *The SOLution*) on *The Science of Light and Color*, and Saint Germain - *The Science of Spiritual Light and Color*.

April 12: Omraam - *The Science of the Sun*, Jesus Buddha - *Buddhahood as the Golden Way of Wisdom*, Maitreya Buddha - *The Coming Age of Love-Wisdom*, Debra LeMore on Bhutan, the Magical Kingdom of Padma Sambhava, Wayne Purdin (author of *The SOLution*) on *Heliophysics and the 2012 Solar Cycle Max*, and Helios and Vesta - *Become a Sun*.



The Messenger David C. Lewis

Each day will begin with sungazing, followed by paneurhythmy and songs and mantras to the sun. Early bird registration continues through February with special pricing for families. For a single, the entire conference is \$175, or \$50 per day, or \$25 per session. For more information, call 623-780-0261 or 928-710-5833 or visit www.heartcenter.org

CREATING A GOLDEN AGE cont.

so that we beheld his glory or "glow ray" full of grace and truth. The Word according to Omraam, John and the Rig Veda is the creative principle that gives life. So it's that power aspect of the Father/Mother. In the gospel of John, Jesus tells the Pharisees, "it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.... This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever." (John 6:32-33). Jesus is making the assertion here that

the true bread from heaven is the Word of God, which comes down from the Father in heaven, from the Sun behind the sun, to give us life through the rejuvenating rays of sunlight absorbed through the skin. It's well known that sunlight causes the secretion of the hormone vitamin D, which is essential for health and well-being. This life-giving aspect of sunlight from the Father was called the A factor by sungazing researcher Gene Savoy. There's also an X factor or immortality factor. When taken in through the eyes as in "we beheld his glory" it becomes the wisdom of the Son "full of grace and truth." Savoy called the wisdom aspect of sunlight the "intelligence factor" or "IF." He wrote in his book *Project X: The Search for the Secrets of Immortality* "This energy [from the sun and beyond] has inherent IF potential. It is cosmic information coming into our mind and consciousness directly from the source - the cosmos where it all began... The first cause in the creation of the world was the 'word,' or the logos, which emerged from the mouth of God. The philosophers have always taught that this 'word' is the true nutrient of the spiritual part of man." (See article "The Hidden Reality of Solar Light" for an explanation of sun factors.)

Omraam lectured about this intelligence from the sun. He said, "I can say that certain things that no human can teach me have been revealed to me by the sun. No book can give you what the sun gives you if you learn to have the proper relationship with him... If you want to create a bond between you [and the Sun], you have to look at him in all consciousness. If you do that there will be a communication of vibrations between the Sun and you in which forms and colors, a whole new world, will be born... The sun is an intelligence, a life, a living light. And when you understand that, all of a sudden he begins to speak to you... Try asking him a question and you will see that he will answer you." Gene Savoy told me in an interview that this communication was through the language of angels, which "is a language of symbols - energy and wavefront patterns with an Intelligence Factor that impinges upon one's spiritual consciousness and is understood thereby."

He also told me that the language of angels is not spoken but sung. Omraam and his master Peter Deunov have heard this music of the spheres and the singing of angelic choirs. Peter Deunov said "Experiment with the sunlight. Let it speak to you: music is hidden within. No harmony of tones more sublime exists than that which emanates from the vibrations of the rays of the sun." Omraam said that "the sounds we hear produce geometric patterns within us," which may be Savoy's symbols and wavefront patterns that our higher consciousness understands. We hear these celestial sounds with our inner ear and see the related sacred geometry with our inner sight. This inner sight is what Plato called "sun eyes."

The ancient Greeks believed that a superintelligence could be found in sunlight and that this intelligence or logos within the light could

transform the initiate and endow him with wisdom. Socrates taught in his academy that personal regeneration was only possible through understanding the Word of God, the Light, and that it was attained only through inner illumination absorbed from the sun. Proclus asserted that "the light of the sun is the pure energy of intellect." The birth of Pallas Athena, the Goddess of Wisdom, was depicted by the eighteenth century alchemist Michael Maier as her emerging from the head of Zeus and being showered with golden rain or manna from the sun, symbolizing the golden light of wisdom.



Speaking of gold, the people of Central and South America have a legend of a fair-skinned, green-eyed, bearded man who came from the Sun to teach the people the arts and sciences of civilization. He is known in the hierarchy of the Great White Brotherhood as Lord Amaru or God Meru. In Peru, the Incas called him Viracocha. In Central America, he was called Kulkulkan by the Mayas, or Quetzalcoatl by the Aztecs. In Brazil they called him El Dorado (the golden one) because his skin had a golden glow. Concerning God Meru, Gene Savoy wrote, "He claimed to be a child of the sun... He was a radiant being of light." In Peru, God Meru was credited with establishing a golden age solar civilization. In particular, he was remembered for bringing to Peru such varied skills as medicine, metallurgy, farming, animal husbandry, the art of writing and a sophisticated understanding of the principals of engineering and architecture. He also taught mathematics and astronomy by which the Incas, Aztecs and Mayans devised their accurate calendars.

Besides teaching the people the basic arts and sciences, God Meru also taught them how to make their ascension. In *Project X*, Savoy claimed to have found records of God Meru establishing "sacred colleges where priests and priestesses learned to become celestial beings. At these ancient shrines, dedicated souls practiced the secret doctrines that enabled them to light the divine spark of their consciousness and unite themselves with the Godhead... He taught them that men were nothing more than monkeys who could not rise above their superstitions until they took on the nature of light... His spiritual message was that matter touched by light is transformed. The divine seed within matter begins to germinate when exposed to the sun."

This is exactly what Omraam taught. In fact there is a CD of him speaking in English called "The Divine Seed." The priesthood that God Meru established in his monastery wore long white robes, were organized as a theocracy and revered the sun. These Sons of the Sun, as they called themselves, apparently knew how they could perfect themselves and reach God through the light of the Sun. They were a superior people who had perfected a system to accelerate the spiritual evolution of man. According to legends, these priests took the most primitive jungle savages, and, by application of their system, elevated them to the level of the first Adamic man or spiritual man. They knew, 15,000 years ago, that a human being possesses all the necessary chakras, dormant mental faculties, plexuses, and glands, just waiting to be developed by light. And the ancient records verify this, as entire jungle tribes were raised to a high degree of civilization in a relatively short period of time. This fact alone invalidates Darwin's theory of natural selection as a means of evolution when applied to humans. The jungle tribes at that time were Neolithic men. God Meru raised these peoples from the darkness and density of the Amazonian jungle to the light and rarified atmosphere of the mountaintops. There they erected spectacular and monumental cities, ruing higher mathematics, advanced geometry, architecture, ingenious irrigation systems, mountain terracing, and they built a network of roads, bridges and tunnels through mountains (at an average altitude of 10,000 ft) that are still in use today after more than 12 millennia.

All that God Meru said was, "Instead of looking down at the earth, look up to the sun, the source of all intelligence." He said the sun would fill man with the true spirit of God and raise him to a god-like nature. They didn't worship the physical sun, but they recognized the spiritual sun 'behind' that sun (Hatun Inti or the Great Central Sun), the source of all life and knowledge. Their belief was that they were grounded on the Earth, and that it was their duty to focus on our physical sun, (the gate to the kingdom of the Central Sun where they would one day return). They believed that the spiritual light of the Central Sun was sent to earth through our physical sun for our spiritual nourishment. And in the light of that Sun we could obtain every other thing we needed: materials things, energy, food, long-life, intelligence, and even immortality. This is what Jesus meant when he said "Seek ye first the Kingdom of God and his righteousness, and all other things will be added unto you." All things are within the power of the sun to provide; it is the sun which gives the energy funding the Law of Abundance.

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

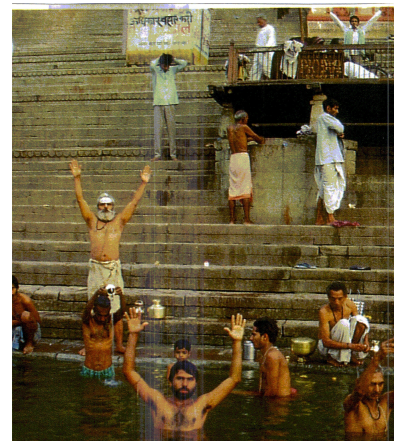
Solomon sun gazed isn't known for sure, but from his words it would seem so. In the Odes of Solomon: he wrote: "As the sun is the joy to them that seek for its daybreak, so is my joy in the Lord: because he is my sun and his rays have lifted me up; And his light hath dispelled all darkness from my face,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

The meaning of "acquired eyes" is the key to Solomon's legendary wisdom. Plato also wrote about 'sun-eyes,' acquired from the gods. He taught his students that expansion of one's self was the result of sunlight---that some men could learn from studying plants and animals, others by looking at the stars, and superior men by looking at the sun, which he said was an act only possible for men 'granted sun-eyes' by the gods. Gustav Fechner, the Father of Psycho-Physics, was temporarily blinded by the sun when he sungazed outside the safe hours. But after staying in a dark room for months, his eyesight returned. He reported that the retinas healed, and became stronger. And that when his eyesight returned, he possessed 'expanded eyesight.' He said he could see angels and the auras around people and plants. This experience of being blinded by the light, staying in a dark room and gaining celestial vision may also explain the conversion of St. Paul from a persecutor into a gnostic and spiritual apostle. This inner sight or knowing is called gnosis, and sungazing was a part of many gnostic traditions, such as the Paulicians, Cathars and Bogomils. Gnosis or celestial vision is also called third-eye vision and the pineal gland is called by scientists the atrophied third eye. Scientists have also discovered by examining sun yogi Hira Ratan Manek that the pineal gland expands with sungazing. His pineal is more than twice the size of a pineal of most people his age.

Both light and darkness cause the secretion of hormones by the pineal gland. In the case of Fechner and Saint Paul, a period of darkness followed the blinding light. But in the solar mystery schools, it was the other way around. Archeologists have found that in every temple of the sun in every part of the world: Egypt, India, Mexico, Peru and so on, there was a cave or chamber under it that was completely sealed in darkness. They correctly hypothesized that these were initiation chambers. According to the rites of ancient solar mystery schools, the initiate would meditate in total darkness for days, and then the high priest would bring the initiate out to an open part of the temple to gaze at the rising sun. The combination of the light sensitive hormones and the darkness sensitive hormones flooding the brain would cause the initiate's third eye to open.

Solomon's temple, according to historical records, had underground tunnels and chambers, which were thought to be storage rooms, but, more likely, initiation chambers. Furthermore, the design of Solomon's temple suggests that it may have been a sun temple and that initiates may have sungazed from the Holy Place.

There are techniques that facilitate communication with the sun during sungazing. The basic technique of sungazing can be read at the back of this newsletter, but once you have reached the 15 minute point in your practice you can add these other techniques to enhance your experience. The sun transmits information or wisdom through our eyes, including the third eye, or pineal/pituitary gland complex, when we sungaze. If you look at the pineal gland under a microscope you will see that it's covered by unusual crystalline structures that effectively make it an antenna sensitive to electromagnetic stimulation. So when we sungaze, we become human radios that receive signals from the sun. If the pineal is the antenna, what is the battery? Omraam said "the solar plexus is in contact with the entire cosmos and serves as the medium through which man communicates with the universe." So the solar plexus is the solar battery that powers our communication. Thus, the receptivity of the pineal gland is enhanced when the solar plexus is charged, and this is done by sungazing in the Y position, where you stand with feet together and arms and hands spread out. This Y position was thought by the ancient Greeks to channel the sun's ethereal radiance, which originated in the Great Central Sun. In other words, the Word. Plutarch wrote that our etheric body absorbs this radiance. I have seen pictures of sun worshipers from all over the world: Hindus, American Indians, ancient Egyptians, Medieval monks, Russians, Incans, and even prehistoric petroglyphs all standing in the Y position facing the sun. Only sun yogis can maintain this position for any length of time. An alternate position, which is just as effective, is to bend the arms at the elbow and have the forearms raised.



So we have this sungazing position that transforms us into human radios. But how do we tune into the mind of God, the Solar Presence in the Great Central Sun? In order to have this attunement, we need to do three other things besides sungaze. We need to activate the three other upper chakras through prayer, meditation, and chanting mantras or singing sacred songs. Chanting and singing with devotion activates the heart chakra. Praying out loud with willful intent activates the throat chakra. And meditating in stillness with mindfulness activates the crown chakra. This was part of the daily program of every solar mystery school including

that of Akhenaton in Akhetaten, that of Pythagoras at Crotona, that of master Omraam at the Bonfin, Blagoslovenia, IDEAL and other communities, and, most recently, that of the messenger David Lewis and the Hearts Center.

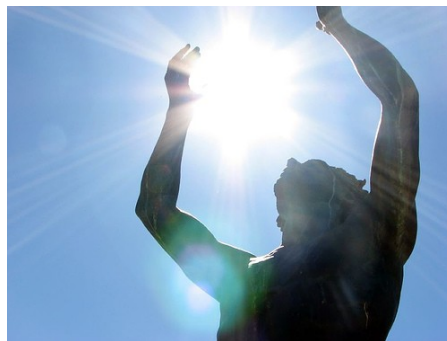
In the next few years it will be increasingly important to maintain our attunement because the outpouring of energy and information from the sun will increase exponentially. We are now experiencing an incredible increase in solar energy. We are in the middle of an eleven-year solar cycle that will peak in 2012. Scientists predict that because of planetary alignments within our solar system plus the alignment of the solar system itself with the center of the galaxy, the solar flares we will experience during this cycle will be greater than any experienced in recent history. Some people are fearful of what might happen in 2012, but I am looking forward to it. The changes we are experiencing in the sun, the earth and in our consciousness are from the light fruency of the Galactic sun. It is transmitting to our sun a higher level of radiation or intelligence factor so that we will have the information we need to create a new earth of beauty, health, and peace. Omraam said that "The Age of Aquarius will soon be upon us and the tremendous upheavals accompanying it will oblige human beings to understand the reality of the invisible world and the laws that govern it. But the beauty, splendour and harmony of the new life that will emerge from these upheavals will be beyond anything imagined by man. All those who have been secretly working for the coming of the Kingdom of God throughout the world will join forces and work together, and the bastions of ignorance, materialism and despotism will crumble and collapse. And it will be: nothing can prevent the coming of the new era, the new Golden Age."

So what we have to do is sungaze, pray, meditate and chant or sing so that we can tune into divine intelligence which will enable us to create miracles in our lives. One person in a city that's in darkness can uplift everyone if he or she is one with divine intelligence. All that we need to create a golden-age solar civilization of peace and prosperity will come to us through the sun if we are attuned with divine intelligence. We can be the DaVincis and Michelangelos of a renaissance in every area: art, education, medicine, energy, economy, and so on. The golden age is on-going, only it's in the etheric. It will not descend into the physical. We must rise up to it by going into our hearts and communing with the Word, the wisdom of the sun.

THE HIDDEN REALITY OF SUNLIGHT by Dr. Mitchell Gibson

There is a hidden aspect to the light of the Sun. Mystical and spiritual traditions from nearly every culture have linked the Sun to man's higher evolution. Cultures as diverse as the Essenes, The Mayan, Aztecs, Buddhists, Hindus, Oceanic tribes, and Native Americans all link the power of the Sun to man's higher nature. According to these Ancient Traditions, the hidden

nature of sunlight holds an important key to higher human evolution. In this article, I will summarize the major findings of these traditions as they relate to the hidden nature of the Sun.



Sunlight and eyesight are actually linked in an interesting way. The human eye is actually a miniature sun and like the sun of our solar system, it has the ability to absorb and radiate light. It absorbs energy through the retina from where it is redistributed to the brain and nervous system. We know that these energy particles are the carriers of various Universal Factors of Energy that are capable of doing predetermined and specific work. In short, the Sun is a living entity and the Light of the Sun is a complex carrier wave that encodes several levels of information and energy that we use to sustain life on this world. There are at least five major components that make up the light of the Sun. In the early stages of our evolution, we are affected primarily by the negative factors within these components. As we evolve and become more knowledgeable of the true nature of Solar Light, we then learn to take full advantage of the hidden power of this Light. The five major components of Sunlight are: Information Factors, Universal Forces, Evolutionary Factors, Energetic Factors, and Enlightenment Factors. The Ancients believed that these energies affect humans in a variety of ways. Their knowledge of these energies was extensive. Let us examine each of these.

Information factors are intelligent packets of energy that are somewhat analogous to digital bits of information that are transmitted via sunlight. Ever wonder where all the information in the world came from? Where did calculus come from? Where did the idea of flowers come from? All of it came from the Sun. To be honest, all of it came from God, but it came to us more directly from the Corpus of the Sun. In truth, God is constantly streaming out billions of gigabytes of data every second of every day. He is literally pouring out everything that he knows into our world. But for the most part, we ignore the data. Scientists are only now learning that light can carry information. Every day, billions of bits of data are encoded into computers, televisions, radio, and then streamed out to us in the form of light. According to the Ancients, God has been doing this for a much longer period of time. Information factors may be downloaded into the brain and used as a source of knowledge. The Essenes perfected the downloading of information from the Sun in a process called Gnostic solar transmission.

Suffice it to say at this time, information factors provide a plethora of opportunities for self advancement and growth. Information factors are created by God and contain the divine spark of creation. The eyes are able to absorb these factors and later pass them on to the brain where they are further processed. Information factors may be stored within the cells of the body for later use. They may also be transmitted from one person to another.

Universal Forces are among the most powerful energies radiated by the Sun. There are at least five main universal forces that are transmitted via the Sun throughout the Solar system. These forces are A-factor, B-Factor, X-factor, Y-factor, and Z-factor. Each of these factors play a specific role in our daily dimensional existence.

A-factor is the prime generative force. It caused the first propagation of matter to be expelled from the Sun into the third dimension. Actually, it is the principle force that God uses to create dimensional reality as we know it. This force is constantly being emanated from the Sun. Whenever we grow our hair, mend a bone, digest our food, the action of A-factor is responsible. It is also a secondary cause of the aging process. It leads to growth and maturation within its sphere of influence. The overall action of A-factor allows a person to develop the ego and to embrace the idea of needing to express himself as a being separate from God. This force is necessary because without it, nothing would exist. God would be complete within himself with no need to create us, reality, or anything else. With the advent of the A-factor, Primordial Humans got the chance to create souls and experience karma. A-factor then creates growth, change, karma, and the need for self-expression on a personal level. In the course of fulfilling its activity, it contributes to the force of death. It is also the primary impelling force that generates what we call human thinking. Ever try to stop your thoughts? It is among the hardest of things that you can do. The force that pushes your thoughts into your brain is the A-factor. In the truest sense, your thoughts come from God, but A-factor is how he expresses thoughts throughout the universe. God thinks on multiple planes of reality, but the human plane of thought manifests as A-factor. Overcoming the urge to express a separate existence from the Creator is a major step in the process of Enlightenment.

B-Factor acts on the dormant DNA molecules within the human genome and helps to initiate the development of certain paranormal abilities. B-factor is a very powerful force., which is primarily dormant during the vast majority of human lifetimes. It is released primarily around sunset and is active in releasing two special sets of genes from within the body. Science has discovered that the paranormal powers that we all possess are controlled by two sets of genes called Psi Genes. The Psi A genes turn on the paranormal potential that we all have. Psi B genes turn off our paranormal potential. The interesting thing about Psi B genes is that they occur in a position which is very close to a set of

genes called the oncogenes. Oncogenes cause cancer in humans. Oddly enough, increased Psi B gene activity can lead to greater activation of the genes that cause cancer. B-factor turns off the Psi-B gene and turns on the Psi-A gene. In effect, it supercharges the human genetic system. The problem with B-factor is that it is only released for exceedingly brief periods of time, (a few minutes at most). This release occurs at sunset and may be seen as a green flash of energy. B-factor is extremely active in the fifth dimension and is the primary energy released by the Sun in that dimension. The action of B-factor in the fifth dimension allows for the creation of a Higher, More Evolved version of the Human Light Body. Through the action of the B-factor, the Light Body becomes one with God and the individual is no longer able to reincarnate in physical form. B-factor allows one to become self-generating. This is the ability to create a physical form without the need for parents or traditional incarnation. B-factor may also be stored within certain precious stones and activated by the use of mantras.

X-factor acts on the dormant DNA molecule to create a permanent form of the physical body. It is released primarily at sunrise for about one hour and during the hour before sunset. Most of the DNA in the human body is inactive. As a matter of fact, more than 97% of the DNA of your body has no known function. 1-3% of our DNA is necessary for the encoding of proteins. Scientists call the remainder junk DNA. X-factor is an extremely powerful force that may be stored within the brain, certain precious stones, and activated by mantra. The activation of X-factor causes a great change within the body. As the DNA strands necessary for the building of the Light Body are gradually decoded, a great deal of energy is released from the physical body. The Sun provides an abundant supply of this energy in the form of Primary Life Force energy. One of the main functions of X-factor is the activation of the Primary Life Force centers within the human body. In most people, the chakras control the flow of the life force within the body. As the energy of X-factor increases within the body, the energy flow within the chakras increases and the dormant energy of the Life Force Centers is released.

The Ancients believe that the Light Body is powered by four main force centers. They are formed from the combined energy of each of two chakras. Chakras one and two form the first force Center. Chakras three and four form the second force Center. Chakras five and six form the third force Center. Chakras seven and eight form the fourth force center. As the human mind evolves and enlightens, the planes of awareness expand and the Higher Mind gradually takes up residence within the physical body. The action of the X-factor makes this transition possible. As the DNA is transformed and decoded, the body and mind are transformed as well. The resultant entity is called the Vajra Body. There have been tens of thousands of instances of the successful transition of humans from the physical body into the Vajra Body or Light Body.

This happens through the use of the X-Factor. Once a human takes full advantage of the X-factor and transforms himself, he/she may still return to physical life through the process of reincarnation. However this is a choice and not a necessity. This return is often for a specific purpose and usually serves to teach some hidden aspect of spiritual life to humans. If the Initiate takes advantage of the activity of B-factor after generating the Light Body, they can become self-generating. It can however manifest itself on multiple levels of reality simultaneously.

Y-factor is the primary force of aging and decay in this dimension. It is carried via the ultraviolet portion of sunlight during the midday and afternoon hours. Y-factor is necessary because all things must follow the natural flow of time and reality. Enlightened beings that have generated the Light Body live outside the accepted realms of time and space. In order for a god to generate a Light Body form, they must become human. Gods live for extremely long periods of time and may even appear to be immortal. However, after a time, even gods are subject to the force of Y-factor and eventually die. Y-factor originates within the fourth dimension and results from the action of A-factor on that plane. The action of Y-factor creates the unconscious mind and thus the process of death. Beings that have no unconscious mind are not subject to the force of death. The action of the creation of the unconscious mind creates a repository for the storage of Y-factor. This storage process creates a series of chain reactions that leads to the event of physical death. The unconscious mind creates breathing as a result of the action of Y-factor. Y-factor also creates secondary life force. Beings that live in higher dimensions are not subject to the force of the Y-factor. They don't breathe, they don't have an unconscious aspect to their minds, and they don't die. As a result, fourth dimensional beings live much longer life spans than third dimensional beings.

Z-factor is another negative radiation released by the Sun and it primarily causes cellular and genetic mutation in living species. Z-factor causes the creation of the subconscious mind in humans. As such, this force may be stored within the physical form. The physical body acts as the storehouse for the energy released by the subconscious mind. The cumulative action of Z-factor upon the human body causes aging and death. The combined forces of Y and Z factor cause the demise of the human body. The Z-factor is primarily released by the Sun in the form of midday and late afternoon radiation.

There are certain components to sunlight that specifically help to initiate consciousness and intelligent thought. The Ancients teach that this evolutionary factor is a new creation that was first released by the Sun less than 250,000 years ago. Primarily, it allows humans to evolve and move forward as a species. Evolutionary factor is released continuously by the Sun. There are specific techniques and Solar Mudras that will allow humans to take advantage of this factor.

Energetic factor is a function of sunlight that humans are most knowledgeable about. This aspect of sunlight carries the electromagnetic spectrum and certain nourishing energy frequencies that are capable of sustaining life. All of the elements that are necessary for life emanated originally from the Sun. Water, air, fire, earth, and all of the necessary nutrients for life came to us from the Sun. Each and every second, billions of tons of matter are released from the Sun and hurled toward the planets. This matter forms the basis for all life in our Solar System. The energetic factors that the Sun releases are able to sustain life all on their own. How can the body take in energetic factors in such a manner as to sustain life? Is it possible that some of our dormant "junk" DNA may become active and allow us to utilize solar energetic factors in the same way that plants do? Let's look at one possible way.

There is a pathway from the retina, to the hypothalamus, called the retino-hypothalamic tract. This brings information about the dark & light cycles to supra-chiasmatic nucleus (SCN) of the hypothalamus. From the SCN, impulses along the nerve travel via the pineal nerve (Sympathetic nervous system) to the pineal gland. These impulses inhibit the production of melatonin. When these impulses stop (at night or in dark, when the light no longer stimulates the hypothalamus) pineal inhibition ceases, and melatonin is released. The pineal gland is therefore a photosensitive organ and an important timekeeper for the human body. The unexplored process of energy absorption, transformation, and processing from the Sun may occur here. The activation of pineal gland is a key step in psychic, spiritual and energy transformation processes. Suffice it to say that in this gland, energy processing and distribution can take place. The pineal gland is the subtle controller of all endocrine glands, therefore controlling the endocrine system. Through secretion of melatonin, it also regulates the circadian rhythm, sleep wake cycle and it also slows down aging process. It has psychic properties and it is said to be the seat of soul or mind. Sunlight may enter the eyes and be directly stored in the pineal.

Pineal activation and charging through solar energy could be a vital step in higher evolution. Once activated and charged by the pineal gland, solar energetic factors may be transformed into electrical, magnetic or chemical energies in the body. Once processed, this energy must be transported and stored somewhere. If the initial processing of this energy starts in the pineal gland, how does it get to the rest of the body? The Hypothalamus is the controller of autonomic nervous system. The pineal gland is connected to it through a net of autonomic nerves. The new energy that is derived from the sun may be transported via this system of nerves into the hypothalamus. The role of temporal lobe and limbic system also may be important. It may work as a regulator, if not receptor and may be psychically involved in directing the energy in proper pathways. The medulla oblongata contains many centers vital to life and may also

store some of this energy. Other parts of the brain may play as yet undiscovered roles.

There are specific energy factors released by the sun that are designed to awaken and enliven the mind. There are specific mudras and mantras designed to guide these energies into the mind. These energies raise IQ, enhance creative abilities, enhance musical gifts, enliven the body, and empower the process of enlightenment.

In addition to the plethora of information regarding the hidden radiations of the Sun, the Ancients wrote extensively about the Spiritual Nature of the Sun itself. They wrote that the Sun which we see each day is only a small part of a much larger entity. This entity is part of a larger universe that feeds and nourishes our smaller physical domain. Let us examine this information. The Ancients taught that the Sun is part of a constellation of Solar Entities connected to the Primordial Sun. The Primordial Sun is the archetypal blueprint for all the Suns of the physical universe. The expansion of the physical universe is caused by the Y factor and occurs in parallel with the contraction caused by the Z factor. All Suns emanate from a central Primordial Sun. The Primordial Sun is extra-dimensional in nature. This Primordial Sun forms around the Source. The Source is the collection point for all of God's energy that empowers and creates this universe. The energy that collects in this point is massive and forms itself automatically into a huge Primordial Sun. All souls enter into this universe first through the Primordial Sun. The seeds for all our Light Bodies are said to exist within the Primordial Sun. It is in essence the physical representation of the Source. The appearance of the Primordial Sun as a Source of Light is an illusion.

The Primordial Sun emits Primordial Matter. The action of A-factor on the Primordial Sun impels the release of Primordial Matter. This is the first state of matter in our universe. It is this matter that is the genesis of all the elements in our universe. In the Higher Dimensions, the worlds are made mostly of primary matter. Orbiting the Primordial Sun are the Primordial Worlds. These are also called the First Worlds and they are home to The Elders. The Elders are the oldest created beings in existence. All living beings are descended from the Elders, even humans. As the A factor impels the creation of the lower dimensions, Primordial Matter is pushed into lower and lower states of being. In dimensions nine through five, Primordial Matter is not subject to the forces that create mortal forms. The Primary Forces working on Primordial Matter at these levels are A-factor, B-factor, and X-factor. As Primordial Matter approaches the fourth dimension, it falls under the influence of Y-factor. The action of this factor creates the lower elements and ultimately physical matter. The fourth dimension has little physical matter in comparison to the third dimension. The third dimension is more than 95% physical matter as a result of the combined actions of the Y and Z factors. There are small amounts of Primordial Matter in existence in all created worlds below

the fourth dimension. This Primordial Matter is responsible for the healing factors, intelligence, spiritual growth, and enlightenment that is possible on these worlds.

From the Primordial Sun, the energy of Source enters into Worlds of Creation. These Worlds gradually expand due to the action of the A-factor. The Primordial Sun creates Galactic Suns which provide power for each galaxy in existence. At the core of our Galaxy is a huge Galactic Sun around which our Sun rotates. The Galactic Sun is an illusion just as the Primordial Sun is an illusion. Remember, the Primordial Sun is a convergence point for all of the energy of the Creator in this universe. The Galactic Sun is a convergence point for all of the energy of the Creator in this galaxy. The Galactic Sun is fifth dimensional in nature, as are all stars in our universe. The Galactic Sun is millions of light years across and is the Source for our Sun and all of the stars in our galaxy. It is made of more than 90% Primordial Matter and is the Home of the most advanced beings in our galaxy. Galactic Suns connect directly to the Primordial Sun in the ninth dimension.

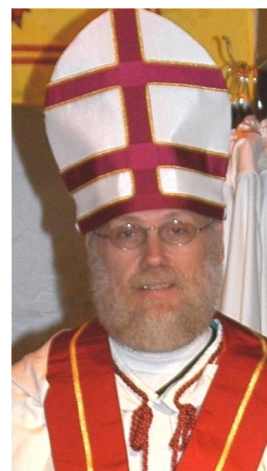
Our Sun is a Cosmic Sun. It's an optical illusion. It's the convergence of all the Divine Creative Force within our Solar System. It's fifth dimensional by nature as are all stars. The bright light and energy that we see when we look at the Sun is a result of a great number of forces that are vectored within a single point in space, which is called a focal release point. Through this point, all energy of the Creator reaches our Solar System. The physical matter that streams through the point is only a small fraction of the total energy available from the Galactic Sun. All Cosmic Sun Systems (Stars) carry the Universal Forces into the local planetary systems that we call home. Through the Sun, we are connected to the Source, the Primordial Sun, the Galactic Sun, and the Primordial Worlds.

The Sun is an intermediary, a catalyst between the macrocosmic and microcosmic universes. The cell is composed of atoms which, in turn, are composed of light wave/particles. The light wave particles oscillate in the same way that the Sun does. Remember, the Sun oscillates on a regular basis. Ordinarily, one may not be able to see the microcosmic pulsation, but the pulsation is clearly visible to the eye on the macrocosmic level when you begin using the Solar practices. This pulsation is exactly the same as that of your heartbeat. The force for the beat of your heart comes through from the Primordial Worlds, into the Sun, and finally to Earth. The energy of your universe is in constant motion and reveals a distinct pattern of motion, light and dark. There is also a third vibration, a link between space and time. This link is called Consciousness. Though it cannot be seen, Consciousness is the vehicle through which we can see and know the universe. The Sun is home to the Fifth Dimension in our Solar System. The physical light and matter that we see emanating from the Sun is in effect the reflection of Fifth Dimensional matter onto the third dimension.

Through the Sun, we are connected directly to the Fifth Dimension and thus to the Higher Beings that live there. These beings guide and influence all life on our plane of reality. It is through their guidance that we develop Enlightenment and the ability to develop civilization, art, music, science and culture. Through our connection with Fifth Dimensional Beings, we can access a direct source of power, knowledge, and evolutionary potential. All beings are able to access this knowledge given the correct techniques and training. By learning how to connect directly with the energy of the Sun, the Initiate can learn to communicate directly with God.

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AN INTERVIEW WITH MARK AMARU PINKHAM



Mark Amaru Pinkham is an initiate of the Solar Brotherhood of Peru and a Templar Knight of The International Order of Gnostic Templars (IOGT). He will be speaking at the Hearts Center's Easter conference in Tempe. (See related article.) His talk will be based mainly on his book, *The Return of the Serpents of Wisdom*.^{*} I found it fascinating reading and wanted to clarify a number of questions that came up.

SG: When you call the masters of the Solar Brotherhood "serpents of wisdom," I can see people taking that the wrong way because serpents and dragons have been depicted in scripture, myths and folktales as evil creatures. Can you differentiate between the serpents of wisdom and evil serpents such as the dragon that was slain by Saint George and the "generation of vipers" that Jesus rebuked? Was the serpent in the Garden of Eden evil, as Christians claim, or did he give Adam and Eve wisdom?

MARK: In brief, the "evil" connotations of the serpent did not exist until the rise of patriarchal religion because before that "God was a woman" and Her symbol was the snake. In the pre-Christian era the sight of a live snake was good luck and recognized as the harbinger of prosperity and divine wisdom. Among many "primitive" cultures, including certain tribes in India and the Hopi of Arizona, this remains true even today.

Before the dualism of modern fundamentalist theology was introduced to the world, the early non-dual “pagan” cosmologists envisioned a multi-layered universe within which the Infinite Spirit assumed the form of a Cosmic Serpent before gradually crystallizing into dense matter. This Cosmic Serpent, which was composed of pure, spiraling energy, possessed the Divine Mind and power of the transcendental Spirit. It was, claimed the gnostic Hermeticists, the Divine Architect Pymander who created the universe from out of itself. In other gnostic sects, it was identified as the serpent Goddess Sophia, the Holy Spirit, Shakti, and the Primal Word.

According to some schools of Gnostic theology, during the creative process the serpent Goddess Sophia divided herself into seven parts or “Sons,” also known as the Seven Archangels. From one perspective, the First Son was the leader of the Archangels, St. Michael, who is the enforcer of the Divine Will on all planes of existence throughout the universe. As the enforcer of karmic law of the densest plane of Earth he appears to be particularly oppressive and unwielding to those who defy the law. St. Michael enforces the cosmic laws on Earth as St. George, whose battle with the dragon is interpreted as the conflict between the law and the chaotic and self-serving energies that oppose the law. The term snake, serpent or dragon has also been used in a negative sense when referring to the monstrous qualities of some people, as it was when Jesus rebuked the “generation of vipers.”

Sensing the grief the first couple experienced while being forced to live within the limitations of the earth plane, the compassionate Goddess Sophia descended into the Garden of Eden in her serpentine form and wrapped herself around the Tree of the Knowledge of Good and Evil. She then taught Adam and Eve the path of awakening to the glory of the inner Spirit, which we know today as the path of gnosis. Thus the Serpent on the Tree became the incipient teacher of gnosis. Those who become full of gnosis, which has for ages been known as “Serpent Wisdom,” become known as “Serpents.” The gnostic yogis of India have an additional perspective regarding the Serpent on the Tree. They maintain that it symbolizes the inner Kundalini force at the base of the human spine that rises up the spine, the inner “Tree of Life.” The ascending serpent then awakens the Third Eye of Wisdom and enables a person to intuitively comprehend his or her divine heritage. This is how the serpent and first teacher of gnosis “teaches” its students; it enables them to intuit answers from within themselves.

SG: Could another reason for serpent's bad reputation be due to people prematurely awakening the Kundalini and suffering harm? What must we do before trying to wake the sleeping serpent and how can we safely raise the Kundalini?

MARK: I have been around thousands of people with an awakened Kundalini and know of none who have received any damage from its activation. Certainly, there can be some scary

visions, feelings of intense heat, intense shaking, etc, that result from the awakening and leave a person feeling that they may have made a big mistake. However, such effects are orchestrated by the Kundalini, which is a form of the compassionate Goddess Herself. The energy is fully aware of what it is doing, and its actions are in the highest good of a person. Its goal is to transform them on all levels in preparation for a download of the highest gnostic wisdom. If there is a deep set concern and fear of Kundalini within a person, I would recommend that he or she gets their serpent power awakened by a reputable Guru who has completed his or her journey of Kundalini unfoldment and become a master of the energy. Such a true Guru, or “Sat-guru”, can not only awaken a person's Kundalini but he or she can safely guide it to the Third Eye and Crown Chakra.



SG: Who were the serpents of wisdom who left Lemuria and Atlantis to bring the mysteries to the world? What areas did they go to and what mystery schools did they establish?

MARK: The Serpents of Wisdom, such as God Meru, Djehuti (Hermes) and Serapis, left the Motherlands to become the priest kings and heads of the mystery schools of new civilizations they founded around the globe. Wherever they settled initiates of these schools became known by various names meaning Dragons or Serpents: the Nagas of India, the Lung Dragons of China, the Quetzlcoatl of Mexico, the Amarus of Peru, the Djedi of Egypt, the Druid Adders and Pendragons of Britain, etc. Thus they identified themselves as embodiments of the wisdom and power of the Divine.

SG: Was Moses a serpent of wisdom since he could transform his staff into a serpent? He passed his wisdom on to the sun-worshipping Esenes and they gave it to Jesus and Saint Paul. What happened to Christianity? Where did it lose its solar roots?

MARK: The Egyptian priest and scribe Manetho wrote that Moses had been initiated into the wisdom of the Priesthood of Osiris, which is another name for the Djedi or “Serpent” Priesthood. The transformation of his staff into a serpent represented the serpent power he wielded as a Djedi.

There are many reasons why Christianity lost its solar roots. One reason is that when it became a new religion Christianity wanted to distance itself from the popular solar worshiping cults of the day, such as the Roman sects of Sol Invictus and Mithras. But its divisiveness was hardly complete. Christianity stole everything from

Mithraism ~~except~~ its solar worship. It even stole December 25, Mithras's birthday, which had been venerated since Neolithic times as a pivotal day in the solar calendar.

SG: What has been your experience with modern serpent masters?

MARK: My experience with them has been predominantly in India where I have encountered numerous Kundalini masters who could activate a person's Serpent Power simply through a thought, word, look, or touch. These masters are true gurus or “Satgurus.” Because the power emanating from them is so powerful they never have to say a word. Their power enters all those in their presence and moves within them to awaken their inner psychic centers and answer all their questions. I have also experienced the serpent power among the shamans in Peru and within the Knight Templar tradition.

SG: Are there branches of the Brotherhood in the United States that one can join?

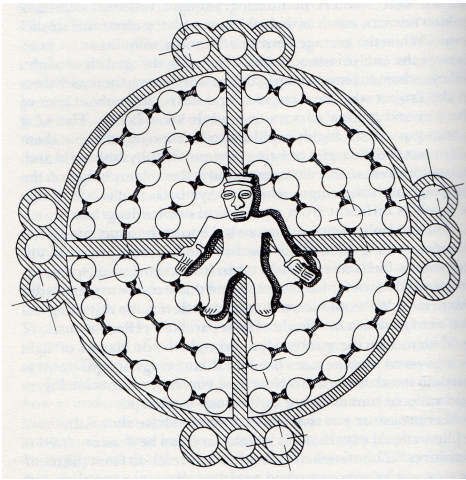
MARK: Yes, but such modern branches generally do not refer to themselves as Serpents because of the negative connotations associated with the name. There are, however, many Kundalini masters now residing in the US or regularly visiting the country.

SG: What were the purposes and powers of the great sun disk that God Meru brought from the Temple of Illumination on Lemuria to Peru. Why was a second smaller sun disk made? What was the fate of the disks?

MARK: The great Solar Disc served as a stabilizing influence on Earth's resonant frequency, which it had the power to raise or lower. The Inca shamans maintain that the Solar Disc was taken down from its place in the Coricancha during the time of the Spanish invasion and is now resting at the bottom of Lake Titicaca. The Disc goes through 1000 year cycles. During the first 500 years of the cycle it works to raise the frequency of Earth, and during the second 500 year period it draws in its power and becomes essentially dormant. The Earth moved into the ascending 500 year cycle of the Disc in 1992 and since that time the Solar Disc has been working to raise the frequency of Earth and all humanity in preparation for 2012. A smaller version of the Solar Disc was once created by the Incas to serve as a decoy for the Spanish.

SG: Gene Savoy, in *Project X: The Search for the Secrets of Immortality* wrote that at Vilcabamba, the last outpost of the Inca civilization, the Incas worshiped the P'un chou, a golden disk surrounded by golden medallions. In the center of the disk was a golden figure with a heart of dough set in a golden chalice. Was this the smaller sun disk?

MARK: I have been told that P'un chou was a culture bearer that was worshiped in temples all over Peru before the arrival of the Spanish, who following their invasion quickly melted down his sold god images into bullion. Some shamans



The P'un Chou

recognize P'un chou to be a missionary from Lemuria, who arrived in Peru thousands of years ago and was instrumental in the construction of many Peruvian megalithic cities, such as Ollantaytambo and Vilcabamba. He was an adept in the lineage of masters who incarnated the divine consciousness of Sanat Kumara.

SG: The Current head of the Solar Brotherhood of Peru is Anton Ponce de Leon Paiva. He has established a home for abandoned children in the Sacred Valley of the Incas called Samana Wasi or House of Peace. The children meditate twice a day and have been called a generation of awakening souls. Are these the children of the 7th Root Race that the masters say will begin to arrive in the area of Lake Titicaca?

MARK: There is some belief that they are. These children are true embodiments of love.

SG: You wrote that Lake Titicaca has been the focus of the feminine energies of the Divine Mother for the planet. Do you see a return of the Divine feminine or goddess beginning in this area, and what will be the fate of the entrenched patriarchal societies? Are there good patriarchal societies that promote the Divine masculine, such as the Yezidis?

MARK: In the current era most societies have become patriarchal no matter how they began, including the Yezidis. In the days to come Earth *will not* see an expunging of the male principal, but a blending of it with the female principal. This planetary "alchemy" will be just as true in the Andes as within any other region on Earth. But before a balance of the polarity can be achieved the female principal must be revived and made equal to the male principal, and this is one reason that the Andes is calling so many people now. As the principal female vortex on Earth, it's one of the most important places to revive the female qualities of intuition and love.

SG: Why have you taken upon yourself the task of helping the Yezidis by exposing through www.yeziditruth.org the genocide they are suffering at the hands of Islamic fundamentalists?

MARK: One of our goals in the IOGT is to revive the world's religions by revealing their

common roots. The Yezidis are important in this work because they possess one of the oldest religious traditions on Earth, and one that is the foundation of many others. The Yezidis came to the Middle East from India around 2000 B.C. and helped found the Sumerian, Babylonian and Assyrian civilizations. So they were instrumental in forming those ancient cultures. But even before that time there is reason to believe that the Yezidis were involved in the most ancient culture on Lemuria. Thus, if we lose the Yezidi tradition we have lost an essential key to understanding humanity's religious history.

SG: You state in your book that the ancient teachings of the serpent masters are more accessible now than ever before. Why is this?

MARK: We need the teachings now because this is the time of the purification preceding the new era. The teachings regarding the awakening and development of Kundalini are essential for this planetary alchemy to be successful.

SG: Past Serpents of Wisdom such as Akhenaton, Zarathustra and Akbar the Great tried to establish monotheistic solar religions, and, according to William Henry, "The Templars' ultimate objective was to restore true Gnostic monotheism to the world, uniting Christianity, Judaism and Islam in a New Kingdom of Heaven on Earth." Do you think such a goal is possible now? What will it take?

MARK: The goal is certainly more conceivable now than it has been during the last 2000 years. Much of the world is aware of the damage that conflicting religious ideologies and oppressive dogmas have had on humanity, and I believe many "awakened" people are now ready to work together towards a future that promises more freedom of individual belief and peace between the major religions. In order to find that peace I think it is necessary to reveal the common links and mutual heritage that many religions share rather than focusing on their differences. One of the most salient similarities among religions is that they were all founded by a gnostic, who after achieving the crowning revelation of universal oneness through alchemy and gnosis shared it with a group of disciples, who then made a religion out of it. Thus, the beginning of all religion and the primal path is alchemy and gnosis, and if you were to cut away all the accumulated dogma around the planet that is what would remain. To help create a one-world gnostic spirituality free of dogma we in the IOGT have laid out a "Five-Point Plan to Create a One-World Spirituality" on our website: www.GnosticTemplars.org We hope those who read this interview will want to join this undertaking, which we like to refer to as the Knights Templars' Final Crusade.

* *The Return of the Serpents of Wisdom* can be ordered through Adventures Unlimited Press, One Adventure Place, PO Box 74, Kempton, IL 60946, 815-253-6300, auphq@frontiernet.net

BASICS OF SUN YOGA

Sungaze once a day when the UV index is close to zero, either within the first hour after sunrise or in the last hour before sunset. Morning sunlight has more ultraviolet and the sunset rays have more infrared. Both are beneficial, but morning sunlight is preferable because it also contains high concentrations of prana.

Stand erect with bare feet on sand, dirt, pavement or concrete in descending order of desirability, but not on grass or damp ground. Drink a glass of water before and after sungazing. Remove glasses and gaze at the sun in a relaxed manner; don't strain. Contacts are okay. It's important that you blink your eyes. If your eyes tear, don't rub them. Begin with ten seconds. Increase by ten seconds a day. If you find that uncomfortable, use five seconds at first then increase by ten. Most digital watches or cell phones have a count down timer you can use to time your sungazing. Or you can get a digital cooking timer from a department store that counts down for at least an hour in seconds. If cloudy, sungaze but don't increase time. When cold, do it indoors through a window that does not have UV protection on it. Otherwise, do it through an open door or window. If you live in a valley between east and west mountains and don't see the sun in the safe hours, you may gaze at it's reflection on polished obsidian stone or pure water if it's not too intense; never salt water. Or go where you can sungaze safely.

Before or after sungazing walk barefoot on bare earth 15 - 45 minutes. Barefoot walking on sun-warmed sand is another means of absorbing solar energy. It also massages the pressure points on the soles of the feet and helps balance the yang energy from the sun with the yin energy from the earth.

After sungazing, press your palms to your eyes and gaze at the afterimage of the sun until it fades away. If you continue to see a spot that last for hours or days, make sure you are sungazing within the safe hours. If you are, then your eyes are probably sensitive and you need to stop daily sungazing till the spot goes away. Then sungaze with eyes open for half your time, after which sungaze with closed eyes for the remainder of your time. When you feel comfortable, resume normal sungazing with eyes open the entire time.

While sungazing, breathe deeply and visualize healing light going to problem areas of your body. Mentally affirm that the light is healing and strengthening you on a cellular level. When you reach 44 minutes of sungazing, reduce time 1 minute/day to 15 minutes. Then either continue sungazing every day for 15 minutes or maintain your charge by walking barefoot on bare earth 45 minutes/day. Do this for one year. Afterwards, you can maintain your charge by exposing yourself to sunlight a few minutes each day. You no longer have to sungaze or barefoot walk. But if you desire to continue, then go ahead.