



THE SUN GAZETTE

Voice of The Sun Center of Phoenix

SUMMER, 2009 (Vol. 3, Issue 1)

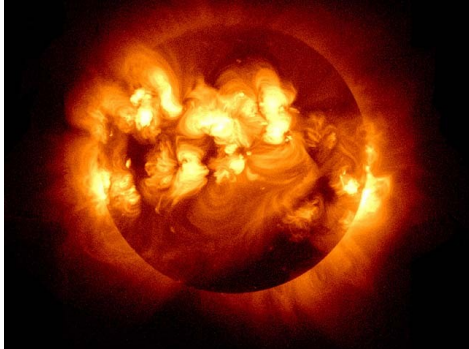
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2012: DOOMSDAY OR NEW DAY?



There's been a lot of speculation about what's going to happen in 2012. Some people think that the sun will explode with massive solar flares that will hit the Earth and cause the magnetic poles to reverse and the physical poles to shift, resulting in tidal waves thousands of feet high that will destroy most of mankind. Next November the movie *2012* will be coming out in theaters. The trailer shows a Tibetan Buddhist monk in a monastery on the peak of a mountain, ringing a warning bell. In the background you can see a tidal wave washing over the Himalayas and eventually it reaches the monastery and destroys it. I don't know about you, but I don't plan on watching *2012* when it comes out. It's a doomsday movie in the same vein as the movie *The Day After*. The trailer sends the message that not even the prayers of monks can turn back the tide and even their remote mountain retreat isn't safe. I don't buy it. Scientists predict that the solar max of 2012 will be worse than the violent one of 2001, but it won't be the end of the world. It may disable satellites and disrupt communication, transportation, power grids, the internet and even ATM machines. Also, violent weather disturbances, earthquakes and volcanic eruptions may increase, and global warming, which is actually solar system warming may increase, causing the poles to melt and coastal cities to flood. But it won't cause cataclysm or incinerate the Earth as depicted in another doomsday movie, *Knowing*. It's easy for people to become fearful about the sun and for movie producers to capitalize on that fear by twisting the facts, because the sun

can be incredibly violent during a solar max. The amount of energy contained in one solar flare is mind-boggling. The largest flare has as much energy as 100 billion Hiroshima size atomic bombs. Coronal mass ejections or CMEs are related to solar flares but contain up to 10 billion tons of gas plus a strong magnetic field. They do most of the damage. While the x-rays from flares reach Earth in about 8 minutes, CMEs can take one to two days. Fortunately the Earth's ionosphere and magnetic field act as shields to deflect the X-rays and particles from the sun. But satellites and astronauts are vulnerable and powerful flares and CME can get through to cause power blackouts.

Flares are associated with sunspots, which are disturbances in the magnetic field of the sun that are a result of a build up of tension. (Continued on page 2)

CHILDREN OF THE SUN



If you are a parent or relative of a child or would like to treat your inner child to an audio book of stories from around the world, then *Children of the Sun* is for you.

Each story has one or more lessons in character development. The heroes or heroines show children how to be unique, unpossessive and giving, respectful towards women and the earth, striving toward perfection, loving, and courageous. They all show children that we have a

higher nature that comes from the sun and that we are all children of the sun.

Children of the Sun is truly a multicultural children's book with stories set in China, India, South America, North America, Europe, Africa, the South Pacific Islands, and Australia. After each story, a commentary gives information about its spiritual symbolism, its lessons, and any historical facts behind it. It's a treat for young and old alike.

These are the titles of stories that fill a CD with 76 minutes of narration, dialog and singing: Vijay and the Melon Plant, Baabaa the Black Sheep, The Caterpillar and the Butterflies, The Lost Prince, The Five Gifts, Marisol and Pachamama, Soleil Beyond the End of the Earth, The Twinkling of an Eye, and The Rainmaker.

An audio book is much less expensive to produce, so I am selling it for only \$8, plus \$3.50 shipping and handling. Available from ISIS Press, 4142 W. Park View Lane, Glendale, AZ 85310. Send check or money order payable to ISIS Press with return address. The ebook version is available and the paperback version soon will be. To find out more, go to www.angelfire.com/moon2/isisaz.

HEARTS CENTER AT BIG SKY



"Rejoice in the Freedom of Elemental Life" is the title of The Hearts Center's 2009 World Freedom Summer Conference at the Big Sky Resort in Montana. Conference activities begin on Sunday, June 28th with the beloved Hierarchs of Elementals and Meru University and conclude on Saturday, July 4th, with the Freedom Follies and messages from Saint Germain, Portia, Sanat Kumara and Lady Master Venus.

For early risers, mornings begin at 6:00 a.m. with sunazing and panerhythmy. Beginning at 7:00 a.m. is the morning rosary, prayer and song service which includes a HeartStream by one of the masters. After 8:30-9:30 a.m. breakfast, there is a morning session from 9:30 a.m.-1:00

p.m. with presentations, workshops, prayers, songs and HeartStreams.

Lunch is at 1:00 p.m. The afternoon is family time and recreation time for everyone with hiking, swimming, white-water rafting, tai-ji, volleyball, golf and funshops.

Dinner is from 5:15-6:45 p.m. The evening program begins at 7:00 p.m. and includes presentations, prayers and songs and HeartStreams. Each evening concludes with prayers to beloved Astrea and Purity and to the Violet Fire.

There are a number of options for lodging during the conference:

The Huntley Lodge provides motel-type accommodations. The lodge is approximately a 2-minute walk from the conference meeting room.

The Stillwater Condominiums, also very close to our meeting room, offer the best situation for families. These condos are very comfortable, having full kitchens, fireplaces and an assortment of beds and convertible-couches for sleeping. The Lodging page of our website provides full details plus booking information for making your reservations.

For campers, the Red Cliff Campgrounds in the Gallatin National Forest on the Gallatin River is your best option. The campgrounds are just 25 minutes by car from the Big Sky Resort. The campgrounds website is: http://www.bozeman-net.com/bozeman_camping/redcliff.php.

A conference meal plan with 3 meals a day can be found on the Registration page of the website. You will find other meal options there as well. As an example, you have the option of purchasing meals by the day or purchasing specific meals within each day.

For those who would like to prepare their own meals, the rooms in the Huntley Lodge have small refrigerators and the Stillwater Condominiums have full kitchens. It is best to bring your food with you as the options for purchasing bulk food items at the resort are minimal or a distance away.

A supervised two-night campout is being planned for the teens in the Gallatin National Park at the Red Cliff Campgrounds adjacent the Gallatin River. These campgrounds are about 25 minutes by car from the Big Sky Resort. Additionally, an exciting program is planned for the teens each morning from 9:30 to 1:00 p.m. and in the evening from 7:00-9:00 p.m. As each afternoon is free, it is the perfect time for family activities. Of special interest is the planning and production of a video. In conjunction with a professional videographer, the teens will produce a video suitable for placing on Youtube.

Children, ages 3-12, will have their own supervised program from 9:30 a.m. to 1:00 p.m. and again from 7:00-9:00 p.m. The children are scheduled to be with their parents in the afternoon for family time.

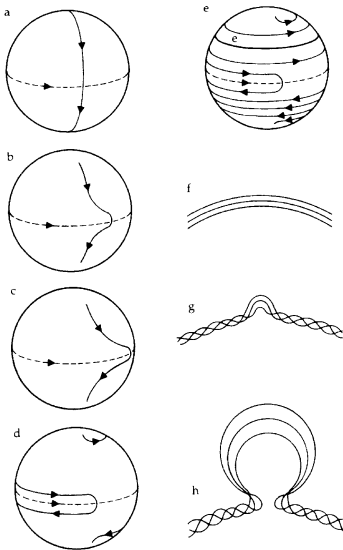
Concurrent with our conference at Big Sky, the International Folk Harp Festival will be underway in the Missouri Ballroom. These professional, internationally-acclaimed musicians, in addition to their ongoing daily workshops, exhibits and program, have scheduled four public concerts on Wednesday through Saturday evenings. The charge for attending each concert is \$10. We have included the Thursday night concert as an option for all conferees. And for those conferees who love to listen to harp music, another opportunity is provided on Saturday night after the sealing of our conference.

Costs for the conference is \$250 for adults, \$450 for couples, \$125 for youths/students, and \$75 for children before June 15. After June 15, the costs are \$295, \$495, \$150, and \$95 respectively. If this will be your first conference, the cost for an adult is only \$175 for the 7 days.

For more information or to register, go to www.theheartcenter.org. Or call 623-780-0261

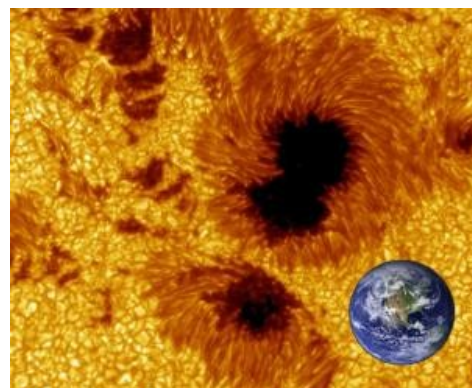
2012 (continued)

What causes sunspots? Until recently, no one knew for sure. Neither did they know why they increased to a peak every 11.3 years. The heliophysics of sunspots was advanced by the work of Maurice Cotterell a mathematician and physicist at Cranfield University. Cotterell had access to satellite data that provided him with information on how the Sun's various forces interact with each other. He compared the known speed of rotation at the Sun's equator against the known speed of rotation at the Sun's poles.

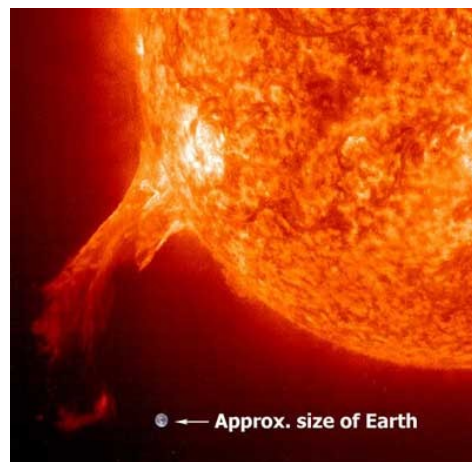


Because the Sun is a gaseous, fluid body, it moves quicker at the equator, and slower at the poles. The satellite data confirmed that it takes

25.75 Earth days for the Sun to make one full turn at the Equator, and 37.176 Earth days for the Sun to make one full turn at the poles. The result of this difference in rotation is a twisting of the lines of force of the sun's magnetic field. Cotterell's theory of sunspots, shared by many other scientists, involves seeing the magnetic lines of force on the Sun as though they were "rubber bands" being subject to twisting and intertwining. Some of these "rubber bands" would run North to South, and others East to West. So, as the Equator spins at a faster speed than the poles, so too will the vertical and horizontal lines of magnetic force continue to twist and tangle up into each other like a giant braid. When the tension gets too high, there is a sudden snap, releasing the pent-up energy in the form of flares and CMEs. The precursor to this sudden release is a sunspot, which usually shows up in two nearby places at once. These two spots correspond to the two edges of the arc that is created when the magnetic, twisted braid of energy "bulges" out of the Sun.



This image shows a typical sunspot pair. Each spot is typically larger than the earth.



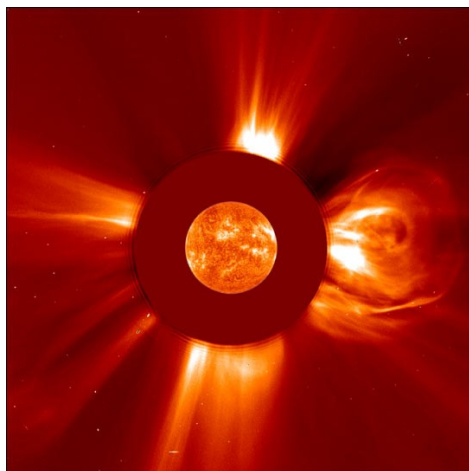
This image shows a prominence or arm of plasma that extends out beyond the sun and can be ejected into space when the braid of magnetic energy snaps. It's mostly hot gases with some iron.

So every 11 or so years the number of sunspots increase to a maximum and at the peak of the cycle, they let loose with flares and CMEs. Cotterell also found that besides the 11-year

sunspot cycle, there are longer cycles of 187 years, 3740 years, and 11,000 years.

Cotterell believes we're at the peak of a major 11,000-year sunspot cycle. Sunspots have been more common in the past seven decades than at any time in the last 9,000 years, according to a new historic reconstruction of solar activity based on carbon 14 analysis and the angular momentum of the large planets. The amount of Carbon 14 in fossilized vegetation is inversely proportional to the intensity of solar activity because Carbon 14 is formed by cosmic rays, and flares and CMEs drive cosmic rays away from Earth. Angular momentum is the pulling effect of large planets like Jupiter and Saturn. Imagine that your the sun and Jupiter and Saturn are two buckets of water that you're holding as you spin around. If you hold your arms straight out from your sides the tension is balanced. But if you hold them out in front of you the pull is greater.

The last sunspot cycle, Cycle 23 was very violent.



On April 2nd, 2001, solar flare number 9393 broke all records for brightness and strength, weighing in at the unheard-of -X-class of 22. This was literally off the scale. The measurement scale had previously only been designed to go to a maximum of 20. This flare was considered the largest of its kind ever observed, earning it the name "mega-flare." It was nearly three times more powerful than the March 1989 flare, which totally shut down Quebec's power grid, knocking out power to six million people for 9 hours. The CME associated with flare 9393 had over 10 billion tons of plasma, about as much material as Mt. Everest and it was ejected at a speed of 11 million miles per hour. If an X-22 level megaflare directly hit the earth, it would cause widespread power outages and disable and shorten the life of many satellites. For the hundreds of millions of people on the grid and who depend on satellites for communication and transportation, such an event would be inconvenient at best and life-threatening at worst.

The next 11-year sunspot cycle, number 24, will be late but strong according to a new computer prediction model. The model proved to be very

accurate when applied retrospectively to the last eight solar cycles. It predicts that solar cycle 24 will be 30% to 50% stronger than the last cycle. The model accurately predicted the beginning of Solar Cycle 24. If its prediction about the intensity of Cycle 24 is just as accurate, we can expect a lot more of the off-the-scale X class megaflares and CMEs. So we need to be prepared - not for doomsday, but for living for awhile without power, transportation and communication. That's the bad news. The good news is that solar cycle 24 may mark the beginning of a golden age.

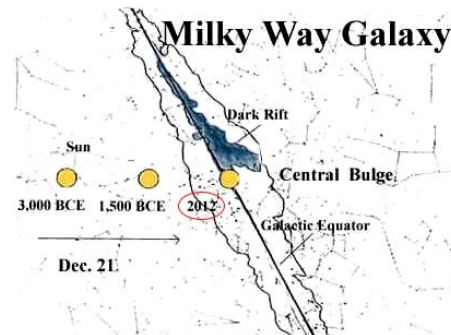
Cotterell compared the peaks and troughs of the sunspot cycle over thousands of years with the rise and fall of civilizations. He found that high solar activity correlated exactly with a renaissance in the sciences, arts, literature freedom and spirituality. Low sunspot activity seemed to be linked with periodic 'Dark Ages'. For example, there was virtually no solar activity around 1400 to 1480 AD, which was the time of the Black Death, the beginning of African slavery in Europe, and the Inquisition. This was followed by the discovery of America and the Renaissance between 1500 and 1600 when there was a peak of solar activity. There were two peaks of solar activity between 600 BC and 400 BC. This was the time of Gautama Buddha, Lao Tzu, Confucius, Pythagoras, and Mahavira, the Jain Saint who taught sun gazing. This was also the time of the beginnings of democracy in Greece and Rome and peace treaties between Athens and Sparta and Persia and her enemies.

Going back 11,500 years to the end of the ice age, there was a huge spike in solar activity around 9,000 B.C. This was the golden age of the pyramid builders in the Americas and Egypt and the solar civilization in India under Rama and Vashishta.

Thus, from this, Cotterell inferred that solar radiation somehow has an effect on human consciousness giving us greater creativity, intuition and insight to bring about a golden age civilization. But he didn't know what this effect was. This effect is explained in an article published in the Spring, 2009 issue of the *Sun Gazette* called "The Hidden Reality of Sunlight." It was written by Dr. Mitchell Gibson, a student of sungazing researcher Gene Savoy. You can read it at www.suncenterofphoenix.com.

So what's going to happen in 2012? Besides a spike in solar activity, we know that the sun will be crossing the galactic plane, while also closely conjoining the central sun of the galaxy. Such a galactic alignment happens every 25,800 years, so physicists don't know what the effects will be. But Omraam knew. He knew that the Earth would soon be entering a region of space with a higher vibration and the energies of Aquarius, and we would leave the dark space of Kali Yuga.

This is what he said "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 I'm not worried about earth changes and solar flares in 2012. To me this is just the birth pangs of the golden age, the passion and death before the resurrection. But that doesn't mean we should just sit on our hands and wait for it. We need to be prepared for any emergency, while at the same time laying the groundwork for model sustainable communities of the Holy Spirit that will be the foundation of a new solar civilization. Each of us can be a pillar in this foundation when we exhibit the qualities of the sun: unconditional love, brilliant wisdom and inexhaustible strength. Becoming a sun is also the key to surviving the Solar Max of 2012.

SUN PHOBIA

For most of my life, I feared and hated the sun. This might sound shocking coming from someone who is a strong advocate of sungazing and a devotee of Omraam, a disciple of the sun. But it's true. During my teen and adult years up till age 55, I would avoid sunlight when I had to be outside, or wear sunglasses and sunscreen when I couldn't avoid it. I think it was partly due to an incident in my childhood in which I foolishly looked at the sun through a telescope and scarred my right retina. My mother was horrified and told me I could go blind from just looking at the sun with my bare eyes. I began wearing sunglasses, and a short while later I had to have my eyes examined for prescription eye glasses. I blamed the sun for my new nickname -- "four eyes." Then there were the painful sunburns I suffered every summer. A dermatologist told me that I was especially susceptible to skin cancer because of the many moles on my skin. How did I overcome my fear and loathing of the sun to begin sun yoga? It was easy. My fear of dying from Leukemia was greater than my fear of the sun. But the encouragement I received from other sungazers also helped me to begin

and persist. After a few sessions, my fear and hatred of the sun were replaced by love and ecstasy, and eventually even my fear of death disappeared.

Something else amazing happened that I thought strange. I no longer got sunburned, even though I would spend hours in the sun working in my backyard without a shirt. And I began to enjoy the heat of summer. I would drive around in August with my windows up and AC off when the outside temperature was close to 120 degrees and the temperature inside my car, read off an oven thermometer, was over 150 degrees. People thought I was crazy, but I told them it wasn't much hotter than a sauna. I also wasn't bothered much when I walked on hot roads and sidewalks in the summer. I didn't realize the cause of this until I read the following story at <http://www.sunlightenment.com>:

The distinguished Sanskrit scholar and disciple of Ramana Maharshi, Jagadisha Sastri told the following story about how he acquired *ravi raksha* (protection from the sun) so that he was able to walk barefoot in any amount of heat without harm.

He said: "One day, right in the middle of the afternoon, Bhagavan [Ramana Maharshi] got up and told me, 'Jagadisha, come with me to walk about on the mountain.'

"But it's so hot," I protested. "How can we move about in such weather?" I argued like this because I wanted to escape from the trip. Bhagavan found my excuse unsatisfactory. "You can move about in just the same way that I move about," he said.

"But my feet will burn!" I exclaimed. I didn't have any footwear with me and I didn't relish the idea of walking about over the burning rocks.

"Will my feet not burn as well?" replied Bhagavan, obviously feeling that this was not a serious obstacle. Bhagavan never wore any kind of footwear. He could walk on the toughest terrain in any weather without feeling the least discomfort.

"But yours is a different case," I answered, alluding to the fact that Bhagavan never needed footwear.

"Why? Am I not a man with two feet, just like you?" asked Bhagavan. "Why are you unnecessarily scared? Come on! Get up!"

Having realized that it was useless to argue any more, I got up and started walking with Bhagavan. The exposed stones had become so hot because of the severe heat of the sun that walking on them made my feet burn. For some time I bore the suffering, but when it became unbearable I cried out, "Bhagavan, my feet are burning so much! I cannot walk one more step. Even

standing here is difficult. On all sides it is raining fire!"



Ramana Maharshi barefoot on hot rocks

Bhagavan was not impressed. "Why are you so scared?" he asked.

"If I remain in this terrible heat for any more time," I replied, "my head will crack open because of the heat and I will definitely die!" I was not joking. I really was afraid of dying.

Bhagavan smiled and said in a very quiet and deep voice, "Jagadisha, give up your fear and listen. You must have the *bhavana* (mental conviction and attitude) that you are the sun. Start doing *japa* [repetition] of the *mantra suryosmi* (I am the sun) with the conviction that it is really true. You will soon see the effect of it. You yourself will become *surya swarupa*, that is, you will have the characteristics of the sun. Can the sun feel the heat of the sun?"

I followed this instruction of Bhagavan and started doing *japa* of this *sun mantra* because there was no other way to be saved from the burning heat. In a short time I began to feel the effect of the *japa*. The severity of the heat lessened and eventually I began to experience, instead of the severe heat, a pleasing coolness. As the burning sensation diminished I found that I was able to walk quickly alongside Bhagavan. By the time we had both reached Skandashram I found that my feet were not at all burnt as I had continued the *mantra japa* right up till the end of the walk.

Later, I was astonished to discover that the effect of chanting this *mantra* was permanent. Though I no longer chant it, I have never again suffered from the heat of the sun. I can now walk in the summer on the tar roads of a city like Bombay with bare feet."

When I shared this story with HRM and asked him what the correct form of the Suryosmi mantra was, he replied "All mantras convey some science. We have to understand the science in the mantra and then use it. Chanting by

itself does not help. Chanting is only a belief, but understanding the message of the mantra and implementing it is the science, and that helps."

I then wrote back "So the message of Suryosmi is "I am the Sun?" In other words, "I am taking on the qualities of the Sun." If you chant it with no feeling of conviction it won't work, but if you visualize yourself as a blazing sun while saying the mantra, and believe it in your heart, you will be able to walk on hot rocks as Ramana Maharshi and his disciple did. Is that correct? Would you also be able to give light and warmth to others like the sun?"

HRM replied "Yes, your understanding is correct. Once you are with sun, then sun is with you, and you can be sun for others."

I would add that the scientific principle behind the Suryosmi mantra and any mantra that begins with "I am" is that what you affirm and put your attention on, you become. This can work in a negative way as well. If you're constantly saying "I am sick and tired" of this or that, then you will make yourself sick and tired. So be careful what you affirm.

When I sungaze, I recite the following prayer: "O Mighty Presence of God, I AM, in the Sun behind the sun, I welcome thy light into my body, mind and heart to free me from all darkness and wrong desire, guide me on the path of righteousness, and fill me with the fire of compassion. Shine thy light of wisdom that breaks the bonds of darkness and superstition! Pour forth thy warmth of love that heals my heart! And charge me with the great clearness of thy white fire radiance of life that I may become thy glorious Self in manifestation on earth!"

I then visualize myself as a sun radiating light to the world. I also recite the Gayatri mantra, *Om Bhur, Bhuvaha, Swar. Om Tat Savitur Varenyam. Bhargo Devasya Dimahi. Diyo Yonaha Prachodayat*, which I translate as follows: "Hail to the One beyond the earth, the sky, the sun. Hail to that Spiritual Sun whom I adore. I meditate upon your divine splendor so that I may see your blessed Self, even the Higher Self that I AM." When I say this, I don't have the sense of separation that I'm down on Earth like an insignificant insect and the sun and spiritual Sun are beings of incredible size and power millions of miles away. I have a sense that my higher self is in the sun and my spirit contains the universe.

I also sing sun songs while sungazing, my favorite being *I Am the Sun*, which you can listen to at <http://audio.heartscenter.org/decrees/song/Song-1%20Am%20the%20Sun-6-1%20Shine%20My%20Light.mp3>

So if you suffer from sun phobia, don't despair. There is a cure – become a sun yourself.