



THE SUN GAZETTE

Voice of The Sun Center of Phoenix

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ment 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 megafare CME 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.

LESSONS ON THE PATH



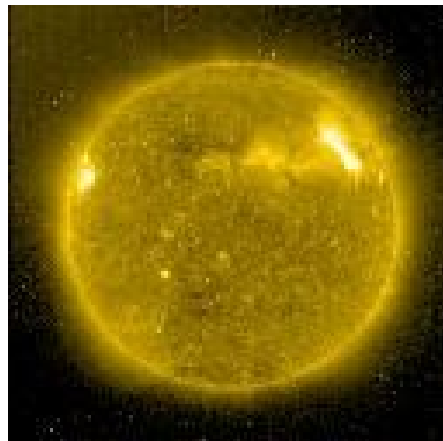
At various times in my life I have experienced periods when the muses inspired me to write very productively. Between July 27 and November 27 of this year, I experienced such a period when I wrote an average of one article a day for examiner.com as the National Alternative Religions expert.

I took 52 of the best articles and combined them into a 100-page book of 50 chapters, entitled *Lessons on the Path*. It is a compilation of spiritual teachings I have received over the past 40 years, written in an intimate conversational style. Each chapter has one or more lessons in spiritual development and all the lessons tie together into one great purpose, revealed in the final chapter. The chapters include:

- Life is a Journey; So Keep a Journal
- Walking the Labyrinth
- Gnosis, the Inner Guru and Finding Your Path
- Peter Deunov's Pentagram of the Spiritual Path
- Panurhythmy, the Sacred Dance of Life
- The Theosophical Foundations of The Wizard of Oz
- Create Your Personal Myth
- The Master Game
- How to Find the Ideal Spiritual Community
- The Reality of Auras and Psychic Attack
- The Healing Power of Light, Color and Crystals
- The 12 Steps of Spiritual Transformation
- Vegetarianism: Is it the Key to World Peace?
- The Yoga of Nutrition
- Mantra Meditation

One of the chapters, "Serotonin Rising, Sungazing, and Becoming a Sun" I am reprinting in this issue of the Sun Gazette. If you want to read all of the chapters, you can order the ebook from www.suncenterofphoenix.com for only \$5.00.

SOLAR CYCLE 24 IS HEATING UP



The Sun on December 21

After several months of usual quietness, the sun is finally beginning to release some of the tension that has been building up over the last few years. Between December 9th and 20th, 45 sunspots were formed and there were several flares and one coronal mass ejection (CME), but it was not directed at Earth.

Scientists predict that this sunspot cycle, number 24, will be about 50% more violent than the previous cycle and will peak around the end of 2012. The last cycle 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 measure-

While some people are fearful about what Solar Cycle 24 and 2012 will bring, I am looking forward to it. Records of past solar cycles have shown that high solar activity is directly correlated with periods of renaissance and golden ages. The physical disasters that precede these eras of enlightenment may be necessary to shock people out of their materialism and open them up to more spiritual pursuits. 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 to happen. 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.

SUNGAZING 101

There is an e-book being sold for \$40 by Gregg Aurand on the internet called Sungazing 101. It is a pirated copy of a copyrighted book, *Living on Sunlight* by Vina Parma. Vina has graciously made his e-book available for free. Don't buy Sungazing 101, but do download the free version at <http://www.scribd.com/doc/378210/The-Art-and-Science-of-Sun-Gazing-Living-on-Sunlight>.

I used to include a sidebar in each issue of the Sun Gazette, explaining the technique in a nutshell, but it is much better to read a comprehensive book, such as *Living on Sunlight*, or my book, *The SOLution: Laying the Foundation for a Solar Civilization*, which is available as an audio book or e-book from <http://www.suncenterofphoenix.com>.

SEROTONIN RISING AND BECOMING A SUN



The documentary film *Serotonin Rising* should be required watching for everyone who feels depressed. It stars Bill LeVasseur and Michelle Stanley with special appearances by filmmaker David Lynch; poet and musician Donovan; author and spiritualist Deepak Chopra; Harvard Professor and author Tal Ben-Shahar; author Dr. Larry Dossey; NIH Scientist, Dr. Jordan Grafman; and His Holiness the Dalai Lama.

The director and co-producer Tony Perri said in a recent interview: "The idea for the film *Serotonin Rising* came to me in the year 2000. I was watching a PBS TV special and the narrator read a few lines from a medical study. He said that if you do a good deed for someone your serotonin levels will rise and your immune system will be strengthened. He went on to say that the same thing happens to the recipient of the good deed. The final words on this subject were what really hooked me: Any observer of the good deed will also feel their serotonin rise and have their immune system strengthened. A few years later, I came across a study conducted at the National Institutes of Health by Dr. Jordan Grafman. The research proved that the same regions of the brain that were activated when one received money were even more activated when one gave money to non-profit organizations. After reviewing my notes from the PBS special and conducting more research on the topic, I was convinced that people would respond favorably to these findings. I set about contacting Dr. Grafman and other medical experts to confirm the NIH experiments. At the same time, I began interviewing more doctors as well as noted authors, spiritualists, visionaries, religious leaders, mind-body specialists and philosophers. Everyone agreed with the basic premise and many added their own views and advice to the subject.

"As we watched the interview clips and reviewed stories of altruism and compassion, we all felt something wonderful. It soon dawned on us that we were becoming the "observers" of good deeds and our own serotonin levels were dramatically rising. It was at this point that we decided people needed to see this film and that it could make a positive difference in our world. We are now convinced that this documentary is the World's First Truly 'Feel-Good' Movie."

The movie examines the various theories why our serotonin level rises when we do good deeds. But I have a theory of my own. When we do acts of kindness, generosity and compassion,

we radiate unconditional love, just as the sun radiates light and warmth to everyone, regardless of their status or character. When we sun gaze, our serotonin level dramatically increases and sunbathing increases our endorphins. But when we, in effect, become suns by radiating warmth (love) and light (wisdom) to others, our levels of serotonin and endorphins increase even more. We can connect with the physical sun through our eyes and skin and feel some benefit, but when we connect with the spiritual sun through our heart, it's much more powerful. It's like the difference between absorbing a hormone through a skin patch versus an injection into the blood stream. Another difference, which the film brings out, is that the good feelings generated by acts of kindness are contagious. They not only rise in the doer and recipient, but in witnesses as well, and they inspire the recipient and witnesses to do more acts of kindness. You may feel good gazing at the sun, but passers-by are usually just bemused. Nevertheless, I feel that sun gazing is the key to becoming a sun.

Omraam Mikhael Aivanhov said in *Toward a Solar Civilization*, "The highest ideal is to take the Sun as your model...The image of perfection is the Sun and if you adopt him as your model, if, like him you think of nothing but bringing light, warmth, and life to all creatures, then you will really work your own transformation. This desire to communicate light to other creatures will make you, yourself, more luminous, more loving, and more alive... If you want to have a beneficial influence on human beings, tune in to the sun every day so as to receive some of his particles which you can then communicate to others. The sun is the only being who can induce in you the best possible dispositions towards mankind."

The photo at the top of this article shows Omraam Mikhael Aivanhov and disciples tuning in to the sun during their sunrise meditation at La Roche "the rock" at the Bonfin community near Frejus, France. Try it. Tomorrow morning, get up before the break of dawn and watch the sun rise. Then, throughout the day, shine your love on others. To put it simply - rise and shine.

THE SUN'S TORSION FIELD by Dr. Laurance Johnston

Although sun gazing affects you through traditional physiological mechanisms associated with increased sunlight, such as improved vitamin-D production and pineal-gland stimulation, the true benefits accrue by energetic mechanisms that are anything but routine.

Specifically, the sun is composed of helium under tremendous magnetic, gravitational and electric forces. When helium, an inert gas, is appropriately stimulated, primal energy is emitted. Due to the sun's size, the amount of emitted inert-gas primal energy is huge. This energy moves much faster than light. Although

it takes light over eight minutes to reach earth, the helium-derived, inert-gas primal energy arrives almost instantaneously.

Hence, when you see the sun rise, it actually has been over the horizon for eight minutes; i.e., it takes this long for sunlight to reach you. Because the sun's inert-gas primal energy reaches you immediately, for eight minutes you can sun gaze at the horizon at the point you will eventually see the sun rise and get exposed to the sun's inert-gas primal energy without looking at the sun.

Indoctrinated in prevailing scientific paradigms, I had difficulty grasping faster-than-light phenomenon. It sounded too much like *Star Trek's* warp speed. Then I heard a lecture on torsion energy by physicist Dr. Claude Swanson at the 2009 International Society for Study of Subtle Energies and Energy Medicine, and pieces starting falling into place.

Unfamiliar to most Western scientists, Russian research has evaluated a new force called torsion, which helps explain phenomena that have been difficult to understand with previously known forces (i.e., electromagnetic, gravitational and, nuclear forces). Torsion also seems to correspond to the life-force energy described in many ancient traditions, such as qi or prana.

As discussed in Swanson's book *Life Force: the Scientific Basis*, torsion fields are generated by particle spin. Whenever a charged particle produces electromagnetic waves, it also creates torsion waves. Because atomic particles spin (e.g., electrons, protons, and neutrons), it is a universal force. Torsion fields do not follow existing rules of physics, especially with respect to time, distance, and the speed-of-light limitation. For example, they do not diminish with distance, like gravity for example, and penetrate barriers that block electromagnetic energies.

Because they don't follow the rules, torsion fields also can explain many well-documented psychic phenomena - for example, why a mother immediately senses that her son has been hurt in a war half way across the world, why qigong masters can exert healing many thousands of miles away, or why long-distance prayer may work. It also provides a scientific conceptualization for mankind's interconnectivity and greater oneness stressed by so many spiritual traditions. Relevant to sun gazing, technologically sophisticated experiments have been carried out documenting the sun's torsion fields. In the experiments, a parabolic mirror in a large telescope at the Crimean Astrophysical Observatory focused the sun's radiation onto sensors. The telescope, however, was fitted with a cover to keep out normal light. The device detected a non-light peak of energy corresponding to the sun's true position of the sun - not its position when its light reaches the observer eight minutes later on earth. This signifies that torsion fields travel almost instantaneously.

A similar experiment was carried out demonstrating the life-enhancing nature of this energy. In this experiment, the sensor was *E. coli* bacteria. Corresponding to the influx of torsion ener-

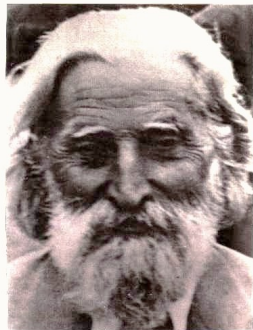
gy, a large increase in bacterial growth occurred when the covered telescope was pointing at the sun's true position. If this parabolic-focused torsion energy can stimulate bacterial cell growth, it is not a big leap to conclude that collecting this energy through the focusing lenses of our eyes also can build up life-force energy within our own cells.

Consistent with these experiments, it has been shown that the voltage through acupuncture points instantaneously responds to solar flares. It does not require eight minutes for the solar flare's *electromagnetic* energy to reach the earth. In other words, the sun is emitting some faster-than-light force that immediately affects our physiology.

Today's scientists are like the priests in Galileo's time: they already know the answer, so why look through the telescope. Even though their presence is a short blip in mankind's long and rich history, they are intolerant of the wisdom of the ages supporting life-force energy.

Paraphrasing Arthur Schopenhauer, every scientist takes the limits of his own field of vision for the limits of the world. If it can't be seen through their glasses, it doesn't exist. However, to correct this myopic view of the world, Russian scientists have devised torsion glasses that allow us to scientifically glimpse at the life-sustaining universe. Once the realm of mystics, they've touched the face of God.

THE INFLUENCE OF SOLAR ENERGY by Peter Deunov



Peter Deunov, the master teacher of Omraam Mikhael Aivanhov, teaches in this article how the sun's energy can heal various parts of our physical bodies and increase our overall health. This article looks in depth at the seasons and daylight hours, teaching how the changing levels of sunlight affect different parts of the body.

The sun is a source of living energy for the whole solar system. In relation to the earth, the energy of the sun is positive. This energy develops into positive and negative electricity, and into positive and negative magnetism. The energy of the earth in relation to the sun is negative (the earth has two kinds of energy, but the negative is predominant, while of the two kinds of energy, which the sun possesses, the positive is predominant). By the contact of these two kinds of energy, life is produced on Earth. The powerful mediator, which unites and transforms these

two energies, is called ether by the scientists. It penetrates all space and the whole earth. The occultists call it vivifying plasma; the mystics call it spirit. In the book of Genesis it is said: "In the beginning God created the heaven and the earth. And the earth was waste and void; and darkness was upon the face of the deep; and the spirit of God moved upon the face of the waters."

The structure of the sun is the same as the structure of the cells. The sun is composed of three regions: one of them prepares the energies; the second one accumulates, collects and transforms them; while the third directs them to the earth. These three regions exist also in the cells: an outer region which receives the solar energy; a second one which accumulates it within itself; and an inner region, which works it over and transforms it into a vital force. These three regions are found also in the organism in a more developed form. In the embryo, one can recognize them most easily. The first, outer, visible envelope is called ectoderm; the intermediary one is called mesoderm, and that which is in the center, the most internal, is called endoderm.

The energy which our sun receives from the central sun of our visible universe is positive at first, but afterwards it is polarized into positive and negative. There exists an important law that the more negative the earth, the greater its capacity of receiving the positive solar energy; and inversely, the more positive the earth, the lesser its receptive capacity.

Every celestial body receives energies by its negative pole and emits them by its positive pole. When a center is positive, it gives, but when it is negative, it receives. The positive energy creates, while the negative constructs.

The greater part of the energy, which our sun receives from the central sun, is consumed by the sun itself. Comparatively a very small amount of it is transmitted to the planets. The energies, which the earth receives from the sun undergo a considerable transformation, for as they penetrate the earth layers, the latter absorb all their nutritive elements and only that which is not of any more use remains. Thus the earth throws into cosmic space those energies, which are of no more benefit to its development and growth. From there, by certain special ways, these energies return to the sun, which, on its part, redirects them to the central sun for further modification and transformation, until their primary rhythm is achieved.

From midnight till noon the earth (i.e., a respective part) is negative and receives more, while from noon till midnight it is positive and gives more. Beginning at midnight, the earth starts to project into cosmic space negative energy and in return, to receive positive solar energy. At sunset the earth is positive to the highest degree, and consequently it gives most. In the afternoon, the earth starts to project into cosmic space positive energies, and after it has emitted a sufficient quantity, it becomes nega-

tive. This is gradually done and it is toward midnight that the negative energies become predominant. The earth is negative in the highest degree at sunrise, which means that at that time it receives most. This fact is of highest importance for us, since it reveals the great significance and value of sunrise. We must take into consideration the following law: we form a part of the earthly organism, and, therefore, when the earth receives, we also receive and when the earth gives, we also give. This is exactly why the first rays of the sun are the most powerful. At that moment, the human organism is most receptive toward the solar energies. There is always more vital energy or prana in the morning than at noontime, and the living organism absorbs the greatest quantity of positive energies (prana) at that time. The first rays of the sun (at sunrise) are most active; the sun is then at the apogee of its activity.

The solar energy passes each day through four different states. From 12 o'clock midnight to 12 o'clock at noon there is an influx of solar energy, and from noon to midnight - a reflux. The influx, which begins at midnight, reaches its culminating point at sunrise; it is then most powerful and vivifying. It gradually decreases till noon and then the reflux begins which reaches its highest point at sunset. According to the law of motion, that part of the earth which turns itself constantly toward the sun and approaches it, is found in the most favorable conditions for its development, while that part whose distance from the sun increases loses most of the conditions. An hour before sunrise the solar energies have a purely psychological effect on the cells of the human body, and by refreshing and invigorating them, create a new impulse toward activity in the whole body.

Before sunrise, the rays which are refracted in the atmosphere, influence mostly the brain. During sunrise, the rays which come in a straight line, influence mostly the respiratory system and our sensitiveness; while toward noon, the same rays have an influence upon our digestive system. That is why the curative power of the solar energy is different during different hours of the day, before sunrise for the amelioration of the cerebral nervous system; at sunrise for the strengthening of respiratory system, and from 9 till noon, for the strengthening of the stomach, that is to say, during that time of the day, the sun rays have a curative effect upon the sick stomach. In the afternoon, the curative effect of the solar energies is of smaller importance.

At the first sight, it would appear that the solar rays are most curative about one or two o'clock in the afternoon, since the heat is greatest then. But if the solar rays had a curative effect through their heat, why then could not the heat of the stove be a substitute for their curative power? It is not the solar heat which is the main curing factor, but this function belongs to other energies of higher order, which we may call prana (vital energy) in regard to which the earth is more receptive in the morning.

The latest scientific researches declare that the solar rays are most curative before noon, but someone might object that when it is sunrise for us, it is noon for some and sunset for others. Then why this difference in the curative action of the rays during the different hours of the day? The reason for this difference lies in the varying receptive aptitude of the earth and the organism.

Let us follow the course of the year as an analogy. The solar rays do not act in an uniform manner during all the seasons of the year. The earth (that is a respective place) is most negative in the beginning of the spring and that is why it receives most at that time. This is the reason why of all seasons of the year, the solar rays have a most curative effect during the spring. Starting on March 22nd, the earth gradually becomes more positive. During the summer it is quite positive and receives less. (The summer rays also act curatively but to a lesser degree).

In the beginning of spring there is more prana and the organisms absorb the greatest quantity possible, while during the summer the heat increases but not the prana, or the vital energy, which is so abundant in the spring. There are certain signs by which we can know when nature is more rich in prana.

In this way the solar energy exercises four kinds of influence during the four seasons. The spring and the summer represent the influx of energy, while the autumn and winter - the reflux. That is why the most beneficial influence of the sun begins on the 22nd of March. All the well-constructed organisms profit by this energy, while the weak ones, on the contrary, become weaker.

The earth begins its creative work on March 22nd when its creative forces reach the climax of their activity. Since positive solar energy comes in an increased amount to the earth during this time, the creative energy of the latter is increased, stirring an intense growth in all things. The greatest organic activity takes place at that time.

The most favorable time for renovation and development starts on March 22nd and continues during the whole of April and May, till June 22nd. On this last date all growth ceases.

The day can be divided into 4 periods of 6 hours each: from midnight till 6 o'clock in the morning constitutes the time of spring, from 6 o'clock in the morning till 12 at noon - is the time of summer; from 12 at noon till 6 in the evening (till sunset) - is the autumn; and from 6 o'clock in the evening till midnight - it is the winter. Because of the movements of the earth during certain times of the year the summer of the day is longer and the winter shorter.

We, the inhabitants of the earth, must follow in our life the example the plants give us; they understand better than us the law of growth. The solar energy arrives here as a large current, which encompasses the earth from the north to the south pole and returns to the sun. Certain men of learning support the idea that it is precisely this energy which causes the movement of

the earth around its axis. When certain plants begin to feel this potential energy manifesting on earth they start budding and preparing themselves, and when this energy is increased, they blossom up and try to absorb as much of this energy as they can in order to be fructified. This energy is transmitted to plants by the vivifying plasma. This is exactly why when we see plants budding and blossoming, a new inner joy is reborn in the human soul, that the day of its liberation is approaching. All the fibers of man's being should vibrate with a tender feeling for this animating force, which envelops him if he would be a recipient of its beneficial influence, which would refresh and renew his thoughts, feelings and strength.

In spring and summer, beginning on March 22nd, it is good for one to go to bed early and to get up before the rising of the sun to welcome it and to receive the part belonging to him as the bees gather the nectar of the flowers. It would be sufficient for one to practice this in the course of some years, in order to be convinced in the truth of this statement. A blind faith is not necessary, for each one will work out his own conceptions and opinions concerning the beneficial influence of the sun. There is absolutely no place for deception in this fact, since it is based upon a profound understanding of a fundamental law of august nature. We should always be in agreement with its injunctions and understand that they contain the methods for our life. And if we live in perfect accord with them, we can be always intelligent, healthy, strong and happy. Therefore, we should have a heart full of the best feelings when we are to welcome some of the servants of nature. And one of these servants is the sun. That is why the Psalmist says: "It is a good thing to give thanks unto the Lord, and to sing praise unto Thy name, O, Most High; to show forth Thy loving kindness in the morning" (Psalm 92) ; but he does not say; "To sing praise unto Thee, Lord, in the evening." When Nature starts working, then we should start work, also. This is the Divine, sublime thing in life: to think and to feel as we see these manifestations in the supreme Reason of the august living Nature, and not to follow after the inventions of all sorts of systems and beliefs of men. For the most just conception of life is the Truth; the essence of life is Love and the sense of this life is Wisdom.

We mentioned before that there exists an analogy between the solar system and the organism. The processes taking place in the organism find an analogy in those of the solar system. When the solar energy enters the brain, it undergoes the same modifications as those which occur when it first enters the sun after leaving the central sun. This fact is difficult to explain, since men generally have a mechanic conception of things, instead of a psychological one, based on reason. The feelings, the sensitivity, constitute the negative pole, while the thought - the positive pole. In the human organism the brain is positive and the sympathetic nervous system is negative. It is the same in

the cosmos. In the left side of the body the energy descends toward the left foot and then, by way of the right foot and the right side it moves upward. There exists such an electromagnetic current around every organ. For instance, positive energy passes through the right eyebrow, which turns and passes under the same eye, where it becomes negative energy. From there it mounts over the left eye, where it becomes positive again. After that it moves under the same eye as negative energy. In this way the movement of this energy resembles the number 8.

At the point between the eyebrows, or at the root of the nose there is a center of reason, which regulates these currents around the eyes. One might call this center the Silent, the Rational in nature, which regulates the forces.

The circulation of the blood is due mainly to electromagnetic currents. If they did not support the flow of the arterial blood, the heart would be incapable of doing this alone. But the blood moves in the human organism by the help of that cosmic impulse in the world, which constantly regulates the blood-circulation of all organisms. The movements of this protoplasm in the cell, the circulation and rotation, the movement of the sun, planets and the other celestial bodies, are all due to this same electromagnetic current.

The energy which the earth draws from the sun can be compared to the arterial blood and that which it sends back to the sun can be compared to the venous blood. Our sun plays the role of a heart, but this role is still better played by the central sun. As the impure blood must return from the tissues to the heart and then go to the lungs to be purified, in the same way the energies of the earth return to the sun, in order to regain their primal rhythm.

We consider the sun not as a dead body, but as a living being. Let us admit, for example, that a certain learned man salutes from a distance contemporary men with his outward appearance. What would be our idea of this man? The study which we would make of his will concerns only his physical side. Let us suppose, on the other hand, that this same learned man, by some reflector, would send us his rays - some well-written poems by which he would salute us, or that he would send us his fruits. In the first case his energy would be destructive, in the second stimulating, and in the third invigorating. At the present time, we are studying only the two kinds of solar energies. All illnesses on the earth are caused by the sun, that is to say: if we are hard-hearted, unresponsive and stubborn, the sun salutes us by its outward appearance; if we are wise, it salutes us by its bright poems, which fill us with joy and gladness; and if we are spiritually elevated and love nature, it sends its living fruits which deposit in us the germ of the new life, which is called in religion "Resurrection."

The ignorant shall understand nature by its restricting, physical laws; the wise by its illuminating bright poems, and the spiritual by its living, vivifying fruits out of which flows the life for the whole of humanity.