



THE SUN GAZETTE

Voice of The International Sun Imbibers' Society (ISIS)

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THE SOLUTION IS COMING



After three years of painstaking research, writing and editing, I am offering to the world my audio book *The SOLution: Laying the Foundation for a Solar Civilization*. I decided to publish it in audio format because it contains a crucial Solar Healing Meditation and instructions for advanced sungazing techniques that are best absorbed by listening with eyes closed or focused on the sun. And the appendix on Songs, Prayers, Affirmations and Mantras to the Sun can only be appreciated in audio. The pleasant voice you will hear is that of coauthor Jeanette Wallen, who wrote the Solar Healing Meditation. An audio book is much less expensive to produce, so I am selling it (four CD with over six hours of recordings) for only \$12, plus \$3 shipping. Available from ISIS Press, 4142 W. Park View Lane, Glendale, AZ 85310. Send check or money order with return address. It will be available June 21st.

The title of this book begs the question: What's the problem? I could list a dozen or so problems that this book could solve: the worsening health crisis at home and abroad; the escalation of war and terrorism; the moral bankruptcy of large segments of society; the failure of education to prepare students for real success; the starvation of millions of people in third world nations; the pandemic of obesity in developed nations; the oppression of billions of people by totalitarian regimes; the lack of emotional harmony in families; the slavery of people to the rat race in the vain pursuit of material happiness; the hypocrisy

and divisiveness of religion; the overcrowding of prisons and the failure of capital punishment as a deterrent; and the rise in chronic depression resulting in increased incidence of suicide. But the underlying problem that is at the root of all these problems is this: We have lost our connection with God. We feel separated from God by space (we're down here and he's way up there) or by sin (God is all good and we are miserable sinners). If we feel alone and worthless, if we don't see that God is in our hearts, we won't treat ourselves with respect. If we don't see that God is in everyone else as well, we won't treat them with respect either.

The problems we face are the same as those faced by people in every society in every epoch of history. If we carefully scrutinize the historical record, we will see that social, political and religious institutions have not provided solutions to these problems, and, in many cases, have worsened the problems. Throughout this dark pageant of wars, sectarian strife, plagues, famines, slavery, materialism, ignorance and perversions, we can glimpse brief periods of peace and enlightenment. In every case, these bright interludes have been brought about by the establishment of a new religion, based on the sun of our system, Sol. Sol is an interesting word. Add a "u" for you, and you get soul, the sun of your being. Add an "o" for one, and you get solo, which means alone or all one. "We are all one in the sun" is not just a fanciful New Age expression. It is the key to the New Age and the SOLution to the problems of the Old Age. The continuing failure of religion, modern medicine, education, and government to solve problems will sooner or later lead people to consider trying the SOLution, and the lost teachings of the great avatars and masters, the suns of God, will once again enlighten people, this time on a global scale. It is toward this effort that I have written this book and to which I dedicate my life.

It's true that you can't judge a book by its cover, although the cover design by world-famous graphic artist and long-time sungazer, Elan Sunstar is a good visual summary of what *The SOLution* is about. To give you a better idea of what it's about, I am copying the Table of Contents:

Part I -- Techniques & Science of the SOLution

1. Why Absorb Sunshine?
Let The Sun Shine In
Imbibe Sunshine for a Natural High
Sungazing and Eyesight
Nude Sunbathing
A Cure for Obesity
2. Basic Techniques and Tools
How to Sungaze
Sungazing Tools
Getting the Full Spectrum
How to Sunbathe
Sun-charged Water
Atonic Tea
Sun-Chi Drink
Sun-charged Food

Barefoot Walking on Sun-warmed Sand
Grounding

Part II - Suns of God Who Gave us the SOLution

1. The Mysteries of the Sun
2. Surya and Cuzco
2. Serapis
3. Kuthumi
4. Lanello
5. Zarathustra
6. Lord Ling
7. El Morya
8. Jesus
9. Hilarion and the Gnostics
10. Omraam

Part III -- How to Become a Sun of God

1. Amrita, the Nectar of Immortality
2. The Deathless Solar Body
3. The Alchemy of Human Transformation
4. Into the Heart of the Sun

- Appendix A -- Spiritual Sungazing Techniques
Appendix B -- Songs, Prayers, Affirmations and Mantras to the Sun
Appendix C -- Testimonials

THE SPIRITUAL ALCHEMISTS CIRCLE



Real alchemy is not the transmutation of lead into gold, but the transformation of the alchemist's leaden consciousness into the refined consciousness of love-wisdom through meditation, surya yoga, and the science of the spoken word.

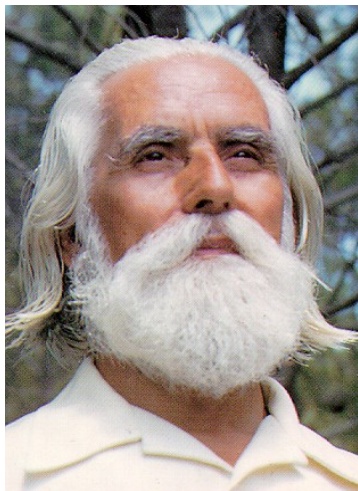
You are invited to attend the monthly meeting of the Spiritual Alchemists Circle every first Wednesday at the Phoenix Public Library, Century Branch, 1750 E. Highland Ave. from 7 to 9 pm. The Library is located right across from the exit ramp of the Highland Ave exit of I51 North. If you're coming south on I51, exit at Indian School and go back north on I51 to the Highland Ave. exit. At each meeting we discuss one of a series of books that deal with the practical techniques of spiritual alchemy. These books are the teachings of Omraam Mikhael Aivanhov, French philosopher and spiritual master of Bulgarian

origin (1900-1986). He gave over 5000 lectures, the transcripts of which have been published as books, such as *Toward a Solar Civilization*. One of the most striking aspects of these books is the incredible variety of ways in which he presents how we can better our lives and attain perfection. Dr. Larry Dossey said of him "A mark of a great spiritual teacher is to convey wisdom of such luminous clarity that it seems genuinely simple, as if we might have known it all along, as if it is innate in everyone. Such a teacher is Omraam Mikhael Aivanhov."

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."

If you share this vision of a Golden Age and want to know how to experience it firsthand now in your own life, then come to the first Wednesday meetings of the Spiritual Alchemists Circle.

A DISCIPLE OF THE SUN



Omraam Mikhael Aivanhov

Omraam, like many great initiates and leaders, had a humble beginning. He was born prematurely on a very cold winter night in a drafty farmhouse in Serbtzi, Macedonia. His mother had the village priest baptize him within a day because she feared he would not live long. She named him Mikhael in honor of Archangel Michael. Now, the priest who baptized him had a reputation for being a tea-totaler, except for communion wine. But when he baptized Mikhael, the light that descended was so powerful that he felt like celebrating, and during the party afterwards, he got a little drunk. He told people that he saw a vision of Mikhael's future and prophesied that he would do a great work for God. Now, if this were the only prophecy about Mikhael, we could dismiss it as the ramblings of an inebriated priest. But three other men, who were famous mystics, made prophecies about him. One was Nostradamus who wrote:

To a humble family will a fair child be born
From a Balkan country will this Eagle fly,
To dwell in the land of the Rooster,
His name, the same as mine, the world will
long recall,
His voice the peoples of the earth will hear,
And following upheaval and disaster,
A new age will begin.

France has the rooster as its emblem, and that is where Mikhael traveled to from Bulgaria, a Balkan country. Also the rooster is associated with the rising sun and vigilance, both of which are important concepts in his teachings. The eagle also represents the lofty sun - a fitting symbol for Mikhael, who boldly soared in the dimension of Spirit, close to the source of all light. The eagle is also the higher symbol for the sign of Scorpio, which was Mikhael's ascendant.

Another prophet was Rudolf Steiner who said, "I bring you a complicated language for the intellect, but after me will come Michael, who will bring a simple language of images." If you read any of Omraam's books you'll find that they're full of imagery and easy to understand.

And lastly, around the beginning of the 20th century, someone asked the Theosophist Charles Leadbeater who would bring the energy of Archangel Michael to the Earth. Leadbeater replied "His name will be Michael and he will arrive in France after the first third of the century is past." Mikhael came to France in 1937.

Mikhael's mother, Dolia Aivanhov, wasn't aware of these prophecies, but she knew intuitively that her son was special. That's why she consecrated him to God's service from the moment of conception, and just as Mary did for Jesus, held the immaculate concept for him while he was in her womb. His mother never yelled at him or forced him to do anything. Instead, she patiently explained his options and what consequences they would bring and left it up to him to decide which course to take. Mikhael had a profound love and respect for his mother and for all women and saw in them hope for a better world through prenatal education. He said "A mother can accomplish great miracles because she holds the key to the forces of life." His mother died in 1973 at the age of 97. His father was also an important influence during his formative years, but he died of pneumonia when Mikhael was only seven.

Other people who helped shape his character were his grandmother and a wise old man, also named Mikhael, who would tell stories. Mikhael said of him "He would tell me fantastic tales of battles between the forces of good and evil, the powers of light and darkness, white magicians and sorcerers... and good always triumphed over evil in the end. Ever since, I have felt that by means of these tales this old man and my grandmother gave me an impetus towards the good and the light, and gave my heart a yearning to see the triumph of light over darkness." Mikhael realized that the moral lessons he imbibed through these stories were more character forming than anything he later learned from books. "Childhood," he noted, "determines the whole of one's life."

During his adolescence, Mikhael devoted himself to spiritual practices involving meditation, yoga, breathing exercises and light. One day when he was 15 he was doing the surya yoga practice of sun gazing when he was suddenly plunged into a mystical experience of God as a most beautiful being of light. Later, he commented: "It was so beautiful that I was beside myself. To see such a

being, with all those colors, all that light! He was almost invisible in the extraordinary luminosity that surrounded him. I found myself flooded with light. I was in a state of bliss, of ecstasy so immense, so powerful, that I no longer knew where I was. It was a delirious joy; it was heaven; it was the universe! Ever since then I have felt that if God were not all beauty I could not believe in him. It is beauty that remains in my mind as the one essential: neither power, nor knowledge, nor wealth, nor glory. Only beauty!"

This was a turning point in his life. He realized that in order to regain that experience he would have to give up his self experimentation and learn from an enlightened master. His quest for perfection was now channeled in a more definite direction. When the student is ready, the teacher appears. He soon found a spiritual Master, Peter Deunov. One of the first things he asked Deunov was how best to connect with God during meditation. Deunov told him "Work with light, for light is the expression of divine splendor. You must concentrate on light, immerse yourself in light and rejoice in light. It is by means of light that we can communicate with God."

Deunov was a remarkable man. He came to America in 1888 and received a doctorate in Theology from Boston University in 1893. During that time, he came in contact with the Rosicrucians and discovered that the 10th century Bogomil movement in Bulgaria was a form of esoteric Christianity from which the modern-day Rosicrucians emerged. He returned to Bulgaria and was offered a ministry, but rejected it in favor of spending four years in seclusion doing spiritual work. On March 7, 1897, The Holy Spirit descended on Deunov. After this Deunov became known as the Master Beinsa Douno, which means *The One Who Brings in the Good through the Word*. Mikhael also experienced a similar initiation when he traveled to India in 1960 and became known as the master Omraam. In 1918, Deunov established the School of the Universal White Brotherhood. The White referred to the white spiritual light that imbued the auras of its members. Some of the spiritual exercises of this school were prayer, music, deep breathing, greeting the sunrise, and panerhythmy (dance).

For twenty years Mikhael studied under Deunov. At the same time he studied at the University of Sophia, concentrating on psychology, philosophy and the natural sciences. During the 1930s, he held a professorship at a university and subsequently became a college principal. In 1937, Deunov seeing the rise of fascist and communist regimes, decided to export his teachings to Western Europe. Out of 40,000 disciples, he chose Mikhael to take his teachings to France. So on July 22, 1937, during the Universal Exposition, Mikhael arrived in Paris with only a handful of French disciples to help him.

For ten years he worked hard to spread Deunov's teachings and in 1947, he created the French chapter of the Universal White Brotherhood. After Deunov died in 1944, Bulgaria was taken over by the Soviet Union, Deunov's estate in Sophia became part of the Soviet embassy and the Universal White Brotherhood of Bulgaria was infiltrated by Communists who turned it into a political group. They sent 47 members to Paris to do the same with Mikhael's group, but he firmly resisted. In order to get Mikhael out of the way, the communists used a hypnotist by the name of Cherenzi Lind to discredit him. Lind hypnotized several young ladies into believing Mikhael had raped them. Based on their false

testimony, he was arrested, held in prison for several months and convicted on July 3, 1948 after a hasty trial. An appeal was filed but he was sentenced to four years in prison. He was released after two years because of his impeccable behavior. His fellow inmates appreciated the spiritual help they received from his example and the advice he had given them, and called him their "angel." In 1962 his case was reopened and his name cleared.

In the summer of 1953, the first convention of the Brotherhood was held at the Bonfin near Frejus. It was attended by all those who, in spite of the difficulties of the past five years, remained true to Brother Michael. The Bonfin is still the international headquarters of the Universal White Brotherhood and people from all over the world attend conferences there.

A tradition which Brother Mikhael began and which people continue at the Bonfin and other centers today is the sunrise meditation. This is a very powerful meditation that is well worth getting up early for. Mikhael told his students, "Learn to bathe in this river, in this immense flood of morning, for this is your true bath, a bath of light, the only one which can truly wash and purify you." Mikhael said that prana or the life force is most concentrated 20 minutes before and 20 minutes after sunrise. Also, I have learned from other sources the pre-dawn hour is most conducive to meditation because of the interaction between the photons of light from the sun, the Earth's magnetic field and our personal aura or electromagnetic field. The place where everyone gathered to meditate was a large rock outcropping overlooking the Mediterranean. Mikhael said that it was one of the places that the great adept, Apollonius visited in his travels. Researching the life of Apollonius, I discovered that Southern France was indeed one of the places he went to, and that wherever he went he hid special talismans in the earth. These talismans created a positive forcefield to attract spiritual people and good events. I suspect one of these talismans is at the rock. However, Mikhael said that working directly with the sun through prayer and contemplation was much more powerful than any talismanic magic.

In 1956, Mikhael gave a lecture in the city of Nice, not far from the Bonfin. After the lecture, an Indian man approached him and told him that his master Babaji had heard about him and would like to meet him. To be granted an audience with Babaji is a great honor reserved only for those who are pure of heart and selfless. Mikhael wasn't able to leave for India until February 11, 1959.

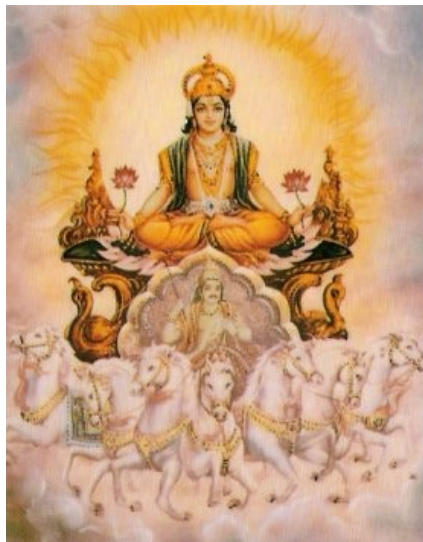
While in India, he visited numerous ashrams, sacred sites and met spiritual leaders. He was welcomed by several famous Hindu and Buddhist sages as an accomplished master from Europe. One master said he was the re-embodiment of Vyasa, who simplified the Vedas just as Mikhael simplified esoteric Christianity. Another adept hailed him as a "solar rishi. And the master who gave Richard Alpert the name Baba Ram Dass gave Mikhael his spiritual name, Omraam. Finally he met the immortal bodhisattva, Babaji, who in 1992 gave his blessings to another teacher of sun yoga, Hira Ratan Manek. A bodhisattva is a being of high attainment who has such great compassion for suffering humanity that he has taken a vow to not ascend back to God until everyone is enlightened. So Babaji's been around for a long time.

When someone meets Babaji he is transformed, and Omraam was no exception. Actually his transformation was more dramatic because of the many other masters he met who gave him their blessings and the many days he spent meditating in sacred places. On his return from India, his whole being radiating a new aura of authority, much like Moses did when he came down from the mountain. As one of the disciples who met him upon his return commented, "He looked like what we imagine the world's great Initiates looked like... The child I held in my arms said, 'It's Moses.' It was Moses." In a lecture soon afterwards he spoke about his new name: "The name Omraam combines the two processes of solve and coagula. 'Om' dissolves all things, rendering them subtle and fine. It is the sound that disintegrates all that is negative. It corresponds to the solve of initiatic science, which returns things to their source by transforming them into light. The vibrations of 'Raam' have the power to condense and coagulate divine realities and make them tangible. This is coagula." Thus, Omraam, through his new name, was given the power to dissolve evil in the world and to coalesce the Kingdom of Heaven on Earth. We can continue to do this by reciting his name as a mantra.

Omraam pointed out that "On the physical, material level, the sun is the door, the link and the medium thanks to which we can make contact with the Lord... Through the sun, we work with God Himself... 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."

This message is basically the same as that of all the masters and cosmic beings who taught the mysteries of the sun – and that is: become a sun of God.

VIRACOCOA, THE GOLDEN ONE FROM THE SUN



Surya is the cosmic being whose name means "sun" in Sanskrit. He was one of the chief gods of Hinduism. He holds the position of hierarch of the God star Sirius, the seat of God-government

for this sector of the galaxy. The ascended master Cuzco is Surya's disciple. He assists Surya by periodically traveling to Earth and back to give a report on the current conditions upon the planet. Thousands of years ago, Cuzco came to earth as a great teacher in the Americas. The people there 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. In Peru, the Incas called him Viracocha. In Central America, he was called Kukulcan by the Mayas, or Quetzalcoat by the Aztecs. In Brazil they called him El Dorado (the golden one) because his skin had a golden glow. Concerning El Dorado, archeologist Gene Savoy wrote, "He claimed to be a child of the sun... He was a radiant being of light." Exactly when Viracocha came to Peru is debatable. It occurred long before the rise of the Inca civilization. His legends record that he came to set the world right in a time of chaos after a terrible deluge had covered the earth and nearly destroyed mankind. This may correspond with the flood of Noah and the sinking of Atlantis. Or it may relate to the sinking of the much older Pacific continent of Lemuria. The ancient city of Tiahuanaca, where Viracocha first appeared is very ancient. In the center of Tiahuanaca there is a seven-tiered, T-shaped pyramid with was built approximately 17,000 years ago.

Recently, archeologists from the University of Missouri and Peru's National Agrarian University discovered in the Peruvian Andes the oldest solar observatory in the Americas -- a 4,200-year-old structure marking the summer and winter solstices that is as old as the stone pillars of Stonehenge. The observatory was built on the top of a 33-foot-high pyramid with precise alignments and sight lines that provide an astronomical calendar for agriculture. Among the most significant finds was a massive clay sculpture that marked the position of the winter solstice. It was, appropriately enough, a carving of a sad face. The archeologists report that the entire site contains ruins dating from 10,000 years ago (soon after the sinking of Atlantis) to well into the first millennium B.C.

Viracocha was credited with establishing a golden age solar civilization. What's more, all the legends say that he had carried out his civilizing mission with great kindness and, as much as possible, had avoided the use of force. He used careful instruction and personal example to equip the people with the techniques and knowledge necessary for a cultured and productive life. 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 of civilization, Viracocha also taught them how to make their ascension. In *Project X: The Search for the Secrets of Immortality*, Savoy claimed to have found records of Viracocha 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 mat-

ter begins to germinate when exposed to the sun, and God is incarnated within the seed. Once the process is set in motion, the seed ascends to heaven, transformed into light.” The Viracochan priests 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 spiritual system to accelerate the evolution of man into a super-man...a god-man. According to legends, the Viracochan priests took the most primitive jungle savages, and, by application of their system, elevate them to level of the first Adamic man or spiritual man. They knew, 150 centuries ago, that a man 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 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 man. The jungle tribes at that time were Neolithic men. Viracocha 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, requiring 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. They understood the effects of light and darkness on the body and mind of man. And their sun gazing occurred at altitudes where the air is rarified, with much higher prana and ultraviolet content.

All that Viracocha 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 called the physical sun 'Inti,' but they recognized the spiritual sun 'behind' that sun, which was known as the source of all life and knowledge.

Their vision of the cosmos extended from innermost to outermost suns: The sun or fiery core in the center of the Earth – the sun or divine spark in man's heart – the physical sun – and the spiritual Sun or Great Central Sun (God). 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.

They saw the sun as it pulsates, the "back and forth" gateway, where God transmits life and intelligence to humankind and receives impressions and thoughts back from humanity. They had great concern that only good and righteous thoughts be transmitted to the sun. Otherwise, man had the ability to draw down destructive forces onto the Earth by his thoughts. Edgar

Cayce discussed how the negative thoughts and emotions of mankind are outpictured on the sun as sunspots and how these cause weather disasters, earthquakes and volcanic eruptions. On the other hand, if enough people sungaze and transmit positive thoughts and feelings to the sun, they can effect positive changes on Earth.

According to anecdotal stories, the Viracochan priests glowed with a golden light. There are also several historical accounts, not just legends, of the Viracochan priests levitating and even flying after a sun gazing session as well as eye-witness accounts of them walking on water. In fact, the name "Viracocha" means "he who walks on the foam (sea)."

There is evidence to support my contention that Viracocha was Cuzco. Cuzco was more than Surya's disciple, he was the feminine aspect of Surya, and therefore any attribute of Surya would also be shared by Cuzco. In Hindu mythology, Surya, depicted in the image at the beginning of this article, is shown with a golden body or glow, as was Viracocha. The image below is taken from the Sun Gate at Tiahuanaca.



Viracocha is shown holding thunderbolts in each hand. The image of the sun god Surya shows him holding lotus flowers in each hand. According to C. Blinkenberg in *The Thunderweapon in Religion and Folklore*, the thunderbolt often takes on the appearance of a flower. In Indian iconography there is confusion between the thunderbolt as lotus. The lotus flower is used interchangeably with a thunderbolt as a symbol of enlightenment.

But perhaps the clearest connection between Viracocha and Cuzco is the name of the city Viracocha established soon after he arrived in Peru -- Cuzco. In *Toward A New Scientific Astrology*, Dr. Philip Petersen writes, "The *Surya Siddhanta* is the record of the imparting of a knowledge of astronomy [which Viracocha also imparted] from Surya to Asuramaya by means of a part of himself. By a 'part of himself,' Surya is referring to his own disciple, as Surya is too exalted to spend time on such matters. The Peruvian city of Cuzco is named after this disciple."

Viracocha didn't confine his travels to Central and South America. Taylor Hansen, in *He Walked the Americas*, recorded various Native American legends about his sojourn among several tribes in North America. The Seneca Indians have a legend of a white-skin, green-eyed, bearded prophet whom they called the Dawn God. The archives of the Seneca contains a story in which a tall chief challenged the Dawn God to a test to prove that he truly was the Dawn God. They would rise with the Dawn Star before sunrise and climb a mound. If the first rays of dawn lighted on the prophet then that would be the sign that he was the Dawn God. As the prophet faced the east and sang the "Chant of the Dawning," the sun shown through a hole in a bank of clouds directly on the prophet's, transfiguring him into a golden being of light, to whom the chief and everyone else bowed down. The archives record that this prophet "drew his great strength from the Dawn Star. All nations know he was of the Dawn Star, and that is why, even now, no nation of the ancient people known as 'red-skins' will ever make war or fight a battle while the Sacred Star of Peace is still shining in the great heavens. They dare not, for it is the Star of the Prophet." The "Dawn Star" or "Star of Peace" is the God star Sirius.

HOW TO SUNGAZE

Sungaze 1x/day within 1 hr. after sunrise or in last hr. before sunset. Stand erect with bare feet on bare ground, never grass. Remove glasses; contacts are okay. Begin with 10 seconds. Increase 10 sec/day. If cloudy, sungaze but don't increase time. When cold, do it indoors through an open window. If ill, affirm healing and visualize sunlight going to problem area. Express gratitude. After sungazing, rub hands together and cover eyes. Gaze at afterimage till gone. After or before sungazing, walk barefoot for 45 minutes. When you reach 44 minutes of sungazing, reduce time 1 min/day to 15 min and stay there for one year. If desired, continue the rest of your life. Children younger than 12 sungaze up to 5 minutes and stay at 5 minutes till they are 12.

