



THE SUN GAZETTE

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THE LOST TEACHINGS OF ZARATHUSTRA



In the opening scene of "2001: A Space Odyssey," the sun rises to the soul-stirring chords of "Thus Spoke Zarathustra." This was fitting since Zarathustra taught his followers to face the sun during their daily rituals, and worship the great spirit Ahura Mazda who lived in the sun.

Not much is known about the original teachings of Zarathustra or Zoroaster because they were passed down by word of mouth, and what little that was recorded was mostly de-

stroyed by priests of opposing religions and invading Arabs and Greeks. George Gurdjieff, who traveled extensively throughout Central Asia in search of lost teachings, wrote about a great teacher, whom he called Ashiata Shiemash, in his esoteric novel "All and Everything." Some think Ashiata Shiemash was just a fictional character, but those close to Gurdjieff knew that it was Zarathustra. Just as Ashiata Shiemash did, in Gurdjieff's story, Zarathustra taught people how to awaken their Daena (conscience or inner self). And their coexisting at the same time (@1200 BC) and place (near Babylon) makes it obvious that they were the same.

The Columbian founder of modern Gnosticism, Samael Aun Weor, referred to Ashiata Shiemash as "the great master of compassion who embodied to teach the peoples of Asia, especially those in Babylonia, the ultimate cause of suffering, that is, the ego. His teachings influenced many peoples of the East, and his apostles reached the Far East, possibly to Vietnam and Japan." Gurdjieff's biographer, James Moore, called Ashiata Shiemash "an unjustly forgotten historical figure... He it was, insists Gurdjieff, who saw most deeply, felt most keenly, faced most squarely the decay of love into egoism, hope into procrastination, faith into credulity. He it was who divined the redemptory potentiality of conscience, that precious emanation of the sorrow of God – still unsludged, still unatrophied, because it was embedded deep in man's subconscious. He it was who

translated his insights into a spiritual action which, for one blessed decade, eradicated nationalism and castes and war itself, throughout the length and breadth of Asia."

What was this "spiritual action" that achieved such world-transforming effects? It must have been a powerful technique to awaken conscience. Gurdjieff reveals, in one passage, the parts of this technique:

(Continued on page 2)

ISIS PUBLICATIONS

Want to get the word out about sun imbibing but are at a loss for words? ISIS has published a four-page wallet card that describes the basics of sungazing, sunbathing, sun-charged water and barefoot walking. The Sun Card also lists eight websites and nine books that promote the benefits of sunlight. I carry a couple in my wallet at all times so that I can give them out to people I meet who are interested. It's handy for beginners who might get discouraged if they do something wrong. Sun imbibing is simple, but it's hard at first to keep all the rules straight in your head. ISIS also has a bumper sticker showing a silhouette of a nude couple standing on a beach gazing at the setting sun. It says in bold letters "SUNGAZING IS FOR LOVERS," Do you know someone in another part of the country or the world who would be interested in reading *The Sun Gazette*? Now you can easily mail it by folding it in thirds so that the bottom third of the last page, designed for writing an address, folds out. Then staple it.

Sun cards are 50 cents, newsletters are \$1.00 and the bumper stickers are \$3.00 each. To order, send a check or money order made out to ISIS for the correct amount plus \$2.00 shipping (SASE if just one) to ISIS, 3516 W. Saguardo Park Ln., Glendale, AZ 85310.

The Winter Solstice meeting of ISIS will be held on December 18th from noon to 1 pm at the Logos Center, 6401 E. Aster, Scottsdale. Call 623-256-9098.

(Continued from page 1) "The factors for the being-impulse conscience arise in the presences of the three-brained beings from the localization of the particles of the 'emanations-of-the-sorrow' of our omni-loving and long-suffering-endless-creator. That is why the source of the manifestation of genuine conscience in three-centered beings is sometimes called the representative of the creator."

Let's examine the key words and phrases to determine what this technique entailed.

The first key word is *conscience*. It means "to know (right from wrong) with. The Mormon's "Doctrine and Covenants" state that "conscience is our natural capacity to distinguish between right and wrong, due to the light of the Christ that is given to every person." The Hebrew phrase "Matzpun Naki" means "clean conscience." Matzpun actually means something hidden or a treasure. So conscience is the hidden part of our inner self that resides in our subconscious." If you ask people if their conscience is fully awakened, they will say "Of course!" But according to Gurdjieff's student, Piotr Ouspensky, "conscience is a special positive emotion. In our present state we have a very small trace of this emotion, sufficient to have a general feeling that something may be right and something else may be wrong... When real [genuine] conscience appears, you will see that it is not like anything you call conscience now... Conscience, when it awakes, will not

allow one to do anything selfish or contrary to other people's interests, or harmful to anybody." Another meaning of the Daena of Zoroastrianism is "law." The Bible gives God's covenant in Jeremiah 31: "I will put my law in their inward parts, and write it in their hearts... Thus saith the Lord, which giveth the sun for a light by day and the ordinances of the moon and of the stars for a light by night." This light helps us to read what God has written in our hearts.

Localization of the particles means a condensation as with water vapor into a droplet, or crystallization as with atoms of silica into a quartz crystal. In this case, however, the particles are not of matter but of light. One of the definitions for *Emanation*, according to Webster's Third New International Dictionary is "the radiation of a divine quality."

Sorrow, I feel, is a misinterpretation. The correct word should be compassion, which means, "sorrow for the sufferings of another, with the urge to help." A Buddhist definition of conscience is "insight or self knowledge which leads to compassion." The compassion of the creator awakens the slumbering conscience with the first rays of spiritual light. Conscience, when fully awake, then gives rise to our own compassion.

Another term Gurdjieff used for *creator* is "Sun Absolute." This is also called the "Great Central Sun." In esoteric teachings, our sun is considered the last in a series of step-down transformers of the emanations of God from the Great Central Sun. Christopher Holmes wrote in his treatise on the teachings of Gurdjieff, "Slugs," that we "feed on material food and water, the air and atmospheres, the influences of the planets and moon, radiations of the Sun, and even the emanations of the Sun Absolute." The latter is food for the soul by which it develops a strong conscience and compassion.

The *source of the manifestation of genuine conscience* or *representative of the creator* is a divine part of your self. It has many names: inner self, true self, higher self. In the

teachings of the Summit Lighthouse, it is called the Christ Self. On the back of a chart published by the Summit Lighthouse, depicting the three parts of the divine self, I found this description of the Christ Self. "The middle figure in the chart is the... Light emanation of God, the Universal Christ. He is your personal Mediator and your soul's Advocate before God. He is your Higher Self, whom you appropriately address as your beloved Holy Christ Self. John speaks of this individualized presence of the Son of God as 'the true Light which lighteth every man that cometh into the world.' He is your inner Teacher, your Divine Spouse, your dearest Friend and is most often recognized as the Guardian Angel." In the pantheon of Zoroastrian heavenly beings, Daena is the angel who is the embodiment of religion as a link between God and man.

Rudolf Steiner wrote concerning Zarathustra: "He had knowledge of everything that took place on the Earth because he was able to experience the Spiritual Being of the Sun, i.e., the One later called the Christ." Omraam Aivanhov wrote in "Toward a Solar Civilization," that "the light that flows from the sun... is the Spirit of Christ... and if you link with him and love him, your whole being will throb and vibrate in harmony with the Cosmic Light that shines, in condensed form, through the sun." He also wrote "That part of ourselves, that entity which lives in the sun is our Higher Self..., a part of God."

Putting this all together, we have a technique that focuses the radiation of God's compassion from the Great Central Sun through our Holy Christ Self in our sun in order that we may identify with him and thereby live conscientiously or righteously in accord with God's will.

In "The Aquarian Gospel of Jesus the Christ," Levi wrote, "But men must see their Gods with human eyes, and Zarathustra said, The greatest of the Spirits standing near the throne is Ahura Mazda, who manifests in the brightness of the sun. And all the people saw Ahura Mazda in the sun,

and they fell down and worshipped him in temples of the sun." Thus, the technique that Zarathustra used to quickly awaken the conscience of millions of Asians and bring about an era of freedom, peace and prosperity, was sungazing. But it was sungazing with an intent. In the daily Kusti ritual, Zoroastrians face the sun, repent their sins and ask for compassion using specific prayers coordinated with hand movements. You can compose an invocation, using your own words and sentiments that would be more effective than any ritual because it would not be some meaningless verbal and mudric formula that you perform as rote but a sincere expression of the yearning of your heart. The following is an invocation that I composed and use while sungazing.

O Mighty Presence of God, I AM, in the Sun behind the sun, I invoke thy Christ 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 that I may become thy glorious Self in manifestation.

HRM says "with sungazing a devil soon becomes divine. One can do no wrong." This is the mark of real conscience, the aim of Zarathustra's lost teachings.

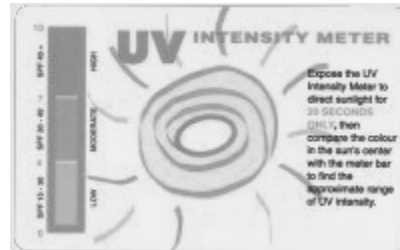
SUNGAZING TOOLS

Sungazing is low-tech. It doesn't require much training. You don't need much equipment to do it. All you need is a clear view of sunrise or sunset, a bare patch of ground, a digital timer, and a UV measuring device. You begin with 10 seconds the first day and increase your gazing time by 10 seconds a day, except when clouds obscure the sun. Appropriately-named Sunbeam digital timers are found at WalMart for only \$5.99.

Safe sungazing time is generally from sunrise to one hour after sunrise or from one hour before sunset to sunset. But it should always be done when the UV index is below 2. UV measuring devices can be purchased

from \$3 to \$30, depending on how accurate a reading you want.

The cheapest and least accurate is a UV intensity meter card. They are available for \$3.00 from MATC at <http://www.measurementandtechnology.com/uv.htm>. To order by phone, call 1-519-883-0425 ext. 103.



These cards incorporate a UV sensitive strip that changes to a shade of purple when exposed to sunlight. An adjacent color-matching chart provides the approximate UV Index number. If you use a UV card, make sure you don't leave it out in the sun as this will shorten its useful life.

Normally a UV Meter would be the most expensive device but you can find two on Ebay for less than \$10 plus shipping. One is a Discovery UV Monitor, Model 701698, shown below. The other is a Speedo UV Meter/Monitor. Both are discontinued items so they are becoming increasingly rare. More accurate monitors are available for over \$100.



This digital monitor tells you the current level of ultraviolet radiation from 1 to 13 with no decimal places. And, it alerts you with an alarm when it's time to go inside. With easy-to-read graphics, it automatically updates its UV rating every 30 seconds. It also has a built-in clock,

temperature gauge, belt clip and sport strap.

The deluxe UV device is the UV100 watch from LaCrosse Technology.



It has a built-in UV meter that measures to one decimal place and an alarm that beeps when the sun exceeds 2 for safe sungazing and 5 for safe sunbathing. It's water-resistant, has a chronograph, timer, daily alarm, an hourly chime, a backlight, a pre-programmed calendar, and comes with a one-year warranty. It's a deal at \$29.95 and free shipping from <http://www.weatherconnection.com/product.asp?itmky=41939>. To order by phone, call 1-800-414-8655.

If you don't want to purchase a UV measuring device, you can always go online right before sungazing and find the local UV index reading at: http://www.weather.com/maps/activity/skinprotection/currentuvindex_large.html. Another great weather site at http://wabcweather.abclocal.go.com/wacbin/wabc_hourly_us.asp?thiszip=85310&hours=27&metric=0 gives UV index and other weather conditions important to sungazing, such as cloud cover and sunrise/set times.

NUDE SUNBATHING

Sunbathing or absorbing solar energy through the skin is one of the four channels of sun imbibing. People know this intuitively. For example, someone headed toward the beach or poolside wearing a bathing suit will say, "I'm going to soak up some rays." But how much more sunlight and its benefits would that person soak up if he or she weren't wearing a bathing suit?

Nude sunbathing to improve health had its origins in ancient Greece. Hippocrates prescribed it for his sun cure. Herodotus was called the father of Heliotherapy as the result of his frequent reference to the healing properties of the sun and his use of this in his medical practice. He prescribed "aerination" or the exposure of the nude body to sunlight, specifically on beach sand.

Hygienists and naturalists in the 19th century early part of the 20th century tried to revive aerination. Dr. Herbert Shelton wrote that "A full sun bath in the nude is ideal... Man... is by nature a nude animal... Begin the sun bath by exposing the entire body six to ten minutes a day and gradually increase the length of time of exposure until half an hour to an hour or more are consumed... Expose the front of the body three to five minutes and then, expose the back three to five minutes... Sunlight is distinctly beneficial to the hair and eyes... Gazing directly into the sun has been found to greatly benefit weak sight."

Arnold Rickli, whose sun and air institution in Switzerland attracted patients from all over the world in the 19th century... collectively referred to the combination of sun and air bathing as the *atmospheric cure*. Generally speaking, however, most authorities place far more value upon the ultra-violet rays of the sun than upon the air. They recognize the fact that fresh air increases metabolism, and permits complete respiration of the skin. However, this, they claim, is less important than the chemical changes which occur when the body is exposed to sunshine.

Heliotherapy has been shown to help alleviate a host of problems, ranging from chronic skin conditions, osteoporosis, high cholesterol levels, heart disease, depression and even some cancers. During the early 20th Century, TB patients in sanitariums would sunbathe in the nude. However, after WWII, all these known benefits of sunbathing were ignored when antibiotics became widespread and researchers began to link skin cancer with over-exposure to the sun.

The damage caused by staying too long in intense sunlight does increase the risk of skin cancer, but safe sunbathing has been shown to heal more cancers than it causes.

Dr. Bernarr McFadden, the most outspoken advocate of nude sunbathing, claims that safe sunbathing doesn't cause skin cancer or wrinkles but actually helps heal these conditions. He says that the main cause of skin cancer and wrinkles is poor eating and other lifestyle habits. He writes, "I have sunbathed nude almost every day, for many, many years, for several hours, and I have never developed skin cancer nor wrinkles... Sunbathing heals cancer by building up the immune system and increasing the oxygen in the tissues... Chronic sunburn combines with free radicals to cause skin cancer... The sources of free radicals are mainly dietary fat, especially polyunsaturated fats, but also fats and oils applied to the skin in suntan lotion and other cosmetics. Suppression of the 'immune system by drugs may be involved in skin cancer... Marijuana contains adverse toxins that induce skin cells to mutate in the presence of sunlight, causing skin cancer..."

Dr. McFadden claims that nude sunbathing heals dozens of other diseases and disorders from abscesses to whooping cough. In addition, it strengthens and builds muscles, accelerates healing of open wounds and broken bones, and improves eyesight. In fact, sunglasses, eye glasses and contacts block healing UV rays and contribute to eye disease. For this reason, we remove glasses and contacts while sungazing.

Sunscreen contributes to skin cancer because it contains free radicals, keeps toxins stewing under the skin and prevents vitamin D absorption. But is it safe to sunbathe without sunscreen? Dr. McFadden writes that "If the sunshine is going to be harmful to us, our bodies will feel uncomfortable in the sunshine. This will force us to withdraw our bodies from the sunshine before the sunshine can injure us." Just look at animals. As Dr. Shelton observed, "Wild animal life spends the cool portions of the

day in the sun and seeks the shade and rest when it is hottest." Dr. Edwin Flatto advised people to "Absorb the sun's rays during the early morning or just before sunset, when the sun's rays are slanting, and when your shadow is longer than you are."

"Okay," you might say, "I agree there's nothing harmful if I sunbathe in moderation during safe hours, but do I have to do it in the nude?" Dr. McFadden insists that cancers of the breast, prostate, reproductive organs and colon are caused by not exposing these vital organs to the sun and air. Sylvester Graham, wrote in "Lectures on The Science of Human Life," "If man were always to go entirely naked the external skin would be preserved in a more healthy and vigorous state, and perform its functions more perfectly, and thereby the whole human system in all its properties, powers and interests, would be benefited."



If we "were always to go entirely naked," as Graham suggests, we would be forced to spend time in a jail cell with not much sun and fresh air. So how do we nude sunbathe and avoid getting arrested for indecent exposure? Country dwellers can find plenty of times and places to do it, but city residents have to be more resourceful. If you live in an apartment high-rise, ask the manager if you can get access to the roof. If your condo has a patio, cover the railing to make it more private. If you live in a development and your backyard has no fence, ask your neighbors to share the cost of erecting one since it will add to their privacy as well. Sunbathing through an opened window offers privacy and it can be done even in winter, as can sungazing.

THE DEATHLESS SOLAR BODY - PART I

You are destined to become immortal. Now, I don't mean your body. Who in their right mind would want to drag around a bag of flesh and bones for eternity? Who would want to be restricted forever by the laws of physics and the limitations of the brain? Neither do I mean the ego, which is responsible for evil and suffering. Having an immortal ego would be hell

What I mean is transferring your consciousness, when the body is spent fulfilling your life's mission and after you've become free of the ego, into a deathless solar body and either staying on Earth as an immortal Bodhisattva like Babji or ascending back to the Great Central Sun.

I have always believed that we were meant to transcend the cycle of birth and death. I remember as a boy of ten, listening to a sermon and mentally shouting "YES!" when the priest said, "We are put on Earth to become saints." Ever since then I have followed religious and spiritual paths involving prayer, meditation, yoga, chanting, decreeing, self-analysis and discipline, and eventually sungazing. I was discouraged with my slow progress before finding sungazing, but now I am confident that I will become immortal in this lifetime.

One of the many paths I followed in my search were the teachings of the Summit Lighthouse. These teachings are published in thousands of transcribed dictations from ascended masters, angels and cosmic beings.

In the book "Dossier on the Ascension," dictated by the ascended master Serapis Bey, mention is made of a "Deathless Solar Body spun out of the light of the sun." How is this created? According to Serapis, "It is this deathless sense of identification with God, that enables mankind actually to function at the Divine Monadic level. There, when man functions under divine direction and activities, either in or out of the body, he takes the energy dispensed to him which in ignorance might have been misused and creates instead a great body of

light called the immaculate seamless garment of the living Christ which will one day become the great spherical Deathless Solar Body. Born of the energies of the sun and of the energies of the Sun behind the sun, the Deathless Solar Body becomes a magnet. The magnetism of the Divine is a lodestone that will transmute shadow in the human octave and will transform the consciousness of the ascendant one..." Serapis Bey goes on to state that a caduceus action of negative polarity forces and positive forces is necessary for the "wedding garment to descend" and "envelop the lifestream of the individual in those tangible and vital essence currents of the ascension."

In the "New Age Bible Interpretation" by Corinne Helen, the emanations from the moon may be the negative polarity forces that play a part in forming the Deathless Solar Body. She writes, "The Sun controls the vital body; the Moon, the desire body. The purified extract or essence of these two vehicles provides material for weaving the golden wedding garment, the soul body, which is essential to the functioning of Initiate consciousness... By bringing into equalization (polarity) the masculine and feminine poles of spirit within himself, Joshua became a Christed person." I would add what Paul wrote, "There are also celestial bodies, and bodies terrestrial: but the glory of the celestial is one, and the glory of the terrestrial is another. There is one glory of the sun and another glory of the moon...Behold, I shew you a mystery; We shall not all sleep, but we shall be all changed,... For this corruptible must put on incorruption, and this mortal must put on immortality." 1 Cor.15:40-41, 51, 53. It seems that what Paul refers to as "glory" is Helen's "purified extract or essence." The glory or essence of the sun is Yang energy; the glory or essence of the moon is Yin energy.



Perfect balance of yin and yang in a caduceus action is a prerequisite for Christhood and immortality.

The Caduceus of the Ascension

In "The Dimensions of Paradise," John Mitchell wrote, "An earlier enemy of the old science was Jewish monotheism. In Chapter 8 of Ezekial, the prophet describes with horror the solar and underground cults which flourished at the Temple. In its inner court he saw 'about five and twenty men with their backs towards the temple of the Lord, and their faces toward the east; and they worshipped the sun toward the east.' In a vision he was shown a hole in the wall of the Temple. Digging into it he uncovered a door leading to an underground chamber. A dreadful sight was revealed within, of the monstrous progeny of inner earth. Worshipping these things were 'seventy men of the ancients of the house of Israel.' He evidently understood the Temple as an image of human mentality with it's solar, rational element above ground and its lunar, subconscious side buried..beneath."

Mitchell relates this story while discussing two gematric numbers, 1080 and 666. He writes, "As 1080 is to the moon and the realm of imagination and mystery, so is 666 to the energy of the sun and the principle of reason, will and authority." The yin number 1080 is also "the number of the Earth Spirit as the source of Universal Harmony, Prophecy, and Wisdom" and relates to the "lunar influences on the earth's vital currents. The yang number 666 got its reputation for being evil because "without the mitigating effects of 1080, the power of 666 is that of the sun which, were it not for the protective atmosphere, would burn up the earth, or of the tyrant who rules for his own glory without consideration for the people, or of the rational principle where it entirely controls the mind and produces arrogance, self-delusion and madness. The beast of Revelation signifies the total dominance of the number 666."

Mitchell wrote, I gather there are three yin spheres that can balance the

yang sun: the moon, the earth and the atmosphere. By sungazing during safe times, the thickness of the atmosphere is enough to mitigate the intensity of the sun. Also, by standing barefoot on bare earth, we are connected to the "Earth Spirit" and "earth's vital currents." These two spheres may be enough. Moon gazing may upset the balance just as extreme yin sugar can upset the balance in diet. Also, the moon is a dead sphere. The Earth is alive, and so is the atmosphere.

The elements of sungazing, in terms of the Quaternary, are the Mother earth, the Holy Spirit atmosphere, the Father sun, and the Son gazer. In the Gayatri mantra, the first three are addressed in the first verse, Om Bhū (earth), Bhuvāha (atmosphere), Swar (sun). The end of the mantra "Dhiyo Yonaha Prachodayat" means "kindly enlighten our intellect." Thus the dynamics of the sun-atmosphere-earth balances our conscious and subconscious minds, bringing buried elements like conscience, synchronicity and intuition to the surface so that we live more and more in the divine flow and eventually become enlightened. And when we are light, we ascend. We become the nexus in a figure-eight flow of energy from the sun through the mitigating atmosphere to the balancing earth and back again.

In "Project X: The Search for the Secrets of Immortality," Gene Savoy describes an experience he had while sungazing of seeing a golden figure descend from the sun. The face looked familiar and he realized it was his own. At the point of death from a 107-degree fever, he felt himself merge with the golden body and seeing his physical body on the ground. But the merging did not last and his consciousness returned to his body along with an "understanding that the two forms, though of two sets of dimensions, were yet one, only occupying distinct places in time and space. For mounting seconds everything blurred; then with a great gasp I felt the breath return to my body." He was completely healed. Savoy later speculates that the light body "is immortal, and once a state of cosmic consciousness is achieved,

one becomes aware of this divine, unearthly origin. Knowledge of this immortal, ultra-dimensional consciousness body turns man's attention away from the limitations of third-dimensional life to a higher life. The light-body, unlike the physical organism and energy fields, is not at a fixed or focused point in the universe... Like the sun, a focal point of energy coming from beyond the material universe, the light-body is the gateway to other worlds of force... It is the same light-body of Jesus, the golden body of Buddha, and the sun body of the Viracocha [El Dorado]. "

Concerning El Dorado, Savoy wrote, "He claimed to be a child of the sun... He was a radiant being of light, shining like powdered gold, who took the name 'the Golden One'... He taught that men were nothing more than monkeys who could not rise above their superstitions until they took on the nature of light..."

Savoy reported that he found "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... The initiates became immortal. El Dorado's spiritual message was that matter touched by light is transformed. The divine seed within matter 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."



Ascending Soul by Gilbert Williams

Savoy, in reflecting on birth and death, wrote, "Why did birth have to take place in physical form? Why not as a light or solar being? That should be the goal of man on our planet: to ascend to the sun and the stars..."

[Editor's Note: In Part II we will examine practical techniques to gain immortality and make our ascension.]

ATONIC TEA

As the weather becomes cooler, people are more susceptible to viruses. That's why flu shots are usually given around October and November. A better preventive measure you can take, one that doesn't involve injecting toxic chemicals into your bloodstream, is a fall tonic tea. I searched the internet for a sun tea recipe that uses tonic herbs, found one and modified so that it only had inexpensive, easily found herbs. After some experimentation, I came up with the formula below, which I have dubbed "Atonic tea," in honor of the Egyptian sun god, Aton.

- 4 small tea bags or tsp. Green Tea
- 1 small tea bag or tsp. each of Rose Hips, Peppermint, and Pau d'Arco
- 4 thin slices of Ginger Root
- 1/4 cup honey
- 1/2 fresh lemon
- 1/2 fresh lime
- 1 quart of purified water

Brew tea and ginger in sun for 6 hours in a glass jar with glass lid. If using bulk tea, don't use metal brewing pods; just spoon the tea into the jar. Afterwards, strain the tea and dissolve honey in it while it's still hot. Set aside in an earthenware bowl to cool. In a large pitcher combine the tea, lemon and lime. Enjoy!

GROUNDING

Barefoot walking for 45 minutes six days a week is the yin part of sun imbibing. It's essential for grounding

the yang energy from the sun. It should be done slowly in a relaxed, meditative state. I have been interested in Chi-Gung for the last couple of years. I once watched as a Chi-Gung master demonstrated a Chi-Gung walk in a graceful, fluid motion.

Chi-Gung walking should be performed in slow motion with every small step being carefully balanced - just like walking on thin ice. Your foot first touches the ground for a split second before committing any weight to it. Another helpful image, if you've ever watched *McHale's Navy*, is that of Ernest Borgnine "pussyfooting around." Tiptoeing is not the same as pussyfooting. Cats crouch down and take small, light steps with flat paws. I find that stepping with flat feet enables me to comfortably walk on pebbles since my weight is evenly distributed throughout the sole.

Through abdominal breathing, you sink your center of gravity into your hara center, two inches below the navel and visualize roots of energy sprouting from the soles of your feet into the earth. This develops a sense of secure balance, and gives a deep sense of being rooted. Your body weight should be shifted from one foot to the other in steps that are smooth and even, not clumsy or stiff and with no pause between the steps. This assures not only stability of the body but agility during changing of steps. Also, it reduces the possibility of muscle cramps and general tiredness in the legs. When you walk, you look forward and downward, not staring but focused and aware. The feet are parallel, not pointing out or

in. Hold both arms out away from your sides for greater balance.

Before you start walking, gently shake your arms and let them hang loosely by your sides for a few minutes. Stand with your heels together and the toes turned slightly outward. Sink your knees downward and allow your body weight to be evenly distributed through both feet. Close your eyes and breathe slowly and naturally into the lower abdomen as you feel yourself become rooted to the Earth. Feel her beneath your feet. Feel her yinness: her cool, moist, dark energy. Visualize a channel opening from your feet all the way to the core.

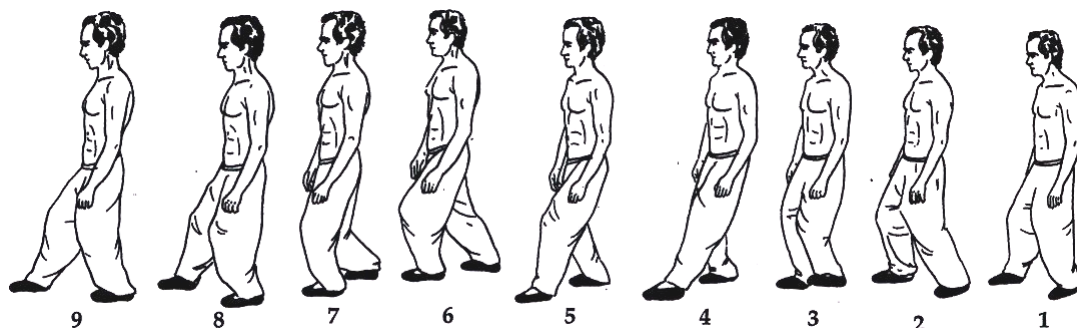
The following directions and Figure 1 are taken from "A Complete Guide to Chi-Gung" by Daniel Reid. "In chi-gung walking, the knees are kept bent throughout each step, not straightened out on forward extension as in ordinary walking, and the soles of the feet are kept parallel and very close to the ground at all times, not lifted at different angles. This means that each forward step is taken by lifting the entire rear foot off the ground at once (not the heel first), bringing the foot forward while keeping the sole parallel and close to the ground, then setting the whole foot evenly and flatly down on the ground in front (not the heel down first, then the toes). The body thus moves forward slowly and smoothly, in a straight line, without the head bobbing up and down and the torso swaying from side to side on each step as in ordinary walking. The spine is held erect and aligned with the neck, the head is kept straight, the arms hang down relaxed by the

sides, and the pelvis is tilted slightly forward to keep the buttocks tucked in and the lower spine straight. This style of chi-gung draws terrestrial energy from the earth into the system... It... improves balance and coordination in the body, and cultivates concentration, clarity and focused attention in the mind."

To get the correct posture, pace and foot placement, it helps to imagine that you're a deep-sea diver walking along the bottom of the ocean. Your lifeline and the water buoy you up and keep your spine straight. The water's viscosity puts you in slow motion. And your feet fall flatly with each small step.

After you become adept at chi-gung walking, you can add four other techniques to enhance its grounding and balancing effects. These are mudras or hand gestures, connected breathing, mantra and visualization.

Two mudras you can use are the Bhumisparsha or earth-touching mudra and the Surya or sun mudra. Gautama Buddha used the Bhumisparsha mudra when he was tempted by the evil god Mara (actually Buddha's shadow self) while meditating under the Bodhi tree. Mara tried to move Buddha from his spot with an army because he was on the verge of enlightenment. But the Buddha only moved his hand to touch the ground with his fingertips, and thus bid Bhu Devi, the Earth Goddess to bear witness to his right to be sitting where he was. She did so with a hundred thousand roars, so that the Mara's elephant fell upon its knees in obeisance to the rightful owner of the spiritual seat of attainment. Buddha



touched the ground with his hand in a relaxed gesture, forefinger touching the thumb (Figure 2). This mudra signifies rootedness and confidence.

Fig. 2 - Bhumisparsha mudra



While chi-gung walking, I form the Bhumisparsha mudra with both hands and massage the thumbs with the forefingers, in a clockwise direction on the right hand and in a counter-clockwise direction on the left hand.

This stimulates the three upper chakras: throat, third eye and crown, since they have focal points in the tip of the thumb. As I'm doing this, I visualize a right-hand spiral of golden light descending from the sun in ever decreasing circuits till it focuses in the center of my heart chakra. At the same time, I visualize a left-hand spiral of white light ascending from the white-fire core of the earth in ever decreasing circuits till it also focuses in my heart. Both spirals continue from the heart center, the golden light spiraling down into the earth and the white light spiraling up into the sun. I am the nexus of a figure-eight flow of energy from the sun

Figure 1 - Walking Posture - The Chi-Gung Walk

into the earth and from the earth back to the sun. You will notice that as you do this, the arms rotate in the appropriate spirals. Alternately, while visualizing the spirals, you can form the Bhumisparsha mudra with your left hand, without massaging the thumb, while holding the right arm out and forming the Surya mudra with your right hand. In the Surya mudra, the ring finger is tucked under the thumb so that the first knuckle of the finger is bent 45 degrees and the finger tip rests at the base of the thumb (see Figure 3).

Fig. 3 - Surya mudra

Egyptian healing rods can be used in place of the mudras. [Read about Egyptian Healing Rods in the next issue of *The Sun Gazette*.] Hold the



zinc rod in your left hand and the copper rod in the right hand.

Connected breathing and mantra go hand in hand. You want to slow your pace so that it matches the rhythm of your breathing. Your inhalation and exhalation should therefore be equal. Visit <http://www.rebirthla.com/logic-chapt1.html> for detailed instructions. Begin the inhalation as the right foot touches the ground. Inhale slowly as the left foot slowly moves forward. Begin the exhalation as the left foot touches the ground. Exhale slowly as

the right foot slowly moves forward. As you breathe in, sound the sun mantra, "Ra" and visualize some of the golden light from the descending spiral entering your mouth, going to every cell of your body. As you breathe out, sound the earth mantra, "Ma," and visualize some of the pure white light from the ascending spiral leaving your mouth, taking with it impurities from your cells.

If you find it hard to simultaneously visualize the two spirals and the light going in and out of your mouth, then just practice one of the visualizations. If you can't visualize, then look up at the sky with each in breath (but don't gaze at the sun) and look down at the ground with each out breath.

Barefoot walking is difficult during the winter in many parts of the country. Sun imbibers who don't want to get frostbite on their toes can still do it and get benefits by wearing wool-lined moccasins, cotton Kung-Fu slippers or jazz shoes. The leather and natural fibers in this footwear will keep the feet warm and not block the upward spiral of earth energy and the downward spiral of sun energy. They will also allow for good ventilation and evaporation of perspiration.

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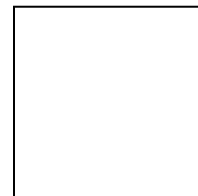
THE SUN GAZETTE™ ISIS PRESS™

Editor: Wayne H. Purdin

Design: Julie Purdin

Publisher: ISIS Press™
3516 W. Saguro Park Lane
Glendale, AZ 85310
wpurdin@yahoo.com
623-780-0261

3516 W. Saguro Park Lane
Glendale, AZ 85310



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