



# THE SUN GAZETTE

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## AN INTERVIEW WITH HRM

SG - Was there a key event in your life that gave you your mission of bringing sungazing to the world?

HRM - I was first hinted at this process by mother of Aurobindo ashram far back in 1962. She told me "you must bring down the sun's energy to the earth, in order to help the Supermind to descend upon humanity." But I didn't know how to do this. One day, it came to me that we must bring the sun's energy directly into the brain, and the best way to do that would be through the eyes. So, I began to research the ancient practice of sungazing. During this study, I was inspired from the teachings of Lord Mahavir of the Jains and from ancient Egyptians, Greeks, and Native Americans. After three years of self-experimentation, I was able to rediscover the secrets of sungazing. So, it was a gradual awakening to my mission, with no specific event.

SG - Is Babaji, the immortal yogi of the Himalayas, the Tibetan teacher from whom Vishudhananda received the secrets of Solar Science?

HRM - Yes. This was the great, great guru of Yogananda mentioned as Mahaavatari Baba.

SG - On March 4th, 1995 you met with Babaji. Is this when you marched forth on your path of solar healing and espousing sungazing?

HRM - I was already on that path from 1992, but his blessings fortified my confidence and he showed me how I could teach sungazing to the masses.

SG - What did he do or say to you?

HRM - He just spoke about my past life, which was not perfect and that I must shed ego, pride etc. And so I knelt before him and sought his blessings, which he gave, and ever since then I've had no problems. The whole thing ended in 7 minutes.

SG - You say that sungazing is cost-free and guru-free. Yet many people think of you as a guru, and new sungazers seek advice from you. Should they go within and find answers from their inner guru?

HRM - I am a guide and not a guru. But if some take it like that, I cannot help it.

SG - Tell us what your forthcoming book "Brainuter" will be about.

(Continued on page 2)

HRM – Brainuter means brain computer, which is more complex than supercomputer. The sun is the power source for the brain, and the eye is the entry door. With sungazing, we plug into sun's power supply, we energize and activate the brain. Up to now, our use of brain has been very negligible. Now, we can use greater percentage of brainuter. In doing so, we free ourselves from mental problems, physical disease, and ignorance.

More and more people sungazing gives us our best chance for world peace. If people's mental, physical, and spiritual needs are met, there is no reason to hate others or go to war.

SG – In 2002, you were invited to Thomas Jefferson University and the University of Pennsylvania School of Medicine where you underwent 130 days of observation by a medical team led by Dr. Andrew B. Newberg, a leading authority on the brain, and by Dr. George C. Brenard, a leading authority on the pineal gland. What did they find?

HRM - They found that the gray cells in my brain were regenerating. Over 700 photographs were taken showing the neurons to be actively reconnecting. Also, my pineal gland was found to be larger for a man my age. Average size of pineal gland is about 6 x 6 mm. However, in my case, it was measured to be 8 x 11 mm based on MRIs. Thus, the team thought that growth and reactivation of the pineal gland may play a role in converting sunlight to a form of energy which is usable by the body.

SG - The greatest obstacle to more people sungazing is what I call solar phobia. Most people are afraid they will go blind if they gaze at the sun. How can we remove this fear?

HRM - Through educating the public about the benefits of sungazing. Now we are getting results and these must be published widely.

SG- When I told someone that you went around the world lecturing to groups of people about how sungazing can bring about world peace, he said you would be more effective talking to world leaders. Have you thought about approaching leaders in various countries and the UN?

HRM - I am trying, but others have to help me by arranging such meetings.

SG - You are a simple man with a simple yet powerful technique. When Maharishi Mahesh Yogi first came to the U.S., everyone ignored him and his message of effortless Transcendental Meditation [TM]. But when superstars like the Beatles, the Beach Boys and Mia Farrow began to meditate, then TM suddenly became fashionable. Do you think sungazing would take off if a popular sungazing movie star or singer went public? Do you know of any?

HRM - So far, I'm not in touch with any stars, but they can definitely spread the message quickly. Now my proposals on sungazing are before NASA, and once they officially show interest, this will quicken the spread of message.

SG - What sort of proposals have you submitted to NASA?

HRM - The HRM phenomenon and how it can help long space travel without food

SG – You have been spreading your message since 2002. How many lectures have you given?

HRM – In 2002, I gave 136 lectures in US only. In 2003, I gave 147 lectures in US, Canada, Caribbean and UK. In 2004, I gave 142 lectures in US, 4 in UK, 18 in Canada and 1 in Mexico for a total of 165. In 2005, 90 in US, 3 in UK, 12 in Canada, 1 in Mexico, 3 in Dubai, and 9 in Sri Lanka for a total of 118. The above does not include more than a hundred lectures every year in India. This year, so far, I've given 139 lectures in India, 11 in Canada, 54 in US for a total of 204. I will be giving 15 lectures in Arizona in October. I am now happy that because of my lectures, sungazing has spread all over the world. I am successful in

spreading the message of sungazing and the benefits it brings to the practitioner without cost.

SG – What does your name mean?

HRM - Hira mean diamond. Ratan, my father's name, means ruby. Manek, my grandfather's name, means emerald. These are all solar energy collectors. Diamonds are very hard and are used to cut stone because they have a lot of solar energy. So, you see, my name indicates my destiny to become a solar energy collector. HRM also can mean Human Resource Management, and I am destined to show humanity how to manage their energy resources from the earth and the sun.

## A CURE FOR OBESITY



Obesity in the United States has reached epidemic proportions. It is fast becoming the number one preventable cause of death, replacing smoking. Just as smokers are addicted to tobacco, overweight and obese people are addicted to junk food containing fats and refined carbohydrates. Between 1962 and 2000, the number of obese Americans grew from 13% to an alarming 31% of the population. About 60 million Americans age 20 or older are considered obese. Millions more children and teens are obese. These people are at risk for developing diabetes, high blood pressure, asthma, and psychological problems. Their health care costs amount to about \$100 billion a year. According to the U.S. Surgeon General report, obesity is responsible for over 300,000 deaths every year. This situation is worse in other countries.

The causes of obesity are multifarious. But barring uncontrollable genetic or glandular problems, the root cause of obesity can be narrowed down to a combination of food addiction and lack of exercise. In other words, eating too many calories for our energy

needs. According to existing surveys, only 20 percent of the population are frequent exercisers. The same percentage of children regularly participate in after-school sports or extra-curricular physical activity. Since 1990, among adults there has been a per capita decline of 15 percent in frequent exercise activity (100+ days per year in any one activity). Among teens aged 12-17, the decline is 41 percent.

Sungazing combined with barefoot walking for 45 minutes per day eliminates the two major causes of obesity. One of the most common effects of sungazing is a reduction in appetite and food cravings. When this is coupled with the burned calories from slow barefoot walking, loss of weight is inevitable. Walking slowly in sand not only burns more calories per mile than fast walking on pavement, it may also save wear and tear on the joints of those who are obese.

Researchers at the University of Colorado at Boulder confirmed that people burn more calories per mile walking a very leisurely 2 miles per hour than walking a moderate to brisk 3 to 4 miles per hour. The reason is that at low speeds, you lose momentum. This makes your muscles work a little harder with each step. In addition, you burn up to twice as many calories by walking on sand than on solid ground. On sand, when the foot strikes, it slips a bit, and that increases the effort to propel the body forward. A 150-pound person can burn 275 calories per hour walking on sand.

A big plus is that the sand absorbs more shock than an asphalt road, making walking easier on the joints. Strolling slower also reduces the loads on the knee joints by 25%. This can be an important factor as obese people take up an exercise program to burn calories while reducing the risk of injury. "The message is that by walking more slowly, obese individuals can burn more calories per mile and may reduce the risk of arthritis or joint injury," said researcher Ray Browning. I would add that walking barefoot on sand increases the calorie burning and reduces the risk of injury even more

Barefoot walking on sand has one drawback, it doesn't give the aerobic training effect produced by walking fast enough to raise the heart rate. Browning recommends adding other vigorous lower-impact activities like swimming, cycling, step routines and elliptical training workouts.

## SUNGAZING AND EYE-SIGHT



If you've told your non-sungazing family and friends that you spend several minutes each day gazing at the sun, they probably looked at you as though you were insane and said "My God, you're going to go blind!"

Actually, the opposite is true; for most people, eyesight improves with sungazing. However, people who have recently had eye surgery should wait three months before beginning. Also, people with macular degeneration or sensitivity to sunlight should first get comfortable in looking in the direction of the Sun at dawn or dusk with their eyes shut 5 minutes each day, and to continue this for two months. Then, when and if they are comfortable, they can start sungazing for 10 seconds on the first day and increase by 10 seconds per day on sunny days only. It seems that macular degeneration gets worse from improper diet. So, eat a lot of green vegetables. The supplements selenium, zinc, magnesium, vitamin A, E, Lutein, Vitamin C (500 to 1000 mg) and other antioxidants are very important to the macula. Sun-charged water is the best antioxidant, so drink plenty of that (3 qts/day) and use it as eye drops three times a day. Also try the Amslergrid, Bates and other non-invasive methods of eye therapy.

I know sungazers who had their eyes examined after a few months of sungazing and the puzzled doctor told them that they needed a weaker prescription. But you don't have to take my word on a couple of anecdotal cases of improved eyesight. Medical authorities have said it.

Dr. Herbert Shelton wrote in "The Hygienic System, Vol. III" that "gazing directly into the sun actually improves sight and aids in overcoming disease." Also Dr. Jacob Liberman wrote that "Sunglasses block healing ultra-violet light and thus contribute to the increased incidence of blindness and eye disease in this country." "Eyeglasses and contact lenses rob you of energy by blocking some of the ultra violet rays that travel through the eyes to the pineal gland," wrote Patricia McCormac, medical editor for the L.A. Times. After discarding his eyeglasses, Dr. John Ott wrote that he exposed his eyes to sunlight and his vision was much improved. He recommended similar therapy to his friends and they gained similar improvement in their vision. Ott wrote that nothing should block out the full spectrum of sunlight, no glasses of any kind, especially sunglasses.

Dr. Jacob Liberman, who has doctorates in both optometry and vision science, says that the people who live on Earth evolved to thrive under the light put forth by our sun. Therefore, we potentially harm ourselves when we hide from sunlight.

In "Light, Medicine of the Future" Liberman, explains how to utilize the therapeutic benefits of light. He says that "light is the basic component from which all life originates, develops, heals, and evolves." Everything that humans do is affected in some way by light. Light has been used for healing since ancient times.

He says people need to be outside in natural light, without sunglasses or sun block, for a minimum of one hour a day. He warns that warm-white and cool-white fluorescents "should absolutely be avoided." People who cannot get outside regularly need to equip their work areas with full-spectrum light fixtures. Dr. Liberman discusses its benefits in treating vision problems, SAD, cancer, and learning disabilities. He writes, "as we continue to discover and understand the role that light plays in our lives, its use as both a therapeutic and preventive tool will become more evident."

In "Take Off Your Glasses and See: A Mind/Body Approach to Expanding

Your Eyesight and Insight," Dr Liberman relates how as a practicing Optometrist in the mid-1970s, he realized that conventional beliefs were keeping

millions of people locked into limited eyesight and limited self-awareness. He began to realize that the conventional vision care that he had been taught was designed not to treat or heal vision problems, but simply to mask their symptoms. He realized that these symptoms were not just random. They were urgent signals that something in the body/mind was out of balance and required attention. In 1976, he experienced a dramatic improvement in his own vision, which laid the foundation for him to assist others.

"Take Off Your Glasses and See" shares an expanded view of vision and guides the reader on a journey towards discovering what it truly means to see. It addresses the most important issues about vision and seeing. Questions like: What is vision? How do we see? What is the relationship between sunlight, the eyes and the brain, and how does it relate to our life force?

## LET THE SUN SHINE



Living in Phoenix, Arizona where the sun shines brightly about 330 days out of the year on average, it's easy to get paranoid about sunlight, especially when the media constantly drums dire warnings about the dangers of sunlight from "experts." I have seen people walking around on a cloudless day with umbrellas. The few who brave the sun slather plenty of sunscreen on their bodies and put on sunglasses.

But what's not getting much media attention and what your doctor and other "experts" won't tell you is that

lack of sunlight causes more health problems than too much sunlight. In fact, sunlight can heal diseases and correct degenerative conditions.

Dr. Michael E. Holick, professor of Medicine, Physiology and Biophysics at Boston University Medical Center and co-author of "The UV Advantage" has put together an impressive body of research. Over 170 peer-reviewed studies cited in his book indicate that sun-derived vitamin D is one of the most powerful nutrients that the body uses to protect itself from Type 1 diabetes, osteoporosis, rickets, multiple sclerosis, rheumatoid arthritis, heart attack, high blood pressure, stroke and some of the most deadly internal cancers. He offers convincing evidence that moderate exposure, without sunscreen, to either natural or artificial UV light, several times a week will satisfy the body's requirement for vitamin D without damaging the skin. I would add that natural UV light from the sun is better because it contains elements that science can't yet detect and measure.

Why isn't this making front page or prime time headline news? For one, the news media knows that good news doesn't sell. More people would buy a newspaper with a headline shouting "OZONE LAYER DEPLETION THREATENS TO INCREASE SKIN CANCER RISK" than one that stated "MODERATE SUN EXPOSURE IMPROVES HEALTH - STUDY FINDS." Feeding this sensationalism are the doomsayers of what Dr. Holick calls the "cosme-ceutical" industry that stands to lose billions on sunscreen, sunburn lotions and self-tanning creams, and drugs for diseases that can be easily treated with sunlight.

The main cause of solar phobia is the connection between sun exposure and skin cancer. Most people think that sunlight causes skin cancer and the best way to avoid getting it is to stay out of the sun or wear sunscreen. However, skin cancer is seen more often in people who do not receive regular, moderate sun exposure than in those who spend time in the sun. Cancer rates are higher in northern latitudes where people get less sunlight. It also occurs on parts of the body that

receive no sun exposure. There is also evidence that sunscreen contributes to skin cancer as well as other diseases by preventing vitamin D production. It also traps toxins in the skin that would normally be eliminated through sweat. These toxins combine with the chemicals in the sunscreen to form a carcinogenic soup. Lastly, it gives people a false sense of security, encouraging them to sunbathe for too long and outside the safe hours. Thus they get sunburns and the combination of lack of vitamin D and toxic chemicals result in skin cancer. Our pre-industrial revolution ancestors had less incidence of skin cancer yet they spent more time working outside. This is because their bodies were tanned and protected from the sun. If you don't get sunburned, the benefits of sun exposure far outweigh the possible dangers. The increase in vitamin D will reduce your risk of developing fatal illnesses or debilitating conditions.

The logo for ISIS is a nude sunbathing woman, pouring pitchers of healing, sun-charged water over the Earth. This is the archetypal symbol of Aquarius, the new age that is dawning. Thus, as the chorus from the musical "Hair" sings, "Let the sun shine in!"

## IMBIBE SUNSHINE FOR



## A NATURAL HIGH

What is it about the setting sun? We've all seen it countless times in movies, novels, and perhaps our own lives. Two lovers drink in a gorgeous sunset, then turn to gaze into each other's eyes – the perfect moment for a first kiss or proposal. They're both emotionally high and in the mood for love. As John Denver used to sing, "Sunshine on my shoulders makes me happy... Sunshine almost always makes me high." Artists and romantics will say that this is due to the uplifting aesthetic experience of a golden

orb slowly sinking below the horizon and painting the clouds various shades of peach and pink against the azure canvas of the sky. Granted anything beautiful, whether it's a perfect body, work of art, or picturesque scenery, can be pleasing to the eye and elevate our mood. However, in the case of sunlight, there's a biochemical response as well.

Scientists have discovered that bright light stimulates production of serotonin, a key mood neurotransmitter. Serotonin helps maintain a positive mood and is converted to melatonin, which is necessary for good sleep. Too little serotonin causes depression and lack of energy. Some people in northern latitudes suffer from Seasonal Affective Disorder (SAD) during winter because they don't get enough sunlight. A cure for SAD is to use a bright light box for several minutes each day. If you live in Seattle, where the sun shines 25% of the time in January, you don't have much choice. But even if you did, the doctor treating you for SAD would prescribe the \$700 light box and warn against gazing into the sunset.

Besides the serotonin high produced by sungazing, sunbathers get an additional high from beta-endorphins and dopamine produced by the skin. Dr. Michael F. Holick, in *The UV Advantage*, notes that "Sun exposure provides a natural high by stimulating the release of 'feel good' substances in your body, such as serotonin, dopamine, and beta endorphins. Sunshine also suppresses hormones like melatonin, which makes you feel sluggish and 'down.' No wonder people feel so good after spending time in the sun." Another doctor, Zane R. Kime reported in his book *Sunlight*, that "Sunlight elevates human-female hormones, and will elevate human-male hormones even more rapidly." No wonder couples tend to kiss after watching a sunset.

Kime and Holick are two rare physicians who don't try to scare the living daylight out of their patients. The anti-sun attitude by the medical establishment is unfortunate because sunlight, in moderation, has healing effects far beyond anti-depression and sexuality. Holick's and Kime's books

summarize the research that's been done on the benefits of sunbathing in treating autoimmune diseases, cancers, cardiovascular disease, insomnia, diabetes, mental disorders, and osteoporosis. However, more research needs to be done and it should be expanded to include sungazing. In the meantime, lovers will continue gazing into the sunset and sunbathers will keep basking in the rays of the sun. They don't need scientists to confirm what they already know - sunshine makes them feel happy.

## **FIVE LIVES TOUCHED BY THE SUN**

As I keep in contact with the worldwide sungazing community, I meet and correspond with some amazing people who have equally amazing stories about how sungazing transformed their lives. I'd like to share a few of these stories.

### **PEGGY'S STORY**



Sungazing has helped me tremendously. Before I started sungazing in May of 2005, I was overweight, had high blood pressure, and suffered from Type 2 diabetes. Also, I had astigmatism and had to wear glasses to see both near and far away. One of the first things I noticed about sungazing was that my appetite decreased. So I didn't eat as much. I could eat a salad and be satisfied. As a result I lost about a hundred pounds. Also, I was able to stop my blood pressure medication and my insulin. Recently, I've begun to eat more carbohydrates, which raises blood sugar. As a result, I've had to start taking insulin again, but not as much as before. I've also gained back 20 pounds. My eyesight has improved. After my last eye exam at the Motor Vehicle Department, they

said I no longer needed glasses to drive.

### **JOHN'S STORY**



Sungazing has been an interesting ride. I have not found inedia, and I do not have perfect health, but I have gotten more from sungazing than I could have ever dreamed. I sense that those who may be looking for great physical changes like inedia and perfect health may be disappointed, at least in the short term. I suspect those looking for spiritual development will be handsomely rewarded. I have had many new mental, spiritual, and physical manifestations in the last five months. Sungazing has been a life changing process. Compared to many other spiritual practices, for me at least, sungazing has caused a rapid spiritual evolution.

At under 10 minutes of sungazing I found that my hunger had diminished by at least 1/3. I was doing extensive bare foot beach walking at the time and sunbathing. I have found since then that my hunger has pretty much completely disappeared, but that I still need food. My food intake seems to vary between 1/2 and 2/3 of my previous intake. My weight has changed little throughout the process. I am still at what I consider my ideal weight. I exercise and train much more vigorously than before I started sungazing. I do a 3 to 5 day fast every month. During this fast I don't get hungry.

My sleep varies between 1 and 8 hours per day. On rare occasions I don't sleep at all and don't get tired, but, again, this is highly variable.

I have completely lost all fear, even the fear of death. The only negative

emotions that I can remember feeling in the recent past are anger, frustration, and egotism. The positive emotions that seem to dominate now are peace, love, and compassion. I am generally at peace with the universe, and feel love radiating from my being most of the time.

My attachment to everything has greatly diminished. This development is difficult to explain, but it is sort of like anything that happens is OK no matter what, with no feeling attached to any event. I am mostly indifferent to everything. I find that now I live in the moment much more than ever before. I don't think much about what happened yesterday, or what will happen tomorrow. There really isn't any point in getting concerned about these things anyway. What will come will come.

In deep meditation or during and right after sungazing, I feel that I am the universe. I think it goes beyond feeling like being one with the universe, but that we are actually one and the same. Sometimes in meditation I feel like my body has exploded in a rapid expansion and every part of me is commingling with the entire vastness of the whole universe. The experience and feeling is extremely calming and peaceful.

The sungazing process is a beautiful process that will bear many wonderful fruits. At least it has for me.

### **EILENE'S STORY**



Sungazing has made a huge difference in my life. It's the most wonderful gift I have received for my spiritual, mental, physical and emotional health. I have noticed that I don't crave sweets or food any more. I feel more emo-

tionally balanced and don't have to eat for comfort. My eyesight is improving. I have worn glasses for 55 years and have always had pain when I didn't have my glasses on. My eyes don't hurt any more when I remove my glasses and things aren't as blurry.

I was in a car accident on July 2, 2005. I continued to sungaze during my convalescence, and my chiropractor and acupuncturist both commented on how fast I was healing.

Since I started sungazing, I have had people come into my life who have helped me heal in every way. My self-esteem has increased tremendously, and I found a new job, which is everything I asked for.

My sister and I made amends after being estranged from each other for eight years. She approached me (I never thought she would be the one to take the first step).

Finally, I have come to the point where I am able to allow other people to be who they are and still maintain my peace, joy and serenity. I finally feel that I have matured and am the person I've always wanted to be.

### **LINDA'S STORY**



I, like my father, suffered from mental depression for many years. I remember being depressed as early as seven and having suicidal thoughts as a teenager. I struggled all of my life with this mental illness. After spending twenty-five years moving around the country, searching for a way to be happy, I was drawn to the sandy beaches of Southern California. It was only there, for the first time in my life, that the fog of depression began to lift as I walked barefoot on the sand for miles every day, and watched the sun-

set each evening as much as possible. Slowly, I began to rebuild my life.

Then, two and a half years later, I met a man who would forever change my life by teaching me the ancient practice of sungazing. Through this simple, effortless practice, I have become mentally, physically, and spiritually balanced and whole.

I completed my 44 minutes of sungazing on Kauai in January of 2006. I still eat food, all raw and vegan (mostly fruit, nuts, seeds), and I drink sun charged water daily. I feel drawn to live a very simple life.

The more my brain awakens, and the more my true self emerges, the less I "need," in this world. I find that the less I need, the less I "have" to do or "be" anything, except exactly what I am being at any given moment. Sometimes it pleasantly hits me how free I am. I have never been married, nor have any children. For most of my life I considered this to be a liability. Now I feel differently.

I'm becoming more and more free, and thus many needs are falling away from me, like leaves dropping off of a tree. My lifestyle is not a discipline or a depriving, it is my joy and my freedom, to live this way, and I am deeply grateful, every day for the opportunity to live this life in this way.

I am moving away from making things happen, and more and more into allowing things to happen in my life. I am observing that I am naturally drawn to be close with nature, and that it feels good to be close with nature. I still have an incredible story of human evolution within me, as we all do, and still feel the desire to write another book. I also see myself painting a story of our future world. I am still walking barefoot on the beach and sungazing for 22 minutes, when I feel like it. I am realizing that whatever we each believe, we are right, and, through our beliefs, we create our world. There is no such thing as enlightenment, or fully awakened, or anything else, because no matter how awakened or enlightened we may become, there is always more, as growth and our potential is unlimited. So we

may as well relax and have fun. We are what we are, there is no place to go, no end to what we may create, and an eternity in which to do the creating. Also life has no meaning or purpose, other than that which we give it. I have become all that I was seeking in the world and so my family, my home, my every thing, is always with me, wherever I may go. The best advice I was ever given was to always follow my heart, and it is the best advice I have to give to another. Follow your heart and let life take care of you, and it will. My only job as I see it is to live in the moment, and to enjoy life. We are each of us free to live our lives as we choose. There is no one way or right way to accomplish this, nor are there any requirements. Freedom is free.

### WAYNE'S STORY



I found sungazing after forty years of spiritual searching. All the while, the goal of my seeking was right above me. Instead of basking in the warmth of the sun and feeling the warm earth beneath my feet, I spent many hours inside cold, dark buildings, trying to connect with the infinite. I would listen to channeled messages. One day, I was listening to the cosmic being Victory. He said, "The miracle of life is the pulsation of the sun's rays as a marvelous potion, as a lotion, that will

bathe the body and the mind, and the being of man and wipe away from the consciousness all that sense of doubt and fear and tribulation and human mischief, and produce in its place the God realization that I am victory." I began to look at the sun and sunbathe. But doubts crept into my mind that sungazing might be harmful. So I stopped. Then about a year later, I heard about HRM and how he perfected a safe technique for sungazing. I started anew; this time, following HRM's method of adding 10 seconds per day and only sungazing during safe hours (one hour before sunset and up to one hour after sunrise).

I found sungazing while searching desperately for a cure for my Chronic Lymphocytic Leukemia (CLL). At the time, I was spending two hours a day researching and trying various herbs, supplements and healing foods. At one point, I was taking a daily salvo of 43 different vitamins, herbs and minerals. To say that I was obsessed with my disease would be putting it mildly.

The first change I noticed after a couple of weeks of sungazing was that I wasn't concerned as much about finding a cure. I would go for days without thinking about CLL. Over the course of the next 10 months, my blood tests showed a gradual decline in white blood cell count. My oncologist informed me that, while I wasn't quite in remission, my condition had stabilized, and she changed the frequency of blood tests from three months to six months and eventually to once a year. Now I rarely think about CLL.

Sungazing also increased the fire in my spirit, giving me more ambition to fulfill my life purpose as a writer. I

have had several articles published, and I'm working on a book.

I have experienced other physical mental and emotional benefits from sungazing, such as more energy, less need for sleep, loss of food cravings and the ability to be satisfied with small servings, improved eyesight, and better relationships. But what I find most life-changing and satisfying are the spiritual benefits.

I haven't developed spiritual powers, or a greater prayer momentum that gets results. I spent many years trying to do that with other techniques. But what I have acquired is a profound conviction that the source of all goodness in the universe, whether you call it God, "the Good," the Great Central Sun, or whatever, will guide and protect me, heal and comfort me, provide for my every need, and work miracles in my life for the greatest good of all concerned. I don't get upset by set backs; I now understand and live the great maxim "Let go and Let God."

For once in my life, I can truly say that I am happy. I love to serve others in my job as a plant foreman, through my passion as a writer, and through my role as President of the International Sun Imbibers Society (ISIS). The Purpose of ISIS is to promote an understanding of the importance of the sun in human health and well being among medical researchers, health science educators and students, and the general public; to encourage education and research in the effects of the sun on human energy systems; and to sponsor meetings and publications for the communication of these educational and research activities.

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