



THE SUN GAZETTE

Voice of The International Sun Imbibers' Society (ISIS)

Summer, 2008 (Vol. 2, Issue 3)

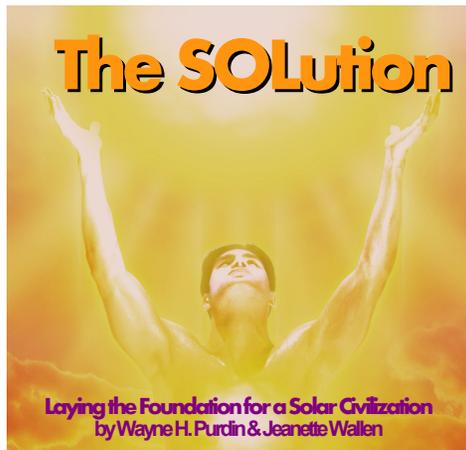
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THE SOLUTION IS HERE



On June 22nd, 2008 I published the first copies of my audio book *The SOLution: Laying the Foundation for a Solar Civilization*. I published it in audio 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 can only be appreciated in audio. An audio book is much less expensive to produce, so I am selling it (four CD with over five hours of recordings) for only \$12 plus \$3 shipping. Available from 4142 W. Park View Lane, Glendale, AZ 85310. Send check or money order payable to Wayne Purdin with return address.

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 perfect and we're 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.

To give you an idea of what *The SOLution* is about, I am copying the Table of Contents:

Introduction
Solar Healing Meditation

Part I -- Techniques & Science of the SOLution

1. Why Absorb Sunlight?
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
How to Sunbathe
Sun-charged Water
Barefoot Walking on Sun-warmed Sand
Grounding

Part II - Suns of God Who Gave us the SOLution

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

Part III -- How to Become a Sun of God

1. Amrita, the Elixir of Immortality
2. The Deathless Solar Body
3. The Alchemy of Transfiguration
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 WISDOM OF SOL-O-MON



The Dream of Solomon by Luca Giordano

The name "Solomon" has an inner meaning. Sol is the heart or sun center of our solar system. Mon is short for Monad, which is the divine spark in our hearts, the sun center of our being. The O represents the circuit that is established between the two when we sungaze, and through which we gain wisdom. Solomon can also mean "solar-man." Whether Solomon sun gazed isn't known for sure, but from his words it would seem so. In the Odes of Solomon: he wrote: "As

the sun is the joy to them that seek for its day-break, so is my joy in the Lord: because he is my sun and his rays have lifted me up; And his light hath dispelled all darkness from my face, in him I have acquired eyes and have seen his holy day.”

The meaning of “acquired eyes” is the key to Solomon’s legendary wisdom. Plato also wrote about ‘sun eyes,’ granted by the gods. Gustav Fechner was blinded by the sun, but through prayer and meditation (a key) his eyesight returned after a while. He reported that the retinas healed, and became stronger. And that when his eyesight returned, he possessed ‘expanded eyesight.’ He said he could see angels and the auras around people and plants. Fechner’s experience may also explain the conversion of the St. Paul from a persecutor into the spiritual apostle. Plato taught his students that expansion of one’s self was the result of sunlight--that some men could learn by studying plants and animals, others by looking at the stars, and superior men by looking at the sun, which he said was an act only possible for men ‘granted sun eyes’ by the gods.

The design of Solomon’s temple is another indication that he or the high priest may have sun gazed. The temple was constructed such that on two days of the year, the vernal and autumnal equinoxes, the sun shone directly through the eastern gate, and through all the eastern gates of the temple arranged in line, directly into the very heart of the temple proper. The eastern gate is also called the “sun gate.”

Also noteworthy is the fact that in order to enter the Holy Place, the priest had to pass through a double door situated between the two pillars, Boaz and Jachin. When the doors were open and while he was standing at the center of the Holy Place, facing east, he may have been able to see the sun rising any day of the year within the gap. Thus the two pillars marked the directions of Winter and Summer solstice at sunrise. This implies that Solomon may have had the temple constructed as a place of initiation to allow gazing at the sunrise from the Holy place at any time of the year.

Solomon was famous for his profound wisdom. Wisdom is an invisible part of sunlight, just as the Holy of Holies was a hidden part of the temple. Appropriately, the *Book of Wisdom* was recited only in the Holy of Holies. This book praises wisdom as “an aura of the might of God and a pure effusion of the glory of the Almighty... she is the refulgence of eternal light... she is fairer than the sun and surpasses every constellation of the stars. Compared to light, she takes precedence; for that, indeed, night supplants, but wickedness prevails not over Wisdom.” Thus the light of Wisdom is a spiritual light beyond physical sunlight

Sun gazing pioneer, Gene Savoy, calls the wisdom aspect of sunlight the “information or intelligence factor” (IF). He writes in *Project X: the*

Search for the Secrets of Immortality, “This energy [from the sun and beyond] has inherent IF potential. It is cosmic information coming into our mind and consciousness directly from the source – the cosmos where it all began... The first cause in the creation of the world was the ‘word,’ or the logos, which emerged from the mouth of God. The philosophers have always taught that this ‘word’ is the true nutrient of the spiritual part of man.”

In Greek, “the word” or “logos” was identified as the “creative light,” John’s name for the Christ. Socrates taught in his academy that personal regeneration was only possible through understanding the Word of God, the Light, and that it was attained only through inner illumination absorbed from the sun. Proclus proclaimed that “the light of the sun is the pure energy of intellect.” The Greek goddess of wisdom, Pallas Athena, has been depicted emerging from the head of Zeus and being showered with golden rain or manna from the sun. Her birth is celebrated annually in Greece during the Festival of the Golden Rain, in which gold colored coins are scattered.

In the gospel of John, Jesus the Christ tells the Pharisees, “it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.... This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever.” (John 6:32-33). Jesus is making the assertion here that the true bread from heaven is the Wisdom or Word of God, which comes down from heaven, from the Sun behind the sun, to give spiritual life to human beings. Manna, or what modern alchemists call Ormus or white powdered gold, is a poor and expensive substitute for sunlight. Thus, sun gazing is a means to nourish our souls with the bread of heaven and gain the wisdom of Solomon.

AKBAR THE GREAT SUNGAZER



Akbar the Great was one of the wisest rulers of India. As with Solomon, his greatness was not just in his power, wealth and influence, which were considerable, but in his mind and heart, which were open to all cultures, religions, castes, and political groups. He loved to gather great thinkers from all creeds: Hindus, Moslems, Jews, Zoroastrians, and even Jesuits from the Vatican and debate the truth of religious beliefs. Of these, the Zoroastrian priests, who would come to reveal the mysteries of fire and of the sun, had the greatest effect on Akbar. As a result, he established perpetual fires in the palace and began worshipping the sun in prayer four times a day. He also encouraged his painters, just as Akhenaton did, to incorporate techniques of realism and perspective and to portray the body in sensuous detail.



In one painting, *The Prince Worshipping the Sun*, two figures pay homage to the sun and wear garments that have suns on them. They also are barefoot, a requirement for weaving the deathless solar garment.

After summoning a general council in 1583, Akbar composed and promulgated his Divine Faith (Din-I-Ilani). This was a rational and ethical mysticism without priests and books. Akbar established it, believing people would adopt it as a unifying set of religious laws for all. The goal of Din-I-Ilahi was union of the soul with God. However, it was a difficult faith to follow. Like the initiation of Sufis to their masters, disciples had to place their head on the Emperor’s feet and swear they would sacrifice their life, property, religion, and honor to serve their master. Disciples had to follow Akbar’s rule of universal toleration for all religions. Din-I-Ilani encouraged the intermingling of Islamic, Hindu, Zoroastrian, Buddhist, Jain, and even Christian faiths. Few members of his court were willing to pass through this initiation. Akbar’s new faith only gained about two dozen prominent converts.

His fellow Moslems severely criticized him because they thought he was espousing sun worship. They couldn’t understand that the light of the sun was the manifestation of God, Allah, the Christ, and every other name of the source of all good in the universe. Sri Ram Sharma claims that Akbar did not worship the sun as a god, but thought it was the most powerful manifestation of God. Like Zarathustra and Akhenaton before him, he had a vision of the sun as a symbol that would unite all people under a true monotheism that didn’t erect a human or animal idol as a fo-

cus of worship. To Akbar, the masters Jesus, Zarathustra, Mohammad and all the great prophets were examples. They all “lifted up their eyes to heaven,” meaning they sun gazed and directed their love and gratitude to the Sun behind the sun.

PANEURHYTHMY TEACHER, ROLAND SCHAEUR COMES TO PHOENIX



Roland Schauer

On August 22-24, Roland Schauer, a member of the Universal Great White Brotherhood from Linz, Austria will conduct a three-day workshop on Paneurhythmy, the sacred dance established by the Bulgarian master Peter Deunov.

Mr. Schauer is a shareholder of Prosveta-Germany where he has translated many of Omraam's books into German. He has made countless trips to the Brotherhood centers and groups in many countries all across the globe, and this will be his first visit to Phoenix.

In his home town of Linz he has been in charge of a Brotherhood meditation group for many years, and he is also the conductor for the Austrian Brotherhood choir, which sings the music of Peter Deunov. In his workshop, he teaches Deunov's songs as well as Paneurhythmy. He says, “I appreciate both exercises for their capability of linking us with heaven, and allowing divine energies to flow through us and to touch us from our soul right down to our bones.”

Paneurhythmy means “supreme cosmic rhythm.” Each Paneurhythmy movement is symbolic and expressive of a particular thought, feeling and action. By performing the Paneurhythmy, you can learn how to be in harmony with the movements of the universe and how to create, to construct and organize yourselves in a more perfect way. It develops musical capacity and sensitivity. It brings life, power, joy and beauty within the human soul by awakening it to the Divine impulse. It unites us and harmonizes our individual and collective energies while giving us more en-

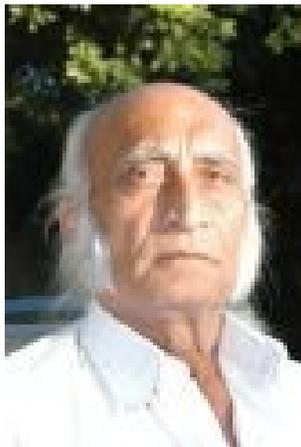
ergy. It improves physical, mental, emotional and spiritual health. It stimulates the awakening and development of our spiritual gifts such as mercy, compassion, faith and hope, as well as a global cosmic consciousness. But the greatest benefit of Paneurhythmy is that it puts us in contact and relationship with masters, angels and cosmic beings, who give us inspiration, enlightenment and assistance in our spiritual development.

In performing the Paneurhythmy, a musician or a CD player is in the center of two concentric circles formed by several couples standing an arm's width apart. The women occupy the inner circle and the men make up the outer circle. Dancer walk at a leisurely pace to the music in a counter-clockwise rotation. The circle is symbolic of the great wheel of life. The movements and music contain the ideas of a new culture of love, peace, harmony, and brotherhood.

On Friday night, August 22, Roland will give an overview of Paneurhythmy with demonstration of some of the simple movements and a couple complex movements, along with their meanings. During the Saturday intensive, you will learn all the movements and their meaning and become proficient enough to perform the Paneurhythmy the following morning. During the lunch break Saturday, Roland will play a video of the master Omraam Mikhael Aivanhov speaking in English. The dance will begin soon after sunrise Sunday morning, around 6:00 am. After the dance, Roland would like to teach a simple song of Beinsa Deunov in four-part harmony. This will be followed by another video of the master Omraam in English, then he will teach a powerful 10-minute “laser meditation.”

Roland follows the example of the master Omraam, who never charged people to attend his lectures. However, there will be a love offering to help with the expenses of renting the facility. As this goes to press, we have not located a suitable facility, so please call 623-780-0261 to find out where the workshop will be held.

HRM RETURNS TO RAW SPIRIT FESTIVAL



HRM

Sun yogi Hira Ratan Manek (HRM) arrived in Calgary, Alberta, Canada July 15th after visiting 37 nations in Europe over the past several months. The only states he did not visit were Ireland, Iceland and the Vatican. While on tour HRM met with leading scientists and medical researchers. One sungazer in Sweden reported being cured of heart disease. The number of people attending his 96 lectures varied from 25 to 200. He was well-received everywhere and the people invited him back for 2009.

HRM will arrive in Chicago around the beginning of August and already his schedule is filling up. After several weeks of lectures in the Midwest and Southeast, he will arrive in Sedona for the fourth annual Raw Spirit Fest, which is gearing up to be the best ever. This year the Fest will feature over 100 dynamic speakers, fascinating health seminars, world-class musicians, 250 educational booths, a creative children's program, chocolate emporium, raw restaurant food court, raw vegan demos and tasting parties, outdoor and indoor main stages, discovery dome, art garden, music, dancing, poetry, theater, sacred exercises (including sungazing), yoga, meditation circle, leadership circle, nature trails, fabulous friends and fantastic foods (three organic raw vegan meals are included for the full weekend. Fest organizer Happy Oasis says “This is more than just a raw vegan festival. Our vision is to integrate Healthy living, eco-sustainable solutions, and world peace, because together these comprise a comprehensive strategy for addressing current global challenges.”

I will be speaking about the master Omraam's Yoga of Nutrition for nourishing all four of our bodies at the leadership circle on September 14th from 4:30 to 5:00.

HRM will be speaking at the outdoor stage at 1:00 PM on September 13th and at 7 Centers Yoga, 2115 Mountain Rd., Sedona at 7 pm on September 12th. If you can't make either lecture but would like to begin sungazing now, just follow the simple instructions in the box below.

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. Remove glasses.. 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 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.