

Sun-Gazing Instructions

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The information provided here on Sun-Gazing (SG) is basically the *HRM Phenomena* by *Hira Ratan Manek*, the details of which can be found at: <http://www.SolarHealing.Com>. This is just a summary to print and follow until you have it down!

Process

1. Find out the time for sunrise and sunset. It changes by a couple of minutes each day. You can print a monthly calendar for your location using this website:
USA: <http://www.SunriseSunset.com/usa/>
World: http://www.SunriseSunset.com/custom_srss_calendar.asp
2. Calculate the time one hour after sunrise and one hour before sunset. These are your *safe hours* for SG; as a beginner, you should not, under any circumstances, gaze outside these hours. Meaning, after one hour after sunrise, or before one hour before sunset is a *no-no!* E.g., if sunrise is at 6:22 AM, then gaze anytime between 6:22 AM and 7:22 AM. If sunset is at 8:46 PM, then only gaze between 7:46 PM and 8:46 PM. As simple as that!
3. Go for a 45 min walk *DAILY*, if you can go barefoot, please do so, otherwise, wear shoes. If you do barefoot walking, your feet may hurt for a few weeks, but after that they get used to it. Quoting HRM: *If mind accepts, body will adapt. If body adapts, mind accepts!*
4. Stand on sand, which is easy to find in most places. If you cannot find sand, then stand on any one of these in this order: bare dirt, mud, road, concrete. As you go down the list, the connection (grounding effect) to the earth diminishes, so the best is sand or bare dirt. Quoting HRM: Avoid standing in water, and walking on grass or rocks.
5. Stare directly at the sun with open eyes; blinking is allowed! Start with 10 sec, and each day increase your time by 10 sec. If it is a cloudy day, then repeat the time from the last sunny day you gazed on. Meaning, if yesterday was a sunny day, and you gazed for 2 min, and today is a cloudy day, then you stay at 2 min. The same, if tomorrow is cloudy. But, the next time it is a sunny day, add 10 sec more, so it would be 2:10 min.

Tips

- If you follow the method provided above, you will have excellent results in general health and wellbeing. If shortcuts are taken, like incrementing time too fast (easy to do!), not walking barefoot, not standing on sand, then the benefits are reduced for the present time. According to HRM: *Benefits are delayed, but not denied!*
- If you cannot SG at sunrise, then do so at sunset. If your SG time is long, you can split between sunrise and sunset. Note that sunsets are not as powerful, but serve their purpose in getting the eyes used to the sun. Either way, do not exceed the total SG time for the day.
- SG in silence is the best. In a relaxed manner. Standing straight. It's okay to blink.
- Close your eyes after SG will help with after images; palming can also be done.
- Most digital watches have a count down timer; learn to use it. Alternatively, get a digital [electronic] cooking timer from a department store (Target, Kmart, Walmart) that counts down for at least an hour in SECONDS. This is your *SG Timer*; don't use it for anything else. Each day, in the morning when you go out, you increase the time on the timer by 10 sec, if it is a sunny day. If it is not a sunny day, then you leave the timer on the same time as the day before. If you change the time when you are finished (as I impatiently did the first few times!), then you will get confused, because you will have to set the timer back, if the day is cloudy!
- If you are in a cold location in the winter, then SG from inside the house barefoot and warm! You can SG barefooted through a window that does not have UV protection on it. If possible, you can even SG through an open door or window while standing indoors, barefooted. Otherwise, as HRM says: *Move to a warmer location!*
- If you are in a high-rise building off the ground in the city, but are able to SG in safe hours, then make a sandbox with sea-sand that you can stand in to get the full effects.
- When you have reached 44 minutes, refer to HRM's website, or contact him directly at HiraRatanManek@Yahoo.Com.
- If you are afraid to look at the sun directly, you may gaze at it's reflection on water, or polished obsidian stone.
- Do not use sunglasses, as you are filtering out what your body needs from the sun. Your eyes will adjust, and you will benefit as well.

Question-Answer-Comments

Below are some questions answered by HRM on the Yahoo SG Group. These are not comprehensive, and the document will be updated periodically to reflect additions.

- **Is there a difference between bare earth and grass? In these concrete jungles we live in, it is really hard to find a spot of bare earth! Minneapolis is covered with grass, roads and concrete sidewalks.**

Grass is not dirt, but, if you remove the grass then that becomes dirt. If you make a walking track of few feet by removing the grass, then you can walk on it, to and fro and complete 45 minutes. Where there is a will there is away.

- **Florida mornings are becoming increasingly cloudy and evenings bring nothing but rainstorms. The middle of the day is sunny... an ideal time for the Umasankar method. What is the Umasankar method?**

I will not advise, because afternoon UV is more than 7 to 10. There is no harm, if few days are lost, but do it safely, please. So far, modern science agrees that up to 2, no harm to eye and till 5 no harm to skin, .but anybody can by practice, get adapted to higher UV, and its benefits. We have to take the present modern science along with us, and so we can preach to masses within these limitations. We can suggest options and leave it to individual's choice.

- **How much walking does one need to do? I SG about 30 minutes, I don't do much walking, because I can't find a place other than baseball fields at a park; i.e., when it is not being used. Also is there a hierarchy of terrain; dirt, sand, grass, etc.?**

Walk at least 45 minutes relaxed daily barefoot on bare earth. Beach sand is best, when compared to other mediums, but not grass or rocks. You can make even a 200 feet walking track by removing grass and then filling it up with a thick layer of sea sand, or sand, or good soil, etc. Sea sand gets charged and holds it for long. Otherwise, any good sand also is useful, but since you are preparing a walk area better get sea sand, if easily possible. Walk on that, to and fro for 45 minute each day. That walking path everyday gets charged with sunlight and helps in walking.

You can do whatever pleases you. The minimum necessity is to look at the sun in normal way with deep concentration. If you stand straight, barefoot on bare earth the advantages are much. If you do something else, the benefits slow down. In any case, there are no adverse effects, if done in safe hours.

SG and walking both are to be practiced separately. In winter, just do SG from glass window of house. In such cases, benefits slow down a bit, but one cannot help because of adverse weather. Make maximum use of availabilities. Benefits never go away. They are only delayed with such obstacles. No adverse effect at all.

You can walk any time between sunrise and sunset, and as far as possible see that earth is little warm. You can walk even in afternoon hours, if it is comfortable. Minimum requirement: the earth to be warm.

- **If you are gazing in winter and not walking, should you still increase time? What happens if you hit 44 minutes and it is winter? One personal question, if you don't mind; do you still SG?**

Climate plays an important part in quick and delayed success. Walking is not necessary till you reach 44 minutes, but if you are walking, it is good. Suppose winter comes in and you can't walk, then just SG for 15 minutes daily to compensate for barefoot walking. Yes, whenever I get time I do gaze even in the midday as part of my advance practice and also walk in the hot sun barefoot on bare earth. I have nothing personal. My life is an open book and anybody can read it.

- **I have been wearing contacts for about 10 years now. Can anyone point me to any articles or reports on the use of contacts and the blocking of UV rays or health conditions related to wearing contact lenses?**

No problem. If they are permanently fixed they are part of eye and if not remove and SG. With permanently fixed lenses, you can do SG. Benefits slow down if lenses are designed to block UV, etc.

- **I wondered if Olympic athletes took up SG - and stopped eating - would that affect their performance? I know one shouldn't do SG for a specific goal such as inedia, but I was curious. Also, the scientists showed HRM's glucose levels were dangerously low - even though miraculously this was having no bad effect on him - but why was this? Do his vitamin/mineral levels all decrease over time? Does he have to replenish them ever? And lastly can SG really cure any disease? Can it cure CFS/ME? I don't doubt it can help and cure cancer in many cases, but surely it can't be guaranteed?**

The sun's energy is a sure cure for all ills of life. Mental, physical, and spiritual. It is guaranteed. Any physical labor can be performed. You are slowly becoming non-eater as energy from sun is entering you more and more. So, Olympic athletes can survive and please suggest to them to adopt this practice. If cancer can be cured, why not other diseases? Blood sugar-level theory of medical science is totally wrong and based on wrong assumptions. It is the adaptability of the body that matters. Body can adapt, if mind accepts. Thousands of Africans in forests have 26% glucose or blood sugar level. They are surviving. Can medical science explain this? People eat glass pieces, sharp iron pieces, stones,

swallow snakes, etc., and still not only survive, but nothing adverse happens to them. Is there any explanation for medical science? The only reply is body's adaptability. If mind accepts, body adapts. Very little mind is in the body, but the whole body is in the mind. Minerals, vitamins, nutrients, etc. are in abundance in water, earth, and air; we use them. Sun releases them and plants receive it and store it for us in different forms and again we use them and in stomach again the sum total is energy. The original energy divided through a third medium and again used by us. We have a mechanism to receive from nature directly what we require and use it. Modern medical science has many myths. It requires changes. A medicine gives one benefit, but at the same time gives many adverse effects also. This is a fact. Can medical science guarantee cure of any disease? I guarantee that if sun is used safely it cures all ills of human life. This is the only medicine which gives total health; mind, body, and spirit. Please don't have doubts on safe sun. First practice yourself and as you get the results you will know its powers. After all SG for few seconds a day is not harmful. Well, those who remain away from safe sun are missing the best of their life.

- **I checked the sun about 45 minutes before sunset. It was still too dazzling to look at. Even a half hour before sunset it was too dazzling! It becomes big and red just before sunset when it is comfortable to look at. But, by then it is behind trees and/or houses. At some areas you can see the big red sun peeping through the tree leaves. Will it work if I do SG through the trees? The sunrise is also similar. By the time it rises above the trees it is too bright although it is within one hour of sunrise. Will it be of any help if I SG with my eyes closed? Does visualization of the sun help in any way?**

For the beginner it will be red and big. Through the trees it is known as filtered sun. It will work. Effective but less effective. Something is better than nothing and so go ahead. Yes, it will benefit to SG with closed eyes, but at a very long period. Visualization also helps but takes longer time.

- **What about myopia?**

In myopia, you may see many suns. It is better to SG closer to sunrise or sunset, where the sun is large and red. Once you have reached 15 minutes maintain the same time for a month and you will see improvement in your eyesight and then proceed further.

- **What about advanced SG practice?**

All suggestions are guidelines from so many past experiences. First benefit is mental health, and then physical, and spiritual, and so on. Even without standing barefoot on bare earth, you may succeed. Hence start SG and judge the experiences and changes taking place in you. Suppose you don't achieve all benefits even after reaching 44 minutes than you have to continue only 15 minutes and/or 45 minutes barefoot walking on bare earth and after some time what you have missed you will gain. I do SG not for normal requirements, but it is advanced SG to invoke further powers and it definitely carries risks and so I never suggest advance SG technique. Hence judge yourself as you start SG and further guidelines will depend on your results. Do only safe SG.

Yes, you are correct. Better methods can come up. Nothing is permanent. One has to judge himself while practicing that better results are coming and no adverse effect is taking place. We are our own masters. Experiences of others are guidelines. We can change, if we feel comfort at it.

- **What about smoking, drinking, drugs, etc.?**

If you can avoid better otherwise as you do SG. Sun will take care of that. All addictions or bad human habits disappear of their own accord. So, do not control present habits, but if possible try to lessen them. Rest, sun will do the needful.

- **What about Inedia (non-eating)?**

Hunger starts going down only from 7th month, more or less and not after 15 minutes of SG! It is also a body language. We have from birth many body languages and they are from nature and no one teaches us. A child does many things like crying, laughing, etc., and no one teaches it.

Inedia will happen only if you so wish and are prepared for it. If you go against the development taking place in your body, like eating more than hunger, then non-eating stage cannot be reached and also you should be mentally prepared not to overeat and want non-eating stage. Otherwise, don't opt for that. Enjoy other benefits. Total health; mind, body, and spirit. Non-eating is not the goal. Goal is everlasting peace; eternal bliss.

- **Say one looks in direction of sun, but focus on tree or building, yet feels sun rays to eyes...is this similar impact as focus, directly looking at the sun? Because eyes are absorbing ray energy of sun, but just not focussing on sun?**

You are having visualization of the sun and that is good. Direct normal look at the sun is just required. Rays falling on eyes is beneficial. As far as possible, best is direct look where you see only sun and nothing else.

- **I am seeing black spots during and after SG. What should I do?**

If you have black spots continue for the same time and close the eyes after SG for some time and continue till you overcome this, or give up for some time and decided after it disappears. Such things are seen with some.

- **I have had laser eye surgery. does sg work as beneficially under this condition? am i dreaming, or could my eyesight be improving at only 1 min of SG?**

Complete healing should take place after surgery and minimum 3 months gap for SG and SG will set right the defect and so no SG for three months at least after surgery.

- **What about sun-bathing?**

Sun-bathe in comfortable hours for any amount of comfortable time, but minimum half an hour with maximum exposure of body, if possible. You have to just warm yourself. Bask in sun, but don't bake yourself in sun and then it has tremendous medicinal value.

- **Tell us more about the difference between grass and sand or bare earth.**

Grass absorbs the suns energy from us. Barefoot walking on bare earth draws energy including vitamins and minerals from earth. Since we do not walk barefoot on bare earth, we lack that part of the plants performance. Relaxed barefoot walking on bare earth thus has many advantages. In tai chi, energy is drawn from space through palms.

Websites of Interest

All these links were valid on 11/8/2004!

Sun-Gazing

<http://www.SolarHealing.Com>

<http://www.SunGazing.Com>

<http://www.anandaproject.org/sunyoga/>

<http://www.curezone.com/forums/m.asp?f=547&i=2>

<http://www.anandaindia.org/freeonline/video/>

<http://www.rawpaleodiet.org/sungazing/>

<http://www.iblindness.org/books/bates/ch17.html>

<http://www.lifemysteries.com/sungazing.html>

<http://www.healsef.org/sun.html>

<http://www.falconblanco.com/betsy/sungazing/archive.htm>

Sunrise Sunset

USA: <http://www.SunriseSunset.com/usa/>

World: http://www.SunriseSunset.com/custom_srss_calendar.asp

<http://www.fv01.dial.pipex.com/suntimes.shtml>

Weather

<http://www.weather.com>

<http://www.theweathernetwork.com/>

Current UV Index

http://www.weather.com/maps/activity/skinprotection/currentuvindex_large.html

UV Meters

<http://www.safesun.com/>

<http://www.safetygears.net/sunwatch.htm>

http://www.testsymptomsathome.com/fs_tan91.asp?portalid=GOO

Watches

<http://www.ambientweather.com/lateuvluinw.html>

<http://www.weatherconnection.com/product.asp?itmky=419399>

<http://www.Timex.Com>

UV Cards

<http://www.lessemf.com/ionizing.html>

Miscellaneous

Pineal Gland – <http://www.crystalinks.com/thirdeyepineal.html>

HRM Lecture Notes – http://www.theopenline.cc/sun_gazing.htm

Barefoot Walking – http://www.barefooters.org/key-works/barefoot_league.html

Avoiding Eye Damage by Dr. Andy Young – <http://mintaka.sdsu.edu/GF/vision/Galileo.html>

Paleolithic Diet – http://www.earth360.com/diet_paleodiet_balzer.html

Sunlight prevents cancer Prof Michael Holick, endocrinologist from the BU School of Medicine – http://news.bbc.co.uk/1/hi/in_depth/sci_tech/2002/boston_2002/1823457.stm

Online book: The Hygienic System, Fasting and Sun Bathing, Herbert Shelton – <http://www.soilandhealth.org/02/0201hyglibcat/020127shelton.III/020127.toc.htm>

Conversation between Parmahansa Yogananda and Saint Giri Bala in India –
<http://www.crystalclarity.com/yogananda/46.asp>

Excuses for SG (from Ram Jag and others!)

If someone comes up to you and asks what you are doing, one of these may serve you well!

- Say you are just getting free Vitamin D from the sun. Most people understand this and will have no problem with that.
- Say you are trying out a treatment for getting rid of winter blues, or SADS (Seasonal Affective Disorder Syndrome) by exposing your body to more light in the winter time.
- Say you just find it pleasant to look at the sunset or sunrise for a little while and that it feels better to stand on the dirt. Many people have looked at the sunrise or sunset (lovers specially- somebody check that out!) and will understand.
- Don't tell them about SG and HRM system. They will have a hundred questions and objections, and feel you have joined some weird cult.
- But if you have already told them about SG then you have to do some damage control. They are worried about midday, high UV sunlight and its effect on the retina. Tell them you are working at the other end of the spectrum - early sunrise or late sunset sun when the UV is very low, under 2 and guaranteed not to damage the eyes. Tell them it's just a few seconds of low UV sunlight. Ask - haven't you ever looked at a beautiful sunset for a few minutes? Did that damage your eyes? It's the same thing I am doing.
- Don't tell them of the wonderful benefits of SG experienced by other people. They won't believe it. In particular, do not tell them of possible non-eating as a result of SG. That will really freak them, and they will immediately ask why HRM hasn't taught the system to millions of starving Africans.
- In short, play it low key and as non-missionary as possible. Don't give them frequent reports of excellent benefits and wonderful experiences from the group. After a while they will ignore it as just one of the things you do like brushing your teeth and will stop bugging the life out of you.