



## Interview with Hira Ratan Manek on his Journey with Solar Nutrition

By Jasmuheen – exclusively for our TEV Readers August 2003

As many TEV readers are aware, I first became informed of the research done by Dr Sudhir Shah and his team in India through an article sent to me that was published in the India Times. The following year I met with both Dr Shah and Hira in Ahmedabad, just prior to the extensive rioting there. It was a pleasure to be with the team and to see how far they had come with their work and also to be actively involved in disseminating this research throughout our networks.

For those who have not read Dr Shah's synopsis of his research on Hira, you can download this freely from half way down the Living on Light section at: <http://www.jasmuheen.com/who.asp#lol> under the triangle prana sign. Dr Shah also shares a little more extensively in my latest book "The Food of Gods". Hira has now taken over much of my work in educating both the public and the media in pranik nutrition.

TEV to Hira,

TEV Question 1: Welcome to TEV where we have shared previously the findings of Dr Sudhir Shah and his team and the research they conducted with you. It is wonderful to now interview you personally to gain a little more insight into your journey with this. As a pioneer of solar nourishment in the West, can you share a little about your own journey and how you came to be interested in this type of nutrition?

HRM Response: I was hinted at this first by Mother of Aurobindo's ashram in Pondicherry in 1962 but I did not take it seriously then but it was on my mind and so I developed a special interest about the sun. Being Jain, I got inspired in this sun energy by Lord Mahavirs fasting of twelve years and six months and I critically studied him and became inspired by his looking at the sun and walking barefoot in the hot sun. When I went deeper into his teachings I found his technique of "AATAP" which meant receiving sunshine to raise oneself into higher and higher levels.

This belief on sun energy was further strengthened by the autobiography of Yogananda where he is making mention of a few people living on sun energy and especially of Yogi Giri Bala who survived for 50 years without food on sun energy. Yogi Bala said sun energy was entering the brain through a secret door and she was able to sustain it but she refused to disclose information on her practice any further. In 1922 the Imperial Medical College felt that solar radiation was the original food of humanity and what we eat is a secondary form and some day somebody will prove how man can live directly on solar energy.

All of this information excited and strengthened my belief in sun energy but I got a break through finally from the GAYATRI MANTRA which suggests that man must allow solar rays to enter the body and be stored to illuminate the dormant brain.

Yes, if a brain which is largely dormant can be activated with sun energy all human crisis are overcome was the strong idea that went into me and from what I understood from Lord Mahavir, Gayatri Mantra, Yogananda's books, the sun dances of Native Americans, and the Egyptian belief in the power of the sun, I was able to revive an age old practice of sun gazing or SURYANAMASKAR or the present HRM phenomena. As a matter of fact entire humanity was on sun food (micro food) at the beginning and slowly we changed over to a secondary source of food (plants). But at all times in human

history many have lived on sun energy and many are also living now and are living for a period much more than me but I am unique only to the extent that I volunteered before medical science for round the clock supervision and observations. I have no claim that I have found out how to live on sun energy because it was already there but it had been forgotten and I have only revived it and proved it before science. And human history has a record of several people who have lived on sun energy from time to time.

This is in short my inspiration for surviving on sun energy. I repeat I have not discovered what is now known as the HRM phenomena. It is only revival of a forgotten practice - a practice which many have practiced from time to time and if anybody who reads the history of such people they will be definitely inspired to start on a journey like me which is extremely easy and simple.

TEV Question 2: Can you provide for our readers some of what you feel are the personal benefits of being able to receive our nourishment directly through the vortex of the sun?

HRM Response: The sun benefits us in all ways and it solves all our problems. It enables one to harmonize and recharge the body with life energy and also awaken the unlimited powers of the mind very easily. It easily enables one to attain liberation from the threefold sufferings in life i.e. mental, physical illness and spiritual ignorance.

TEV Question 3: Do you feel that a person who does not lead a spiritual type lifestyle that maybe includes kindness and compassion to others, meditation, prayer and things like chanting would still be able to receive enough nourishment via the sun so that they can let of taking nutrition via the usual food sources?

HRM Response: Yes this is very nice question. Just as coin has two sides nature has gifted us with both good and bad qualities. In the absence of sun energy reaching the brain we develop evil qualities and the moment sun energy starts reaching there evil qualities disappear and good qualities that are hidden come on the surface and the practitioner from the devil becomes divine. We all experience that in the absence of sunlight climate also becomes awful and there is dirt and gems on the increase all around us and as the sun comes everything gets purified. No body likes dull days because we are all depressed. Sun purifies everything on earth and so a person also and the transformation takes place easily and automatically. Devil to divine through sun.

TEV Question 4: Although we know in esoteric circles that our sun is a grid point and cosmic disperser of very pure and powerful Divine energies, if people can absorb all their nourishment from gazing into the sun each dawn and dusk, what about on days where we cannot see the sun as it is too cloudy and stormy, how do solar feeders get their nourishment then? Is there anything else that you recommend that people do?

HRM Response: Even if the sun is not seen energy of the sun is there always in a lessened form. Once you activate the human brain by 9 months sun gazing practice and then become a permanent solarium or solar cooker by barefoot walking for a year everything afterwards is easy and HRM phenomena describes in detail how one can become easily and permanently charged with sun energy in about 2 years time. Many websites have put up this HRM phenomena and recently I have my own website with this phenomena [www.solarhealing.com](http://www.solarhealing.com). Kindly go through it and anybody can write to me in case of doubts or difficulties in understanding.

TEV Question 5: Over the last year or so you have become very public with your experiences with Solar Nutrition particularly in the USA. What do you hope to achieve by making yourself available for scientific testing and public lectures?

HRM Response: Yes for last eight years I have often been investigated by different doctors and scientists and I am always prepared for scientific observations as my body is a laboratory for research and I support human welfare and world peace. My lectures have already brought awareness in masses and many are strengthening me by their research in support of HRM phenomena and many have started practicing HRM phenomena and many are successful. In California a documentary on sun gazers is

underway. Recently one Russian magazine has come out with an article on me. Some physiatrist doctors have started using this HRM phenomenon to cure sad disease and many are finding it an easy method to control obesity. Slowly but steadily and surely sun energy is becoming a sure cure for everything. It is an answer to hunger and obesity. It is all in all.

TEV Question 6: What would you like to show or tell the world? What mark or impact would you like to make on human history?

HRM Response: The HRM phenomena is a freedom struggle for humanity. Nations are independent but we the human beings are not independent and we are ruled by the kingdom of dependency. We want always a third medium to help us. With HRM phenomena you are your own master. You live happily and die happily and make your life after death also happy. You achieve everything you desire without harming others and without depending on others. Human welfare is easily achieved and this ultimately leads to eternal world peace. So HRM phenomena are a freedom struggle for human welfare and world peace.

TEV Question 7: Lastly, what do you feel are the global benefits of solar nourishment on our world and our future?

HRM Response: Global healing in all directions is the global benefit. There will be peace, peace and peace everywhere. No energy crisis because sun energy will never end. No pollution because sun energy never produces pollutants. No obesity and no hunger. No AIDS and no cancer. All will be mentally, physically and spiritually fit. Total Health will rule the world. I see a world with human welfare and world peace. Yes we are moving towards the golden age of satyayuga, from present kaliyuga, from bad to eternal good. (I have done my best to answer your questions and you have a right to correct its spelling grammar etc and since you know me you can put everything to public in a proper way. Thanks and with love light and laughter and with kind regards HRM.)