



Reaching Prana with HRM
"Solar Empowering: Nutrition & Nurturing"

Transcribed and adapted by the SUNGazers.

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This talk is about the renewed Sun Science that will give a new direction to humankind and solve many of the ills of the present day human society. Solutions on all fronts -- be it related to physical, emotional, mental and/or spiritual diseases. As a matter of fact, it is the rebirth of a science practiced in ancient times throughout the world. HRM is reviving and regenerating this lost practice. In different parts of India it is known as Surya Namaskar or Sun Salutations. A similar practice was in Greece and in Egypt it was called Heliotherapy, and so too in the Americas – Brazil, Mexico, Peru. The Inca civilization, which spread over South and North America, practiced it. INCA means sun. An example is the health resort sun temples in Machu Picchu, Peru. Ancient writings found on this mountain top describe how to garner energy through the sun. Energy from the sun has been used since times immemorial. We know it is a scientific fact that without sun or its energy nothing will move, every movement of every creature even the various energies electrical, magnetic, wind directly or indirectly sources itself to the sun.

Now days we rarely use the sun energy willingly as we are scared of the solar radiation and treat it like the enemy. Many human crises occur due to the lack of sun energy use. The first major crisis is mental tension and worries. Then lack of self-confidence. Negative thinking. Fear, anger, irritation, greed, hostility, and lack of compassion. All these are ailments of the mind. Can we overcome all these set backs easily? Can the present human kind - each and every one of us, become a good-natured person contributing to world peace?

Yes, if we make use of the sun energy.

The next crisis, after psychosomatic disorders is physical diseases and then lastly spiritual ignorance. We can ourselves hardly liberate us from these problems and diseases. As we age we have the onset of geriatric diseases - Parkinson's, Alzheimer's. The biggest setback we have encountered is lack of immunity. Most of us suffer from poor immunity. We have no energy to tackle day-to-day living. We can overcome all this by taking sun energy. It is an established fact that total health includes mental, physical and spiritual wellness.

We have a super computer in our bodies given to us by nature. This is our brain. HRM calls it the "brainutor". The brain is more powerful than the most advanced super computer. Each and every human being is gifted with innumerable talents and infinite inherent powers by nature. Individuals should never underestimate themselves. Everyone is gifted. If we make use of these powers we can take ourselves to great levels. Unfortunately these infinite inherent powers are programmed in that part of the brain that is largely dormant and goes unused. Even medical science agrees that we hardly make use of the brain – about 5-7% – the most brilliant of humans like Albert Einstein is reported to have used only about 32% of his brain.

If we can activate the human brain and awaken these infinite powers stored in us then we can raise ourselves to higher levels. We can achieve any results we want. In order to operate the brain effectively it needs to be activated. Being a holistic entity it needs a holistic power supply. Sun energy is the source that powers the brain. Sun energy can enter and leave the human body or the brain only through one organ and that is the human eye. The eye is the Sun Energy's entry door to the human brain. Eyes are also known as the window of the soul. Recent research has found out that the eye has many more functions than that of vision. And more information is continuing to be

revealed about the functions of the eye. The eyes are a complex organ and they have 5 billion parts much more than a spacecraft that has about 6-7 million parts. By this you can see the immense capacity of the human eye.

HRM asserts that the rainbow is in eye not in the sky. The seven colours of the sun is only the reflection of what is in the eye. We can create a rainbow anytime we want – go to the garden just observe below a source of flowing water as the sun moves above. There you will see the rainbow. The eye can receive the entire spectrum of the sunlight. It's like having a glass window. The eye is the perfect instrument to receive all the colours of the rainbow.

Since eyes are a delicate part of the body we have to use it in such a way that our purposes are served as well as that it doesn't get damaged. Present day teachings and ideas such as don't look at the sunlight at all -- you will damage your eyesight; never go out in the sun as you will get cancer, is causing needless hysteria and paranoia. The more you are away from nature the more there is cause for illness and you will automatically support global corporations. There are definite foolproof ways of getting from nature the benefits it has to offer and not exposing ourselves to its adverse effects.

Receive sunlight only in the morning or evening hour's 1-hour after sunrise or 1-hour before sunset. It is proven beyond a reasonable doubt that at these times one is free from UV and IR rays' exposure. The UV index remains at 2 all through out winter. The best times to take a sunbath other than winter times are the 2-hour window before sunset and/or after sunrise. Gazing has the added advantage that you get vitamin A and D during the 1-hour window. Vitamin A is necessary for the health of the eye and the only vitamin that the eye requires. If you gaze, the spectacles and the associated power in the eye will go away. This is better eyesight without glasses. It is safe to gaze during the one-hour period of sunrise and sunset or during winter when the intensity is less.

Actually there is no sunrise or sunset. It's how we define it. The sun is fixed; it is the earth that rotates. HRM experimented on his own body for three years and devised this method based on trial and error. This can be accomplished by anyone in any part of the earth in any part of the year. HRM is not a unique figure anyone can do this. Now thousands are using this and achieving results. In Brazil, Australia, Germany more than 3000 people are remaining on light. There are thousands eating light around the globe - a rebirth of a science that was practiced long time ago. Food has bid goodbye to them. It is not that they have stopped eating. Originally this was a spiritual practice now it is a scientific practice. It can be followed by anyone.

When the results become reproducible it will become scientific. This practice will become a challenge to conventional medicine. This is a simple program for humanity. HRM has gone through 125 complementary alternative holistic modalities – in all of them he infers that they rely on the sun energy. HRM has one intention and that is to have humanity become truly independent. We all love to be independent. Are we independent? We become independent if we solve our own mental, physical, and spiritual problems. We can achieve this with the use of the brainutor given to us by nature. As we make use of the sun's power supply and we make use of the energized brain it becomes less and less dormant.

To determine when the sunrise is or the sunset period check the local newspaper to get the daily timings. Both times are good for practice – it depends on individual convenience. Day by day this practice is becoming popular and is being known as the HRM phenomena. HRM envisions that it is the acronym for human resource management!

Sun gazing is a one-time practice of your lifetime. Look at the rising or setting sun – one time per day. First day look for a maximum of 10 seconds. On the second day look for 20 seconds at the rising sun and adding 10 seconds every succeeding day. So at the end of 10 continuous days of sun gazing you will be looking at the sun for 100 seconds i.e. 1 minute and 40 seconds. Stand on bare earth with bare foot. Eyes can blink and/or flicker. Stillness or steadiness of the eyes is not required. Why don't you watch the sun instead of the TV? The intensity of the TV is much more than the rising or setting sun. If you can watch TV you can easily watch the rising or setting sun safely. Have a belief component in you that the sun rays or light that you are getting into the eyes is of immense benefit and will not harm you. This will give you earlier, quicker and better results. Without fail, even with out a belief component also you will get results if you

follow the practice – it will take longer time - that's all. YOU need not restrict any of your normal daily routines in life. There are no restrictions. No fasting, enjoy your food. Hold on to your food like a parent holding on to the infant baby. It is a hunger that will disappear, food that will leave you. Fasting will happen.

Consider gazing from the same place at the same time daily. Following circadian patterns has its advantages. Adding sun gazing to your daily routine will not disturb the flow of the daily routine. If you pray, you can have any prayer of your choice. Any prayer, no particular one is suggested. Prayer is not a requirement. As a precaution have your eyes examined by your doctor. This is to be on the safer side from the scientific viewpoint - so have periodic check ups. Also, you can buy photo sun-cards which are priced at about \$2/= to monitor UV or IR radiation (when cards are kept in the sunlight). There is no need to buy an expensive \$500 photosensometer. If your cheeks get heated up then stop gazing. Use common sense.

When you reach 3 months you would have gazed at the sun 15 minutes at a stretch. When you can watch TV for 3 hours, surely you can see the sun for that long? What is happening as you go up to 15 minutes? The sun energy or the sunrays passing through the human eye are charging the hypothalamus tract, which is the pathway behind the retina leading to the human brain. As the brain receives the power supply through this pathway it activates into a brainrot. One of the inherent brain's software programs has started running. We realize we are a different person now. No mental tension or worries. We have the self-confidence to face life problems. We no more think negatively only positive thoughts arise. We are not fearful. We become fearless - our psychosis has disappeared - so has all the ills of the mind. All this is within 3 months. The first power has awakened.

We human have good and bad qualities -they are 2 sides of the same coin. In the absence of sunlight we develop bad qualities. When sunlight enters the brain --good qualities come to the surface and replace bad ones as they evaporate. Eventually even spiritual ignorance goes away. Sometimes the more we hear and read the more we get confused. We get contradictory information. Red wine is good for you. Alcohol is bad for you. We are baffled with life's problems and detest decision-making. But after 3 months of sun gazing we develop a sense of confidence and know the answers for ourselves spiritually. There is a balance of the mind; we are in a position to judge personal answers – the correct answers. We develop powers that are already inherent in us. Bad qualities disappear; anger, greed and jealousy leave you. You become a lovable creature. Everybody likes you. You will do no wrong. If you are positive or fearless, you will not harm anybody nor pain anybody. You will become a compassionate person. This is a great contribution to world peace. A positive approach creates solutions to problems and waste in society. There will be no need for environmental engineers. We won't throw waste as there is no away. By 3.5 months everything changes.

Mental depression will go away. Psychiatrists are observing that SAD is caused by lack of sunlight. With the practice of sun gazing - not only in winter you will not have depression in your whole lifetime. We will achieve a perfect balance of mind. Fear of death goes away. The state of mind is such that we will welcome death. What is to happen let it happen. No worries. Everyone has some sort of mental disorder. This is our biggest human crisis - thinking. Sunlight definitely removes your mental diseases.

Next, Physical diseases will start being cured. 70 to 80% of the energy synthesized from food is taken by the brain and is used up in fuelling tensions and worries. With a lack of mental tension, brain does not require the same amount of energy as before. As you proceed in sun gazing and as your tensions decrease food intake goes down.

When you reach 30 minutes duration of continuously looking at sun you will slowly be liberated from physical diseases ... since by now all the colours of the sun reach the brain through the eye. Brain regulates the flow of colour prana appropriately to the respective organs. All the internal organs get ample supply of the required colour prana. The vital organs are dependent on certain sun colour prana. Kidney red, Heart yellow, Liver green etc. Colours reach the organs and address any deficiencies. This is how colour therapies work - Reiki and Pranic Healing. There is a lot of information available on colour therapy. This is the process of getting liberated from physical ailments over a six-month period. After 3-4 months you can become cured of your physical ailments with auto-suggestion - -imagining and visualizing healing your ailments while sun gazing. Scientific methods

such as the Solariums, crystals, colour bottles, natural stones, gems, all utilize sun energy. Sun energy is stored in these natural stones. You can keep natural colour stones in drinking water to further hasten healing.

In solariums there is usually a platform at height of 100 feet where 7 glass cabins each one for one of the VIBGYOR colour are constructed. This platform revolves around the sun whole day and according to the nature of the disease diagnosed, the patient is placed in the appropriate colour for healing and cure. Similarly glass drinking water bottles with different colours are kept in sun for 8 hours. The water gets solarized and the water develops a medicinal value and is used to treat different diseases.

Photosynthesis does not mean you need chlorophyll. This concept also we very wrongly understand. Only the plant kingdom needs chlorophyll. Human body can do it with a different medium. Photosynthesis is transforming the sun energy into a usable energy form. This is how Photovoltaic cells work and electricity is produced, similarly water is heated, food is cooked in solar cooker, and solar batteries run automobiles.

Eyes receive the entire spectrum of the sunlight. And the Brain distributes it to the different parts of the body on a need per basis. And one is cured of all diseases. A 3rd intermediate medium is avoided. You are your own master within 6 months. As you continue gazing the sun energy is no longer being utilized to attend to mental impairments or physical ailments and hence its storage level increases in your body. 7.5 months and 35 min of sun gazing this is when hunger starts going down very palpably. Food intake decreases. No one needs to eat more than his or her hunger levels. Hunger comes because of energy requirements, body requires energy and energy is a must. But food is not a necessity for the body to function. Only energy is. Conventionally we are indirectly getting sun energy while eating food that which is a by-product of sun energy. No sunlight – no food will grow. What we eat is secondary sun energy. In 6-months time we are staring to eat the original form of micro food – Our Sun. Also, when we eat secondary energy we put in a lot of toxic waste into the body. This can be totally avoided.

So as we consume the Original form, the sun, hunger goes down. Then hunger starts to disappear. By eight month you should see hunger almost gone. 9 months or 44 minutes for a dull or weak student or with no belief. Max. 9 months or 44 minutes. Your hunger disappears forever. All mechanisms associated with hunger like aroma, cravings, and hunger pangs disappear. No appetite for food. Energy levels are at a higher level. There is a judgment (having had this experience) that the brain is well activated with the sun energy. We become a solar cooker.

We have to give up sun gazing now. Solar science prohibits further gazing after 9 months or 44 minutes for the sake of eye care. The body will get discharged when we stop sun gazing. So we have to recharge. The charge will last for only 6 days. Now we have to start walking on bare foot on bare earth for 45 minutes daily. Relaxed walking only. No need to walk briskly, jog or run. Any convenient time of the day preferably when the earth is warmer and sunlight is falling on your body. When you walk bare foot an important gland in the brain's centre called the pineal gland or the third eye is activated. The big toe of the foot represents this gland. 25 years ago it was considered a useless gland. Now it has become an important gland for study and about 18,000 papers have been published in the recent times. It has always been known as the Seat of the soul. The Pineal gland has optic nerve endings. The remaining four toes represent glands too - pituitary, hypothalamus, thalamus and amygdala. Amygdala for the last 2 years has been gaining importance in medical research. It's a nucleus of the sun energy or cosmic energy and plays the important part of photosynthesis via the sunlight reaching the brain through the eye. When you walk bare foot, your body weight stimulates all these 5 glands through your toes. This is strengthened by the earth heat/energy and the sun prana falling on the head or the crown chakra. The chakras are not in the spinal cord that is an imaginary location; they are definitely in the brain. All these create a magnetic field and the body/brain recharges with the energy of the sun entering in you. Relax. Walk 45 minutes for one year and food continues to be without you. After one year of recharging, if you are satisfied with your progress you can give up barefoot walking. Few minutes of sun energy falling on you once in 3-4 days is enough.

But if you want the immune system to be strengthened then keep on the bare foot walking. Also if you want memory power or intelligence to increase please continue the

walking practice. As you increase the sun's heat on your feet the brain will activate more and more. Pineal gland will become more active. The Pineal gland has certain psychic and navigational functions. Navigational means like the birds one can fly. We can develop psychic skills of telepathy, televisioning; produce your body at different places simultaneously. Science has validated human psychic functions and medical experiments are being done to ascertain this. Different body parts and its organs get purified once you stop eating due to detoxification. The different internal organs play different mechanical parts for the purposes of space travel and flight. There is another utility value (other than food digestion) for the internal organs. All the glands have lot of functions and can perform at optimal level via sun energy. If you are fortunate to activate the brain optimally you surely will reach enlightenment. You can read past, present, and future. Sky is the limit at the same time even limited success is possible. This method can be safely applied to control obesity. Almost all problems get solved.

Lot of people have remained without food historically. Accordingly in 1922 the Imperial Medical College in London decreed that solar rays are the ideal food for humans. But no one has mentioned what their technique is - For e.g. Yogananda in his book Autobiography of a Yogi interviewed many saints and mystics to find out the secret of their lack of eating food ... common reply was that the sun energy is entering through a secret door and reaching the medulla oblongata in the brain. They did not divulge their secret. This knowledge was lost to common folk.

An International team of 21 Doctors supervised HRM in Ahmedabad for 411 days. He remained only on a diet of water. There were volunteers that were on round-the-clock-supervision. Although sun energy is ample for HRM's energy requirements he takes coffee, tea or buttermilk to satisfy his family and doctors.

After the excitement of the findings at Ahmedabad, HRM was invited to Thomas Jefferson University and State University of Pennsylvania in Philadelphia. They wanted to observe and examine his retina, pineal gland and brain. Some of the initial results are that the grey cells in HRM's brain are regenerating. 700 photographs have been taken. Neurons are reported to be active and not dying. Pineal gland is not shrinking which is typically what happens after mid fifties and its maximum average size is about 6 x 6 mm. But for HRM it's been measured to be at 8 x 11 mm.

Sun gazers are volunteering to be tested but due to monetary crunch are not able to document the various physiological results. Sun gazing is the only answer for arthritis, migraine and thrombosis. Thrombosis is a common problem now a day because we sit on chairs and legs are always dangling and hanging. Kneecap replacement has become fashionable. Even when it is not required expensive invasive surgeries are performed due to medical malpractice and greed. Let us not be dependent on external sources. Let us become our own masters. Let us do sun gazing.

You can break up the practice in three phases. 0 to 3 months, 3-6 months and 6- 9 months. You have to walk barefoot for 45 minutes for the rest of your life. Food makes us commit the maximum pain to others and exploit others.

The uniqueness of HRM is that he has surrendered his living body for observation and experiments to the scientific firmament. Brain functions are complicated and one cannot explain why food is not required. How sun gazing is doing wonders is not explained?

Although scientists are agreeing that hunger is definitely being eliminated. HRM recommends these books for the curious: Light medicine of Future by Jacob Lieberman; The Healing Sun: Sunlight and Health in the 21st Century by Richard Hobday.

The cover pages of both these books ask one to get rid of sun glasses earlier the better. We are avoiding the beneficial effects of the solar winds. Nobody is asking you to look at the sun during the day between ten and three o'clock. Also do not use sunscreen. When body gets heated up you perspire and sweat is a waste product and needs to go out of the body. When you are painted or coated with lotions and creams - they get degenerated and the chemicals enter your body. It is our malpractice - our wrong use - why blame the sun for the skin cancers. Sun bathing during the day is to be avoided.

There is a practice in getting energy on a temporary basis in the Americas. To get energy for their body natives take sunbath by standing in the sun for two hours exposing maximum parts of their body and they don't need to eat food on those days. They sustain on micro food of the sunlight. When clouds gather we become gloomy. We see the sun and get energetic.

In this world there are no miracles everything is a science. There is an explanation for everything. Everything is possible. The possibilities are unlimited as is the human imagination. Make use of the sun energy in a safer way and not for harmful purposes.

HRM's request is that to please use this practice for personal welfare/development and for humanity.

Best wishes from HRM.