

# YOGA RESEARCH

The Yoga Research Society Newsletter Number 28 April – September 2002

## Solar Energy

excerpted from a lecture by Shri Hira Ratan

June 28, 2002 at Garland of letters Bookstore, Philadelphia

Namaste - Good evening. With peace and prosperity for everyone in this world, I place before you my experiences in life based on solar energy, and its various uses which easily solve all human problems.

What are our problems? At present, in spite of material prosperity, we have a very big crisis, a human crisis, and that is psychosomatic disorders. There is not mental peace at all. There are mental tensions – fear, anger, lust, greed, negative thinking. We don't have a positive mental attitude at all. This is a common crisis. I can say that 99% of humanity today is passing through this psychosomatic disorder, either in a small way or a big way.

The moment we are born we have a dream of Moksha, Nirvana. But can we achieve this? No, it always remains a dream. To achieve this stage we must die peacefully, Samadhi Moksha, and that also we don't achieve. Why? Our entire life right from birth until death passes through turmoil, mental disturbances. That is the crisis.

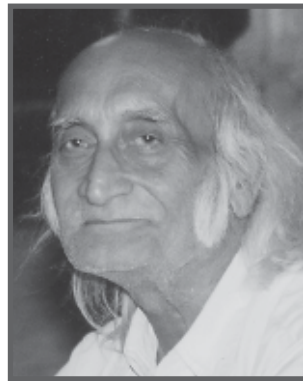
Second is physical disease. Can you overcome these diseases easily?

Third is not controlling or suppressing hunger, but winning over hunger. The human body has a mechanism by which hunger does not arise in you.

Then, to prevent old age diseases. Can we easily increase our intelligence and memory power?

There is a circle of energy around our body. Can we strengthen that area so that viruses or epidemics do not enter

our body? And then, can we activate the human brain which is 90-95% dormant? We are all gifted with super power. Any of us can become Christ, Lord Mahavir, Buddha, Rama, Krishna, Allah. But only if we can awaken the inherent powers that are in us.



Now, unfortunately, the inherent powers are in that part of the human brain which always remains dormant. Medical science is trying hard to find out how we can activate this dormant human brain. Now let us take this brain as a computer, a super computer, and I will call it a "brainuter." You are using your brain as a computer to bring out the powers that are in you, that are hidden in you.

Now, the inherent powers are programs, computer programs. We must operate this human brain. A computer requires energy, there must be some power supply to operate itself. If you want to operate the brain as a computer, to activate this brain, there should be some power supply. We cannot use electricity, nor battery. So solar energy is the only power supply that activates the human brain and solves all your problems of human life very easily.

Now, the human eye is the only part of the body which can receive easily the solar energy, the solar rays, and pass it onto the human brain. They are the only doors to the human brain.

The rainbow is in the human eye. We see it easily in the sky, but we can see it anytime when there is sunlight. If you take a pipe (hose), and release the water, if the sunlight passes through it you will see the rainbow in the opposite direction. You will see it on the drops of water on leaves, or even in the kitchen sink, if the sunlight falls on it. Even if you spit, before it hits the ground, if it passes through sunlight, you will see the rainbow colors.

So these colors are in the human eyes and we are able to see them as a reflection when such circumstances arise. This is the only part of the body which can fully receive all the colors of the rainbow without disturbance.

But the eye, at the same time, is a very delicate part of the body. It should not get damaged. So we have to be very careful in receiving the sun's rays on our eyes.

Now the practice is – early morning, when the sun rises – listen very carefully – early morning, when the sun rises – you stand barefooted on Mother Earth, no grass, no cement, no concrete. Stand straight. Your spinal cord should be straight. And gaze at the sun with open

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We meditate on that most  
excellent light of the divine Sun,  
that it may illuminate our minds.

R̥g-Veda III.62,10

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# YRS 2002

THE 28<sup>TH</sup> ANNUAL CONFERENCE  
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*November 9 & 10, 2002*  
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## SATURDAY

Yogi Amrit Desai  
**Amrit Yoga**

Shree Hira Ratan  
**Solar Energy**

Master FaXiang Hou  
**QiGong Energy**

## SUNDAY

Vijayendra Pratap, PhD, DYP  
**Classical Yoga**

Presentation & Luncheon  
**SKY Foundation**  
**30<sup>TH</sup> Anniversary**  
**Celebration**

eyes for only 5 or 10 seconds on the first day. The eyes can flicker, the eyes can blink, but they should not close. Now (gaze) only 5 to 10 seconds, not a big period. And (gaze) at sunrise when the intensity is very, very less.

The next day, mentally increase the time by a few seconds only. Every day you increase the time by a few seconds at sunrise. Starting with 5 or 10 seconds, you go on increasing, so your eyes get trained, adjusted to this light. When you stand barefooted, the earth along with the sky, take care of your eyes. There is a magnetic force, your eyes will never get damaged.

When you reach the 3 month period, these rays passing through the eyes will slowly charge the entire path that leads to the human brain. At the end of 3 or 3 ½ months, the brain starts receiving this solar energy and it activates. And one program,

one inherent power, comes out.

What is that (power)? You will experience that you have become fearless in life, you are able to face the problems of your life. You have no tensions. You have no psychosomatic disorders. You have no insomnia, you get sleep nicely. You develop a feeling of surrender to your diety, to your God. You become positive. You develop positive mental attitudes.

Now when you get positive mental attitudes, you are not harming anybody. It is only by negative attitudes that we harm other people and when we harm somebody, it is a sin. Here your sins stop, because you are positive. And when you are positive, you are contributing to world peace.

*to be continued*