

YOGA RESEARCH

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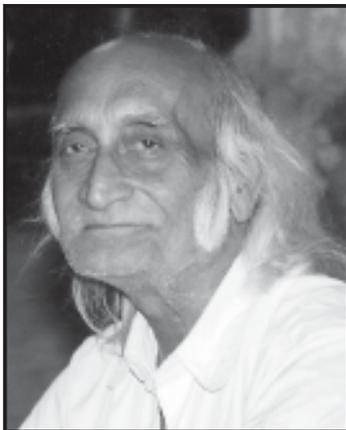
Solar Energy II

excerpted from a lecture by Shri Hira Ratan

June 28, 2002 at Garland of Letters Bookstore, Philadelphia

(continued from Number 28)

The mind becomes so strong with this pre-eminent solar energy that within 3 or 3 ½ months even your fear of death goes away. We know we have to die; with birth, death is attached. We know it is a fact, still we are afraid. But here, death goes away. We welcome death always, let it come because it has to.



When this state of mind comes, in the Gita it is called “Sthita Prajna.” In Jainism it is known as “Samata Bhava.” In medical science we say that the mind is free from all psychosomatic disorders. So the first human crisis is overcome in 3 or 3 ½ months.

Now, again we proceed. We go on again increasing the gazing time at sunrise. When we reach nearly twenty minutes, it takes about six months, all physical diseases disappear. They go away. Now what takes place here?

All the internal organs, all our vital organs, lungs, heart, liver, kidneys – everything is dependent on one of the colors of the rainbow in the sunlight.

In the kidney, it is deficiency of the red color. If the red color is supplemented, the pain goes away. This is color therapy going on. This is known as Reiki or Pranic Healing work in holistic medicine.

Here automatically you are getting that benefit. Just as medicine or food going into the stomach gives the benefit where it is required; similarly, these colors are going into your body, and whether known or unknown every disease goes away at the end of six months. That is the second benefit. This is another inherent power of the mind which nature has gifted to you and which comes automatically.

Again, you are proceeding. This exercise of gazing at the sun, you are increasing every day. When you cross 7-7 ½ months, say 25 to 30 minutes, your hunger starts going down. You are not controlling your hunger at all. See this difference. When you fast, you are controlling hunger. Here, fasting takes place automatically. You are not giving up food. Food is bidding goodbye to you. That is the difference.

Now what is hunger? The body requires energy – not the food. So hunger is in proportion to the energy required by the body; the more energy required, the more hunger, and the more food you take.

And what is food after all, this vegetation or whatever that we eat? It is chromo-therapy, the sun’s rays falling on the earth, falling on the vegetation. So what we eat, even today, is a secondary form of solar energy.

Now here we are, developing a

mechanism to receive this solar energy, the sun’s energy, directly. We are capable of that, everyone of us.

So as this energy goes on storing in your body, as it increases, the hunger goes down, goes down, goes down. And a time comes, at the end of 8-8 ½ months, maximum 9 months, when the duration of gazing is 40-45 minutes. A period comes of 7 or 8 days when you have no liking for food, when you have no hunger at all. But at the same time, your physical and mental fitness remains the same. There is no reduction in the weight of the body. If there is reduction, only extra, unnecessary fat will go away.

When such an experience you enjoy, you can give up this morning (gazing) exercise, because your body has become a solar cooker or a solarium – a storing place of solar energy.

Now we want this energy to ever remain in our body. So we have to recharge, regenerate, recycle. And that can be done by walking barefooted on Mother Earth, a minimum of 45 minutes a day, at any time convenient to you.

But the Mother Earth should be a little hot. There should be sunlight falling on your head. That creates a magnetic field, because all the glands connected with the brain – pituitary, pineal, hypothalamus – they are all in the toes of the feet.

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Truly the light is sweet,
 and a pleasant thing it is
 for the eyes to behold the sun.

Ecclesiastes, 11.7

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The Yoga Research Society and Center for Integrative Medicine
 of Thomas Jefferson University Hospital present **MEDICAL YOGA 2003**

3 SUNDAY WORKSHOPS: MARCH 30 — APRIL 27 — MAY 18



Classical Yoga
Practical / Discussion
 Vijayendra Pratap, PhD
 All 3 Sundays at 11:00am
 March 30 – April 27 – May 18



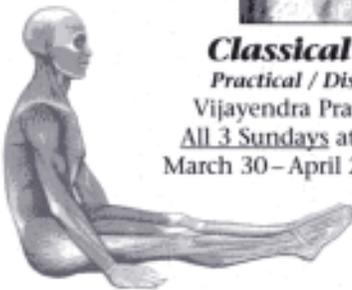
**Secrets
 of the Spine**
 Adam E. Flanders, MD
 March 30 at 2:00pm



**The Skin:
 Key to Health**
 Britt Sanford, MD
 April 27 at 2:00pm



**Consciousness
 & Healing**
 Susan B. Ward, MD
 May 18 at 2:00pm



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 at Thomas Jefferson University, Philadelphia

So walking a minimum of 45 minutes per day, the solar energy that has entered your body keeps you alive without food forever. Now you must do this walking practice maximum one year. Afterward, you can give up even that. Then, no necessity. Even if sunlight falls on your body for a few minutes, even at a gap of three or four days, you are recharged. Your energy is recycled.

Now if you want to increase your intelligence and memory power, then you have to increase the walking time beyond 45 minutes, little by little. You will feel that you are becoming more intellectual, you are developing memory power and your spiritual ignorance is also going away.

And that is the first part of how you use solar energy to live

happily, die happily, and make life after death also happy. We all believe that there is life after death. Which form it takes, in that we have differences of belief. Let us not go into that. But there is life after death. And that is our dream – that life after death should also be happy, that we should be in a happier form.

So here, by making use of solar energy, you are living happily and you are dying happily because you develop positive mental attitudes, and your fear of death goes away. You have surrendered to your loving God, your death is ultimately peaceful, it will be Mahasamadhi. And ~~that being so, your~~ life after death will also be happy.

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