

Solar Health; Solar Wealth with Master Omraam, Helios, Surya, and Hermes
Meru University Course 1008
SYLLABUS

Instructors: David Christopher Lewis, and Wayne Purdin

Sponsors: Beloved Master Omraam, Helios, Surya, Hermes

COURSE DESCRIPTION

This course will explore, through basic and advanced sun yoga techniques of sungazing, sunbathing, visualization, and color therapy, the beneficial effects of sunlight, darkness, and color on physical and mental health and inner and outer vision through stimulation of vitamin D3 production and their effects on the glands in the brain, particularly the pineal and pituitary glands and the hypothalamus. The relationship between light and wealth will be discussed in terms of spiritual prosperity. The true meaning of wealth and the importance of divine direction will be explored. Finally we will learn techniques of solar alchemy for the precipitation of desires.

REQUIRED COURSE MATERIALS

Liberman, J. (1991), *Light: Medicine of the future*. Santa Fe, NM: Bear & Company ISBN-13: 978-1879181014

Aivanhov, O. M. (1983) *Light is a living spirit*. Frejus, France: Prosveta ISBN-13: 9782855663913

Christ, B. (2004) *The sun & the sunrise meditation: Working with the divine image*, available from <http://www.liveyourquest.com/ecrits/sun.pdf>

OPTIONAL COURSE MATERIALS

Aivanhov, O. M. (1980) *Toward a solar civilization*. Frejus, France: Prosveta ISBN-13: 978-2855663739

Aivanhov, O. M. (2001) *The splendour of Tiphereth: The yoga of the sun*. Frejus, France: Prosveta ISBN-13: 978-1895978056

Hobday, R. (2000) *The healing sun*. Findhorn, Scotland: Findhorn Press ISBN-13: 978-1899171972

Purdin, W (2009) *The SOLution: Laying the foundation for a solar civilization*. (audiobook). Glendale, AZ: ISIS Press

FORUM:

Please post experiences and thoughts from your activities on the forum. You may also enjoy choosing to reply to one or two other students' posts.

RECOMMENDED LINKS TO RESOURCES AND TOOLS:

HRM's website is <http://www.solarhealing.org>

The instructor's website is <http://www.suncenterofphoenix.com>

The best sun yoga website by sun yogi Lincoln Gergar is <http://www.sunlightenment.com>

Petre Liviu from Romania has collected tremendously detailed information on sungazing from years of research. His research includes the diverse history of sungazing through the ages, many health effects, numerous testimonials, and spiritual matters. His website and forum are <http://sunlight.orgfree.com/> and <http://health.groups.yahoo.com/group/sunlit/>

Another link is a free e-book "Living on Sunlight" by Vina Parma, available from <http://www.scribd.com/doc/378210/The-Art-and-Science-of-Sun-Gazing-Living-on-Sunlight>. This contains a transcript of HRMs lecture on sungazing plus dozens of answers to frequently asked questions about sungazing.

WEEK 1 TOPIC AND OBJECTIVES (What students will be able to do)**Effects of Sunlight on Eyesight and the Pineal Gland**

- Explain the importance of unfiltered sunlight entering the eyes for improving vision.
- Compare the difference between incandescent light, fluorescent light, full-spectrum light, and sunlight.
- Disprove the myth that looking at the sun can cause blindness.

WEEK 1 OUTLINE

1. Invocation – David
2. Welcome and review of the syllabus and important links
3. The importance of sunlight for vision health and general health
4. The principles of safe sungazing
5. The sunrise meditation
6. Extreme sungazing, temporary blindness, and celestial vision
7. Students ask any questions about the material.
8. HeartStream from Master Omraam

WEEK 1 ASSIGNMENTS

1. Read chapters 2 and 5 of *Light, medicine of the future* before class 1.
2. Begin or continue sungazing, following the instructions on the Sungazing Handout.
3. Listen to the dictation of Hermes Trismegistus from March 6, 2007.
4. Listen to Audio Excerpt #1 from Master Omraam's lecture "The Importance of Light."
5. Begin the Sunrise Meditation, following the instructions on the Sunrise Meditation Handout. Keep a journal of the thoughts that come to you and try to write in it soon after your meditation. Access the daily meditations from <http://www.liveyourquest.com/ecrits/sun.pdf>.
6. Share your thoughts and experiences on the Forum.
7. Read Chapter 3 of *Light, medicine of the future* for the next class.

WEEK 2 TOPIC AND OBJECTIVES

Effects of Sunlight on the Endocrine System

- Explain the importance of bright full-spectrum light for mental health and hormonal balance.
- Explain the danger of artificial light, especially non-full-spectrum light on our body and psyche.
- Explain the composition and effects of Amrita and what stimulates the pineal gland to secrete it.

WEEK 2 OUTLINE

1. Invocation - David
2. Effects of fire and sunlight on the endocrine system
3. The role of the Hypothalamus, and the Pineal and Pituitary glands
4. Amrita, the nectar of immortality
5. The Kechari mudra and safe techniques for stimulating the third eye
6. Students discuss Forum posts and any questions from the material.
7. HeartStream from Helios

WEEK 2 ASSIGNMENTS

8. Add advanced palming to your sungazing routine. The only difference with regular palming is that you will now turn your back to the sun and when the afterimage is half-faded, remove your hands, and with eyes closed, move your eyes up, to the right, down, and to the left several times. Then, squeeze your eyes shut as tight as you can to the count of 12. Do this three times. When you open your eyes, gaze at green grass or anything green for a minute.
9. Continue with the daily sungazing and sunrise meditation. Continue meditating in the dark after sungazing.
10. Sleep in total darkness. While going to sleep, visualize colored balloons.
11. View Part 1 and 2 of video on light therapy at <http://www.youtube.com/watch?v=BKSIgu0QBM&feature=related>
<http://www.youtube.com/watch?v=IwneIN8icfQ&feature=related>
12. Share your thoughts and experiences on the Forum.

13. Read chapters 1, 9, and 11 in *Light, Medicine of the Future*.

WEEK 3 TOPIC AND OBJECTIVES

Sunbathing and Vitamin D3

- Explain the importance of unfiltered UV radiation from sunlight for health.
- Disprove the myths about skin cancer from sunlight exposure.
- Identify the principles of safe sunbathing.
- Explain the effects of Vitamin D3 on the health of various organs and systems of the body.

WEEK 3 OUTLINE

1. Invocation - Wayne
2. The history of sun healing and current medical thinking
3. Safe sunbathing
4. Dr. Michael Holick, author of *The UV Advantage* speaks about the importance of sunlight and vitamin D3 for health.
5. Q & A with Dr. Holick
6. Students share posts from forum and ask questions about the material.
7. HeartStream – prerecorded new or replay from Master Omraam

WEEK 3 ASSIGNMENTS

8. Between sunrise and 10:30 am or 4:00 pm and sunset, sunbathe, following instructions on Sunbathing Handout.
9. Listen to excerpt 2 from Master Omraam's lecture on the Importance of Light.
10. Start drinking, cooking, and medicating with sun-charged water. Follow instructions on Sun-Charged Water Handout.
11. Share thoughts and experiences on the Forum.
12. Read chapters 4 and 6 in *Light, Medicine of the Future*.

WEEK 4 TOPIC AND OBJECTIVES

Colored Light Therapy

- Understand the healing effects of various colored lights on our organs and systems.
- Delineate the history and major figures of color light therapy.
- Explain the spiritual effects of higher octave light on our finer bodies.

WEEK 4 OUTLINE

1. Invocation - David
2. The history of color therapy from Hermes to Dinshah Ghadiali
3. The healing and emotional effects of the various colors on associated organs and systems
4. The spiritual effects of colors as taught by the ascended masters and Peter Deunov
5. Dr. Liberman's Syntronics color therapy
6. Students share posts from forum and ask questions about the material.

7. HeartStream from Surya

WEEK 4 ASSIGNMENTS

8. Experiment with color therapy, by drinking color-charged sun water and visualizing your aura filled with a certain color, and breathing that color in for a few minutes before going to sleep at night.
9. Follow the instructions on the Color Therapy handout.
10. Continue with the daily sungazing, sunrise meditation, palming, meditating in the dark, and sunbathing.
11. Read chapters 2 and 3 in *Light is a Living Spirit*.
12. Listen to excerpt on spiritual galvanoplasty from Master Omraam's lecture on *The Role of the Mother in Gestation*.
13. Listen to the God of Gold's dictation from November 23, 2008.
14. Share your thoughts and experiences on the forum.

WEEK 5 TOPIC AND OBJECTIVES

The True Nature of Wealth and Light

- Distinguish between material and spiritual prosperity.
- Understand the nature of ORMUS and how it is obtained from the sun.
- Define wealth in various ways.
- Obtain Divine Direction.

WEEK 5 OUTLINE

1. Invocation - David
2. Metallic gold vs. golden sunlight
3. White powdered gold (ORMUS) and its connection with sunlight
4. Higher definitions of wealth
5. The importance of divine direction in fulfilling your life purpose
6. Doing what you love
7. The purpose of money and possessions
8. Student's share forum posts and ask questions about the material.
9. Introduce MU 1009, The Confluence of Cycles.
10. HeartStream from Omraam

WEEK 5 ASSIGNMENTS

11. Perform the Divine Direction Ritual (to be released by David) daily during the week. Do not share any results; keep it alchemical.
12. Research the many ways in which the sun is a part of our culture, both past and present. For example, in religion, in art and architecture, in music and songs, in dance, in drama and literature, in sports, in astrology, in science and technology, in medicine, and in national festivals. Share on the forum.
13. Continue with the daily sungazing, sunrise meditation, meditating in the dark, advanced palming, sunbathing, and color therapy.
14. Listen to the excerpt from Master Omraam's lecture on *The Divine Seed*.
15. Read chapters 1, 5, and 9 in *Light is a Living Spirit*.

WEEK 6 TOPIC AND OBJECTIVES

Solar Alchemy

- Understand the principles of Solar Alchemy.
- Use Solar Alchemy to manifest something specific that you desire.

WEEK 6 OUTLINE

1. Invocation - David
2. Telesma and how to become living talismans
3. The Emerald Tablets of Hermes Trismegistus
4. The 12 steps of solar alchemy
5. The ritual of the sun
6. Students share forum posts and ask questions about the material.
7. Tell students about the course evaluation.
8. HeartStream from Hermes Trismegistus

SUN PRAYERS, SONGS, AND RITUALS

Recite the following prayers, songs and rituals to the sun from The Hearts Center's prayer book and song book during the week, especially before the class and before engaging in any of the practices of sun yoga and before going to sleep at night. And remember to make the call to the sponsoring masters to take you in your soul consciousness and etheric body to the Temple of the Sun in the heart of the sun to receive further teaching while your body sleeps at night:

20.001 – "I Am the Sun"

20.013 – "Omraam, Come!"

20.015 – Sun Gazing and Emanation Meditation

20.022 – Solar-Sphere Invocation

10.006 – Surya, Cuzco, Clear the Way!

40.014 – I Sing the Song of my Return to Beloved Alpha and Omega

Song 51 – This Solar Light of Mine

Song 52 – Come, O Sun of Righteousness

Song 53 – Great Central Sun, We Pray

Song 54 - Hymn to the Great Central Sun

Song 55 – Children of the Sun