

Sun Gazing and Emanation Meditation 20.015 (9.012)

*Face the sun. Slowly raise your right hand toward the sun. Then slowly raise your left hand toward the sun. Cradle the sun in your hands.**

As you breathe deeply, feel the acceptance within and throughout your being of the great solar radiance and all the subtle spiritual rays, particles and substances that the Sun behind the sun emanates through the physical sun. Allow this energy to flow into you through your eyes as well as your left hand and arm. Also, feel it entering your heart and then being distributed to all your spiritual centers, systems, meridians, organs and cells.

Once you feel your spiritual batteries fully charged, then allow that energy, qualified with your own love and adoration, to be returned to the sun through your right hand. See the forming of a continuous flow of energy between the sun and yourself as a spiritual circuit is established and energized.

As you enter into complete resonance with the sun, give the following mantras as you continue meditating:

AUM

I AM the Sun. (12, 24 or 36x) AUM

I AM the One. (12, 24 or 36x) AUM

I AM the Sun. (12, 24 or 36x) AUM

(Continued)

*Health Warning: Be careful not to gaze directly at the sun unless you have studied and mastered sun gazing. Blink or close your eyes or look slightly away from the sun as necessary throughout this meditation so as not to damage your eyes. Ideally this meditation should be experienced during sunrise. The sequence of offering the other prayers may be adjusted according to your time of arising and the timing of your sun-gazing experience.

If you are doing this meditation in a group, you may also give the following mantra:

We are One! (12, 24 or 36x) AUM

After these mantras, see yourself emanating as a Sun Presence to all sentient life, distributing currents of spiritual energy and those higher resources of light that are essential for personal and planetary enlightenment, harmony and peace. You can repeat the mantras above or give additional "I AM" statements as you are inspired each day.

Day by day feel the increase in the spiritual amperage or intensity of this radiance as you build up a tolerance for more light within your aura, chakras and cells through this meditation/emanation time with the sun. Move and dance as you feel inspired, using Tai Chi, Qigong, Aikido or other movements while you continue to breathe deeply and emanate light. Be creative, sing or enter into sacred silence, but most of all, have fun!