

# Rules of Sun Gazing

(Updated 1-11-2014)

**IN LIGHT OF THE FREQUENT AND SEVERE SOLAR FLARES THAT ARE OCCURRING ON THE SUN, I DO NOT RECOMMEND DIRECTLY GAZING INTO THE SUN AT THIS TIME. IN ADDITION, I WOULD NOT RECOMMEND SUN GAZING FOR FOUR (4) DAYS BEFORE OR AFTER A SOLAR FLARE OR A SOLAR ECLIPSE.**

**You can get updated solar flare information at: <http://www.spaceweather.com/>**

**You can get updated solar eclipse info at: <http://eclipse.gsfc.nasa.gov/solar.html>**

1. Get a digital clock with a timer (some cell phones include this as a feature). This will assure that you do not increase your sun gazing time more than 10 seconds per day. After sun gazing, it will be difficult to read numbers on a watch until you complete the hand palming technique (item no. 11 below.) This is why a timer is so important.
2. Do not eat 1 hour before sun gazing or 1 hour after sun gazing. Drink plenty of water (preferably sun-charged).
3. Do not wear any contact lenses or glasses while sun gazing.
4. Stay within one hour of sunrise and sunset. Check the local weather on the internet for sunrise and sunset times or check your daily newspaper for the time.
5. Stand barefoot on bare earth. Slightly bend your legs but keep your back straight. Start sun gazing 10 seconds once per day (either at sunrise or sunset) and increase 10 seconds daily. **FOR SAFETY, DO NOT INCREASE MORE THAN 10 SECONDS PER DAY.**
6. Start with eyes closed to get acclimated to the bright light.
7. Warm up by looking at the sun for a few seconds moving your eyes all around then close your eyes and cover them with your hands for a few seconds. Notice the afterimage (color, intensity, duration). Do this several times to get your eyes accustomed to the sun.
8. Before sun gazing, move your eyes all around the sun. Eventually you will feel comfortable setting your gaze directly on the sun. Never feel obligated to gaze directly at the sun. Moving the eyes around is always okay.
9. Press the tongue upward against the back of the roof of the mouth while sun gazing.
10. Stop if the sun feels too strong.
11. Cover your eyes after sun gazing with the palm of your hands until the afterimage dissipates. Again, note the color, intensity and duration.
12. Continue increasing by 10 seconds daily until you get to 44 minutes. It will take around 9 months or more depending on where you live.

13. If cloudy, look at the sun through the clouds but don't add time.

14. For more information on the benefits of sun gazing go to: <http://solarhealing.com/process>

**15. After you reach 44 minutes of sun gazing:**

(a) For the safety of the eye, it is recommended that you give up sun gazing for life and do relaxed barefoot walking on bare earth for 45 minutes per day for six (6) days, preferably when the earth is warm and sunlight is falling on your body. You may continue barefoot walking for one year to recharge the body. After one year, you can give up barefoot walking. A few minutes of sun energy falling on you once in 3-4 days will be enough to keep you charged from then on.

It is recommended not to sun gaze after you reach 44 minutes as there is no scientific evidence available to determine what effect it will have on the eyes.