

How to Do Sun Gazing Safely

- **Warning:** It can be harmful to look at the sun during non-safe hours (the time between one hour after sunrise and one hour before sunset). If your eyes are blinking very rapidly or if your face is getting heated up during the practice, you are probably watching the Sun during non-safe hours. Beginners are encouraged to do sun-gazing when the sun is dark orange or red in color (towards the beginning of sun-rise or toward the end of sunset).
- You **start by watching the sun during safe hours 10 seconds a day**, and gradually increment the time you watch the sun by 10 seconds everyday until you reach 45 minutes (it will take 9 months to reach this number). Upon reaching 45 minutes you can revert back to doing 5) sungazing for 15 minutes a day to keep the benefits.

Some of the benefits of Safe Sun Gazing

1. **Physical Benefits: (Can be felt in 3-6 months of Practice)**

- Improved vision.
- Improved health and immune system. Never get sick again.
- Aids natural healing from various kinds of diseases and ailments like CFS (Chronic Fatigue Syndrome), Migraine, etc.
- Increased energy
- Reduction in hunger eventually leading to Inedia (Breathanarian or Breatharian) state.

2. **Mental and Emotional Benefits: (Can be felt in 1-3 months of practices)**

- Peace, calmness and clarity
- Emotional balance and reduction in irritability and stress.
- Heal painful emotions like anger and resentment.
- Increased Euphoria and Joy.

3. **Spiritual Benefits: (can be felt after 6-9 months of practice)**

- Increased spiritual awareness.
- Ability to awake psychic abilities.
- Ability to go into deeper meditation more effortlessly.

Sungazing always with appreciation and gratitude in the heart for all the Sun gives us.

Note:

1. If you normally wear glasses, **REMOVE your glasses** when you do sun gazing. Your vision will improve gradually as you do the sun gazing practice but you will need to update your glasses accordingly to keep the benefits or you may reverse the effect by using the same glasses. Best effects are seen when you can remain without glasses for a few months if possible so that you can allow your vision to improve naturally.
2. After finishing your practice close your eyes. Keep your eyes closed for at least 30 seconds until the internal image of the sun fades away. During this time you can also say a prayer if you wish. Use your palms to close your eyes and let the eyes relax. Slowly turn away from the direction of the sun, and uncover your palms and slowly open your eyes. Make sure while opening your eyes, that you are looking elsewhere and not looking back at the sun. This step will help your eyes recover and reorient easily. You might notice that your vision has improved and everything looks sharper and clearer.

Sources:

<http://yogikanna.com/sungazing/>