

This is a time of transition. There is a breakdown in social and personal security. With increasing polarization and distrust among the nations and peoples, there is mounting violence and bloodshed in this fragile ecosystem we call Earth. A philosophy of peace, both world and personal, must be based on unity, rather than differentiation. It is now imperative that all of us understand the common bonds between all peoples. The great spiritual paths have all taught that the solution to the world's problems is to transcend the restrictive personal ego, and realize the higher dimensions of humanity - the essential one-ness underlying our individual experiences.

There is a common bond among all beings on earth. All life is based on and sustained by the great Light of the Sun. It is an indisputable scientific fact that there would be no life on Earth, without the Sun. Our Sun gives his life-force and light to all beings on earth, regardless of race, gender and beliefs. The rich and the poor are treated equally by the Sun. Those who act positively and those who act negatively are equally embraced by the light and love of this visible representation of the invisible Divine cosmic Love and Light.

There is no higher visible connection to the universal life-force than compassionate *Surya* [one of the many Sanskrit *Vedic* names of the Sun]. There is no greater source of healing and purification for humanity. Throughout the ages, all peoples have looked up to the Sun, in love and gratitude, for the gift of life. Some, propelled by dark ignorance, have distorted their 'worship' with self-serving and humanity-hating practices, while others have been led to ignore this visible representation of the invisible creator. It is a tragic fact that in no other time in humanity's past, have so many lost their connection with the Sun, as we have.

## *selfHealing with Solar Power*

I have written this book to share the practice that will enable and empower you to tap into the healing and purifying power of the Sun. Through my own practice over more than ten years, I have seen, time and again, the beneficial results for myself and others. I have also taught the techniques to many people, from different walks of life, who have found the power of the spiritual Sun to be a real and effective force for healing and purification.

It must be emphasized throughout that when the power of *Surya* is invoked, it is not only the physical form of the Sun that is to be accessed, but the energetic and spiritual essence. Humanity has been endowed, not only with a physical form, but also with energetic, emotional, mental and spiritual aspects, and even plants have feelings. With what arrogance and ignorance, do the children of the Sun, consider their creator, to be only an inert fireball?

Through the sincere and constant practice of the *Surya Sadhana* [solar practice], you will heal the physical body, acquire greater vitality, overcome all negativity, and also come to a greater understanding and realization of your true nature.

The real nature and significance of the Sun has always been realized and taught by the true saints and seers of all cultures, especially by the ancient *yogis* of India. The great spiritual classics, such as Vedas and Upanishads all sing the praises of the Sun, the light, and the fire, as witness, friend and sustainer of all life. There is a continuity from those ancient days to the current fast-paced, technologically driven culture – the Sun, Light and Fire are still praised everyday by millions in India. Tragically, much of the knowledge in other parts of

the world have been lost or suppressed by neo-religious fanatics over the last several millennia.

For the Western World, the most defining time of the last millennia, was the end of the ‘Dark Ages’, heralded by the efforts of Galileo and Copernicus, to put the Sun in its rightful place. Putting the Sun back in the center of the solar system, started the Age of Enlightenment! Let us now begin the process of putting the Sun back in its rightful place in the center of our lives, and start the Age of Self-Realization.

The *Surya Sadhana* that I’m sharing with you was taught to me by a realized Master of *yoga* – Yogiraj Gurunath, of the ancient *Nath* lineage. It is his vision that through this practice we will connect with the external Light, in order to realize our internal Light.

The practices included in the *Surya Sadhana* do not belong to any religion and is not a religious practice in the usual narrow use of the term. They do help to open the practitioner up to a more profound and higher dimension of awareness and experience. Regular practice will help you feel the unity and harmony of all life.

May all peoples be free from suffering,  
May everyone be happy and find peace.  
*Om Shanti, Shanti, Shanti*