

THE INFLUENCE OF THE SOLAR ENERGY by Peter Deunov

Peter Deunov, the master teacher of Omraam Mikhael Aivanhov, teaches in this article how the sun's energy can heal various parts of our physical bodies and increase our overall health. This article looks in depth at the seasons and daylight hours, teaching how the changing levels of sunlight affect different parts of the body.

The Influence of the Solar Energy

The sun is a source of living energy for the whole solar system. In relation to the earth, the energy of the sun is positive. This energy develops into positive and negative electricity, and into positive and negative magnetism. The energy of the earth in relation to the sun is negative (the earth has two kinds of energy, but the negative is predominant, while of the two kinds of energy, which the sun possesses, the positive is predominant). By the contact of these two kinds of energy, life is produced on Earth. The powerful mediator, which unites and transforms these two energies, is called ether by the scientists. It penetrates all space and the whole earth. The occultists call it vivifying plasma; the mystics call it spirit. And in the book of Genesis (ch. 1, verses 1-2) it is said: "In the beginning God created the heavens and the earth. And the earth was waste and void; and darkness was upon the face of the deep: and the spirit of God moved upon the face of the waters".

The structure of the sun is the same as the structure of the cells. The sun is composed of three regions: the one of them prepares the energies, the second one accumulates, collects and transforms them; while the third – directs them to the earth. These three regions exist also in the cells: an outer region which receives the solar energy; a second one which accumulates it within itself; and an inner region, which works it over and transforms it into a vital force. These three regions are found also in the organism in a more developed form. In the embryo, one can recognize them most easily. The first, outer, visible envelope of the embryo is called ectoderm; the intermediary one is called mesoderm, and that which is in the center, the most internal, is called endoderm.

The energy which our sun receives from the central sun of our visible universe is positive at first, but afterwards it is polarized into positive and negative. There exists an important law that the more negative the earth, the greater its capacity of receiving the positive solar energy; and inversely, the more positive the earth, the lesser its receptive capacity.

Every celestial body receives energies by its negative pole and emits them by its positive pole.

When a center is positive, it gives, but when it is negative, it receives. The positive energy creates, while the negative – constructs.

The greater part of the energy, which our sun receives from the central sun, is consumed by the sun itself. Comparatively a very small amount of it is transmitted to the planets. The energies, which the earth receives from the sun undergo a considerable transformation, for as they penetrate the earth-layers, the latter absorb all their nutritive elements and only that which is not of any more use remains. Thus the earth throws into cosmic space those energies, which are of no more benefit to its development and growth. From there, by certain special ways, these energies return to the sun, which on its part, redirects them to the central sun for further modification and transformation, until their primary rhythm is achieved.

From midnight till noon the earth (i.e. a respective part) is negative and receives more, while from noon till midnight it is positive and gives more. Beginning at midnight, the earth starts to project into cosmic space negative energy and in return, to receive positive solar energy. At sunset the earth is

positive to the highest degree, and consequently it gives most. In the afternoon, the earth starts to project into cosmic space positive energies and after it has emitted a sufficient quantity, it becomes negative. This is gradually done and it is toward midnight that the negative energies become predominant. The earth is negative in the highest degree at sunrise, which means that at that time it receives most. This fact is of highest importance for us, since it reveals the great significance and value of sunrise. We must take into consideration the following law: we form a part of the earthly organism and therefore when the earth receives, we also receive and when the earth gives, we also give*. This is exactly why the first rays of the sun are the most powerful. At that moment the human organism is most receptive toward the solar energies. There is always more vital energy or prana in the morning than at noontime, and the living organism absorbs the greatest quantity of positive energies (prana) at that time. The first rays of the sun (at sunrise) are most active; the sun is then at the apogee of its activity.

The solar energy passes each day through four different states. From 12 o'clock midnight to 12 o'clock at noon there is an influx of solar energy, and from noon to midnight – a reflux.

The influx, which begins at midnight, reaches its culminating point at sunrise; it is then most powerful and vivifying. It gradually decreases till noon and then the reflux begins which reaches its highest point at sunset. According to the law of motion, that part of the earth which turns itself constantly toward the sun and approaches it, is found in the most favorable conditions for its development, while that part whose distance from the sun increases loses most of the conditions. One hour before sunrise the solar energies exercise a purely psychological influence upon the cells of the human body, and by refreshing and invigorating them, create a new impulse toward activity in the whole body.

Before sunrise, the rays which are refracted in the atmosphere, influence mostly the brain. During sunrise, the rays which come in a straight line, influence mostly the respiratory system and our sensitiveness; while toward noon, the same rays have an influence upon our digestive system. That is why the curative power of the solar energy is different during different hours of the day, before sun-rise – for the amelioration of the cerebral nervous system; at sunrise -for the strengthening of respiratory system, and from 9 till 12 at noon, for the strengthening of the stomach, that is to say, during that time of the day, the sun rays have a curative effect upon the sick stomach. In the afternoon, the curative effect of the solar energies is of smaller importance.

At the first sight, it would appear that the solar rays are most curative about one or two o'clock in the afternoon, since the heat is greatest then. But if the solar rays had a curative effect through their heat, why then could not the heat of the stove be a substitute for their curative power? It is not the solar heat which is the main curing factor, but this function belongs to other energies of higher order, which we may call prana (vital energy) in regard to which the earth is more receptive in the morning.

The latest scientific researches declare that the solar rays are most curative before noon, but someone might object that when it is sunrise for us, it is noon for some and sunset for others. Then why this difference in the curative action of the rays during the different hours of the day? The reason for this difference lies in the varying receptive aptitude of the earth and the organism.

Let us follow the course of the year as an analogy. The solar rays do not act in an uniform manner during all the seasons of the year. The earth (that is a respective place) is most negative in the beginning of the spring and that is why it receives most at that time. This is the reason why of all seasons of the year, the solar rays have a most curative effect during the spring. Starting on March

22nd, the earth gradually becomes more positive. During the summer it is quite positive and receives less. (The summer rays also act curatively but to a lesser degree).

In the beginning of spring there is more prana and the organisms absorb the greatest quantity possible, while during the summer the heat increases but not the prana, or the vital energy, which is so abundant in the spring. There are certain signs by which we can know when nature is more rich in prana.

In this way the solar energy exercises four kinds of influence during the four seasons. The spring and the summer represent the influx of energy, while the autumn and winter - the reflux. That is why the most beneficial influence of the sun begins on the 22nd of March. All the well-constructed organisms profit by this energy, while the weak ones, on the contrary, become weaker.

The earth begins its creative work on March 22nd when its creative forces reach the climax of their activity. Since positive solar energy comes in an increased amount to the earth during this time, the creative energy of the latter is increased, stirring an intense growth in all things. The greatest organic activity takes place at that time.

The most favourable time for renovation and development starts on March 22nd and continues during the whole of April and May, till June 22nd. On this last date all growth ceases.

The day can be divided into 4 periods of 6 hours each: from midnight till 6 o'clock in the morning constitutes the time of spring, from 6 o'clock in the morning till 12 at noon - is the time of summer; from 12 at noon till 6 in the evening (till sunset) - it is the autumn; and from 6 o'clock in the evening till midnight - it is the winter. Because of the movements of the earth during certain times of the year the summer of the day is longer and the winter shorter. The contrary takes place in winter.

We, the inhabitants of the earth, must follow in our life the example the plants give us; they understand better than us the law of growth. The solar energy arrives here as a large current, which encompasses the earth from the north to the south pole and returns to the sun. Certain men of learning support the idea that it is precisely this energy which causes the movement of the earth around its axis. When certain plants begin to feel this potential energy manifesting on earth they start budding and preparing themselves, and when this energy is increased, they blossom up and try to absorb as much of this energy as they can in order to be fructified. This energy is transmitted to plants by the vivifying plasma. This is exactly why when we see plants budding and blossoming, a new inner joy is reborn in the human soul, that the day of its liberation is approaching. All the fibers of man's being should vibrate with a tender feeling for this animating force, which envelops him if he would be a recipient of its beneficial influence, which would refresh and renew his thoughts, feelings and strength.

In spring and summer, beginning on March 22nd, it is good for one to go to bed early and to get up before the rising of the sun to welcome it and to receive the part belonging to him as the bees gather the nectar of the flowers. It would be sufficient for one to practice this in the course of some years, in order to be convinced in the truth of this statement. A blind faith is not necessary, for each one will work out his own conceptions and opinions concerning the beneficial influence of the sun. There is absolutely no place for deception in this fact, since it is based upon a profound understanding of a fundamental law of august nature. We should always be in agreement with its

injunctions and understand that they contain the methods for our life. And if we live in perfect accord with them, we can be always intelligent, healthy, strong and happy. Therefore, we should have a heart full of the best feelings when we are to welcome some of the servants of nature. And one of these servants is the sun. That is why the Psalmist says: "It is a good thing to give thanks unto the Lord, and to sing praise unto Thy name, O, Most High; to show forth Thy loving kindness in the morning" (Psalm 92) ; but he does not say; "To sing praise unto Thee, Lord, in the evening." When Nature starts working, then we should start work, also. This is the Divine, sublime thing in life: to think and to feel as we see these manifestations in the supreme Reason of the august living Nature, and not to follow after the inventions of all sorts of systems and beliefs of men. For the most just conception of life is the Truth; the essence of life is Love and the sense of this life is Wisdom.

We mentioned before that there exists an analogy between the solar system and the organism. The processes taking place in the organism find an analogy in those of the solar system. When the solar energy enters the brain, it undergoes the same modifications as those which occur when it first enters the sun after leaving the central sun. This fact is difficult to explain, since men generally have a mechanic conception of things, instead of a psychological one, based on reason. The feelings, the sensitivity, constitute the negative pole, while the thought - the positive pole. In the human organism the brain is positive and the sympathetic nervous system is negative. It is the same in the cosmos. In the left side of the body the energy descends toward the left foot and then, by way of the right foot and the right side it moves upward. There exists such an electromagnetic current around every organ. For instance, positive energy passes through the right eyebrow, which turns and passes under the same eye, where it becomes negative energy. From there it mounts over the left eye, where it becomes positive again. After that it moves under the same eye as negative energy. In this way the movement of this energy resembles the number 8.

At the point between the eyebrows, or at the root of the nose there is a center of reason, which regulates these currents around the eyes. One might call this center the Silent, the Rational in nature, which regulates the forces.

The circulation of the blood is due mainly to electromagnetic currents. If they did not support the flow of the arterial blood, the heart would be incapable of doing this alone. But the blood moves in the human organism by the help of that cosmic impulse in the world, which constantly regulates the blood-circulation of all organisms. The movements of this protoplasm in the cell, the circulation and rotation, the movement of the sun, planets and the other celestial bodies, are all due to this same electromagnetic current.

The energy which the earth draws from the sun can be compared to the arterial blood and that which it sends back to the sun can be compared to the venous blood. Our sun plays the role of a heart, but this role is still better played by the central sun. As the impure blood must return from the tissues to the heart and then go to the lungs to be purified, in the same way the energies of the earth return to the sun, in order to regain their primal rhythm.

We consider the sun not as a dead body, but as a living being. Let us admit, for example, that a certain learned man salutes from a distance contemporary men with his outward appearance. What would be our idea of this man? The study which we would make of his will concerns only his physical side. Let us suppose, on the other hand, that this same learned man, by some reflector, would send us his rays - some well-written poems by which he would salute us, or that he would send us his

fruits. In the first case his energy would be destructive, in the second stimulating, and in the third invigorating. At the present time, we are studying only the two kinds of solar energies. All illnesses on the earth are caused by the sun, that is to say: if we are hardhearted, unresponsive and stubborn, the sun salutes us by its outward appearance; if we are wise, it salutes us by its bright poems, which fill us with joy and gladness; and if we are spiritually elevated and love nature, it sends its living fruits which deposit in us the germ of the new life, which is called in religion "Resurrection."

The ignorant shall understand nature by its restricting, physical laws; the wise by its illuminating bright poems, and the spiritual by its living, vivifying fruits out of which flows the life for the whole of humanity.