



Foreword

Warning: The method below is not a substitute for a well-trained teacher. We request that you do not practise without the guidance of a qualified teacher. Sunyogi has been teaching Sunyoga free of cost for quite a long time. You can get information about upcoming workshops to learn Sunyoga or to get in touch with an authorized Sunyoga teacher in your country on the following website <http://www.sunyoga.info>

Sunyoga involves several steps and all of them are necessary for a safe, balanced, and quick spiritual growth. They are very important and the significance of each step is explained in detail in our published book, "Essence of Sun Yoga", where the technique is the main focus of the book.

Do your best duty and best work!

Three instructions

Welcome to Sun meditation. Remember, for practising Sun Meditation, always follow these three guidelines:

- 1. Never look directly into the Sun with your physical eyes, but focus from the centre point between the eyebrows towards the sun.**
- 2. Create friendship with the Sun. Find your connection (the feeling) with the sun from the heart.**
- 3. Do not have any expectation. Just accept whatever experience comes spontaneously. Do not compare yourself with others. Trust the guidance from the sun that you can feel from your inside.**

We need to focus on **friendship with the Sun**. We will look at the Sun through the centre point of eye brow, and a few inches above the Sun. Making friendship. The main key is the **friendship and surrendering to the divine**. As much as possible have your head down and eye balls as much as possible up, then you will focus from the centre point of eyebrow. Sometimes we may be afraid if we look at the Sun our eyes would be damaged. But it is not true. If we look through the ego it may cause damage. But if we make **friendship**, it will never cause damage. So always remember **friendship** is our key. Are you ready to make friendship with the Sun? **Firstly we have to prepare our mind** and then we will look at the Sun.



Start Sun Meditation

0. Remove your spectacles / glasses.

1. **Sit in a comfortable position with the back upright and relaxed.** It is good if you can sit in padmasana (the lotus posture). If you cannot sit in this asana, you can sit in any other asana you are comfortable to sit in, at least for half an hour, with the backbone straight and body relaxed. [Sitting in one place, the back straight in a fixed manner, like a statue, is called “asana”, as explained in the book “Essence of Sunyoga”. In the beginning you can keep your legs down in normal asana. It is important that you are comfortable because if your body is not comfortable you cannot focus. The body has to be relaxed and in a comfortable position. You will learn to sit in a proper asana as you keep practising. Therefore asana will be learnt automatically when the body is relaxed and comfortable. The asana cannot be maintained when the body is tense.]

2. **Close your eyes** for a few minutes to prepare your mind.

3. **Give respects** (pranam) to your own parents whether they are alive or have passed away. **Give respects** to your own parents through heart.

4. **Give respects** (pranam) to your own guru, guardians and teachers, to everyone you have learnt something from, whether younger or older, enemies or friends. **Give respects** to all of them.

5. **Give respects** (pranam) to the icons in whom you trust, Mahavatar Babaji, Prophet Muhammad, Lord Jesus, Lord Buddha, all deities and gurus from all religions, all the noble persons in the world. **Give respects** to all of them.

6. **Feel** all living creatures in this world belong to one family. All beings: human beings, insect beings, animal beings, and plant kingdom. Cast, colour, creed, gender, age, country, religion, we are one family. **Give love** to all.

7. **Put some self-inquiry question to get the self-solution.**

- Who am I? Who am I?
- What do I want?
- Why do I want it?
- What is the purpose of life?
- What is the relation between what I want and what I am doing now?
- Why am I on this Mother Earth?

Put the questions again and again. Do not wait for answers. Answers will come in time in Samadhi stage.



8. Expand yourself to the Sun to make friendship with the Sun. With strong determination:

- YES, I *can* make friendship with the Sun
- I *must* make friendship with the Sun
- Even if I die, I *will* make friendship with Sun

9. Feel that the Sun is the best friend of our life. Be ready to talk from the heart. To look at the Sun through open eyes. To make friendship, friendship with the Sun.

10. Slowly open your eyes. Roll your eyes upwards and look a few inches above the sun. As much as possible your head could be turned down. Do not look directly into the sun with your physical eyes [this is a critical part and why the guidance on how to do it is important]. You are watching from the centre point of your eyebrows. Let the face be relaxed, the body relaxed, the mind relaxed, and keep a smiling face. Now make friendship, friendship with the Sun. If absolutely necessary you can blink sometimes and again keeping eyes open. Stare as described above, towards, but not directly at the sun.

[If the sun's elevation in the sky is high, you may have to tilt your head up. Try not to blink (keeping eyes opened). Do not be alarmed if tears start to flow, just keep your focus and the eyes open. The amount of time where you stay with the Sun: at least 30 minutes is recommended and the average time for the beginner is about 45 minutes. As you get more comfortable with the meditation and are able to keep your focus for longer you can expand your amount of time looking at the sun.]

[after at least 30 minutes and when you feel you have reached your peak of meditation].

Closing eyes

11. Slowly, close your eyes.

12. Squeeze, squeeze your eyes. Tight, tight, tight. Gently relax. Do not open your eyes. Repeat the same procedure three times.

13. With normal closing eyes focus inside the eyebrow. There it is a beautiful light, a very nice vibration. Enjoy that light for a few moments.

[after a few minutes or longer if necessary]

14. Keeping our eyes closed, rub your both hands and make them warm.

Warm, warm, warm, immediately touch your eyes. Keep on hold for a few seconds. Receive your prana from your hands to your eyes. Then, slowly roll down your hands to the face, and through the fingertips gently massage both eyelids. Repeat this procedure three times.

15. Prostrate to the Sun. Go down on your knees and bow down your head to the ground. Give thanks to the Sun for giving us such a beautiful life, a very nice experience. Pray to the



Sun to give us peace, prosperity, wisdom, good health, unconditional love and enlightenment, pray for the individual, for all of us, for the whole of humanity, for betterment and good wishes. Pray your individual prayer to the Divine Sun to burn all the darkness from our lives, all negative expects, negative judgments, negative karma, to purify us and to give us peace, prosperity, wisdom, good health, unconditional love and enlightenment.

16. **Slowly sit up**, slowly sit up, slowly, gently, open your eyes and relax.

Shavasana

[Shavasana is required to store and assimilate all the energy we received from the Sun.]

17. **Now lie down in Shavasana:**

18. **With your eyes closed, lie down** on your back with your feet approximately 12 inches (30 centimetres) apart, your arms detached from the body, and the palms of the hands turned to the ground. Relax the whole body, every muscle, and joint in the body.

19. **Now move your awareness** to your toes and relax them. Then gently move your awareness in the following order to relax each part of the body: ankle joints, knee joints and hip joints. Then focus so you are only aware of the part of your body above the hips.

20. **Next continue to move your awareness** to the spinal cord, Muladhara Chakra, Swadhisthana Chakra, kidneys, stomach, Manipura Chakra, gallbladder, liver, heart, Anahata Chakra, and feel them relax. Now focus so you are only aware of the body above Anahata Chakra.

21. **Then continue to move your awareness** to the lungs, chest, Vishuddhi Chakra, fingers, wrists, elbows, shoulders, the neck, and feel that you are only aware of the part of your body above the neck.

22. **Next continue to move your awareness** to the mouth, nose, ears, eyes, Ajna Chakra, pineal gland, pituitary gland, cerebellum, cerebrum and Sahasrara Chakra on the top of the head. Now concentrate your focus to be only at the Sahasrara Chakra, nowhere else in the body.

23. **Then throw your awareness** outside your physical body and into the Sun. With your awareness inside the Sun you are looking at your physical body as dead body lying down on the earth. Look at all organs or all areas of the body and give extra focus to these body parts that you feel need healing. Keep observing from the Sun with healing rays going to your weaker organs for several minutes and feel at peace. Give love unconditionally. As long as



you are in this state experience the joy. Once you are able to do this properly you can throw out all illness and negatives from your body.

[for at least 15 minutes or more if you feel it is needed]

24. Slowly bring your awareness back from the Sun to the top of the head. [Then go in the inverse direction, from top to bottom]. Move your awareness to cerebrum, cerebellum, pituitary gland, pineal gland, Ajna Chakra, eyes, ears, nose, mouth, neck, shoulders, elbows, wrists, fingers, Vishuddhi Chakra, chest, lungs, Anahata Chakra, heart, liver, gallbladder, Manipura Chakra, stomach, kidneys, Swadhisthana Chakra, Muladhara Chakra, spinal cord, hip joints, knee joints, ankle joints and down to the toes of the feet.

25. Now bring your awareness inside the physical body. You are watching your physical body through your inner divine awareness. Watch all your organs, all the parts of body through your inner divine awareness. Which organ or which part of the body you find weak, focus there for a longer time through inner divine awareness. Charge yourself, heal yourself, through inner divine awareness. Let it heal you for a while.

[after a few minutes or longer if necessary]

26. Gently flex your toes, feet, fingers, hands, and other joints in your body. Once the awareness is brought back throughout the body let the experience linger in every part for a while.

27. Then, slowly turn your body to the left, and take a few normal breaths.

28. Next, rise with the support of your hands. Slowly bring your body to a sitting position and sit with the eyes closed for a while before slowly opening your eyes.

29. Finally, Prostrate (as a form of respect) and give thanks to the Sun for giving us such a wonderful experience. Thank the Sun for its healing and unconditional love. The session is complete. Feel the warmth, peace, and happiness in yourself and smile. Thank your teacher and everyone around you.

Do you want to know more?

Please visit www.sunyoga.info or directly contact Sunyogi sunyogiindia@gmail.com for trainings and workshops throughout the world.

Also, you can contact your local Sunyoga organizer and teacher approved by Sunyogi Umasankar. List available here: <http://sunyoga.info/sun-yoga/sun-yoga-teachers/>



ESSENCE OF SUNYOGA



SUNYOGI UMASANKAR JI



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About the book

This book provides useful guideline about Sun Yoga who wishes to practice Sun Yoga regularly. Here is complete description of sun yoga, meditation, Yama, Niyama, Aanas and relaxation technique.

It also gives information about the 29 chakras, chakra dharsan, and chakra jagaran which also give an idea about law of creation of the universe in scientific way and how the sun yoga is linked to the universe. This book is an easy to understand creational law.

It guides us about Sun Meditation scientifically and a complete knowledge about Sun Yoga and different types of meditation technique.

Sunyogi Umasankar

Sun yogi Umasankar was born in the year 1967 in West Bengal. He developed an early interest in yoga & by the year 1996, mastered the practice of Sun Yoga, a means of connecting to the divine or supreme soul, through direct contact with the sun. Sun yogi has led an extraordinary life. He spent 6 years walking around the subcontinent with no money or possessions (barefoot & completed 62,000 kms) and has lived for long periods without eating any food, deriving all his energy directly from the sun. He has completed a two year retreat high in the Himalayas and has returned to the world to continue teaching sun Yoga and spread his message of Universal Peace, Unity, awareness Brotherhood and Universal Self-Dependant-Healthy-Global Family. During his travel, all his claims were tested, examined & medical research centers. He has re-discovered a method of absorbing energy directly from the sun & transforming it into personal energy. Presently, more than 20,00,000 people are practicing Sun Yoga across the world. Conquering hunger, thirst, diseases, developing divine energy, longevity, having no enemies are some of the many advantages of Sun Yoga. Sun Yoga and its benefits Demonstration of Sun Yoga 29 chakras 13 elements.



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