

## UPDATE ON HIRA RATAN MANEK

by [www.lightworks.com](http://www.lightworks.com)

As many TEV readers are aware, in early 2000 I was introduced to the studies of Dr Sudhir Shah and his



team who were monitoring Hira Ratan Manek with his 411 solar feeding programme. Their research was widely distributed by the Self Empowerment Academy throughout our networks and can be downloaded free at [www.jasmuheen.com/who.asp#lol](http://www.jasmuheen.com/who.asp#lol).

A year later I

had the pleasure of meeting with Hira in Ahmedabad in India and was impressed by both the strength and the conviction of the man. Tall and imposing, he stood and gazed intently into the midday sun for his daily feed and his capacity to absorb solar energy astounded me – I could only hold my gaze for seconds yet he was easily able to continue for much longer. Please note that direct sun gazing is only recommended at dawn and dusk. For the untrained, midday gazing can burn out our retinas.

As many know the light eaters in our network tap into Divine Nutrition by absorbing it through our atoms from the inner realms as each atom opens the door to an inner universe. (More of this will be in my book “The Food of Gods” which is due for completion as an e-book by mid 2003).

Also as many know, I believe that our ability to be fed by prana is due to our frequency, which we can control by our lifestyle, and interestingly enough when I questioned Hira he admitted that he has been a long term advocate of the same style of living. During our meeting I was also amazed at Hira’s willingness to be such a long term ‘guinea pig’ for constant monitoring and testing (something which has never appealed to me due to time and privacy issues) yet we all have our assignments and being poked and prodded is Hira’s.

So I’d like to take this opportunity to thank Hira - and also Dr Shah and his team - for their efforts in verifying the role that solar energy has within the Divine Nutrition program, as the sun is the largest cosmic generator of love and wisdom that we have access to on an external level.

The following article is from the [www.lightworks.com](http://www.lightworks.com) network.

Realized Beings Among Us : An introduction to HRM, whose trained physical responses--for humanity's betterment--are being studied at various institutions in the U.S. and around the world. The Tibetan (Alice Bailey's teacher) predicted that in the near future, we shall become the next race of men/women. At that time we shall operate upon mental energy, magnetic energy, sun energy. Scalpels and chemical agents will no longer be necessary.

There is some evidence that this shift is beginning, and I have met an individual, whom I believe is a realized being, hinting at the fact that this movement forward may be happening NOW. I have had the

privilege of meeting, and spending personal time with HRM (Sri Hira Manek Ratan Ji). HRM has come to the United States to offer himself for study at various institutions. More than that, he offers his body as an experimental station for the betterment of humanity. He is well-known in his native country, India, for having fasted on water alone, for 411 days! He has done this by training himself to look into the sunlight at dawn (carefully, and very little by very little) and to walk on the hot earth, in this way absorbing energy from both earth and sun. He believes this is an ability that can be cultivated in all people. He believes and hopes that this will lead to a higher and greater civilization, and most certainly a purer body.

I had the opportunity to spend personal time with him because of the generosity of his host, Dr. Anil Patel. Dr. Patel is well known in the field of herbal research and Ayurvedic Medicine. He is on the steering committee of the University of Pennsylvania (amongst other credits) for the incorporation of Ayurvedic Medicine into the roster of Integrative Medicine. Sri HRM's story is as follows.

He had studied the ancient literature and had learned of advanced humans (throughout the ages) who had the ability to fast for extremely long periods of time, and who had taken their energy from the sun. This was the highly regarded literature of the Vedas and Upanishads. He was, by training, a mechanical engineer. In 1962, he stumbled upon Sri Aurobindo's ashram in Pondicherry. There he met The Mother (Aurobindo's partner, who carried on Aurobindo's work after his death). The Mother looked at HRM and said, "You must bring down the sun's energy to the earth, in order to help the Supermind to descend upon humanity." He did nothing with that for quite a while. Much later he met a Rishi. A Rishi is a human (or someone beyond human) so advanced that he has extraordinary powers and knowledge. Many people were visiting him (for he made himself accessible). He looked over the crowd, and his gaze rested directly on HRM. He told him that he must bring the sun's energy down to earth.

This stirred HRM, his imagination and his excitement and his commitment. But--he was puzzled about what to do next. He walked in the sun for long periods of time. He left his profession and dedicated himself entirely to his spiritual commitment. As he kept walking in the sun, he felt progressively energized. He also felt less and less need to eat food. There was no compulsion to do a fast; no will power was necessary, just a lessened desire for food, but an increase in energy. One day, he came to the conclusion that he must bring the sun's energy directly into his brain--and the best way to do that would be through the eyes. This was something that was not unknown, and I have heard of Mikhael Aivanov, a famed Hungarian teacher who advocated to his students that they must look into the sun. Certainly whole civilizations have given themselves to the worship of the sun. Rudolph Steiner (recent Western Spiritual Scientist and originator of Anthroposophy) taught that the Christ Being inhabited the Sun and spread His energy thus, from the sun to us.

Aurobindo taught that the sun was the seat of the Supermind energy, as quoted by Georges Van Vrekehm in Overman pg. 97 Rupa & Co. (2001); New Delhi: "It (the Mind) always vaguely remembers the fundamental Unity at its base; therefore it cannot but persistently try to recover that Unity, which is the clouded Sun behind all human strivings. It is that Sun, that Unity, the Supermind which upholds all existing things, even when they apparently seem to be separated or self-existent."

HRM decided to experiment cautiously. He also submitted himself to medical study as he began to look at the sun for seconds at a time, during the early dawn when the sun was weakest. He increased his ability little by little, until he was able to gaze for a full thirty minutes. At the same time he made it a point to walk the earth barefooted, the hot earth. His explanation is that not only was he able to absorb energy, the sun's energy, through the eyes (to have it energize the brain and the commanding endocrine glands such as the pineal and the pituitary) but also that he was able to draw force up from the earth and especially through the feet, where every organ of the body is represented in reflexology. He found that there is a North-South flow, the earth being the North, the sun being the South--and flowing through the central, governing vessel of the body. He made certain that he was followed by and advised by physicians, who constantly studied him.

When asked if he would be willing to give a year of his life to science, his answer was "Yes." Accordingly, he left his family (with their full consent) and was asked to fast for 365 days. However, because of certain indications in the Hindu literature, he felt that 411 days was a more auspicious time. And so the date was set.

In the beginning he lost perhaps 90 pounds, but no muscle tissue. He found himself to be progressively healthier, calmer, happier. Former disorders such as anxiety, fear, worry and self-occupation left him. Physical

ailments were no longer present. He lived on water and sunlight alone. Now he has come to this country by invitation, and is being studied by Dr. Patel, by Jefferson University, and by other institutions in our country. During the time I spent with him, I was struck by the fact that his body looked so whole: slender, but graceful, firm, with smooth and elegant movements. He had a calmness about him that was also accompanied by a quiet self-assuredness. His dedication to bringing this to our civilization is real.

He feels that anyone can accomplish what he has. In fact he has perhaps 4000 or more followers throughout the world, who have incorporated this new way of life, and this new source of energy. It is his offering of himself to the service of humanity that is the mark of a realized being. It is his absolute faith in the process, in the bringing down of the Supramental (as Aurobindo described it) through the sun. It is his desire to give a gift to humanity in that disease, disorder and hunger can be wiped out. And this seems to have achieved a solid start in other countries.

Dr. Patel, amongst others, will study this gentleman, and I will participate, to understand the changes in psychology and spiritual reach which accompany this type of evolutionary adventure. The very fact of being amongst such realized humans, is in itself a gift.

We are on our way to becoming the next race of men and women.

### **Update with leading Pranic Nourishment Researcher**

#### **DR SUDHIR SHAH**

*I recently interviewed Dr Shah again this time on his research with brain wave patterns (for my new 'Food of Gods' book) and asked him for an update on Hira and also about the future research that needs to still be done. Below are his responses.*

***TEV: Can you tell us where you are at with your research project on solar nutrition? I believe Hira is in the USA and that you have connected now with some medical practitioners there. Can you tell us a little about this?***

**ANSWER:** I am still crystallising my thoughts about the research project on solar nutrition. We are creating volunteers and want to follow them up. We have to reproduce the same findings in different human beings in different races and of different age group. We are also going to study different methods of cosmic energy utilization apart from classic method of sun gazing that Hira has developed. We are also examining other potential sources of cosmic energy e.g. air, water, plant, earth.

Apart from eye-retina, there could be other recipient organ-structures in human body e.g. skin, lungs etc. (that can absorb prana) so there are enormous possibilities and - depending upon facilities, funds and resources - our research will go on. At present, we have ideas and some preliminary data.

Shri Hira-Ratan-Manek is in the USA and is being examined by highly qualified doctors and scientists of Jefferson University and at the University of Pennsylvania at Philadelphia. He was examined by ophthalmologist to study his retina and eyes. His psychometry was done. Numerous blood tests and x-rays are done. Hormones and neurotransmitters levels are studied. Brain imaging and SPECT have been studied. Energy levels by EAV method are studied. His nutrition and metabolism are also being studied. Most studies are done at 3 levels. One before fasting, then the second during his ongoing fasting and then the last level will be repeated at the end of his 130 days continuous fasting - as per Jain method. We will know the results of tests then.

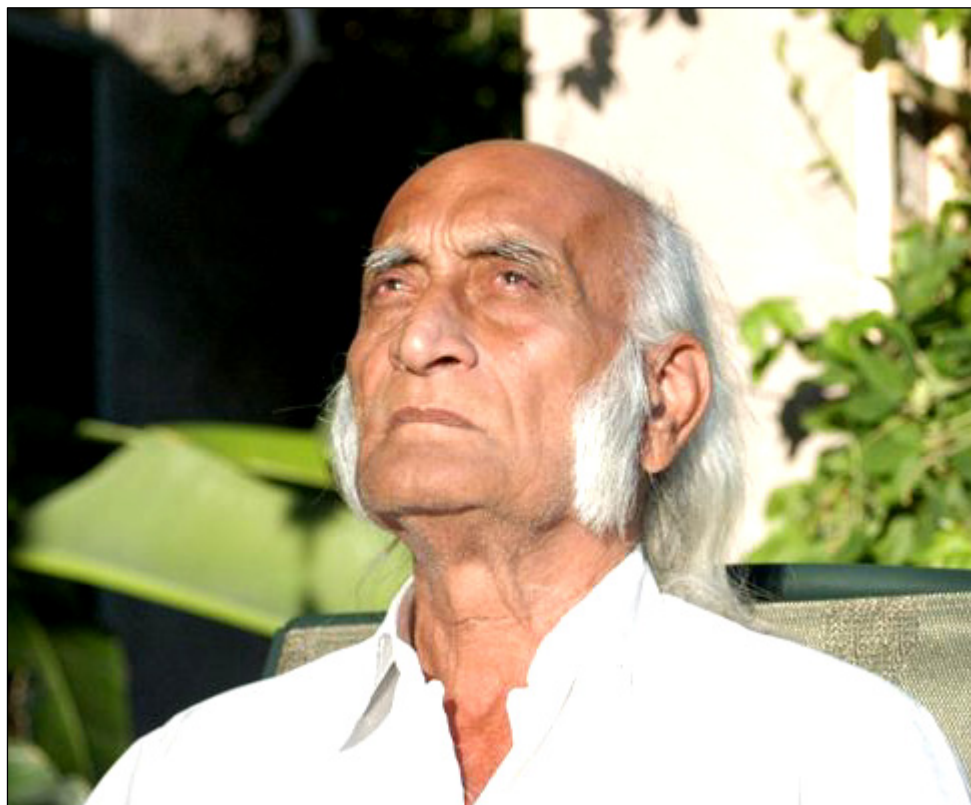
***TEV: In simple layman's terms, what sort of research do you feel still needs to be done in the area of prana as nourishment or what I call Divine Nutrition?***

**ANSWER:** Pranic nourishment, cosmic energy, and Divine nutrition - all these things are new for science. Scientists and people in medical fields have started sensing the presence of such energy fields, but in view of the difficulty in documenting them and quantifying them as these things are so far occult and we can't measure them with our present tools - that is our limitation. The problem is exemplified because of the western mind set which is a real barrier. Things can change and will have to change, as a new understanding has to follow and this will mean a quantum jump for science. The main concentration of research should be on documenting energy fields and then to calculate energy equations and conversion formulae. This will be

followed by application of cosmic energy or pranic nourishment in day-to-day life and for specialized purposes. This will take few years, but it will change the future of mankind.

## Interview with Hira Ratan Manek on his Journey with Solar Nutrition

*By Jasmuheen – exclusively for our TEV Readers  
August 2003*



As many TEV readers are aware, I first became informed of the research done by Dr Sudhir Shah and his team in India through an article sent to me that was published in the India Times. The following year I met with both Dr Shah and Hira in Ahmedabad, just prior to the extensive rioting there. It was a pleasure to be with the team and to see how far they had come with their work and also to be actively involved in disseminating this research throughout our networks.

For those who have not read Dr Shah's synopsis of his research on Hira, you can

download this freely from half way down the Living on Light section at:

<http://www.jasmuheen.com/who.asp#lol> under the triangle prana sign. Dr Shah also shares a little more extensively in my latest book "The Food of Gods". Hira has now taken over much of my work in educating both the public and the media in pranic nutrition.

TEV to Hira,

***TEV Question 1: Welcome to TEV where we have shared previously the findings of Dr Sudhir Shah and his team and the research they conducted with you. It is wonderful to now interview you personally to gain a little more insight into your journey with this. As a pioneer of solar nourishment in the West, can you share a little about your own journey and how you came to be interested in this type of nutrition?***

***HRM Response:*** I was hinted at this first by Mother of Aurobindo's ashram in Pondicherry in 1962 but I did not take it seriously then but it was on my mind and so I developed a special interest about the sun. Being Jain, I got inspired in this sun energy by Lord Mahavirs fasting of twelve years and six months and I critically studied him and became inspired by his looking at the sun and walking barefoot in the hot sun. When I went deeper into his teachings I found his technique of "AATAP" which meant receiving sunshine to raise oneself into higher and higher levels.

This belief on sun energy was further strengthened by the autobiography of Yogananda where he is making mention of a few people living on sun energy and especially of Yogi Giri Bala who survived for 50 years without food on sun energy. Yogi Bala said sun energy was entering the brain through a secret door and she was able to sustain it but she refused to disclose information on her practice any further. In 1922 the Imperial Medical College felt that solar radiation was the original food of humanity and what we eat is a secondary form

and some day somebody will prove how man can live directly on solar energy.

All of this information excited and strengthened my belief in sun energy but I got a break through finally from the GAYATRI MANTRA which suggests that man must allow solar rays to enter the body and be stored to illuminate the dormant brain.

Yes, if a brain which is largely dormant can be activated with sun energy all human crisis are overcome was the strong idea that went into me and from what I understood from Lord Mahavir, Gayatri Mantra, Yogananda's books, the sun dances of Native Americans, and the Egyptian belief in the power of the sun, I was able to revive an age old practice of sun gazing or SURYANAMASKAR or the present HRM phenomena. As a matter of fact entire humanity was on sun food (micro food) at the beginning and slowly we changed over to a secondary source of food (plants). But at all times in human history many have lived on sun energy and many are also living now and are living for a period much more than me but I am unique only to the extent that I volunteered before medical science for round the clock supervision and observations. I have no claim that I have found out how to live on sun energy because it was already there but it had been forgotten and I have only revived it and proved it before science. And human history has a record of several people who have lived on sun energy from time to time.

This is in short my inspiration for surviving on sun energy. I repeat I have not discovered what is now known as the HRM phenomena. It is only revival of a forgotten practice - a practice which many have practiced from time to time and if anybody who reads the history of such people they will be definitely inspired to start on a journey like me which is extremely easy and simple.

***TEV Question 2: Can you provide for our readers some of what you feel are the personal benefits of being able to receive our nourishment directly through the vortex of the sun?***

**HRM Response:** The sun benefits us in all ways and it solves all our problems. It enables one to harmonize and recharge the body with life energy and also awaken the unlimited powers of the mind very easily. It easily enables one to attain liberation from the threefold sufferings in life i.e. mental, physical illness and spiritual ignorance.

***TEV Question 3: Do you feel that a person who does not lead a spiritual type lifestyle that maybe includes kindness and compassion to others, meditation, prayer and things like chanting would still be able to receive enough nourishment via the sun so that they can let off taking nutrition via the usual food sources?***

**HRM Response:** Yes this is very nice question. Just as coin has two sides nature has gifted us with both good and bad qualities. In the absence of sun energy reaching the brain we develop evil qualities and the moment sun energy starts reaching there evil qualities disappear and good qualities that are hidden come on the surface and the practitioner from the devil becomes divine. We all experience that in the absence of sunlight climate also becomes awful and there is dirt and gems on the increase all around us and as the sun comes everything gets purified. No body likes dull days because we are all depressed. Sun purifies everything on earth and so a person also and the transformation takes place easily and automatically. Devil to divine through sun.

***TEV Question 4: Although we know in esoteric circles that our sun is a grid point and cosmic disperser of very pure and powerful Divine energies, if people can absorb all their nourishment from gazing into the sun each dawn and dusk, what about on days where we cannot see the sun as it is too cloudy and stormy, how do solar feeders get their nourishment then? Is there anything else that you recommend that people do?***

**HRM Response:** Even if the sun is not seen energy of the sun is there always in a lessened form. Once you activate the human brain by 9 months sun gazing practice and then become a permanent solarium or solar cooker by barefoot walking for a year everything afterwards is easy and HRM phenomena describes in detail how one can become easily and permanently charged with sun energy in about 2 years time. Many websites have put up this HRM phenomena and recently I have my own website with this phenomena [www.solarhealing.com](http://www.solarhealing.com). Kindly go through it and anybody can write to me in case of doubts or difficulties in understanding.

***TEV Question 5: Over the last year or so you have become very public with your experiences with***

***Solar Nutrition particularly in the USA. What do you hope to achieve by making yourself available for scientific testing and public lectures?***

HRM Response: Yes for last eight years I have often been investigated by different doctors and scientists and I am always prepared for scientific observations as my body is a laboratory for research and I support human welfare and world peace. My lectures have already brought awareness in masses and many are strengthening me by their research in support of HRM phenomena and many have started practicing HRM phenomena and many are successful. In California a documentary on sun gazers is underway. Recently one Russian magazine has come out with an article on me. Some physiatrist doctors have started using this HRM phenomenon to cure sad disease and many are finding it an easy method to control obesity. Slowly but steadily and surely sun energy is becoming a sure cure for everything. It is an answer to hunger and obesity. It is all in all.

***TEV Question 6: What would you like to show or tell the world? What mark or impact would you like to make on human history?***

HRM Response: The HRM phenomena is a freedom struggle for humanity. Nations are independent but we the human beings are not independent and we are ruled by the kingdom of dependency. We want always a third medium to help us. With HRM phenomena you are your own master. You live happily and die happily and make your life after death also happy. You achieve everything you desire without harming others and without depending on others. Human welfare is easily achieved and this ultimately leads to eternal world peace. So HRM phenomena are a freedom struggle for human welfare and world peace.

***TEV Question 7: Lastly, what do you feel are the global benefits of solar nourishment on our world and our future?***

HRM Response: Global healing in all directions is the global benefit. There will be peace, peace and peace everywhere. No energy crisis because sun energy will never end. No pollution because sun energy never produces pollutants. No obesity and no hunger. No AIDS and no cancer. All will be mentally, physically and spiritually fit. Total Health will rule the world. I see a world with human welfare and world peace. Yes we are moving towards the golden age of satyayuga, from present kaliyuga, from bad to eternal good.

(I have done my best to answer your questions and you have a right to correct its spelling grammar etc and since you know me you can put everything to public in a proper way. Thanks and with love light and laughter and with kind regards HRM)

*TEV is the free online newsletter for the C.I.A. – the Cosmic Internet Academy and C.N.N. the Cosmic Nirvana Network. TEV is the voice of M.A.P.S. – the Movement of an Awakened Positive Society. TEV Goal: Holistic Education for the co-creation of health, happiness, peace & prosperity for all by all.*

*THE ELRAANIS VOICE – TEV – Published by the Self Empowerment Academy P.O. Box 1975, Noosa Heads QLD Australia. E-mail: admin@selfempowermentacademy.com.au For the Cosmic Internet Academy at www.selfempowermentacademy.com.au : www.jasmuheen.com.*

### **Amazing Account of a Man from India Shri Hira Ratan Manek - Not Eaten Food for 7 years**

*By Bineeta Mishra*

In an exclusive interview with India Post Shri Hira Ratan Manek said that he has not eaten food since 1995. World famous doctors, engineers, scientists etc. are engaged in studying this phenomena to find out how Manek has sustained himself only on water, and on a little tea and coffee for short duration's. Shri Hira Ratan Manek, a mechanical engineer from Calicut, Kerala, says "this is not something new or that I have discovered it." This is a scientific ritual - the Surya Namaskar, originating from Lord Mahavir's Atapna principle, Gayathri mantra, Bala - Atibala, Ramayan mantra which is gaining popularity and world acceptance.

The scientific technique practiced by Manekji is simple - deriving his energy from the cosmic source or the solar energy of the sun. The sun being the most powerful source, has been used for energy by sages and rishis

since ancient times including Lord Mahavir, Tibetan Lamas and rishis. Mankind is also using solar energy for running solar cookers, solar heaters, solar cars etc. he says. Similarly Manekji has converted himself into a solar cooker. The brain and the mind are the most powerful recipients in the human body. The retina and the pineal gland (the third eye) are equipped with photoreceptor cells and may be considered photosensitive organs he says. As the plant kingdom thrives on chlorophyll and photosynthesis, which is directly dependent on the sun, similarly some kind of photosynthesis or photo analysis must be taking place when we assimilate the sun's energy.

There is a pathway from the retina to the hypothalamus called the retinohypothalamic tract. The method adopted by Manekji is to initially look at the early morning sun for a few seconds and every week to increase by a few seconds which should ultimately reach several minutes. After about 3 months he says the brain gets charged and mental strength increases that heals fears and many psychosomatic diseases. At the end of 6 months all physical disease go away he says. And gradually after 8 to 9 months there is a decline in hunger, which ultimately disappears.

This is the utilization of energy mathematics and is different from food or calorie mathematics he said. He calls this micro or mind utilization food. Manekji says most people utilize only 3 to 10% of their brains, but he has utilizes 25% of his brainpower. Manekji says he is the only person to come forward and has attracted medical attention. CT scans and MRI scan reports say that his 66-year-old pineal gland is comparable to a man in his 20s. He also says one should walk barefoot on mother earth for 45minutes every day to recharge the energy in the body. He has 25,000 people around the world that have started to practice his technique. According to him food is a secondary source of solar energy. He is also planning to write a book. At present he is in the US where a team of medical doctors are going to conduct tests. In the mean time he gives several discourses to explain on a scientific level how he has sustained himself for seven years and says will continue.

In India his contact information is: HF-2-131 KSHB, Vikas Nagar Colony, Chakor Tha Kulam, Calicut, 673-006, Kerala. Phone #: 0495-369928

## History

The Sun is the biggest planet in our planetary system. Its circumference is 109 times bigger than that of the earth and it can accommodate 1.3 million earths in it. Its distance from our earth is 150 million km and it weighs 333,000 times the weight of the earth. Also, 99.8% of the weight of our planetary system is the sun's weight. Sun continuously sends out fireballs, which are 50,000 km long, 9,000 km wide and whose each jump towards the earth is 200,000 km. Due to all these magnificent powers of the sun, it is no wonder that it has inspired the mankind throughout the history. It has been worshipped from the earliest of times by many societies living in different parts of the world. Each civilization had a different story about it.

In ancient Egypt, the sun was worshipped as Ra. Mankind and animals were said to have come into being through his tears. The king himself was believed to be the "Son of Ra". It was also believed that on his death, the king would be re-united with his father, the sun. The pyramids were regarded as a ramp or a means of access to the sky. Additionally, Ra was believed to travel across the sky in a boat and through the underworld all night. There, in order to rise again the next morning, he had to defeat the evil Apepi. He was represented as rising from the ocean of chaos to greet the world again.

In ancient Greece and Rome, Apollo came to be associated with the sun. In Mesopotamia it was Shamash. The Indian tribes of America have many interesting tales associated with the sun. One of the stories is as follows.

"A long time ago there lived a selfish chief who kept the sun and moon and stars for himself. The world had

no light at all. At that time, there lived a raven who wanted to get the light and give it to the world. The raven changed himself into a leaf and was swallowed by the chief's daughter, who became pregnant and soon had a baby. The baby was none other than the raven. The baby could see many bundles hung about in the chief's house and started to cry for them. The chief was an indulgent grandfather and gave the child the first bundle. This was a bag of stars and the raven threw them up the chimney. They quickly arranged themselves in the sky. The child cried again and this time his grandfather gave him a bundle, which contained the moon. Again the child threw it to the sky. Some time later, the child started to cry again. This time the grandfather gave him the sun and the child quickly changed into a raven and flew out of the window. This was how light came to this world."

Science has proved the need for sunlight for growth, agriculture, health and numerous other aspects of human life. Many of the myths from around the world reflect a belief in the need for sunlight in the greater scheme of things. Indian mythology too understands the role of the sun. It was worshipped as "Surya" in India in ancient times. According to the Indian mythology, Surya was responsible for health and life, a reflection of what was perhaps the scientific belief of the time. Surya is one of the principal vedic deities. He is pictured as riding across the sky on a chariot pulled by seven horses. One wonders the analogy between seven horses and the seven colors of light. There is a practice in getting energy on a temporary basis by the Americas. To get energy for their body, Native Indians take sunbath by standing in the sun for two hours exposing maximum parts of their body and they don't need to eat food on those days. They sustain on micro food of the sunlight. When clouds gather we become gloomy. We see the sun and get energetic.

The HRM phenomenon is in fact a rediscovery of a scientific ritual, which was used to heal physical, mental, emotional and spiritual diseases in ancient times. Ancient Indians called this practice Surya Namaskar, where ancient Egyptians and Americans called it Heliotherapy and Europeans called it Apollo therapy. In the Americas, the sun was also known as INTA. The scientific technique practiced by Hira Ratan Manek is how he derives his energy from the solar energy of the sun. Mankind is also using solar energy for running solar cookers, solar heaters, and solar cars. Similarly, what HRM does is to convert himself into a solar car by using sunlight. Traditionally, human beings eat secondary sources of energy as the plants and other vegetation depends heavily on the sun for their growth, simply put, the idea here is to learn how to absorb energy from the primary source, that is, the sun itself.

There is a scientific explanation of what may be occurring during the exercise of this method. Since the brain is a powerful recipient and the retina and the pineal gland (third eye) being equipped with photoreceptor cells, a kind of photo analysis could be taking place during the Surya Namaskar, which provides a person with all kinds of energy and vitamins that are required for the proper functioning of his internal organs. Additionally, the rays of the sun with seven colors have a cure for all kinds of diseases such as Alzheimer's, Parkinson's, obesity, arthritis, osteoporosis, cancer and others. If world peace is to be achieved, everyone should have a perfect balance of mind. Thus, this method can also contribute to the world peace.

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### **About Hira Ratan Manek**

Hira Ratan Manek was born on 12th of September 1937 in Bodhavad, India, was raised in Calicut, Kerala, India, where he had his Mechanical Engineering degree from the University of Kerala. After graduation, he joined the family shipping and spice trading business and continued working there until he retired in 1992.

After he retired, he began to research and study the ancient practice of sun gazing in which he had been interested in since his childhood. This method was an old but forgotten method, which had been practiced, in the ancient times in many different parts of the world. (see Sun Gazing - History)

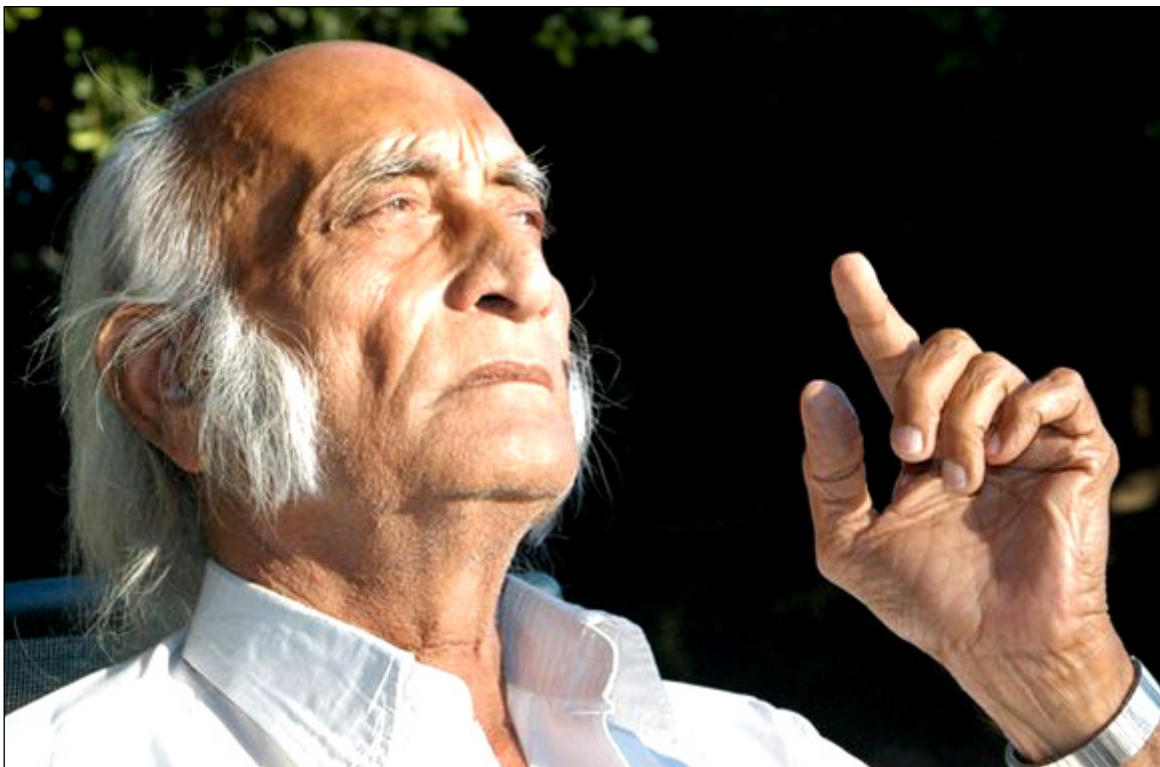


After working on this method for 3 years, he was able to re-discover the secrets of sun gazing. During his study, he was mainly inspired from the teachings of Lord Mahavir of Jains, who was also practicing this method two thousand and six hundred years ago. Other inspirations for sungazing came from ancient Egyptians, Greeks, and Native Americans.

Since June 18th, 1995, HRM has and continues to live only on sun energy and water. Occasionally, for hospitality and social purposes, he drinks tea, coffee and buttermilk. Until now, he had three strict fastings, during which he had just sun energy and only water and was under the control and observation of various science and medical teams.

The first of these fasting lasted for 211 days during 1995-96 in Calicut, India directed by Dr. C.K. Ramachandran, a medical expert on allopathy and ayurvedic medicine.

This was followed by a 411 day fast from 2000-2001 in Ahmedabad, India directed by an International team of 21 medical doctors and scientists led by Dr. Sudhir Shah (Dr. Shah's synopsis report) and Dr. K. K. Shah, the acting President of Indian Medical Association at that time. Dr. Maurie D. Pressman, MD also



describes his experience with HRM in an article he wrote and later joined the team for the next observation on HRM.

After the excitement of the findings at Ahmadabad, HRM was invited to Thomas Jefferson University and University of Pennsylvania in

Philadelphia where he underwent a 130 day observation period. This Science/Medical Team wanted to observe and examine his retina, pineal gland and brain, therefore this observation team was led by Dr. Andrew B. Newberg, a leading authority on the brain and also featured in the recent movie "What the Bleep Do We Know", and by Dr. George C. Brenard, the leading authority on the pineal gland. Initial results found that the gray cells in HRM's brain are regenerating. 700 photographs have been taken where the neurons were reported to be active and not dying. Furthermore, the pineal gland was expanding and not shrinking which is typically what happens after mid fifties and its maximum average size is about 6 x 6 mm, however for HRM, it has been measured to be at 8 x 11 mm.

There have been many other sungazers who have achieved similar results and have volunteered to be tested, however due to lack of funding and other lifestyle restrictions the results have not been documented. The uniqueness of HRM is that he has surrendered his living body for observation and experiments to the scientific firmament for several extended periods of time. Although scientists and doctors have agreed that hunger is being reduced if not eliminated, due to the complexity of the various brain functions, they have not

been able to explain how sungazing has such positive effects on the human mind or body, however more research is underway.

In 2002 Hira Ratan Manek gave over 136 lectures in USA and has been invited by government agencies of many countries to help them understand this process at which point he established his International Headquarters in Orlando, Florida. In 2003 HRM gave over 147 lectures in US, Canada, Caribbean and UK and nearly 400 newspapers all around the world have published articles on him. Additionally, many television channels have broadcast stories about him and he was most recently interviewed by BBC World Services. In December, 2003 HRM traveled to India for 4 months and delivered 70 lectures to various cities such as Chennai, Pondicherry, Mumbai, Ahmedabad, Baroda, Palitana, Kachchh, Jodhpur, Pali, Balotara, Lucknow, Delhi, Chadigarh, and other areas. Additional lectures in Delhi, Mumbai, Lucknow and Dhadigarh were sponsored by Times Foundation whose Chairperson Smt. Indujain has taken a keen interest in spreading the universally popular HRM Phenomenon (Suryanamaskar). Sri Sri Ravi Shankar, Founder of Art of Living Foundation and Surya Foundation of International Naturopath Organization and Salila Tiwari doctor of Indian Prime Minister Vajpayeeji have also taken a keen interest in HRM Phenomena spreading all over the world. It was at the house of Salila Tiwari that ZTV interviewed HRM and where Surya Foundation made a detailed film on him. ZTV released the HRM interview on March 25th in their Hindustan Hamara Program and has repeated it many times since then. BBC World Services also repeatedly broadcast HRM's interview on July 22nd, 2003. Other media groups from all over the world have reported on HRM including those from Europe, Russia and Gulf Countries.

There are now Solar Healing Centers coming up all over the world and facilitating a global group of HRM Phenomenon practitioners. For those who are interested in learning more about the sun energy as an effective healing source, HRM recommends these books:

- "Light, Medicine of the Future", by Jacob Lieberman
- "The Healing Sun: Sunlight and Health in the 21st Century", by Richard Hobday.

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## Process

HRM experimented on his own body for three years and devised this method based on trial and error. This can be accomplished by anyone in any part of the world at any time of the year. HRM is not a unique figure and anyone can do this. Now thousands are using this method and achieving results. In Brazil, Australia, Germany, more than 3000 people are subsisting on light. This is a rebirth of a science that was practiced long time ago. Originally this was a spiritual practice in the ancient times and now it is becoming a scientific practice, which can be followed by anyone as described below. Day by day this practice is becoming popular and has become known as the HRM Phenomena.

## Safe Sungazing Practice

Sungazing is a one-time practice of your lifetime usually for a period of 9 months. You can break up the practice in three phases. 0 to 3months, 3-6months and 6- 9months. You have to walk barefoot for 45 minutes for the rest of your life. Food makes us commit the maximum pain to others and exploit others. The practice entails looking at the rising or setting sun one time per day only during the safe hours. No harm will come to your eyes during the morning and evening safe hours. The safe hours are anytime within 1-hour window after sunrise or anytime within the 1-hr window before sunset. It is scientifically proven beyond a reasonable doubt that during these times, one is free from UV and IR rays exposure, which is harmful to your eyes. To determine the timings of sunrise or sunset, you can check the local newspaper, which also lists the UV Index as 0 during

these times. Both times are good for practice - it depends on individual's convenience. Sungazing also has the added advantage of getting vitamin A and D during the 1-hour safe period window. Vitamin A is necessary for the health of the eye, the only vitamin that the eye requires. If you sun gaze, the spectacles and the associated power in the eye will go away and this will provide better eyesight without glasses.

For those who cannot initially sungaze during the safe periods, sunbathing is an effective method for receiving the sun energy at a slower pace until one is able to sungaze. Best times to take sunbath is when the UV index is lower 2 or below. This usually occurs within the 2-hour window after sunrise or before sunset. Sun bathing during the day is to be avoided, except for during the winter months, when the UV index usually remains at 2 all throughout which is safe for sunbathing. Check your local newspaper to see the published results for UV Index to be sure. Also do not use sunscreen. When body gets heated up you perspire and sweat is a waste product and needs to go out of the body. When you are painted or coated with lotions and creams -- they get degenerated and the chemicals enter your body. It is our malpractice -our wrong use- why we blame the sun for skin cancers.

### 0 - 3 Months

First day, during the safe hours, look for a maximum of 10 seconds. Second day look for 20 seconds at the rising sun adding ten seconds every succeeding day. So at the end of 10 continuous days of sun gazing you will be looking at the sun for 100 seconds i.e. 1 minute and 40 seconds. Stand on bare earth with bare foot. Eyes can blink and/or flicker. Stillness or steadiness of the eyes is not required. Do not wear any lenses or glasses while sungazing.

Why don't you watch the sun instead of the TV? The intensity of the TV is much more than the rising or setting of the sun. If you can watch TV at close ranges for extended periods of time, you can easily watch the rising or setting sun safely. Have a belief that the sunrays or lights that you are getting into your eyes are of immense benefit and will not harm you. This will give you earlier, quicker and better results. Even without a belief component also you will get the results provided that you follow the practice, however, it will take longer time. On the other hand, you need not restrict any of your normal daily routines. There are no restrictions. You can enjoy your food while applying this practice. Hunger will disappear eventually by itself.

You may consider gazing from the same place at the same time daily. Following circadian patterns has its advantages. If you pray, you can have any prayer of your choice. No particular one is suggested and it is not a requirement. As a precaution, have your eyes examined by a doctor. This is to err on the side of caution from a scientific standpoint. Also, you should have periodic check ups. Additionally, you can buy photo sun-cards to monitor UV and IR radiation, which are priced at about \$2. (when cards are kept in the sunlight). There is no need to buy an expensive \$500 photosensometer. If your cheeks get heated up then stop gazing. Use common sense.

When you reach three months you will have gazed at the sun 15 minutes at a stretch. If you can watch TV for 3 hours, surely you can see the sun for that long. What is happening as you go up to 15 minutes? The sun energy or the sunrays passing through the human eye are charging the hypothalamus tract, which is the pathway behind the retina leading to the human brain. As the brain receives the power supply through this pathway, it is activated into a brainutor. One of the software programs inherent in the brain will start running and we will begin to realize the changes since we will have no mental tension or worries. Besides, we will have the self-confidence to face life problems by means of developing a positive mindset instead of a negative one. Moreover, we will become fearless since our psychosis will have disappeared so will have all the ills of the mind. This is the first phase of the method and lasts around 3 months.

Humans have good and bad qualities, which are 2 sides of the same coin. In the absence of the sunlight we develop bad qualities. When sunlight enters the brain, good qualities come into appearance replacing bad ones. Eventually, even spiritual ignorance goes away. Sometimes, you get confused from what you hear and

read. You get contradictory information such as red wine is good for you and alcohol is bad for you. You are baffled with life's problems and detest decision-making. But after 3 months of sun gazing, you develop a sense of confidence and know the answers for yourself spiritually. There is a balance of the mind, where you are in a position to judge personal answers - the correct answers. You develop powers that are already inherent in you. Bad qualities disappear, anger, greed, jealousy leave you. You become a lovable creature. Everybody likes you. You will do no wrong. If you are positive or fearless, you will not harm anybody nor pain anybody. You will become a compassionate person. This is a great contribution to world peace. A positive approach creates solutions to problems and waste in society. There will be no need for environmental engineers. We won't throw waste, as there is no away. By 3.5 months everything changes.

Besides, mental depression will go away. Psychiatrists are observing that sadness is caused by lack of sunlight. With the practice of sungazing you will not have depression in your whole lifetime. You will achieve a perfect balance of mind. Fear of death will go away. The state of mind is such that you will welcome death. What is to happen, you will be able to let it happen. There will be no worries. Everyone has some sort of mental disorder, which is the biggest human problem, which can be removed by the proper use of sunlight.

### 3 - 6 Months

Next, Physical diseases will start being cured. 70 to 80% of the energy synthesized from food is taken by the brain and is used up in fueling tensions and worries. With a lack of mental tension, brain does not require the same amount of energy as before. As you proceed in sun gazing and as your tensions decrease the need for food intake will go down.

When you reach 30 minutes duration of continuously looking at sun, you will slowly be liberated from physical disease since by then all the colors of the sun will have reached the brain through the eye. Brain regulates the flow of color prana appropriately to the respective organs. All the internal organs get ample supply of the required color prana. The vital organs are dependent on certain sun color prana. Kidney red, Heart yellow, Liver green etc. Colors reach the organs and address any deficiencies. This is how color therapies work --Reiki and Pranic Healing. There is a lot of information available on color therapy. This is the process of getting liberated from physical ailments over a six-month period. After 3-4 months you can become cured of your physical ailments with autosuggestion, which is imagining and visualizing healing your ailments while gazing at the sun. Scientific methods such as the Solariums, crystals, color bottles, natural stones, gems, all utilize sun energy, which is stored in these natural stones. You can keep natural color stones in drinking water to further hasten healing.

In solariums there is usually a platform at the height of 100 feet where each of the 7 glass cabinets is constructed for each of the VIBGYOR colors. This platform revolves around the sun whole day and according to the nature of the disease diagnosed, the patient is placed in the appropriate color for healing. Similarly, glass drinking water bottles with different colors are kept in sun for 8 hours. The water gets solarized and water develops medicinal value and is used to treat different diseases.

Photosynthesis, which we misunderstand, does not in fact need chlorophyll. Only the plant kingdom needs chlorophyll. Human body can do it with a different medium. Photosynthesis is transforming the sun energy into a usable energy format. This is how Photovoltaic cells work and electricity is produced, similarly water is heated, food is cooked in solar cooker, and solar batteries run automobiles.

Eyes receive the entire spectrum of the sunlight, which is distributed to the different parts of the body by the brain on a need per basis. As a result, you are cured from all diseases. A 3rd intermediate medium is avoided. As you continue gazing at the sun, energy is no longer being used up for mental impairments or physical ailments; thus its storage level increases in your body. You are your own master within 6 months.

## 6 - 9 Months

In 6-months time you will start to have the original form of micro food, which is our sun. Additionally, this can avoid the toxic waste that you take into your body while you eat regular food.

7.5 months and 35 min of sun gazing is when hunger starts going down palpably. Need for food intake decreases. No one needs to eat more than his or her hunger levels. Hunger comes because of energy requirements of the body, which is a must for its existence. Food is not a necessity for the body to function, only energy is. Conventionally, you are indirectly getting the sun energy while eating food, which is a by-product of sun energy. If there is no sunlight, no food will grow.

Therefore, as you consume the original form of food, hunger goes down starting to disappear eventually. By eight months, you should see hunger almost gone. For a dull or weak student or with no belief, this time period may be 9 months or 44 minutes. After that time, hunger disappears forever. All mechanisms associated with hunger like aroma, cravings, and hunger pangs also disappear. Moreover, energy levels are at a higher level. There is a judgment (having had this experience) that the brain is well activated with the sun energy. Well done, you have become a solar cooker.

## After 9 Months

After nine months or when you reach to a 44 minutes level, you should give up sun gazing since solar science prohibits further gazing for the sake of eye care. The body will get discharged when you stop practicing, which has to be recharged. Now you have to start walking on bare foot on bare earth for 45 minutes daily for a total of 6 days. Relaxed walking only. No need to walk briskly, jog or run. Any convenient time of the day is all right, however it is preferred to do that when the earth is warmer and the sunlight is falling on your body. When you walk bare foot, an important gland in the brain's center called the pineal gland or the third eye is activated. The big toe of the foot represents this gland. 25 years ago it was considered a useless gland. Now it has become an important gland for study and up to now, about 18,000 papers have been published about it. It has always been known as the Seat of the soul. The Pineal gland has optic nerve endings. The remaining four toes represent glands too -- pituitary, hypothalamus, thalamus and amygdala. Amygdala for the last 2 years has been gaining importance in medical research. It's a nucleus of the sun or cosmic energy and plays an important role in the photosynthesis via the sunlight reaching the brain through the eye. When you walk bare foot, your body weight stimulates all these 5 glands through your toes. This is strengthened by the earth heat/energy and the sun prana falling on the head or the crown chakra. The chakras are not in the spinal cord that is an imaginary location; they are definitely in the brain. All these create a magnetic field and the body/brain recharges with the energy of the sun entering in you. Relax. Walk 45 minutes for one year and food continues to be away from you. After one year of recharging, if you are satisfied with your progress you can give up barefoot walking. Few minutes of sun energy falling on you once in 3-4 days will be enough from then on.

But if you want the immune system to strengthen, then keep on the bare foot walking. Also if you want memory power or intelligence to increase, continue the walking practice. As you increase the sun's heat on your feet the brain will activate more and more, which will result in the more activity of the Pineal gland. The Pineal gland has certain psychic and navigational functions. Navigational means one can fly like the birds. You can develop psychic skills of telepathy, television and have your body at different places simultaneously. Science has validated human psychic functions and medical experiments are being done to ascertain this. Different body parts and its organs get purified once you stop eating due to detoxification. The different internal organs play different mechanical parts for the purposes of space travel and flight. There is another utility value (other than food digestion) for the internal organs. All the glands have a lot of functions and can perform at optimal level via sun energy. If you are fortunate to activate the brain optimally you surely will reach enlightenment. You can read past, present, and future. This method can be safely applied to control obesity. Almost all problems get solved.

Historically, a lot of people have remained without food. Accordingly in 1922, the Imperial Medical College in London decreed that solar rays were the ideal food for humans. However, no one has mentioned what their technique was-- For e.g. Yogananda in his book 'autobiography of yogi' interviewed many saints and mystics to find out the secret of their lack of eating food, common reply was that the sun energy entered through a secret door and reached the medulla oblongata in the brain. They did not divulge their secret. This knowledge was lost to common folk at the time.

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## Sun Gazing Process

We have a super computer in our bodies given to us by the nature, which is our brain. HRM (Hira Ratan Manek) calls it the "brainutor". The brain is more powerful than the most advanced super computer. Each and every human being is gifted with innumerable talents, and infinite inherent powers by nature. Individuals should never underestimate themselves. Everyone is gifted. If we make use of these powers we can take ourselves to great levels. Unfortunately, these infinite inherent powers are programmed in that part of the brain that is largely dormant and goes unused. Even medical science agrees we hardly make use of the brain but about 5-7% - the most brilliant of humans like Albert Einstein is reported to have used only about 32% of their brains.

If we can activate the human brain and awaken these infinite powers inherent in ourselves then we can raise ourselves to higher levels. We can achieve any results we want. In order to operate the brain effectively, it needs to be activated. Being a holistic entity it needs a holistic power supply. Sun energy is the source that powers the brain, which can enter and leave the human body or the brain only through one organ that is the human eye. Eyes are the Sun Energy's entry door to the human brain. They are also known as the windows of the soul. Recent research has found out that the eye has many functions other than vision. And more information is continuing to be revealed about the functions of the eye. The eyes are complex organs and they have 5 billion parts much more than a spacecraft that has about 6-7 million parts. By this, you can see the immense capacity of the human eye.

HRM asserts that the rainbow is in the eye not in the sky. The seven colors of the sun is only the reflection of what is in the eye. We can create a rainbow anytime we want - go to the garden, just observe below a source of flowing water as the sun moves above. There you will see the rainbow. Eye can receive the entire spectrum of the sunlight. It's like having a glass window. Eye is the perfect instrument to receive all the colors of the rainbow. Since eyes are delicate parts of the body, we have to use them in such a way that they serve our purposes without getting damaged. Present day teachings and ideas such as don't look at the sunlight at all --you will damage your eyesight; never go out in the sun as you will get cancer, are causing needless hysteria and paranoia. The more you are away from the nature, the more there is a cause for illness and you will automatically support global corporations. There are definite foolproof ways of getting the benefits of the nature without exposing ourselves to its adverse effects. It is also as intuitive as when the clouds gather we become gloomy. When we see the sun, we feel energetic.

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## Human Photosynthesis - back to our origins? An interview with Hira Ratan Manek by Miriam Knight

Hira Ratan Manek was born in 1937 and grew up in Kerala, India, getting his Mechanical Engineering degree from the University of Kerala. After graduation, he joined the family business, which was shipping and



spice trading, and continued working there until he retired in 1992. After he retired, he began to study sun gazing, particularly the teachings of Lord Mahavir of the Jains, who practiced this method two thousand six hundred years ago. Since June 1995 HRM has lived on sun energy, water and the occasional cup of tea or buttermilk "for social purposes."

*MK: Hira, you stopped eating solid food in 1995 and have baffled the doctors and scientists who have studied you during water fasts of 211 and 411 days. How do you manage it?*

**HRM:** This is an ancient practice based on logic and modern biological science that relies on water and sunlight for energy. This is really photosynthesis taking place in the human body.

*MK: Do you feel that we all have the latent ability to do this?*

**HRM:** Everyone...each and every human being! In his autobiography, Yogananda mentions a few people living on sun energy, like Teresa Neumann and Giri Bala, who survived for over 50 years without food or liquid on sun energy alone. Giri Bala would not disclose the technique because she said the world was not ready for

it. The humble work that I have done is to study others and disclose these ancient practices. I have not discovered anything.

*MK: Why is it that we no longer do it?*

**HRM:** There was a communication gap in the last thousands of years. I don't claim discovery of this practice – only revival. All cultures in the past had this practice. In India it is called suryanamaskar; in Egypt it was the worship of the sun god Ra, and they had pyramids to harness the sun energy; Native Americans had the sungazing dances; Peru had the sun temples like Macchu Picchu; Brazilian and Mexican people had sun god worship. When we say sun worship it is because of the communication gap about how they made use of the sun in olden days. Human beings are so intelligent, that they will not worship anyone unless there is some benefit! They knew how to make use of the sun in their day to day life.

*MK: You say this is coming back now because the world needs it.*

**HRM:** Yes, people are fed up with modern medicines to cure their illnesses.

*MK: Is it an all or nothing thing or are there increasing benefits from increasing exposure to the sun?*

**HRM:** Yes, there are three divisions. First comes the mental health that you get with three months of gazing at the sun. You must start slowly with 10 seconds and work up to, say, 15 minutes a day, but only within the first hour after sunrise or before sunset. For children you limit it to 5 minutes. You don't have to give up food, just reduce the quantities. And the best health drink is solarized water – leave it in the sun in glass jars. It is even better if you put gemstones in it.

If you do this for six months you get physical health. If you go for nine months, then you get spiritual health also. It is your choice.

What we are scared about nowadays is the ultraviolet effect of sunlight. Modern science has misguided us by referring to UV light at midday. But sunlight doesn't always have the bad ultraviolet. It has been proved that during the first hour after sunrise or before sunset in any part of the world and at any time of the year, there is zero UV.

*MK: What happens if you live in a part of the country like Portland where we get a lot of rainy or cloudy days?*

**HRM:** In such a case your success may be delayed, but it will still come. If you are in a tropical country, you make your body a solar chip within two years. Here it may take four years. In the correct hours you can gaze at where the sun should be through the clouds, or later when it comes out you can gaze through a glass window so that the ultraviolet is filtered out to some extent, and you will get some benefit. Success is guaranteed.

*MK: What do you mean by mental health?*

**HRM:** Ah, mental health. That is a very big, serious subject the world is facing. We all lack balance of mind and that is why we make blunders. With perfect balance of mind you will start thinking in a positive way – negative thoughts go away. You are full of self-confidence and become fearless in life.

*MK: Why does the light bring that kind of effect?*



**HRM:** Because from birth we have infinite powers. Our brain is a supercomputer. We are moving into an age where computers will be a thing of the past. We will be using our "brainuter!" The power we enjoy from birth is the software of this computer. Then our thinking process is the combination of the keyboard and the mouse. Now what this computer lacks is the power supply, and the power supply is the sun energy. After all we know that this generates electricity. This light can enter the brain only through the human eye. The eye is connected directly to the brain – that is a medical fact.

*MK: So absorption through the skin isn't relevant?*

**HRM:** It has only a temporary effect. Light needs to be thrown on the eyes to energize the brain, if you want permanency. You see in your region [Pacific NW] how people get the winter blues or seasonal affective disorder without sunlight.

*MK: Does that mean that when we go out of mental or emotional balance, our batteries are running low?*

**HRM:** Yes definitely. Our cells need recharging, and they can be recharged like a battery. I am sorry when I hear people are treating these emotional imbalances with antidepressants instead of sunlight. You need to make your body like a solar chip. Once you do that, and it takes about two years, you can stay in darkness for a while and nothing bad will happen.

*MK: Can artificial sunlight, like full spectrum bulbs achieve the same thing?*

**HRM:** Artificial sunlight doesn't have the photons that natural sunlight has. We can never compete with nature.

This practice is very apt for the United States, where obesity is the greatest terror. The best thing for obesity is walking barefoot by the sea on dry, warm sand for 45 minutes in the evening hours and also gazing at the sun. This activates all the 5 main glands through acupressure points. If obesity is not cured you will have very big problems. But people cannot fast and control hunger by themselves. With sun gazing you are not fasting, because hunger disappears.

Even medical men agree that the body requires only energy, not food. When we eat plants, we convert food into energy, but it is a secondary source of sun energy. That is why the raw food people say not to cook, because the sun energy will be lost. The energy in non-vegetarian food is even more degraded.

*MK: What other effects does sunlight have on health?*

**HRM:** Your body has the mechanism to absorb sunlight directly to the brain and stimulate five important glands. The pineal gland, what we call the third eye, used to be considered useless by medical science. But it has been scientifically demonstrated, with before and after MRIs, that as the pineal gets activated, more and more neurons regenerate in the brain.

*MK: So could this have implications for treating Alzheimers and Parkinsons?*

**HRM:** Definitely! I have a group where the people are getting cured from depression, Alzheimers, Parkinsons - all those things. I had a gentleman who was in a wheelchair. He took only sunbaths for one year and now he is totally OK. Medical science has said that neurons do not regenerate, but they do; and when they regenerate your aging process slows down, your life span increases, also memory and intelligence become superb.

Your body has auto-repair and auto-healing abilities. If your mind thinks that you are improving, you do, but we are negative towards ourselves.

*MK: Tell me about the development of the spiritual side after a year of this practice.*

**HRM:** Yes, that is the best thing. Why are we backward in spiritualism? Because we lack mental health and spiritual balance. We have so many desires, desires... They are killing our physical system and disturbing our peace and world peace.

When you are in perfect balance, positive and fearless, you will not harm other people. What is sin, after all but harming others? When there is no sin, you are in the spiritual kingdom; the best things will come to you automatically. It is simple – don't harm others.

*MK: What is the vision that drives you to lecture all around the world?*

**HRM:** Global healing and peace everywhere. There will be no energy crisis because sun energy will never end; no pollution because sun energy never produces pollutants; no obesity and no hunger; no aids and no cancer. All will be mentally, physically and spiritually fit. Yes, we are moving towards the golden age of satyayuga from the present kaliyuga – from bad to eternal good.

*Anybody with questions, doubts or difficulties in understanding is welcome to write to HRM at [hiraratanmanek@yahoo.com](mailto:hiraratanmanek@yahoo.com), or go to his website: [www.solarhealing.com](http://www.solarhealing.com)*

## Living on Light Research

*The following research was done on Hira Ratan Manek, a Jain man who spent 411 under constant medical supervision while he 'fasted' on only water and solar energy. Below is the leading Dr's synopsis for which he received an award from his colleagues in India. Dr Shah can be contacted via email : sudhirshah@hotmail.com*

The Hypothesis : on Prolonged Fasting. With Dr Sudhir Shah.

This is unique. You will agree that such a prolonged continuous Jain fasting for religious (the spreading of Ahimsa and other high mottos) and scientific purposes (to create awareness about Sun-energy) and also aimed at a solution of four-way human crisis (Physical, Mental, food and neurological) under scrupulous daily medical supervision is unheard of. Its just fantastic, and absolutely amazing, but this is not a myth. It's not happening in Himalayas or distant jungles. It is happening in Ahmedabad, Gujarat (India) in the continuous presence of public and under strict medical check and supervision by expert doctor team. There is no reason to be skeptical. One may personally come and check and scrutinize.

We doctors have done all these months and fellow men have been staying with him all throughout. And also several visitors see him throughout the day and night. Mr. Hira Ratan Manek has completed 411 fasts successfully on 14th Feb 2001. It started from 1.1.2000. He was on total fasting as per Jainism. He was consuming boiled water daily only between 11 a.m. to 4 p.m. no other liquids and just no other food, no I\V or I\M injections. He was completely kept isolated while under strict observation. Medical checkup commenced a few days before fasting program and continued till today. It consists of daily written record of pulse, blood pressure, respiration, temperature, water intake, urine output, weight etc. and relevant hematological and biochemical (basic and few advanced) tests periodically i.e. monthly or fortnightly. ECGs are taken regularly, Ultra Sonography, EEG, CT.Scan and M.R.I. Brain have been taken at the end of one year and a team consisting of general practitioner doctors, physicians, surgeons, cardiologists, endocrinologist and a neurologist have been examining regularly and periodically from first day of fasting. Except for loss of 19 kgs weight, (which is now stable with no further weight loss for 3 months) a slight reduction of pulse rate and B.P. and definite reduction of respiratory rate (from 18 it is now 10/minute) amazingly, there is no medical abnormality.

Even the brain and mental capacities are absolutely normal. There are hardly any findings. He has stopped passing stool after 16th day of fasting and urine output is maintained at around 600 to 800 c.c. His blood sugar is 60 to 90. There is no acetone. Rest all parameters are normal. It is just amazing. Isn't it? But how do we hypothesize it? How does science look at it? As per science, under normal circumstances of prolonging starvation, (under accidental situation or extraordinary situation,) human being loses weight fast. First fat is utilized. Ketones appear in urine in first week.

Then proteins are burnt. Before that, the person becomes dull, lethargic and irritable, his logic reasoning fails and vital parameters fall and within 8 to 10 weeks, as per science the physical existence will be challenged. Here there is no such ill effect. How do we explain this? How does his energy mathematics works? How he is still so intact with normal intellect, normal mental, function? Though so far there is no solid thesis (as this is the first event in the world under medical supervision), there has to be some logical, scientific hypothesis. It explains quite a bit, but also leaves few questions unanswered, for all of us to further analyze. It also opens, at the same time, several new avenues for the coming time to work upon it. (e.g. issue of obesity).

This hypothesis has four basic steps to explain energy-metabolic mathematics. i.e.

- (1) Reducing calorie requirement by chronic adaptation.
- (2) Deriving basic energy from cosmic source-chiefly, 'sun energy'.

(3) Utilizing the energy in the efficient way and recycling the same in his body.

(4) Genetically or phenotypically a different body disposition.

(1) Chronic Adaptation Syndrome: As the body and the mind adapts to chronic stress in a healthier way, as compared to acute stress, similarly body's adaptation must be different to chronic fasting (beyond 30 days) as compared to acute fasting (e.g. 3 to 15 days). No body knows which is the exact point, where body adapts chronically, but 30 days sound reasonable time though it may vary individually. This is some kind of hibernation, so to say. The routine calorie mathematics sounds logical and quite applicable to acute fasting where fats break up first, ketones appear in urine and weight loss starts; muscle mass reduces and vital functions and mental capacity may start slowing down. Thus in acute fasting, energy dissipated must come from stored sources of body to match 1:1 ratio of calorie consumption against utilization. In chronic adaptation; the metabolism of body must slow down. The body needs are reduced to the minimum. This is possible by down regulation of cellular and receptor function. There is thus altering the energy metabolism to the lowest possible. Oxygen and water are supplied to cells as basic things. At this stage, the hunger center will become depressed satiety center will be activated. So there will not be any feeling of hunger or food craving. It may be possible for such an individual to do routine activity with very low amount of energy or calories as 500-600 calories, to sustain cellular metabolism.

(2) Deriving Energy from Cosmic source - Solar Energy: Whatever low amount of energy, that is required, must come from some source. He is only on boiled water - which as per science is having hardly any caloric value, or does it really supply some energy? Most likely, he is drawing energy from cosmic energy - Cosmic Sources. Hence more correctly it is energy mathematics rather than calorie mathematics; a concept worth understanding. Out of all cosmic sources, the SUN is the most powerful and readily available source and has been used for energy, by sages and Rishis since ancient time, including lord Mahavir, Tibetan lamas and other Rishes. Again, how the SUN energy is received. The Brain and the mind are the most powerful recipients in human body.

The retina and the pineal gland (the third eye or the seat of soul as per Rene Descartes) are equipped with photoreceptor cells and may be considered photosensitive organs. As plant kingdom thrives on chlorophyll and photosynthesis, directly dependant on the Sun, similarly some photosynthesis must be taking place when we hypothesize Sun energy. Through complex ways and distinct pathways this energy must enter the body. There is a pathway from the retinas, to the hypothalamus, called the retinohypothalamic tract. This brings information about the dark and light cycles to suprachiasmatic nucleus (SCN) of the hypothalamus. From the SCN, impulses along the nerve travel via the pineal nerve (Sympathetic nerves system) to the pineal gland. These impulses, inhibit the production of Melatonin. When these impulses stop (at night or in dark, when the light no longer stimulates the hypothalamus) pineal inhibition ceases, and Melatonin is released. The pineal gland (or the third eye) is therefore a photosensitive organ and an important timekeeper for the human body.

The unexplored process of energy synthesis and transformation from the sun energy perhaps partly occurs here. While going through the details of recent scientific literature and also comparing it with ancient Indian spiritual texts, as well as western occult and new age, following things are apparent. The activation of pineal gland is the key step in psychic, spiritual and energy transformation processes. Here in this gland, energy processing and re-distribution occurs. Pineal gland is the commander of all endocrine glands, therefore controlling the humeral system. It also regulates the circadian rhythm, sleep wake cycle and it also slows down ageing process. It has psychic properties and is the seat of soul or mind - so called the third eye. It is the Agna (Ajna) chakra of tantric system.

Its activation can be done with prolonged yoga & meditation techniques or through practice of solar energy. The later does not use classic yoga steps. Pineal also inhibits growth & metastasis of some tumors. It has a

stimulatory effect on the immune system. In birds and other animals, it has a magnetic material and is therefore the navigation center in birds. Scientists are looking at magnetic, navigatory properties of pineal gland in humans. So pineal activation and charging through solar energy is the vital step and that is the doorway of energy highway. This may be Kundalini Shakti activation, in other words. Normal Pineal gland measures 6 x 8 mm in human body. As per C.T.Scan & MRI Scan reports of Mr. Hira Ratan Manek it is 8 x 11 mm (enlarged !).

This may indirectly support the important role of pineal gland in energy transformation. However it may be mentioned, that anatomically enlarged gland does not necessarily always mean hyper function. Ever since mankind has started ignoring the psychically and spiritually equipped pineal gland it has fallen on merely physical-material plane and endless pains have fallen on mankind. Mankind must now relearn to activate pineal and the other psycho-spiritual bodies either through cosmic energy dynamics or through practice of Rajyoga or the Tantric ways or other such practices. Kundalini Shakti is said to be activated through these and happiness and bliss with peace are bound to follow. This light energy may be transformed into electrical, magnetic or chemical energies in body. Once processed, this energy must be transported and must be stored somewhere.

Actually the ultimate form of all energy is light. Energy and light can be transformed in to matter and back again to energy. Hypothalamus is the commander of autonomic nervous system and Pineal gland is in proximity to autonomic nervous system, so it is logical that new energy transportation may either activate this system or it may use this system as vehicle. Parasympathetic nerves & its hormones & chemicals may be more useful than sympathetic system. As sympathetic system increases body needs ( e.g. thinking, fighting stress, excitement etc.), parasympathetic system is known to reduce the energy needs. It keeps the person serene and at mental peace and alters the metabolic requirements to a lower state and puts it to sleep. There may be other hormones or chemicals too.

The role of temporal lobe and limbic system also may be important. It may work as a regulator if not receptor and may be psychically involved in directing the energy in proper pathways. Deep into the limbic systems or in the parts of medulla oblongata, this energy may ultimately be stored and from time to time, may be recalled, charged or recycled. Medulla oblongata has all vital centers and therefore can be proposed as store of vital energy. Thus there are energy receivers or receptors, processors analyzers, transformers, storers etc. to explain the energy logistics. As this form of energy mathematics is different from what we conventionally are used to in form of food and calorie mathematics; we will call this micro-food or mind utilization food (Manobhakshi Aahar ...).

Here, we have talked about the Sun energy, but one may use any source from the cosmos, i.e. air, water, plants, earth etc. This may be called Surya vigyan, but equally there is Chandra vigyan and Vanaspati vigyan as mentioned in our ancient texts. Also apart from retina & pineal gland, skin and other senses may be responsible for receiving the energy. In short, this opens up tremendous possibilities. This micro-food can solve food crisis on earth and in fact is the only possible food in present context for somebody who wants to be a long-term space traveler or planet traveler. Amazing! It is time to note, that our routine food is not the only source to sustain the body. The role of mind: What ever said, in this step, (i.e. the step II of deriving the energy from the sun and transforming it in body.) the mind may play the crucial role. It is well known that the mind has enormous capacity, (the soul has even further or infinite capabilities).

Through Sun Tratak & Meditation, tremendous capacities are born which will bring tranquility to mind and also slow down metabolism, as mentioned in step I. Mind can do every thing including so-called miracles. It can revitalize body, it can heal diseases, it can know things in advance and it can manipulate laws of physics. Its unclear till this date whether mind is a separate entity or the pineal gland it self. The faith and blessings from Yogis and Gurus have their own roles sustaining ones self in adverse situations. On religious days, under

high spirits and a cultivated atmosphere, a few people surprisingly do unusual things like walking on fire or piercing pointed swords, through their bodies without damaging themselves. If similarly, some does fasting, these phenomena may help to pull him/her through the period of physiological problems till one enters chronic adaptation phase.

(3) Energy Economy in efficient ways and re-cycling the energy in his own body: Those, who are chronically deprived of energy learn to utilize the available energy in more efficient ways - so that even at the low energy state body metabolism and vital functions including nervous system do not suffer. This is quite logical and one can imagine this happening in the individuals caught in natural calamities, or those left alone in the sea or survivors of high altitudes after plane crash etc. managing to live for several days or weeks, without food. Also, one can hypothesize that these people may be recycling the energy in their own bodies. This may be done, through complex mechanisms, involving neural & humeral organs. Solar energy, dissipated through body may get absorbed into the earth and while walking bare footed on the soil, standing in the sun, may help absorbing this energy through skin of toes, sole of feet as Shri Hira Ratan Manek does regularly and always preaches to do so to recycle the energy. This may be related to the principals of acupressure or reflexology.

(4) Genetically or phenotypically a different body predisposition: We should also examine this aspect carefully, as this leaves scope for an important discussion - whether each and every individual can use sun energy and if so, so efficiently? Only time can answer this. But it is possible that each individual has a different genetic code and also each body has different physical capabilities. Hence, one may be able to receive this Solar energy more readily, can transform & store it in a better way and also can utilize more efficiently and even recycle it - while other person may not be able to do it to the same extent. Hence, experiments, must be taken up, if possible on a randomized base upon volunteers with control population. However, leaving this component aside for the time being, is possible that many people can do this experiment very successfully under supervision.

Prior body checkup and particularly retinal-ophthalmic checkup is mandatory and under strict medical guidance, a graded time bound experiment upon volunteers may be taken up. If this theory can be generalized, then it can change the destiny of mankind. First of all, the food crisis will be solved. Through activation of this supreme energy in body the transforming it in electrical, chemical the magnetic forms, person can not only become free of diseases but can gain positive health with a vibrant aura. His luster can impress even enemies the enemy may dissolve. With improvement of mental & intellectual capacities one may be able to use brain power up to 90 to 100 %, as against to 3 - 10% as we normally do.

There will be reign of peace and prosperity. As there is no food, the bad thoughts and ill feelings will be stopped, so eternal peace is bound to follow. This will also question the routine common calorie mathematics. By this, there is a challenge to the routine calorie based science. Its limitations are highlighted, at the same time the complex issues of obesity and malnutrition can be readily explained through the concept of solar energy. It is possible that obese people, though not eating excess food, still receive energy from cosmic sources explaining their obesity.

The concept of cosmic energy can be used thus for total uplift of mankind at physical mental, intellectual, supramental and Spiritual levels. Extensive scientific research work therefore should be immediately taken up, by appropriate authorities, including bioscientists & medical personnel, to answer all these issues.

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