

Safe Sunbathing

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Safe sunbathing is done when the UV index is below 5. Use a UV card, watch or meter, or go by feeling. Your skin should feel warm, not hot. Wear minimal clothing. Change position often to get an even tan. Dr. Herbert Shelton wrote “Begin the sun bath by exposing the entire body six to ten minutes a day and gradually increase the length of time of exposure until half an hour to an hour or more are consumed... Expose the front of the body three to five minutes and then, expose the back three to five minutes...” The maximum time to Sunbathe depends on time of day, season, elevation, latitude, and skin color. The closer to noon, the nearer to summer solstice, the closer to the equator, the higher the elevation, and the fairer your skin, the less time you should spend sunbathing. You have to just warm yourself, but don’t bake yourself. If you feel your cheeks getting hot, get out of the sun. Then sunbathing will have tremendous health value.

Sunbathing along with sungazing activates all the glands, which are responsible for health and normal functioning of the brain and body. You may experience the effects of this as greater energy, better muscle tone, a lower requirement for sleep, and lack of hunger. Dr. Zane R. Kime, in *Sunlight Can Save Your Life* wrote, “When the chest or back is exposed to sunlight, the male hormones may increase by 120 per cent. When the genital area is exposed, the hormones increase by 200 percent.” There are similar effects with female hormones and Dr. Kime reports that some of his female patients whom he prescribed sunbathing were cured of menstruation problem and severe menopausal symptoms. Gene Savoy, who taught advanced sungazing techniques, reported that some of his middle-aged female student experienced resumption of menses. If you desire celibacy in your life, you can still sunbathe, but be aware of these effects and say prayers for the transmutation and sublimation of sexual energy. In this regard, it is important to read Master Omraam's words from Part 1 of *Love and Sexuality*: “The question, therefore, is to decide, first and foremost, what your ideal in life is, what you want to become. If you want to become a soul, a spirit, an exceptional human being, if you want to discover the treasures of the spiritual world and be in communion with heaven then, of course, you will have to use restraint in certain pleasures or even give them up entirely so as to learn to sublimate your sexual energy. But if you do not have this high ideal, it would be idiotic to deprive yourself and try to live in chastity and virginity. In fact, you would almost certainly make yourself ill in the attempt, because your efforts would have no motivation to back them up.”

Sex is a code word for “sacred energy exchange” or “sacred essence of the cross.” You could think of a cross as an exchange. But the oldest meaning of the cross, which predates Christianity, is the sun. Sun worshipping societies many thousands of years ago used the cross as a symbol for the sun. The use of this symbol represented the union of opposed polarities in the Western world. It may be compared to the yinyang symbol of the Eastern world.

Master Omraam said in *Angels and Other Mysteries of the Tree of Life* that "The entities who possess the secret of the sublimation of sexual energy are the Malakhim, the angels of Tiphereth, the Sun. The sexual energy of human beings is of the same nature as solar energy... Once men and women are truly aware that this energy is impregnated with the light of the sun, they will set foot on the path of sanctity and begin to approach the sephirah Kether... Only then will they begin to taste true love, the love of the Seraphim"

Love and sexuality were very important topics for Master Omraam so much so that he published two thick volumes with that title plus a smaller book on *The Sexual Force and the Winged Dragon*. In volume 1 of *Love and Sexuality*, he addressed nude sunbathing, which is the best form of sunbathing in terms of health. He said, "It is considered perfectly acceptable to be naked when one is at home, alone; it is when one is with others that it is considered unsuitable." He also pointed out that even when we're alone, we have to exercise caution. He said, "As nakedness attracts evil forces as well as the forces of light, it is dangerous to expose one's naked body if one is not sufficiently conscious and in control of oneself to close one's doors to the forces of darkness and open them only to the forces of light."

One way to sublimate the energies from sunbathing so that we do not misuse them, and to guard against evil entities is to view sunbathing as a light bath or shower that purifies us and nurtures God qualities within us. Master Omraam said, "Learn to bathe in this river, in this immense flood of morning, for this is your true bath, a bath of light, the only one which can truly wash and purify you." He also said, "People don't even know that there are these seeds – which are potential qualities and virtues – in them, and these qualities and virtues don't manifest because people have never gone to expose themselves to the sun." And "Sunbeams... also convey many much subtler elements that we can use to further our spiritual development."

Never wear sunscreen or Polaroid sunglasses when you're in the sun. The reason why we should never wear sunscreen is because there is evidence that sunscreen contributes to skin cancer as well as other diseases by preventing vitamin D production. It also traps toxins in the skin that would normally be eliminated through sweat. These toxins combine with the chemicals in the sunscreen to form a carcinogenic soup. Lastly, it gives people a false sense of security, encouraging them to sunbathe for too long and outside the safe hours. Thus they get sunburns, and the combination of lack of vitamin D and toxic chemicals results in skin cancer. Our ancestors had less incidence of skin cancer yet they spent more time working outside. This is because their bodies were tanned and protected from the sun. If you don't get sunburned, the benefits of sun exposure far outweigh the possible dangers. The increase in vitamin D will reduce your risk of developing fatal illnesses or debilitating conditions.

Also, avoid wearing sunglasses while sunbathing. Dr. John Ott discovered that primitive tribes who came in contact with civilization and began to wear sunglasses soon developed cancer, eye disease, and other debilitating conditions. For this reason, it is best to avoid wearing sunglasses. As you continue with your sunbathing, you will be able to tolerate greater intensity of light and be able to look at the rising or setting sun without squinting or feeling the requirement for sunglasses. In the meantime, if the sun is too bright, either close your eyes if that's possible or wear pinhole sunglasses. These block out the brightness but allow the sunlight into your eyes. They also have been found to be effective in improving eyesight. People who require prescription glasses can see clearly wearing pinhole glasses, but I would caution against wearing them while driving because they limit your field of vision. You can get pinhole glasses for about \$13 from http://www.luckyvitamin.com/p-25153-natural-eyes-pinhole-glasses-full-frame-laser-blue?utm_source=googlebase&utm_medium=fpl&utm_term=NaturalEyesPinholeGlassesFullFrameLaserBlue&utm_content=75013&utm_campaign=googlebase&site=google_base&