

The Power, Process and Practice of Emanation: Be a Sun!

Meru University Course 2025-03

Syllabus

Instructor: Alice Rogers

Ascended Master Sponsors: El Morya and Omraam Mikhaël Aïvanhov

Purpose of Course: The purpose of this course is to understand how to become your true self—a sun or something more.

Prologue: Meru University has presented previous courses about the sun such as *Solar Health*, *Solar Wealth* with David Christopher Lewis and Wayne Purdin (see list below). The Hearts Center has many HeartStreams from Apollo and Lumina, Omraam, El Morya, K-17 and others.

Course Outline

- Brief description of and discussion about sun-gazing
- Discuss: Why do we desire to be a sun-like?
- Develop:
 - An understanding of what is a sun and what does it do
 - An understanding of radiation, emanation and vibration

Teaching Sources

- Hearts Center HeartStreams
- Wayne Purdin's e-book *The SOLution: Laying the Foundation for a Solar Civilization*
- Books and videos by Omraam Mikhaël Aïvanhov

Suggested Assignments/Practices to engage in after the class

- Meditate
- Practice being sun-like
- Becoming more attuned to your higher self as we are constantly being asked to come up higher

Course Resources – Prayers

10.029 [El Morya's Solar Life Affirmations](#)

20.001 [I AM the Sun](#)

20.007 [Sun-King Sun-King Blaze Your Fire](#)

20.015 [Sun Gazing Meditation Ritual](#)

20.022 [Solar-Sphere Invocation](#)

20.023 A [El Morya's Great Central Sun Meditation](#)

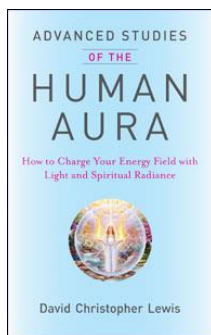
20.025 [Ritual of Solar Alchemy](#)
20.035 [Refresh the Earth in Solar Joy](#)

Related Meru University courses

[Solar Health, Solar Wealth](#)
[The Return of Solar Imaginative Knowledge](#)
[Teacher Training of Solar Initiates](#)
[Beekeeping and Solar Genetics](#)
[Strengthening the Pineal Through Higher Solar Imagery](#)
[Gautama Buddha on Solar Beingness and Planetary Compassion](#)
[Morya, Kuthumi, and Djwal Kul on Our Solar Biofield](#)
[The Initiatic School within the Great White Brotherhood as a Community of Light](#)

Book Resource

Click on the book cover to order the book.



Advanced Studies of the Human Aura: How to Charge Your Energy Field with Light and Spiritual Radiance takes studies of the aura to an exciting new level. In Part One, Beloved El Morya presents long-awaited teachings that complete the trilogy begun by his holy brothers, the ascended masters Kuthumi and Djwal Kul. In Part Two, David Lewis provides practical steps to expand and purify our auras as he recounts moving experiences from his own life.

More resources will be posted on the class webpage.

Participation is encouraged throughout the course via the chat feature in the teaching environment.