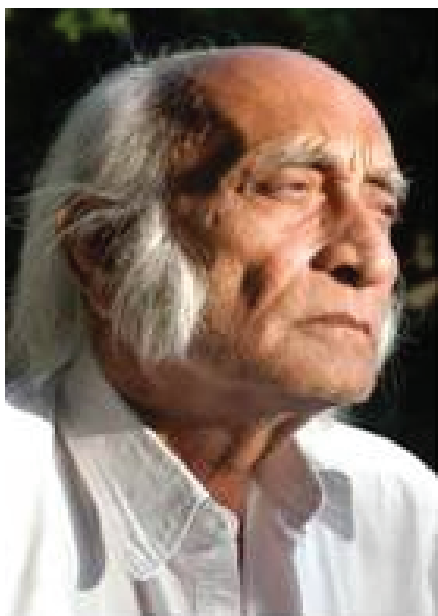


Sun Gazing Lecture with Hira Ratan Manek



A Living Legend of Human Photosynthesis



A proven & simple way for healing your Mind, Body and Spirit. without medicine, therapies, diets, fads, or "instant" methods.

~~~Within 3 months, you can feel balance of mind and emotions.

~~~Within 6 months, you can begin to become healed from physical diseases.

~~~After 9 months, you can feel radiantly alive. Peace and clarity can pervade your consciousness. Energy can be high & hunger may subside.

As you will see, Sun Gazing is a walk, a journey, of establishing a relationship with the Sun that has been core to all life on this planet. The gift of SUNLIGHT becomes perhaps the most important element in your life, when you seek answers through the procedures of Sun Gazing. More than a mantra, more than a prayer... Sun Gazing opens a door to intimate knowledge of universal truths. The ancient civilizations used the sun's energy to heal their bodies. Isn't it time to take your life into your hands and become the master of your own destiny?

About Hira Ratan Manek...

Hira Ratan Manek (HRM) was born on 12th of September 1937 in Bodhavad, India. He began to research and study the ancient practice of sun gazing in which he had been interested in since his childhood. After working on this method for 3 years, he was able to re-discover the secrets of sun gazing. During his study, he was inspired by the teachings of Lord Mahavir of Jains, who was also practicing this method two thousand and six hundred years ago. Other inspirations for sun gazing came from ancient Egyptians, Greeks, and Native Americans.

Since June 18th, 1995, HRM continues to live mostly on sun energy and water. Occasionally, for hospitality and social purposes, he drinks tea, coffee and buttermilk. Until now, he had three strict fastings for 130 days, 211 days, and 411 days during which he had only sun energy and water and was under the observation of various science and medical teams.

We welcome you to explore and empower yourself with HRM's methodology on how the sun can help your body heal itself! It is awesome to know that the Sun, the universe's gift to us, can freely allow us to experience greater heights of our human experience with such a simple, cost free practice having no adverse effects that one can apply most anywhere in the world.

Further information on Hira Ratan Manek and the HRM Phenomenon can be obtained at the following web link... [www.solarhealing.com](http://www.solarhealing.com) and an unaffiliated E-book course can be obtained at [www.sungazing101.com](http://www.sungazing101.com).

*"your 'love donation' for participation at these events will be appreciated..."*

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|-----------|-----------|----------------------------|------------------------------------------------------------------------------------------|
| Monday    | August 21 | 7 p.m. - 9 p.m.            | Unity Church, 4146 Chamblee-Dunwoody Rd, Atlanta, Georgia 30341, 770-455-8920            |
| Tuesday   | August 22 | 7 p.m. - 9 p.m.            | Inner Space, 183 Allen Road, Sandy Springs, GA 30328, 404-252-4540                       |
| Wednesday | August 23 | 7 p.m. - 9 p.m.            | Heal Center, 180 Allen Rd, North Bldg., Suite 101, Sandy Springs, GA 30328, 404-303-0007 |
| Thursday  | August 24 | 7 p.m. - 9 p.m.            | Harmony Place, 1035 Green St., Roswell, GA 30075, 770-641-9055                           |
| Friday    | August 25 | 7 p.m. - 9 p.m.            | Synchronicity, 861 Holcomb Bridge Road, Suite 109, Roswell, GA 30076, 770-640-8184       |
| Saturday  | August 26 | 7 a.m. - 9 a.m. (NOT p.m.) | NewTown Park, 3150 Old Alabama Road, Alpharetta, GA 30022, 770-664-5065                  |
| Sunday    | August 27 | 11 a.m. - 3 p.m.           | Serenity Lakes, 3444 Club Drive, Lawrenceville, GA 30044, 678-924-6868                   |

On Sunday, Nuriyah of RawGanics 770-310-5673, will provide a "live foods" meal prior to the lecture for those interested in purchasing a healthy meal. The meal will be served at 11a.m. and the lecture will begin at around 1p.m.

After the Atlanta programs, HRM will be returning to India, so this may be your only opportunity to meet this walking legend as HRM will be completing his 3 month North American lecture tour. Tell your friends!