

The Vedantic Center invites you to a lecture and Q&A by a leading proponent of Sun-Gazing/Solar Healing.

Hira Ratan Manek – a Living Legend of Human Photosynthesis – speaks on...

The Many Benefits of Simple & Safe SUN-GAZING



Saturday, Sept. 20, 2008 • 4:00 p.m. @ The Vedantic Center's Sai Anantam Ashram

3528 N. Triunfo Canyon Road, Agoura Hills, CA 91301 • Tel. 818.865.0409 • www.saiquest.com

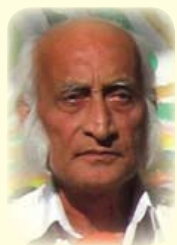
HRM will share his proven & simple way for healing your Mind, Body and Spirit, where:

- within 3 months, you can feel balance of mind and emotions
- within 6 months, you can begin to become healed from physical diseases
- and, after 9 months, you can feel radiantly alive.

Peace and clarity can pervade your consciousness. Energy can be high, and hunger may diminish and subside. Sun-gazing is a personal journey of establishing a conscious relationship with the Sun that has been and is the core to all life on Earth.

Discover how sun-gazing stimulates and nourishes the pineal gland, stills the mind, energizes the whole body, and opens a door to intimate knowledge of universal truths.

Ancient civilizations used the sun's energy to heal their bodies. HRM researched the ancient practice of sun-gazing in which he had been interested in since his childhood. This was an old but forgotten method, practiced in ancient times in many different areas of the world. He was mainly inspired from the teachings of Lord Mahavir of Jains, who practiced this 2600 years ago. Kevin Trudeau, in his newly-published book "More Natural Cures Revealed," says this about sun-gazing: "There is also a very important additional benefit available from solar energy and the sun, and that is called "sun-gazing" (<http://www.solarhealing.com>). Sun-gazing is actually looking at the sun. This can only be done right after sunrise or right before sunset... However, the health benefits of sun-gazing go even beyond that of sunbathing. I would encourage you to go to the website to learn more information on sun-gazing. I have seen and heard of hundreds of people that have virtually cured themselves of major diseases by simply sunbathing and sun-gazing."



About Hira Ratan Manek. Born on September 12, 1937 in Bodhavad, India, he began to research and study the ancient practice of sun-gazing in which he had been interested since his childhood. During his study, he was inspired by the teachings of Lord Mahavir of Jains, who was also practicing this method 2,600 years ago. Other inspirations for sun-gazing came from ancient Egyptians, Greeks, and Native Americans. Since 1995, HRM has lived mostly on sunlight and water with occasional meals and drinks. He was under strict observation by multiple scientific and medical teams. The first observed fast lasted 211 days, the second lasted 411 days, and the third was at Thomas Jefferson University and University of Pennsylvania for 130 days led 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. Seven hundred photographs were taken where the neurons were shown to be active and not dying. Furthermore, the pineal gland was expanding and not shrinking, which is what typically happens after mid-fifties, and its maximum average size is about 6 x 6 mm. However for HRM, it was last measured to be at 8 x 11 mm.

Learn How to Empower Yourself with the Sun using 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 through such a simple, cost-free practice—with no adverse effects—that one can apply anywhere in the world where the Sun shines!

Your 'LOVE DONATION' for helping make this empowering event possible is much appreciated—before, during or after the lecture... Please **drive safely & arrive early** (between 3:30 and 3:55 p.m.) so we can start promptly at 4 pm and have plenty of time for Q&A.