Twitter Thread by ■ DR22



■ DR22
@DejaRu22

// SUNGAZING //

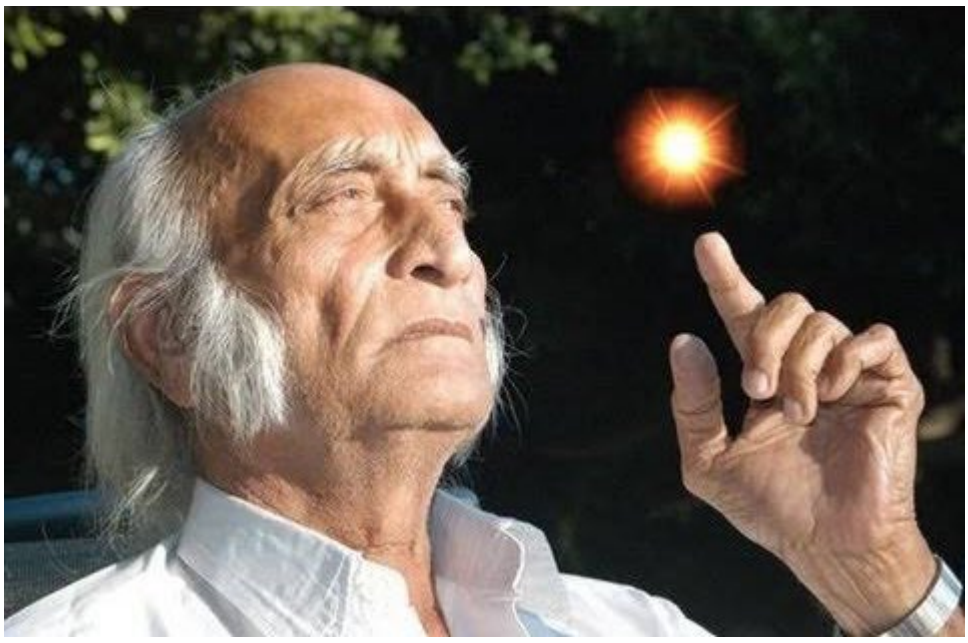
THE SINGLEST HIGHEST ROI ESOTERIC HEALTH HABIT YOU CAN POSSIBLY PRACTICE.

THREAD.

Before I divulge this truly life changing information, we must give credit where credit is due:

All information in this thread is thanks to the work and devotion of Hira Ratan Manek (HRM)

(Peep that absolute sage-tier physiognomy btw)



THE WHAT: What is sungazing?

Sungazing is the practice of staring into the sun to absorb its ENERGY, giving you SUPERPOWERS.

Thread over. Go home.
Thanks for reading.

Just kidding. READ ON for deeper explanation as to the HOW + BENEFITS of doing so.

THE HOW: What you need to do.

Sungazing is a practice that you must build gradually.

On your first day, stare at the sun for 10 seconds.

And add +10 seconds with every single day.

DAY2: 20 seconds
DAY3: 30 seconds etc

It's SUPER IMPORTANT that you do NOT exceed this rate

U MUST VISUALIZE RAYS HITTING INNERMOST BRAIN

Additionally: You should be BAREFOOT, and standing on earth.

Dirt is ideal, sand, riverbed etc

DO NOT stand barefoot on concrete, tile, etc and especially not on grass/lawn (Which HRM says actually subtracts energy from your body)

IMPORTANT: THE WHEN

“But Rubi, doesn’t staring at the sun cause blindness!?”

Yes and No. The “harm” to come from the sun is due to the ultraviolet rays (UV)

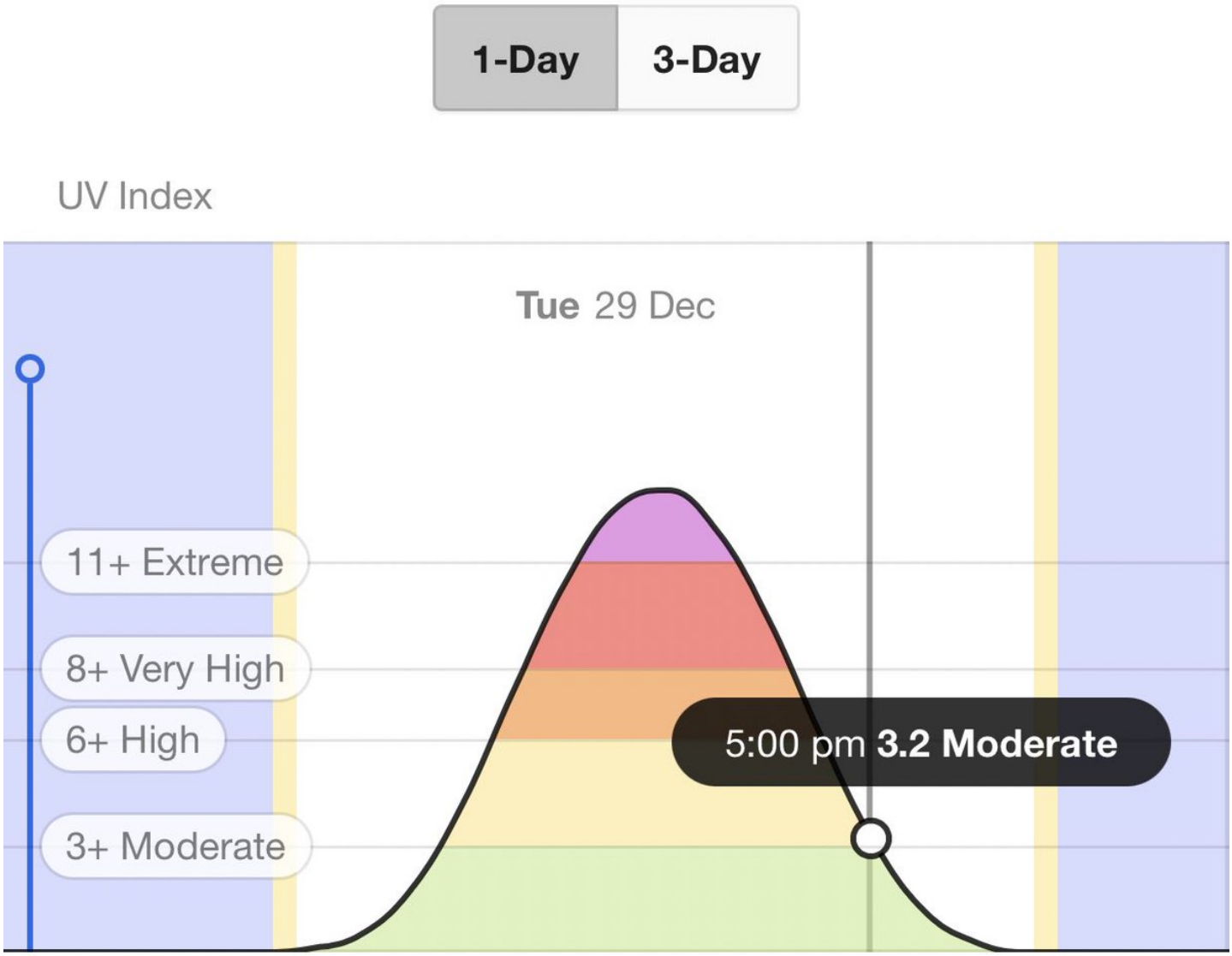
But, within *ONE HOUR* of sunrise OR sunset, the rays are too weak to pose a threat, and are thus virtually harmless.

Just to be extra sure, you can google “XYZ CITY UV index”

and see the PRECISE strength of the UV rays on that day, at each hour, in your city.

For example, I searched “Sydney UV index” here

Anything under a UV rating of 2 and you're golden.



That's great. Now WTF sungazing DO?

ALIGNS CIRCADIAN RHYTHM.

If your sleep schedule gets out of whack? (jet-lag?)

Sungazing will RESET your body clock and will ALIGN you harmoniously to the rise & wake cycle of nature.

You'll notice this IMMEDIATELY.

ButWaitTheresMore...

REAL QUICK: The PINEAL GLAND is a small pinecone shaped gland under your brain.

What some refer to as your “THIRD EYE”

It is dubbed as “THE SEAT OF THE SOUL” and is responsible for all power related to intuition, spirituality, connection to GOD, psychic ability and dreams etc

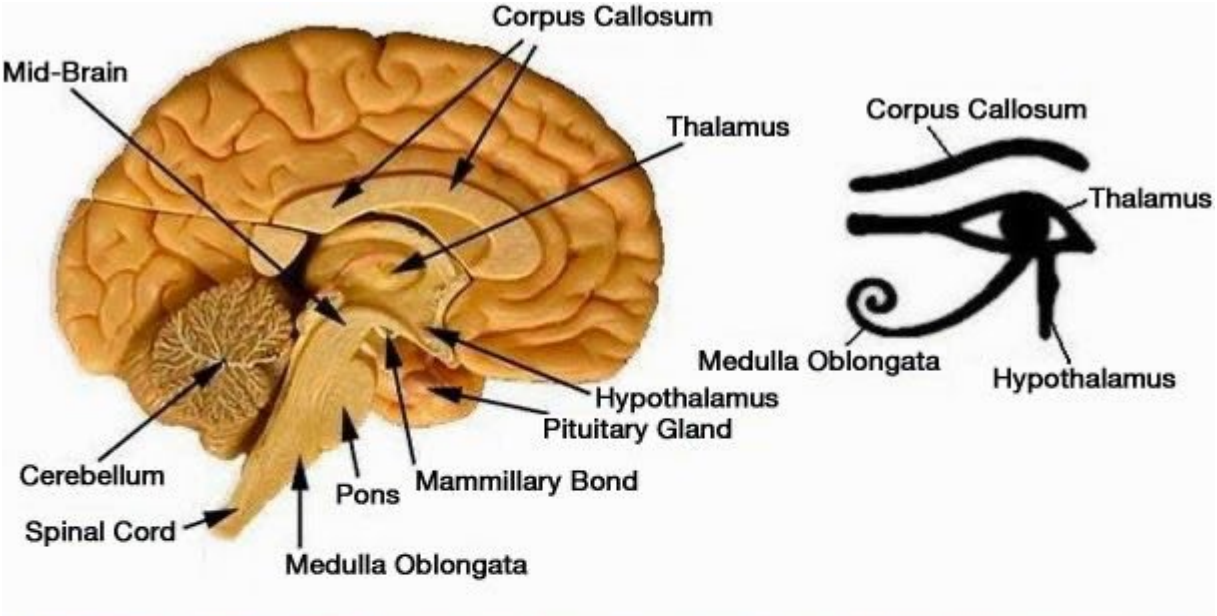
Ask yourself:

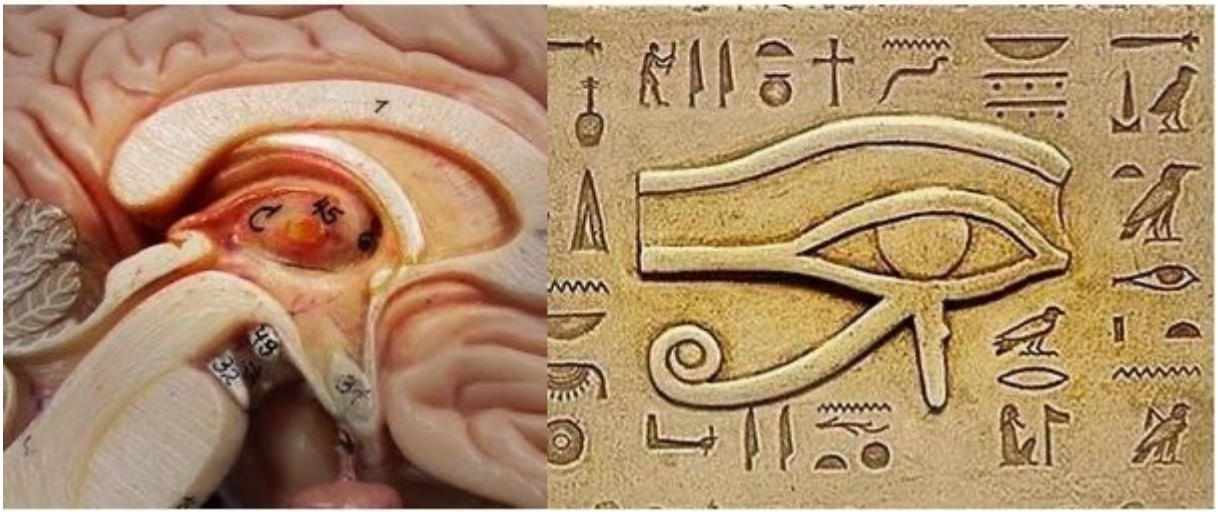
WHY DID SO MANY ANCIENTS CIVILISATIONS WORSHIP THE SUN IN SOME FORM?

WHY DOES THE EYE OF HORUS LOOK LIKE THE PINEAL GLAND?

WHY ARE SUMERIANS (oldest known civilisation) & ANNUNAKI GODS DEPICTED HOLDING PINECONES?

Do you see?





Ancients KNEW all about the pineal gland and the POWER that comes with activating it.

Today in 21st century, there is a plot to SUPPRESS this.

FLUORIDE (proven to LOWER IQ) is pumped all throughout our water supply to CALCIFY and render your pineal gland asleep and useless.



Now this is where it gets amazing .. keep in mind sungazing is a PROCESS (and one that requires discipline to see to fruition).

A PROCESS in which we are accustoming our eyes, hypothalamus and pineal gland to ABSORB SOLAR POWER.

SUNGAZING **DECALCIFIES THE PINEAL GLAND**

THIS is what we're trying to achieve through our SUNGAZING.

(One should also take measures to avoid fluoride: natural toothpaste, filtered water, filtered shower head etc)

As you develop and progress in sungazing, something AMAZING happens as you reach each milestone:

3 MONTH MARK // 15 MINUTES daily :

According to HRM, mental ailments VANISH.

One becomes of such high vibration that they are no longer plagued by sadness, jealousy, greed, fear etc

You instead live with total peace of mind and as HRM put it: "Free of all mental disorders"

6 MONTH MARK // 30 MINUTES daily:

You are now accustomed to the point of being able to absorb nutrients from the sun, and are BECOMING FREE OF

PHYSICAL AILMENTS: extreme cell generation

Many have noted eyesight improving to the point of no longer needing to wear glasses.

7.5 MONTH MARK // 35 MINUTES daily:

HUNGER DECREASES PALPABLY.

Approx. 80% of all calories you need, go to supporting brain function.

Extreme decrease in mental stress = extreme decrease in amount of calories needed. Hunger follows.

Starting to become nourished by Sun.

8 MONTH MARK // 40 MINUTES daily:

At this point hunger (AND REQUIREMENT FOR FOOD) is almost completely gone.

And for a weak student with "little belief in the process" they will feel this AT MAXIMUM feel this at the 9 MONTH MARK // 44 MINUTES daily.

9 MONTH MARK // 45 MINUTES daily:

“ENLIGHTENMENT” At this point, your body has ADAPTED to the point where sunlight cycles through EVERY part of your brain.

YOU NO LONGER NEED TO SUNGAZE

Just walking barefoot for 45 minutes a day is sufficient to maintain.

After one whole year of walking barefoot, all one needs to maintain further?

A few minutes of direct sunlight exposure for every 3-4 days.

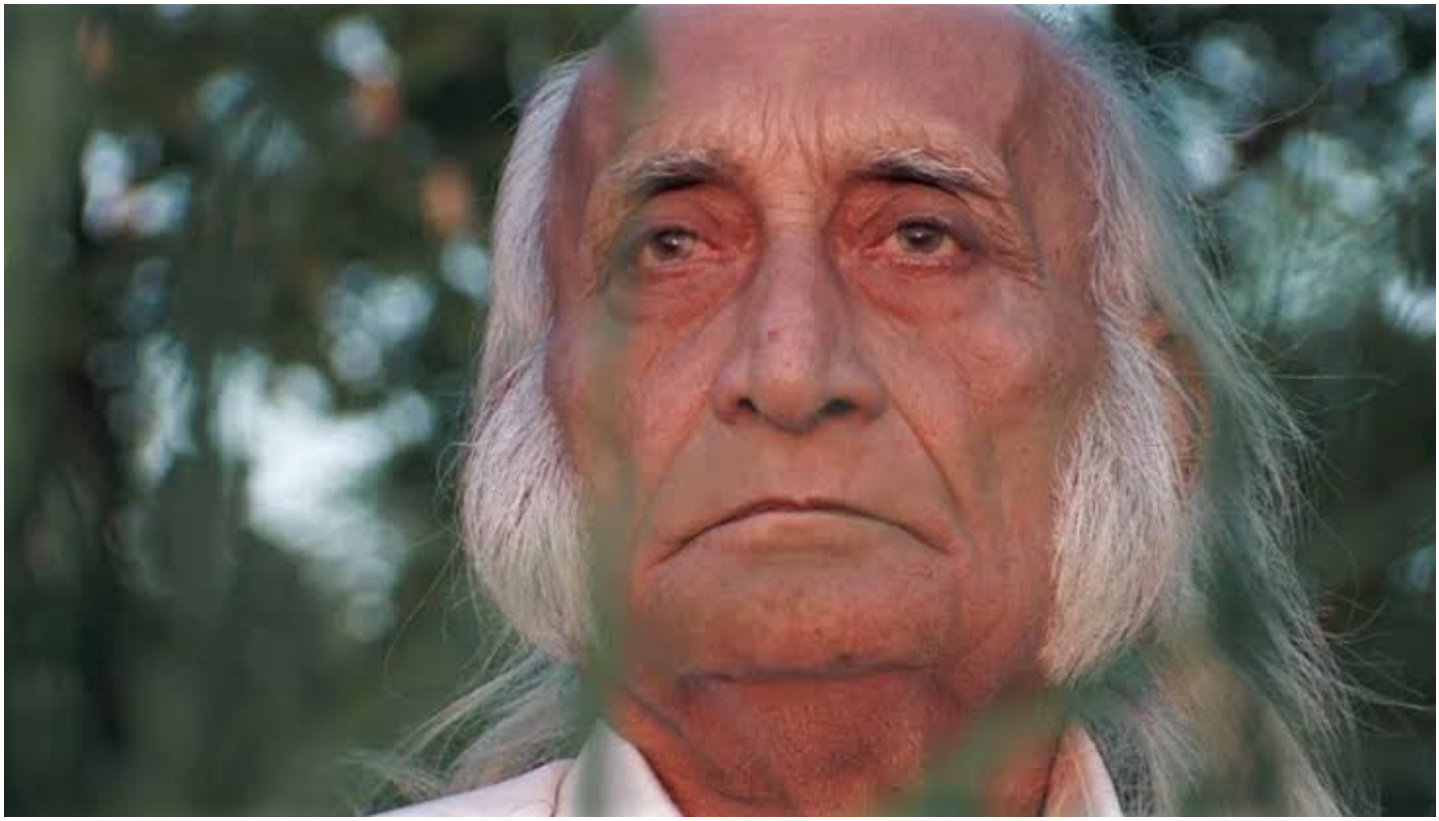
HOWEVER, AT 9 MONTH MARK: YOU NO LONGER NEED FOOD and RECIEVE ALL NUTRIENTS THRU SUN

It's called Breatharianism. Look it up.

No food? Sound crazy?

HRM himself, to dispel skepticism of these bold aforementioned claims, had 21 doctors observe him around the clock to WATCH that he in fact: did not need food to survive.

They watched him for 411 days. Zero food. Only water, tea, coffee + buttermilk.



They measured HRM's pineal gland:

University of Pennsylvania:
"Average pineal gland size: 6x6mm
HRM's pineal gland size: 8x11mm"

This is just what happens at the PHYSICAL level.

I dare not divulge what happens at the spiritual, psychic, intuitive and dream level.

"THEY" DONT WANT YOUR PINEAL GLAND ACTIVATED. FUCK THEM:

- Stare at sun 10 seconds + add 10 seconds every day.
- Visualize the healing power of the sun cycling through ur brain.
- Ground yourself to the earth, be barefoot on dirt.

STAY CONSISTENT.
REAP THE REWARDS.

Start AS SOON AS POSSIBLE, be it this sunset or next morning's sunrise.

I'm going to sungaze for the next 270 days straight + record findings.

YOU SHOULD TOO.

If you enjoyed this thread, please RT OG tweet <33 Thanks for reading!

LETS ALL GET SUPERPOWERS. https://t.co/lNfDgf6KfK

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— \u2661 DR22 (@DejaRu22) December 28, 2020