

# Connecting WITH THE SUN

Sun healing is not limited to shamanic practices. Many ancient yogis would sun gaze as a focal point, and in both Kundalini yoga and Naam Yoga (a combination of Kundalini yoga and Kabbalah), the sun features very prominently into healing.

How can you connect with the healing energy of the sun?

## DO SADHANA

THIS DAILY SPIRITUAL PRACTICE IS SUGGESTED IN KUNDALINI YOGA OCCUR DURING THE 2 1/2 HOURS PRIOR TO THE RISE OF THE SUN. THIS HAS TO DO WITH THE ANGLE OF THE EARTH TO THE SUN BEING COMPLIMENTARY TO MEDITATION. BY THE END OF THE AQUARIAN SADHANA, YOU ARE CHANTING "GURU GURU WAHEGURU GURU RAM DAS GURU" WHILE THE SUN RISES. HONOR THE SUN BY SINGING TO IT EVERY MORNING!

## PRACTICE BREATH OF FIRE

THIS POWERFUL PRANAYAMA CONNECTS YOU TO THE ENERGY OF FIRE AND THE SUN. IT CLEANSSES THE BODY AND CLEARS YOU OF IMPURITIES.

## GET YOUR VITAMIN D

THE BODY CREATES VITAMIN D FROM SUNLIGHT, MAKING OUR BONES STRONG AND HEALTHY, REDUCING INFLAMMATION AND BRINGING ABOUT A SENSE OF WELL-BEING.

## MEDITATE WITH A SUN GONG

CERTAIN GONGS, CALLED PLANETARY GONGS, ARE TUNED TO THE FREQUENCY OF A CELESTIAL BODY. SUN GONGS ARE TUNED TO THE ENERGY OF THE SUN. MEDITATE WITH THE SOUND OF A SUN GONG AND TUNE INTO THAT SPECIFIC VIBRATION.

## SALUTE THE SUN!

PRACTICING SUN SALUTATIONS WILL HELP YOU TAP INTO THE ENERGY OF THE SUN.

## CONNECT WITH CITRINE

THIS POWERFUL STONE FOR PROSPERITY AND HEALING HAS THE ENERGY OF THE SUN WITHIN IT. IT'S YELLOW COLOR AND VIBRANT ENERGY HELPS YOU DEVELOP YOUR WILLPOWER, STRENGTHEN THE THIRD CHAKRA AND OPEN YOURSELF TO THE DIVINE.

SOURCE - [BLOG.SPIRITVOYAGE.COM/HEALING-WITH-THE-ENERGY-OF-THE-SUN/](http://BLOG.SPIRITVOYAGE.COM/HEALING-WITH-THE-ENERGY-OF-THE-SUN/)

