

The Sun: Life Force or Deadly Enemy?

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NOTE: Because of the recent phenomenon of Coronal Mass Ejections (CME) which hit the Planet mid-June 2012 we now have a dangerous level of UVB radiation with which to deal. Learn more in the article "**White-hot sun**"

Imagine if you can what it would be like without the sun. A *dark, cold*, planet – totally devoid of life – think about it!

If it were *somehow* possible to live here, still this body could not *survive* very long without the sun because (as one person put it) we are one giant photocell, dependent on light for the **life force** we need to energize our 75 trillion cells.

The sun has been viewed through the ages as *prime to life* – its light was believed to heal the body and in many cultures it was worshipped; in Greek literature it was Helios, the Sun God. Much later the sun worship had spread to Europe where those who could afford it, stayed at retreats where the sun was used to heal their bodies.

About the same time in the United States, Edgar Cayce, psychic and healer, taught his arthritic-ridden clients to dig themselves into the hot sand to relieve their joints of pain. He believed that the silica in the sand would be transferred by the sun into their bodies. He must have intuited correctly because it worked!

Closer to home, in Arizona, sick people from across the nation came to bake health back into their tubercular bodies on the side of a mountain in North Phoenix. It was a city of tents, called Sunnyslope. Forever, the sun has shared its healing light with the people of the planet; paid for by some, free to all.

Why then this unreasonable *fear* of the sun, which has stalked us for the past quarter of a century? Through eons past, man has spent long hours living and working under the sun's intense rays – from primitives to the world's farmers and outdoor sports enthusiasts, with nothing but praise for the golden orb. Their abundant health and vitality was proof enough that the sun was a friend.

So what went wrong? Somewhere along the line, rough, dark spots and moles began appearing on ears, foreheads, backs, arms, and noses. And the word was out – cancer, a strange and dreaded disease that none of us knew much about. We begged our teenage daughter not to lie out in the heat of the day without suntan lotion (sunblock had not yet been invented). Instead she spritzed with water to keep cool. Kris always sported an enviable tan and today, a busy mother of four children, all now teenagers and beyond, she is vibrantly healthy.

Why don't all who are over-exposed to the sun's rays get cancer? I finally found the answer in an old book of my mother's on juicing. It stated that the *sun does not cause cancer* but rather, if there is cancer in the body, the sun will draw it to the surface. So, those with skin cancer rarely had it in any other part of their bodies. This was beginning to make sense to me; but what about the very dangerous melanomas, the deeply rooted, widespread cancers? My immediate intuitive thought was that these must be the more serious cases, only a portion of which could be brought to the surface. An all-wise and all-loving Creator gave us the sun to help heal our bodies with its close to magical powers, known in other cultures as "prana" or "chi" and to us as **life force**.

Life Force source

There is actually another source of *life force*, one you have probably never heard of: axiatonal lines. A short explanation will suffice here: the human body is spanned by a grid of meridians connected with vibratory lines from resonating star systems (if that sounds like quantum physics, it is). Take away either one, the sun or axiatonal lines and our *life force* is gradually used up and the body wastes away with diseases like Multiple Sclerosis and Muscular Dystrophy. It is just a matter of time before cellular energy is diminished. As the *life force*, stored in our trillions of cells, is depleted so is our health – and life itself.

Sunshine could easily be called the “new medicine” and in fact has been capably researched by Dr. Jacob Lieberman, an optometrist, whose interest in healthy eyes led him to author, “*Light, Medicine of the Future*.” He lists many of the healing aspects of the Ultra Violet A rays of the sun, which may surprise you. Among them are:

1. **Depression** – You’ve heard, no doubt, of Season Affective Disorder (S.A.D.) – rampant in places where there are more dark and dreary days than sunny ones
2. **Killer** of microbes and mold
3. **Healthy Pineal Gland** for regulating body processes (resting heart rate, blood pressure, energy, stress tolerance)
4. **Synthesizes Vitamin D** for strong bones
5. **Weight loss** through stimulating the thyroid
6. **Repairs** the skin
7. **Normalizes hormones** for both male and female
8. **Regulator** for sleep, moods, body temperature, turns on growth
9. **Cell repair and reproduction**

Do you begin to get the same feeling I am getting? How many of our modern diseases may be due to *lack of sunlight*? At this point, during a lecture, someone in the audience asked the question, “Could we have been caught up in a *disinformation* campaign?” Do you remember being bombarded with frightening facts about *cholesterol and the need for low-fat diets and no eggs*? Now, it is all about *low-carbs*. How about hormone replacement therapy (HRT) or the lack of “proper calcium” that is supposed to cause your bones to become brittle and break - osteoporosis? Disinformation of the past is often revered as the true facts become known.

And, of course, the sun-cancer connection. All disinformation? Now that is really scary. They obviously haven’t heard of the research done in England and New Zealand that found twice as much cancer in office workers who were under fluorescent lights every day as those who worked outside?

Dr. Lieberman suggests that an hour or more of sunlight each day would prevent symptoms of *mal-illumination*. You will recognize more modern-day ailments in his list which adds PMS, insomnia, migraine headaches, carb-cravings and tuberculosis, which, by the way, is on the up-rise.

Regaining Our Life Force

The question is often asked if there are there other ways to bring *life force* into the body besides actual exposure to sunlight. Yes, we can capture the powerful healing qualities of the sun by eating *raw plant foods*, foods grown in the sun if (and that is a big “if”) they have been grown in *mineral-rich soil, from non-hybrid seeds and not irradiated* (i.e., certified organic) for longer shelf-life.

The minerals are used by the plants to hold *life-force* energy; no minerals (because of stripped soils) and therefore not much chance of all that produce in the markets of America having much *life force* at all – organic included. Intuited checking confirms the truth of this statement – unfortunately.

Pure water in a non-tinted container can also be set out in the sun for an hour early in the day to collect and hold the sun's *life force* for *drinking during that day*.

So your best bet is still to get yourself out in the sun using your good common sense (intuition?) to know when and how long. The sun can enter the body in four ways:

Skin, which gradually darkens to shut down the amount of light absorbed. Sunblocks abort the entry of *life force(!)* and are almost always *extremely toxic*.

Hair, which, when it has a healthy level of silica, draws *life force* into the body. *Most commercial hair dyes stop this process*. Baldness is therefore a problem.

Pineal gland, the body's "light meter" is in the brain between the eyebrows. It reacts to light received through the eyes (blocked by glasses or sunglasses) sending "hormone messages to help the body adjust to its environment; prevent premature puberty and development of sex functions; orchestrates circadian rhythms for normal sleep patterns; ameliorate depression.

Eyes receiving sunlight directly (no glasses) are responsible for improving overall health including metabolic activity, depression, hyperactivity, lengthened age span and perhaps even more!

Once again, mal-illumination because of causing pineal gland malfunction, may well be the root cause of some of our society's unexplainable trends, especially those of teen and pre-teen sex, depression and suicide. Think about it.

Now we know some things we didn't know before— does it make sense? Know that your God-given intuition will always help you make wiser decisions about your health – about your life. Your intuition is always there to help you the next time you find yourself questioning someone or something. You won't make too many mistakes if you go with your gut feeling, a knowing without "knowing."

Jacob Lieberman, O.D., Ph.D., *Light: Medicine of the Future*

Carol R. Keppler, B.S., Ed., Intuited research

John Ott, *Health and Light*

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