



# The Sun



*Channeling and Manual*

*By*

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*This manual is to be given to Reiki masters only*

*When you are attuned to the energies of the Sun, you will receive the following attributes and energies.*



*Enjoy!*



*The Sun is by far the largest object in the solar system. It contains more than 99.8% of the total mass of the Solar System (Jupiter contains most of the rest).*

*It is often said that the Sun is an "ordinary" star.*

*That's true in the sense that there are many others similar to it.*

*But there are many more smaller stars than larger ones; the Sun is in the top 10% by mass.*

*The median size of stars in our galaxy is probably less than half the mass of the Sun.*

*The Sun is personified in many mythologies; the Greeks called it Helios and the Romans called it Sol.*

*The Sun is, at present, about 70% hydrogen and 28% helium by mass everything else ("metals") amounts to less than 2%.*

*This changes slowly over time as the Sun converts hydrogen to helium in its core.*

*Our solar system is often called heliocentric because the sun is at the center.*

*The purpose of that sentence was not to teach you science, but to point out the three different word roots that are used to refer to the star that gives life to our planet, sun, helios, and sol.*

*In ancient Greek myths Hyperion was the god of the sun, but eventually this became more associated with his son, helios.*

*An eclipse in India in 1868 offered an opportunity to do something never before done, pass light from the Sun's atmosphere through a spectroscope.*

*When light passes through a spectroscope it breaks into bands of unique colors that represent pure elements. One color was at a position never found on Earth.*

*Assuming that the element only occurred in the Sun, Astronomer Norman Lockyer named it Helium, "sun element".*

*Later it was found on earth, but the name stuck.*

Throughout the world in ancient times, man worshipped the sun. Find monuments to the sun gods all over the world, but in Egypt we really begin to get a feel for just how the sun dominated early theology.

In Egypt, at various locations and apparently somewhat independently, the worship of the sun developed with gods of various names.

So many of Egypt's deities were associated with the sun in some way that it is difficult to identify them, and their various forms became very complex.

Montu, who we generally identify as an ancient war god in Egypt, actually originated in the form of a local solar god in Upper (southern) Egypt, apparently at Hermonthis (City of the Sun)

His worship seems to have been exported to Thebes during the 11th Dynasty.



Above is a Roman coin from the 3rd century A.D. (Probus, A.D. 276-282) which on the reverse depicts the pagan sun god driving a chariot drawn by four horses (Sol in Quadriga). The inscription reads SOL INVICTO - The Invincible Sun.]



# Gods and Goddesses associated with the Sun

## THE SUN

. Re, the sun god, took on many forms, and transcended most of the borders that contained the other gods. The actual shape of the sun, the disk (or, aten), was deified into another god, Aten.

## Helios

by Micha F. Lindemans

*Helios is the young Greek god of the sun.*

*He is the son of Hyperion and Theia.*

*By the Oceanid Perse he became the father of Aetes, Circe, and Pasiphae. His other children are Phaethusa ("radiant") and Lampetia ("shining") and Phaeton.*

*Each morning at dawn he rises from the ocean in the east and rides in his chariot, pulled by four horses - Pyrois, Eos, Aethon and Phlegon -- through the sky, to descend at night in the west.*

*Helios once allowed Phaeton to guide his chariot across the sky.*

*The unskilled youth could not control the horses and fell towards his death.*

*The reverence of the sun as a god came from the east to Greece.*

*Helios was worshipped in various places of the Peloponnesos, but especially on Rhodes, where each year gymnastic games were held in his honor.*

*Rhodos was also where the Colossus of Rhodes (the sixth the seven wonders of the ancient world) was built in his honor*

*This huge statue, measuring 32 meters (100ft), was built in 280 BCE by Charis of Lindos. In the earthquake of 224-223 BCE the statue broke off at the knees.*

*On other places where he was worshipped, there were herds dedicated to him, such as on the island of Thrinacia (occasionally equated with Sicily). Here the companions of Odysseus helped themselves with the sacred animals. People sacrificed oxen, rams, goats, and white horses to Helios.*

*He was represented as a youth with a halo, standing in a chariot, occasionally with a billowing robe. A metope from the temple of Athena in the Hellenistic Tium represents him thus. He is also shown on more recent reliefs, concerning the worship of Mithra, such as in the Mithraeum under the St. Prisca at Rome.*

*In early Christian art, Christ is sometimes represented as Helios, such as in a mosaic in Mausoleum M or in the necropolis beneath the St. Peter in Rome.*

*His attributes are the whip and the globe, and his sacred animals were the cock and the eagle. Helios sees and knows all, and was called upon by witnesses.*

*HELIOS (or Helius) was the Titan god of the sun. He was also the guardian of oaths and the god of gift of sight.*

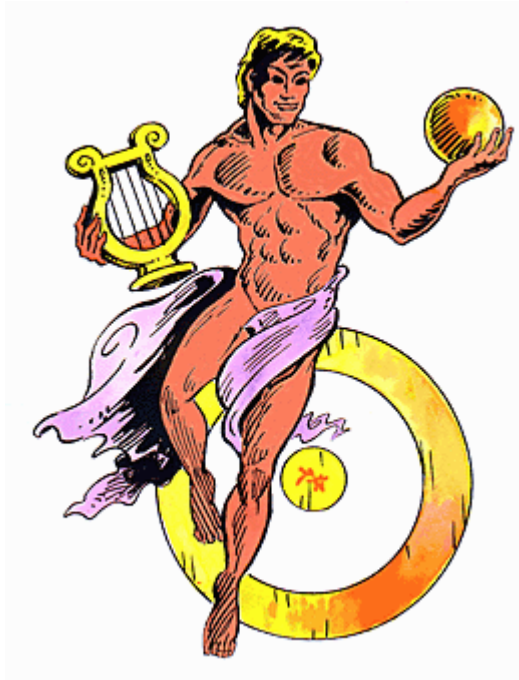
*Helios dwelt in a golden palace located in the River Okeanos at the eastern ends of the earth. From there he emerged each dawn driving a chariot drawn by four, fiery winged steeds and crowned with the aureole of the sun. When he reached the the land of the Hesperides (Evenings) in the West he descended into a golden cup which carried him around the northern streams of Okeanos back to his rising place in the East.*

*Once his son Phaethon attempted to drive the chariot of the sun, but losing control, set the earth on fire. Zeus then struck him down with a thunderbolt.*

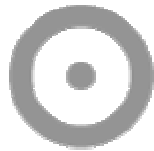


# Apollo

*Apollo, the Sun god, brings life-giving heat and light to Earth.*



*As patron god of musicians and poets, he carries a lyre and his symbol represents the egg of creation .*



*Apollo was associated with law, philosophy, and the arts. He sometimes gave the gift of prophecy to mortals whom he loved, such as the Trojan princess Cassandra.*

- *One of the most important Olympian gods; son of Zeus and Leto, twin brother of Artemis.*
- *He is considered the ideal of manly beauty, so that a very handsome man might be called an Apollo . He is also the god of poetry and music.*
- *Apollo replaced the Titan Helios as the sun god; however, the Greeks didn't delete Helios completely but referred to both of them as the Sun gods.*

## Sol (goddess)



Sol was, in Norse mythology, the goddess of the sun, a daughter of Mundilfari and Glaur and the wife of Glen.

The corresponding Old English name is Sigel.

*Every day, Sol rode through the sky on her chariot, pulled by two horses named Arvak and Alsvid.*

*She was chased during the day by Skoll, a wolf that wanted to devour her.*

*Solar eclipses signified that Skoll had almost caught up to her.*

*It is fated that Skoll will eventually catch Sol and eat her, though she would then be replaced by her daughter.*

*The earth was protected from the full heat of the sun by Svalin, who stood between the earth and Sol.*

*In Norse belief, the sun did not give light; this was caused by the manes of Alsvid and Arvak.*

*Sol was also called Sunna and Sunne, and also Frau Sunne, which is a derivation of the words sun and Sunday.*

*The sun itself was called Alfrodull, meaning "glory of elves".*



## *The sun and Gold*



*The sun manifests the colour of gold at sunrise and at sunset.*

*The latin word for gold, aurum (thus, the chemical symbol Au), derives from the Greek word Aurora - the golden goddess of the dawn.*

*Rudolf Steiner gave AU as the Sun-sound, so try intoning it.*

*The word aura comes from the same root, indicating the idea of radiance as associated with this metal.*

*Traditionally the noblest of the metals, gold expresses the splendour and radiance of the Sun.*

*As the only metal which never tarnishes, it will resist the fiercest fire.*

*Its sun-like nature is evident, for it needs to glitter in the sun to express itself, and has a unique relation to light and colour.*

*The metal can be beaten out so thinly that it has hardly any solidity left, when it appears as gold by reflected light but green by transmitted light.*

*Colloidal gold solutions, in dilutions of parts per 100 million, produce a wide variety of colours.*

*From metallic gold one can obtain, so to speak, any colour under the sun:*

*In gold we see the brilliance of the sun, but other rich colours are also seen in its colloidal solutions, ranging from greenish-blue, through reddish, violet-blue to pure rose*

*from the gold of a noonday sun to the radiant colours of sunset*





*Like sunlight through air, so is gold diffused through Earth's crust:*

*Gold is a remarkable substance. A description of its physical properties can leave one in awe, even disbelief.*

*Gold is present everywhere on the Earth - in the seas, in the highest strata of the atmosphere and in the earth itself on every continent. It exists as the finest dust and dense nuggets. There are however no veins of gold as there are of other metals*

*. The denser deposits are combined with silica, for example, or in iron or sulphur compounds, containing arsenic. Combined with silver, mercury, copper and antimony, however, gold is to be found finely distributed.*

*This author described how the gold mines in South Africa descend thousands of metres, to mine gold present in maybe less than one part per hundred thousand of the ore - only to be reburied in bank vaults!*

*The largest deposits of gold are found in Africa. In this continent, whose geography shows so many different sun-influences, and whose music expresses so powerfully the throbbing pulse of the heart, the greatest amounts of the sun-metal have condensed.*



## Tarot associations

*The Sun is ruled by...the Sun, of course*



*The Sun (XIX) is a trump card in the tarot deck.*

*Tarot trumps are often called "Major Arcana" by tarot card readers.*

*. This is the light that comes after the long dark night, Apollo to the Moon's Diana.*

*A positive card, it promises the Querent their day in the sun. Glory, gain, triumph, pleasure, truth, success.*

*As the moon symbolized inspiration from the unconscious, from dreams, this card symbolizes discoveries made fully consciousness and wide awake.*

*This is science and math, beautifully constructed music, carefully reasoned philosophy.*

*It is a card of intellect, clarity of mind, and feelings of youthful energy. And, yes, the child/children in this card can be taken literally if other cards in the spread seem to suggest it*

*Your Querent can be informed that a wanted and most welcome babe will soon be on the way. Likely a boy, or twins.*

*The Sun (Le Soleil)*  
*The Lord of the fire of the World*  
*Card Number: 19*  
*Key Number: 30*  
*Rulership: the Sun*  
*Hebrew Letter: Resh*  
*Translation: The Head*  
*Numerical Value: 9*

### *Divinatory meaning*

*Upright* - *Contentment and happiness on attaining success.*

*Good Health. Material happiness. Mental, physical and spiritual vitality. New inventors or inventions. Academic and particularly scientific success. Reward. Acclaim. Approval. Children. Abundance of energy. Achievement. Joy and happiness.*

*In a tarot reader it is always more beneficial for the Sun card to be found in the line of the mind, for this symbolises true contentment and inner bliss which is not dependant on any physical set of circumstances.*

*When the sun tarot card is found at a physical level then the happiness may well prove fleeting and dependent on people, places or things remaining exactly the same.*

*The Sun may well shine one day, but not necessarily the next.*

*The Sun card also symbolises universal or unconditional love.*

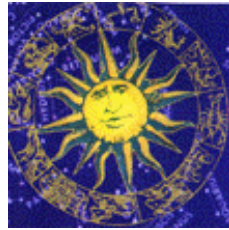
*It is the type of love which can never be broken and is not dependant on the other person loving us by return.*

*It is the type of love that a parent feels for their child, and a stranger feels when they stop to help when you are in trouble.*

*Universal, empathic love is not dependant on any type of reward.*



# *Astrology*



*In natal astrology the Sun represents the heart of one's being, the true spirit, individuality and creative self-expression.*

*It is a symbol of glory and indicates where we can tap in to the strength of our will to overcome instinctive fears, rise above habitual patterns of behaviour, and find a majestic quality within ourselves*

*Originally referred to as your star sign, your Sun sign represents the sign of the Zodiac that the Sun was in at the time of your birth. The Sun rules willpower and ego. It is the core of your potential and uniqueness as an individual; who you are and what you are about. Your Sun sign represents the main direction and focus you want your life to take and your determination to accomplish what you set out to do. It represents your personal honesty and integrity, your ability to command respect and authority and your capacity to impress and influence others.*

*The Sun, the giver of life, represents our conscious mind in Astrology. It represents our will to live and our creative life force. Just as the planets revolve around the Sun in our solar system, we derive our life purpose from the Sun in our natal charts. The Sun is our ego. It is also our "adult" -- the part of us that censors our "inner child", that reasons things out, and makes final decisions. The Sun is our basic identity, and represents self-realization. When you are asked, "Who are you?", and you've passed your basic statistics and occupation, your answers will be a description of your Sun. The Sun also represents our overall vitality. The Sun directs us, and can be considered "the boss" of our chart.*



## Gem stones

### Sunstone

*Sunstone was associated with the Sun during the Renaissance because of its sparkling orange-gold hue.*

*It was used by magicians to call upon the influences of the sun.*

*It is a protective stone.*

*Placed before a white candle, sunstone will spread protective energies throughout your home.*

*Symbolically, sunstone is linked to moonstone. Carry the two stones together to bring the influences of the Sun (Healing, Protection, Success) into harmony with those of the Moon (Love, Peace, Spirituality).*

*Sunstone is worn to:*

- *Give you extra energy when you are ill or under stress*
- *Stimulate sexual arousal and increase sexual energy*
  - *Increase self-healing power*
  - *Promotes harmony among the organs functions*

*Sunstone stimulates your personal power of attraction.*



## Ruby

*RED is the cosmic colour transmitted by rubies and other natural red gems.*

*In order to properly transmit solar energy,  
Sun stones must be flawless (eye-clean) and should be set in gold.*

*Ruby, associated with the Sun, was the Lord of Gems, for the Sun lorded over all the planets.*

*The ruby associated with the Sun is extremely hot and releases hot waves in the form of red cosmic rays.*

*It should be worn only during the winter months.*

*It is said to cure ulcers, bone disorders, arthritis, blood diseases, anaemia and general weakness.*

*The ruby gemstone (part of the corundum group, an aluminum oxide with a hardness of 9) contains the same properties as Sapphires, with the difference in coloration dependant on the amounts of Chrome or Chrome and Iron in the stone.*

*In Latin, the word ruby translates to red rubber.*

*The best rubies are thought to come from Burma, India and Thailand with the first rubies being reportedly from Sri Lanka.*

*The quality ruby gemstone fetches the highest per carat price, even over that of the diamond.*



## Plants associated with the sun

*Sun:*

*Plants with heart shaped leaves are used for heart ailments.*

*Plants with yellow flowers (Calendula, St. John's Wort) and plants that turn towards the sun (Dandelion) are associated with the Sun.*

## Sunflower



*Heliotropism*

*Sunflowers in the bud stage exhibit heliotropism.*

*At sunrise, the faces of most sunflowers are turned towards the east.*

*Over the course of the day, they move to track the sun from east to west, while at night they return to an eastward orientation.*

*This motion is performed by motor cells in the pulvinus, a flexible segment of the stem just below the bud.*

*As the bud stage ends, the stem stiffens and the blooming stage is reached.*

*Sunflowers in the blooming stage are not heliotropic anymore.*

*The stem has frozen, typically in an eastward orientation. The stem and leaves lose their green color.*

*The sunflower (Helianthus annuus) is an annual plant in the family Asteraceae, with a large flower head (inflorescence).*

*The stem of the flower can grow up to 3 metres tall, with the flower head reaching 30 cm in diameter.*

*The term "sunflower" is also used to refer to all plants of the genus Helianthus, many of which are perennial plants.*

## Dandelion

*Dandelions are associated with the sun because of their bright yellow flowers*



*A dandelion is a short plant, usually with a yellow flower head and notched leaves.*

*A dandelion flower head consists of many tiny flowers.*

*The dandelion is native to Europe and Asia, and has spread to many other places.*

*The dandelion is also known by its generic name *Taraxacum*.*

*In Northern areas and places where the dandelion is not native, it reproduces asexually.*





## Calendula



*Calendula* (pot marigold) is a genus of about 12–20 species of annual or perennial herbaceous plants in the daisy family Asteraceae, native to the area from Macaronesia east through the Mediterranean region to Iran.

For other plants also named 'marigold', see marigold. It is also the flower of the month October.

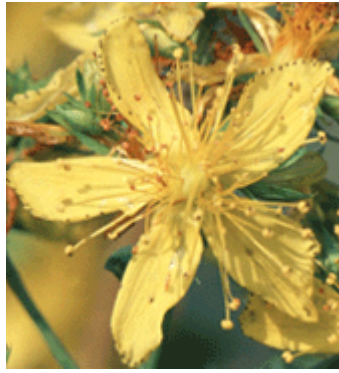
The name *Calendula* stems from the Latin *kalendae*, meaning first day of the month, presumably because pot marigolds are in bloom at the start of most months of the year.

The common name marigold probably refers to the Virgin Mary, or its old Saxon name 'ymbglidegold', which means 'it turns with the sun'.

*Marigolds are hardy plants that typically bloom quickly (in under two months) in bright yellows, reds, and oranges throughout the summer and well into the fall.*



## *St Johns Wort*



*Latin Name--Hypericum perforatum*

*Common Names--St. John's wort, hypericum, Klamath weed, goat weed*

### *What It Is Used For*

*St. John's wort has been used for centuries to treat mental disorders and nerve pain.*

*In ancient times, herbalists wrote about its use as a sedative and a treatment for malaria, as well as a balm for wounds, burns, and insect bites.*

*Today, St. John's wort is used by some for depression, anxiety, and/or sleep disorders.*

*The flowering tops of St. John's wort are used to prepare teas and tablets containing concentrated extracts.*



## Trees and Greenery

*Winter celebrations have evolved in many ways over the years.*

*Long before the arrival of the actual Christmas tree there were plants and trees, the ones that remained green and alive all year, that were symbolic for different cultures in many ways.*

*Dating back to almost a thousand years ago people in ancient times would hang boughs of evergreen over their doorways to ward off witches, evil spirits and sickness.*

*The winter solstice marks the shortest day and longest night of the year, it takes place on December 21<sup>st</sup> or December 22<sup>nd</sup>.*

*This became a celebration because many people in ancient times believed in a sun god.*

*When winter arrived they thought that their sun god had become ill.*

*The celebration of the solstice was derived in anticipation that spring would arrive and the sun god would be well again.*

*In Egypt, their sun god was named Ra.*

*They would celebrate the solstice as Ra became well by bringing green date palms into their homes in triumph of life over death.*

*The early Romans had a great feast called Saturnalia when solstice arrived.*

*Saturnalia was named in honor of Saturn, the god of agriculture. Knowing that their farms and Orchards would soon be producing again they would decorate their temples and homes with boughs of evergreens.*

*In northern Europe, particularly Great Britain, lived the wood priests who were known as the Druids.*

*These people used evergreens in their winter solstice celebrations to ward of evil spirits. They also decorated with holly and mistletoe which were symbols of eternal life.*

*Scandinavians were mentioned briefly in my research Their sun god was named Balder and it*

*was their belief that evergreens  a special plant given to them from Balder. *

## Colours associated with the sun

Yellow  
Orange  
Red



*Yellow is intellectual and communicative. It is used to produce detachment and reduce depression. Goethe observed that yellow was the most positive of colours, the opposite of blue, and the closest to pure light. In Egypt, it symbolised the Sun.*

\*\*\*\*\*

*Orange is more ambitious and self-sufficient than red, and lacks its warmth; it has the intelligence of yellow without its loftiness. It is used therapeutically to bring joy and heal grief.*

\*\*\*\*\*

*Red is active, daring, passionate, and optimistic. It enhances alertness and encourages activity. Goethe held red to be the most intense colour, the furthest from both black and white, and it is noteworthy that those languages which only have words for three basic colours always select black, white, and red. In Egypt, red symbolised masculinity, life, and warmth, but also danger. It was the opposite of the feminine white; this can be seen in Egyptian art, where the women are white and the men brown (which was considered a shade of red). Pink is milder and more affectionate than red, feminine rather than masculine; it is good for comfort and healing*

\*\*\*\*\*



# Attunement Procedure

## *The Symbols*



*Once you have been attuned to The Sun energies, you are able to pass the attributes and energies on to others.*

*The attunement procedure is simple*

*There are 2 symbols.*

*The symbol for the Sun itself plus the Sacred Phoenix symbol which seals In the other symbols*

*The attunement is done by Intention.*

## Suggested Method

*This is by no means the only method but it is the one I use.*

*Preparation:*

*Light a candle, play soft music, light incense, dim the lights etc according to your methods*

*Relax.*

*Call in your Guides, God, Goddess, Great Spirit or whoever you relate to.*

*Ask for their protection and help with the attunement*

*State your intention*

*i.e. to be a clear, pure channel to send the energies of the Sun to . . . .. for the best that s possible for their Greater Good, and for them to receive it perfectly and use it for the greater good of all..*

*You may want to use the Usui Distant symbol if you are doing a distant attunement*

*To access the energies of the Sun*

*Picture yourself in some quiet ,safe place.*

*It is early morning*

*The sun just rising*

*feel your eyes getting very heavy and feel a soft, gentle breeze wafting around you like a delicate silk scarf.*

*Now, picture the Sun,*

*See its golden glow and feel its life giving warmth*

*As you watch it, 2 symbols leave it floating to earth towards you..*

*One is quicker than the other you can feel the energies from it and as it gets closer they become stronger and stronger.*

*Feel those powerful energies, feel it melt into your body.*

*Feel the power and the wisdom and the knowledge.*

*Allow it to be.*

*Let go of all external influences and relax into the moment.*

*What do you see, what do you feel?*

*Everyone will experience something different as it brings to you only what you need.*

*After a few moments you are aware that the other symbol is now right in front of you.*

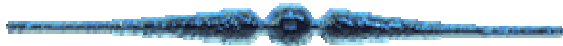
*Draw them into your energy field too and feel the love and warmth as the 2 symbols merge*

*They are like twin flames:*

*they belong to one an other and now they belong to you.*

*You may call on these symbols at any time that you need to re-charge or re-connect with the special energies of the Sun*

*Spend as much time as you need absorbing the ancient knowledge then when you are ready slowly come back to this planet Earth, take a couple of deep breaths and thank your guides and higher self for taking you on this journey.*



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Without the express permission in writing of the founders  
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