

SUN GAZING

1 HOUR AT SUNRISE + 1 HOUR BEFORE SUNSET

ZERO UV RADIATION. 100% TRANSFORMATION.



1 HOUR
AT SUNRISE
ZERO UV



1 HOUR
BEFORE SUNSET
ZERO UV

At these times, UV Index is 0.
Safe for eyes. Safe for skin. Profound for your entire being.
Ancient wisdom. Modern science. Limitless benefits.



REGULATES CIRCADIAN RHYTHM
Natural light resets your biological clock for deeper sleep and optimal energy.



BOOSTS SEROTONIN & MOOD
Morning sunlight elevates serotonin, reduces anxiety and depression.



ENHANCES MELATONIN PRODUCTION
Stronger serotonin in the morning = better melatonin at night.



INCREASES FOCUS & CLARITY
Improves mental performance, memory and decision making.



STRENGTHENS IMMUNE SYSTEM
Balances immune response and reduces inflammation.



BALANCES HORMONES
Supports healthy cortisol rhythm and hormonal balance.



DETOXIFIES PINEAL GLAND
Natural light activation supports pineal gland function and spiritual awakening.



IMPROVES EYE HEALTH
Strengthens eye muscles, improves vision and reduces eye strain.



PROMOTES DEEP RELAXATION
Calms the nervous system and reduces stress naturally.



ENHANCES VITAMIN D ABSORPTION
Infrared light supports optimal vitamin D synthesis.



SUPPORTS HEART HEALTH
Improves circulation and supports healthy blood pressure.



BOOSTS CELLULAR REPAIR
Infrared light penetrates deep, aiding in tissue repair and regeneration.



ELEVATES SPIRITUAL WELL-BEING
Promotes inner peace, gratitude and connection to the divine.



IMPROVES SLEEP QUALITY
Pre-sunset light prepares your body for deep, restful sleep.



BALANCES ENERGY (PRANA)
Sunset light harmonizes your energy body and chakras.



LONGEVITY & VITALITY
Regular practice enhances lifespan, youthfulness and overall vitality.

⚠️ CAUTIONS

- Never stare at the sun outside of these times.
- Always practice at sunrise or 1 hour before sunset when UV Index is 0.
- If you feel eye strain, discomfort, headache or nausea, stop immediately.
- People with eye conditions should consult a professional.

RAMP-UP PERIOD (IMPORTANT)

Start slow. Protect your eyes. Build safely.

START AT 10 SECONDS PER DAY
Add 10 seconds every day.

Example: Day 1 = 10 sec | Day 10 = 100 sec | Day 60 = 10 min
Continue increasing until you reach 1 hour.
Consistency and patience unlock the full benefits.

SCIENCE CONFIRMS. ANCIENT WISDOM PROVES.



LOW FREQUENCY LIGHT THERAPY
Regulates biological processes.



INCREASES MITOCHONDRIAL FUNCTION
Boosts energy at the cellular level.



STIMULATES NITRIC OXIDE PRODUCTION
Supports cardiovascular and immune health.



ENHANCES BRAIN WAVE COHERENCE
Improves mental and emotional harmony.

2 HOURS A DAY. NATURAL. FREE. LIFE CHANGING.

Rise with the sun. Align with nature. Transform your life.



PHYSICAL HEALTH



MENTAL CLARITY



EMOTIONAL BALANCE



SPIRITUAL AWAKENING



ENERGY & VITALITY