

## THE POWER OF THE SUN

by Chris Lüttichau, first published in Sacred Hoop Magazine, edited February 2013.

There is a tribal people of highland Indians in South America, descendants of the Inca, who keep their future spiritual leaders inside a dark cave for the first nine years of their lives. Here they undergo the spiritual training that prepares them for their tasks amongst their people. During those nine years in darkness the young ones are visited daily and are brought food and teachings. They are told about the world outside, and know all about it from the descriptions of their mentors. But they have not experienced any of it with their senses, only through what they have been told. Then the day comes when they are gradually led out of the cave, and take their first step into the world. Seeing through fresh eyes, they don't take anything for granted, they are not blind to the magic of the world, they haven't gone to sleep spiritually in the routines of everyday life. They see Creation.

Imagine what it is like to see the rising sun for the first time showering the land with colors and light, while you feel the wind and hear the sound of birds all around you. The sun is one of those bodies in the Universe that does not need anything from the outside. The sun has it all, and that is a very special state of being. The sun is open for receiving and giving, but at the same time it is completely independent. It does not need any input, and its output happens naturally; that is its nature, so to speak.

Young initiates emerging from the cave, which had been their home since birth, knew with acuity from a place deep inside them what animistic and shamanic people all over the Earth have always understood: the sun is fundamental to the basic life-producing, and life-sustaining processes on this planet.

Nothing is untouched by the sun. Its omnipresence fascinated people of old. They recognized that it represents the highest power, and that a very high spiritual level of consciousness flows through it.

People recognized that the sun's power is even higher than the physical or energetic manifestation of the sun's emanation, a power which could be termed as a high spiritual state of consciousness. This is a quite remarkable realization, because it

means that the sun has something to do with consciousness itself.

Where else can you meet that wonderful blending of consciousness and energy? You meet it in every human being. You meet it in every animal. You meet it in everything that is alive. That is why the sun, in its omnipresence, represents each and every aspect of life's unfolding and expansion.

The old people also saw that on a more individual soul-aspect level, the sun has will and power. There is also integrity and humility in the way it uses this power, and it is guided by great wisdom. It does a great job, and it carries great integrity.

### **Misunderstandings**

One misunderstanding that may have existed in the past amongst some of the old cultures was the need to find ways of ensuring the generosity of the sun.

Some cultures would say: "We have to offer blood to the sun, so it will continue to be generous," and they would sacrifice people from their own or neighbouring tribes to offer their blood.

That was a misunderstanding, because the sun doesn't have to be generous, it is simply the sun being itself, giving and giving. In that sense there is no generosity involved.

However, giving a bit of your own blood, perhaps the way it is done in the Native American Sun Dance, is a different matter. When you give something of yourself at a Sun Dance, as a part of the pledge you have made about the way you will dance, you are not taking someone else's life.

Celebrating life, giving thanks, and offering something of yourself so that your people may live, has integrity, and is a profound way of honouring the mystery of the sun.

### **That which gives life**

Everything that has consciousness, and is individualized in one way or another in the Universe, has a life of its own. Having a life of its own does not mean being separate from the Life in all there is. To have union, and to be totally individualized, are not in

opposition to one another. This is something we humans often have difficulty understanding.

If you "tuned in", and got a sense of the sun, and then tuned in and got a sense of Sirius, you would find a difference in the kind of energy each held. But in essence Sirius and the Earth sun are not so different.

That which gives life is in its essence very much like the sun. Animistic cultures in the past recognized that the sun gives life - there can be no life on this planet without it. So, in truth the Sun is the Life Giver. It has a profound influence on what we call vitality, the desire for existence, the lust, the deep inner fire, the desire for manifestation.

Just like the sun, this power is visible and needs to express itself in human beings. We need to express who we are, and bring our light, energy and warmth into the world. The creative power brings beauty when it is poetic, playful, imaginative, free. It needs to be allowed to shine.

### **Bathing in the light**

Giving life is a creative act, so the sun is connected to creativity as well. Why do people like going to the beach, laying down on the sand, and being exposed to the sun for long periods of time?

For one thing they receive energy and vitality, and are charged with the power of the sun. But even more than that, the sun affects all the energy centres of the body, not only the solar plexus. The solar plexus has to do with inner heat; if you are running a fever, it is from here the fever starts. But the sun has also a tremendous impact on the sense of joy and love, so it affects the heart centre, too.

And maybe when we have been out in the sun, we suddenly feel inspired. We may have a sense that there is something we want to do in the future. This is because the sun also has a mental intelligence aspect to its power.

It affects everything. The sun has a corresponding aspect of energy and consciousness in all that is alive, and the sun works on all aspects - how could it be otherwise? So, you can say that people sun-bathing are having their energy centres balanced.

The sun is not the same as the element of fire, its little brother. They are connected, but fire is just one aspect of the sun, which has many more aspects. For instance, it is also liquid, and in addition to giving warmth and light, the sun carries within itself every type of atom and particle that exists in the Universe.

### **A mirror from the past**

When we watch the sun rise over the horizon at dawn we are witnessing an ancient mystery, just as our ancestors did. It is like a mirror from the past. But our perception is generally different from theirs.

People of old were touched by the mystery of what they saw directly. They were more attuned to the magic of Creation, more connected to the hidden forces of the Universe. They could stand silently, wrapped in hides or blankets, waiting for the sun to rise, experiencing oneness and unity.

All over the Earth people used to honour the sun. Amongst my own ancestors, the Vikings, Balder was honoured because of his connection to the Sun energies. In Egypt it was Ra, the Sun God, in Greece it was Apollo, in Christianity the sun has been connected to Jesus.

In the past the sun had a central place in people's lives, it was seen as being the centre of everything, and it was honoured accordingly. Throughout time, the sun has reminded people of who they are, and where they come from. People of old recognized the sun as the Bringer Of Light, the Giver Of Life.

From a shamanic perspective the highest power of the Universe is present in the Sun, in just the same way that it is present in the Earth. The highest power above - the sun - and the highest power below - the earth - are different in their nature, but balance each other.

Nowadays we are aware that the sun is the centre of our solar system, our part of the Universe. As living beings we live our lives around the sun, our lives evolve around it like planets, circling, orbiting. One of my teachers told me that his own teacher had tasked him with contemplating the sun for an entire month. I took on a similar task, and began to come into a conscious relationship with this mysterious power. It may be a tiny thing in the scale of all that is, and it is just on the outskirts of the Milky

Way, but at the same time it is a magnificent mystery, connecting us directly to the Source.

### **Teachings from the sun**

There is a lot to be learned from the sun. One of the teachings that it gives us is to always think along the lines of contribution. The sun wants to expand, to live more. It allows every life to live. It gives to all beings.

The sun is in the food we eat, in our blood, it is part of who we are. We are the children of Mother Earth and Father Sun. The plants and trees stretch towards the sun, reminding us to stretch towards light, illumination and understanding.

Light means awakening. The light of the sun reminds us that we must bring the best forward in ourselves: hope, courage, light, spirit.

Then we can see that we are more than we have ever imagined: we are beings filled with the power of spirit. Some people may lament nightfall with its loss of the sun. That's just a perspective. The sun is always there.