

Omraam Mikhaël Aïvanhov

# THE SPLENDOUR OF TIPHARETH

*The Yoga of the Sun*



*Complete Works – Volume 10*

---

P R O S V E T A

## Chapter One

Surya-yoga;  
the sun,  
centre of our universe

I am sure you have already noticed that in the morning, when the sun first appears over the horizon, a deep hush falls over the whole of nature; every living creature is silent and attentive, as though it were meditating deeply, waiting to receive something from the rising sun. For the space of a few minutes, the earth, animals, insects and trees, even the birds, are silent and peaceful. The birds are awake, flying about and singing joyfully long before the sun gets up, but just as it is about to appear they pause in their song and keep quiet for a few moments. Only human beings continue to make a noise; they are the only ones who have not understood that the event that is about to happen affects the whole universe, and they go on talking and shouting as though it were of no importance. It is in things like this that we see how ignorant and lacking in respect human beings are; they do not know how to benefit from the presence of the sun.

And what about you? Why do you come up here, to the Rock\* at sunrise every morning? Some of you come because you want to be like everybody else; others for the aesthetic pleasure you get out from it. How many of you come for the

---

\* 'The Rock' is a natural rocky plateau at the top of a hill near the Bonfin, to which the disciples go to meditate and watch the sunrise.

sake of the infinitely noble work you can do here, or in order to understand the sun a little better? Very few of you! And this is why I want to talk to you about what the sun means and how important it is, and about all the possibilities, all the treasures it can give us, for it will help you enormously if your ideas on the subject are clearer. Then you will be able to do some really valid, important spiritual work.

These days, yoga has become a popular subject of discussion. In fact I have sometimes talked to you myself about all the different types of yoga that come principally from India and Tibet, but also from China, Japan, Egypt and Persia. All religions have their own form of yoga, even Christianity. Yes, Christians have always practised adoration, prayer, contemplation, devotion and love for God. In fact, these are the foremost characteristics of the Christian religion, and in India this is known as *bhakti* yoga, the yoga of devotion, adoration and spiritual love. This form of yoga suits certain temperaments better than others; some people have different gifts and qualities and need to express and develop them in other ways. The paths that lead to the Creator are without number, and although Christians have limited themselves to one way (and we must not criticize it, for it is a very wonderful way), the Hindu tradition is richer in that it teaches many different methods.

For those who are given to study and philosophical reflection and like to work with the mind, there is the yoga of knowledge, *jnana* yoga, the way to God through the use of one's intelligence.

Others have no philosophical or scientific bent and do not feel the slightest desire to fall on their knees in adoration or contemplation, but they have willpower and abundant energy and the desire to work and serve others with selflessness. For them there is *karma* yoga, the yoga of good works, of achievements on the physical plane, of duty to be done without hope of payment or reward. *Karma* yoga is the yoga of freely given altruistic service.

For those who want to control themselves and master their instincts and impulses and the tendencies of their lower nature, there is raja yoga: through concentration and self-control, they too seek to lose themselves in the Almighty. They become the kings (*raja* means king) of their own inner kingdom.

*Kriya* yoga is the yoga of light. This is the yoga of the great Babaji, and it consists in thinking of light, of getting to know and understand light and colours, and of drawing them into oneself and projecting them all around. It is a magnificent way to work.

*Hatha* yoga is for those who want physical exercise, who enjoy adopting the postures, or *asanas* as they are called: they twist and turn and roll themselves into balls, stretch out, lie flat on their stomach, stand upright, fold their legs behind their head and so on. These exercises are based on a detailed knowledge of the psychic centres which are activated by the different postures, and they require a great deal of will and perseverance. *Hatha* yoga is the type of yoga most widely known in the West. Unfortunately, however, westerners do not have the same temperament or constitution as orientals. Neither do they have the necessary conditions of calm and silence to practise *hatha* yoga correctly, with the result that it often leads to a physical or psychic breakdown. Many, many people have told me that they abandoned the practice of *hatha* yoga because they felt that it was making them unbalanced. If you want to practise it you must go about it with great prudence and care; I have never recommended this type of yoga for westerners.

*Agni* yoga is the yoga of fire, in which you think of fire, work with fire and kindle the fire within. Since fire is at the origin of the whole of creation, agni yoga is yet another path to God.

*Shabda* or *mantra* yoga is the yoga of the Word. It consists of pronouncing certain formulas or mantras at certain specific moments, a certain number of times, with a certain degree of

intensity. Words possess power, and those who know how to use that power can obtain beneficial results.

And now I want to talk to you about a form of yoga which surpasses all others: the yoga of the sun. This form of yoga was well known in the past; the Greeks and Egyptians practised it, as did also the Persians, Aztecs, Mayans and Tibetans. But nowadays it is almost abandoned, especially in the Western world. The name *surya* yoga comes from the Sanskrit word for sun: *surya*. This is the type of yoga I prefer above all others, for it includes and sums up all others. Yes, why not combine all the different types of yoga into one?

Disciples of the Universal White Brotherhood must break out of the narrow, limited ways of the past. They represent the new man and woman who must grow and develop in every sphere of life. They must act with absolute selflessness; this is *karma* yoga. They must love, seek and adore God; this is *bhakti* yoga. They must meditate and practise concentration, so that they are able to reign over themselves and their population of cells; this is *raja* yoga. When they are sitting perfectly still and meditating, or executing the movements of our gymnastics or dancing the paneurhythmy,\* they are practising a form of *hatha* yoga. When they mentally surround themselves with light and colour and work to build up a brilliant, luminous aura, they are practising *kriya* yoga. When they fix their mind on fire, calling on it to burn away all their impurities, this is *agni* yoga. They are practising *shabda* yoga when they strive to control their every word and to be constantly on their guard not to say anything that might cause divisions between people or infect them with doubt or despair. They endeavour, on the contrary, to use their faculty of speech to create new life. Finally, when they focus all their attention on the sun, loving it and seeking to unite

---

\* Paneurhythmy is a form of rhythmic dance designed to express and enhance a harmonious relationship between the dancers and the forces of nature. It was created by the Master Peter Deunov.

with it, seeing it as the gateway to heaven, the manifestation of Christ, God's representative, they are practising *surya* yoga. Disciples who practise *surya* yoga reject none of the other kinds of yoga; on the contrary, they use them to become complete and to be fulfilled in every way.

What I have described to you is the new ideal, the new model for humankind which the Universal White Brotherhood is creating: human beings whose ideal is to develop every possible quality and virtue. *Surya* yoga includes it all: adoration, wisdom, power, purity and activity, selflessness, light and the sacred fire of divine love. This is why I am going to spend the next few days talking to you about *surya* yoga, the yoga of the sun, and I hope that you will then have a clearer idea of what it is and of all the benefits to be gained from being present at the sunrise every morning.

Each of the other types of yoga helps to develop one particular aspect of oneself, whereas *surya* yoga activates all our psychic centres. When we unite ourselves with the sun we are bound to get results, for we are uniting with the central power that governs and animates all the planets of our universe. This is why I say that all the other kinds of yoga, which were once considered so wonderful – and which are, indeed, still wonderful – will one day be replaced by *surya* yoga, which surpasses them all, for when you work with the sun you are working with God himself. There are people who have worked successfully with this yoga, and you cannot imagine the light and lucidity they have gained from it, the sense of wonder that fills their lives. In fact I can tell you that the sun has revealed things to me that no one else could ever have taught me. No book can give you what the sun can give if you learn to relate to it in the right way.

This is very easy to understand; let me give you a simple example. Suppose that you are reading a book, one of the very best books, the Bible, the Vedas or the Avesta, for instance, but it is winter and you catch cold and have to go to bed. Well, the

best book in the world cannot warm you, can it? Or imagine that it is evening, and the light fades until you can no longer read; here again, even the most inspiring book cannot give you light to read by. Finally, suppose you have become anaemic from reading too much; once again, your books cannot restore your vitality. The sun, on the other hand, can give you heat, light and life. It is obviously the most beneficial of all books.

Nobody realizes how important the sun is. Oh, of course, scientists interest themselves in the sun, but only for utilitarian purposes; they would like to bottle and sell it. People only think of the material, commercial advantages it can offer. They are a million miles from seeking any spiritual advantages from it. Even religious people – I should say, religious people especially – are quite unaware of this aspect. And it is precisely this spiritual aspect that I want to explain to you: how to grow spiritually by getting to know the sun, by learning how to look at and contemplate it, and even how to enter into it mentally.

The sun is the source, the father of everything, the prime cause. It is the sun that engendered the earth and the other planets. This is why we find the same elements on earth and in the sun, the only difference being that on earth they are condensed and solidified. The minerals, metals, precious stones, plants and gasses, all the dense or subtle bodies to be found in the ground, water or air or on the etheric plane come from the sun. Yes, all medicines or quintessences extracted or manufactured by chemists come from the sun. Shortly you will see what this means for disciples, the possibilities that open up for them, and how, by focusing all their powers of concentration on the sun, they can capture and draw into themselves, in all their original purity, the elements needed to ensure their health and equilibrium.

Nowadays, people stuff themselves with medicines; they are ready to swallow wholesale amounts of drugs in the hopes of curing their ailments. But they never think of rising to a higher



plane, of seeking purer, more effective remedies from subtler regions. They are content to look for remedies on the physical plane. But where do those remedies come from in the first place? From the sun! And this being so, would it not be better to get them directly from the source?

You will better understand this notion if I tell you that the universe was formed by a gradual condensing.<sup>1</sup> In the beginning was fire. Little by little, fire emanated a denser substance, air, and the air, in turn, emanated water. The air, you see, wanted to go back to its father, fire, but its father said, 'No, no. I have had enough of you. You are very well-off where you are, so stay there!' And the air began to weep and shed floods of tears, and this made the rain. No doubt you will say this is nonsense and no explanation at all. Well, let me just say that it is a home-made explanation. But the fact remains that water rejected the denser elements it contained, thereby forming earth. Incidentally, we now have scientific proof that all life on earth came from water. Each element, you see, is a condensation, a solidification of the next subtler element: air comes from fire, water from air and earth from water. But beyond and above the fire that we know there is another kind of fire, the light of the sun, which is the source of everything and contains, in a subtle, etheric state, all that exists on earth.

Perhaps you are wondering what made all these elements condense? Simply the fact that they moved away from the centre, the sun. When elements which originally existed in the sun began to move out towards the periphery, they condensed and became opaque and heavy. And the same thing happened to humans. When they moved away from the centre, from the bosom of the Lord, they lost their transparency and became heavy and lacklustre. If we want to recapture our purity and light we have to return to the centre.

You will soon see how the precepts of all religions converge in this quest for the centre or, put symbolically, the quest for the sun. As soon as a man decides to return to the centre something

begins to change. You will remember my descriptions of the rotor that I saw, years ago, at the Luna Park fairground. People would climb on to this circular platform, which would then start to spin, and gradually, as it span faster and faster, the centrifugal force became stronger, and those who were far from the centre lost their balance and were thrown out towards the outer edge. Those who were standing close to the central axis, however, remained safely in place, laughing at the plight of the others. This is an excellent illustration of what happens when you move away from the centre: the further away from the centre you are, the less able you will be to stand up to the chaotic forces of disorder, and little by little you will lose your inner balance and peace. When you move closer to the centre, on the other hand, the movement is different, and you find yourself flooded with a great sense of peace, calmness and joy.<sup>2</sup>

It is through observations of this nature that initiates reached the extraordinarily advanced states of awareness that enabled them to establish their science, their philosophy and their methods. Their discoveries and the fruits of their research have been handed down to us, and today I am handing them on to you for your edification and fulfilment. The only thing is that you must understand me correctly. I have been given the privilege of being able to explain things in a very clear, almost childishly simple language, whereas most books by theologians or philosophers are so abstract and difficult to understand. Why should the greatest truths not be expressed in simple, accessible language? Why should we not make them so clear and easy that even children can understand them? This is a quality that God has given me: the capacity to present things clearly and simply.

When we go out in the morning to contemplate the sun and draw strength from it, when we try to enter into it and at the same time draw it into us, we are moving away from the outer fringe, back towards the source, in peace, light, freedom and union with God. The sun is the centre of the solar system, and

the planets move harmoniously in orbit around it, and it is this harmonious movement of the planets round the sun that must be duplicated by our own cells. But before this can be, we have to discover our own centre, the sun, God, the spirit within us. When we achieve this, every particle of our being moves in rhythm with universal life, and the sensations and states of consciousness that this produces in us are unutterably glorious. What I am giving you today is the philosophical aspect of this question of the centre. You do not yet know the practical, magical aspects of the question, but they are of the utmost importance, and we shall talk about them later.

Perhaps you feel like asking, 'Is it really necessary to go out and watch the sun rising? Would it not come to the same thing if I prayed at home?' Of course, it is perfectly possible to pray at home in your own room. It is true that you can seek your centre and unite yourself to God and experience the same results and the same rapture at home. But if, while you are praying and meditating, you can also breathe pure, fresh air and benefit from the sunlight at the same time, you will be achieving union with God not only intellectually, by means of your thought, but also physically, through your communion with air and light. In this way, your prayer will be more complete. When you are up here at sunrise, there are many potent factors to help you: the pure air, an almost tangible peace, wide horizons and splendid warmth and light. What more could you ask for? You see, my dear brothers and sisters, if we learn to put things in their proper place and appreciate them for what they really are, they will help us to find better, more direct and more effective ways of approaching the source of life, which we all need.

Every single being without exception needs to return to the source. And every single being understands this differently, of course, but the fact remains: they all seek God. Those who spend their time eating and drinking, those who have an insatiable appetite for sex, those who are only interested in money, power or knowledge, are all looking for God. This may

shock some devout and religious people because they are often narrow-minded and prejudiced. They will say, 'It just isn't possible for anyone to seek God in such warped, roundabout ways.' But they are wrong; it is possible. All creatures seek their Creator. The only thing is that they all seek him in their own way. If people knew exactly where he was and how to find him totally and perfectly, it would, of course, be better, but there is something of God in all these things: food, money and the love of men and women. Yes, for the sensations of delight, fulfilment and wonder found in human love were put there by God. And those who hunger for power and authority, are they not reaching for attributes that belong to God? And the desire to be beautiful, even to the point of wasting all one's money on beauty salons, face lifts and goodness knows what is also a desire to partake of God's own beauty. Even gluttons, who spend their days making pigs of themselves, find delight in their food only because it contains something of the Lord; if it were not so, food would give no pleasure to palate or stomach. There is nothing good, beautiful or delectable on earth which does not contain some tiny particle of God. However, I am not recommending any of these ways of finding God; they are far too dirty, degrading and costly. No, if you really want to find the Lord, I can show you the best path that will take you straight to him.

The very first thing to do is to realize the importance of the centre and what great changes will begin to occur within you, even without your knowing it, as soon as you start to seek it. The nearer you get to the sun in spirit, soul, thought, heart and will, the nearer you will be to God, for on the physical plane the sun is the symbol and the tangible, visible representative of the Deity. All those abstract, remote names by which people refer to God – Source of life, Creator of heaven and earth, prime cause, almighty God, universal Soul, Cosmic Intelligence – can all be summed up in the one concrete, familiar reality of the sun. Yes, the sun can be seen as the summary and synthesis of all those sublime, abstract ideas which are beyond our comprehension.

The sun is the gateway, the physical link, the medium through which we can unite with the Lord.

Take what I have said today, think about it and meditate on it. Above all, do not say, 'Oh, I know all that; I've already heard or read it.' That may well be true, but even if it is, behave as if you were hearing it for the first time, otherwise you will never evolve. The trouble with most people is that they try to show their superiority by hiding behind that reaction: they have heard it all. Whatever you tell them, their answer is always, 'Yes, I know.' Well, if they know, why have they never done anything about it? Why are they still so weak and ill and so limited? If they really possessed true knowledge they would already have overcome every difficulty and obstacle. True knowledge enables us to overcome everything that stands in our way. But these people have never achieved anything, never conquered even the slightest weakness; they are always in the same sorry predicament. In these conditions how can you expect me to have any faith in their superiority? It is vitally important that you change your attitude and stop thinking that you know everything. Your pride clouds your intellect to such an extent that it prevents you from evolving. So drive out pride. Be more humble and react to what I have just been saying as though it were the first time you had heard it – 'Oh, but this is marvellous; it's a real discovery, a revelation.' If you have this attitude you will be amazed at the progress you make. Oh yes, I know very well what is preventing you from evolving.

Take what I have said about the sun today, and treasure it as an extremely important truth; make a note of it, meditate on it and never forget it. The more you work with this new form of yoga, which is still unknown or despised, the more effective you will find it. It will give you a much better grasp of many things and will help you to fit your actions to your new understanding. Try to understand that when you contemplate the centre of the solar system, you are restoring order to an identical system within you; you are reinstating your own inner sun, your spirit,

in its rightful place and enabling it to regain command. At present, your inner life is disordered and chaotic: there is no centre, no government, no one at the helm. Your lodgers eat and drink and live in an uproar. Your thoughts, feelings and desires run unchecked in all directions. How can you hope to solve any of your problems when you live in such a state of anarchy? It is just not possible. You have to begin by reproducing the solar system within yourself. You must have a central core, a strong, warm, luminous core – not a dull, weak, dirty, stupid one as now – and everything else must gravitate round it. So get to work and start spring-cleaning.

One of the first things you will have to do is call into question all your previous guides, all those who have served as models and examples for you up to now. Whether they are ignorant or learned, intimate friends or historical figures, you must question them mentally. Ask them, ‘Are you as luminous as the sun? No? Then out you go! And you, are you as warm as the sun? No? You, too, then: out.’ Once you have swept and purified your house, you can bring in the sun and give it the place of honour. And you may be sure that once it is back in the centre of your being, truly present and alive within you, it will demonstrate its power. At its approach all your inhabitants will recognize their leader, their lord and master.

I have often given you the example of how children behave in the classroom when the teacher is absent. They spend their time squabbling and getting up to mischief. But as soon as the teacher arrives they scurry back to their desks and listen attentively to every word he or she says, looking as though butter would not melt in their mouth. The same is true of a group of singers or a troop of soldiers: when their leader, the conductor or sergeant-major, is absent, they all go their own way, but as soon as he or she arrives they get back into place and begin working as one. At present, the human heart has descended to where the belly should be, the belly has usurped the place that belongs to the head, and the brain has dropped down to the level

of the feet. Yes, that is what I see: everything in humans is upside down. Their legs are up in the air and their head down on the floor.

Let me give you just one more example: suppose a friend you love and respect knocks on your door, just as you and your family are in the middle of a violent quarrel. What do you do? You try to forget your grievances and look as though nothing was amiss. 'Oh, do come in. How lovely to see you! How are you?... and so on.' You do what you can to make your friend feel welcome. You even start smiling at each other so that he or she may never guess that anything was wrong. Well, why not make use of the same law within yourselves and bring the sun, the warmest, most luminous, most vibrant visitor you could ever imagine, into your home? If you do this, all your fractious, quarrelsome inhabitants will instinctively, magically, slip into place, because they would be ashamed to be rude and unruly in front of such an eminent friend. When a riot breaks out inside you, therefore, and your inhabitants start arguing and pulling in different directions, you can get them to calm down immediately if you begin to pray with all your heart. Peace and joy will flood into you, because you will have brought in a friend whose mere presence is enough to shame your inhabitants into silence. You must surely have experienced this already many times. If you pray to this friend even more fervently and persistently and ask this friend to stay with you and never leave you again, to dwell permanently at the core of your being, peace and light will reign within you for ever.

Human beings live as though they were in a huge cave lit by one solitary candle: they can see just enough to get along, but they do not know where they are. Then, all of a sudden, the sun appears and illuminates everything, and they realize they have been living in surroundings of unimaginable splendour and wealth. They have never even tried to approach the treasures that are all around them, for they did not know that they were there. Or again, it is as though they were standing up to their

necks in water without knowing it and are convinced they are dying of thirst. 'Water! Water!' they plead, unaware that they already have all the water they could possibly want. When the sun enters your soul and spirit, you will be able to see all the riches you already possess.

The presence of the sun brings light, but it also brings warmth. Human beings shiver with cold all their lives. They complain that they are dying of cold, that no one loves them, that they need friendship and affection, and they look to a man or a woman for the warmth they need. The poor creatures think they will be warmer with another human being in their arms. But they will never find true warmth in a human embrace, for as soon as they relax their grip they feel the cold even more and start shivering all over again.

No, my dear brothers and sisters, that is not the way to find warmth. If you want true warmth you must let in the sun. And when it comes it will be so hot that you will begin to sweat and have to take off all your clothes – symbolically speaking, of course. I mean that you will know truth. You have heard the expression 'the naked truth'. Nowadays people are so cold that they are all wrapped up in furs, like Eskimos, with only the tips of their noses to be seen. How can they possibly get to know each other in these conditions? How can they see each other's beauty and express their love? It is too cold; there is no warmth, that is to say, no love. When there is no sun, no love, it is always too cold. But when the sun appears, it warms and vivifies human beings to such an extent that, symbolically speaking, they have to undress. Then they can be seen as they really are, in all their beauty and splendour. Then they can be free. For that is what freedom is: to be fully alive.

Be grateful for the splendid conditions you enjoy here; for the chance to stand in the presence of the rising sun every morning and drink to your fill; for the chance to warm yourselves in its rays and feel yourselves becoming light and



free. Yes, to my mind surya yoga is superior to other forms of yoga because it enables you to practise them all at once at sunrise with the help of warmth and light and pure air. Even if you find the other types of yoga too difficult and are not very good at them, you can always benefit from the sun itself, which warms and caresses you and gives you so much gold. Even if you do not achieve anything very extraordinary, the sun magnetizes and heals you and showers its gifts on you. You pray and meditate and breathe deeply, and in addition to all that you are helped by the sun.

The Bonfin, 31 July 1967 (morning)

#### **Notes**

1. See *'Et il me montra un fleuve d'eau de la vie'*, Synopsis Coll., Part XI, chap. 2: 'Les racines de la matière : les quatre Animaux saints'.
2. See *Langage symbolique, langage de la nature*, Complete Works, vol. 8, chap. 3: 'Le cercle (centre et périphérie)'.

‘When we focus our attention on the sun, the centre of our universe, we draw closer to our own centre, our higher self, the sun within; we melt into it and begin to resemble it more and more.

But to focus our attention on the sun also means to learn to mobilize all our thoughts, desires, and energies, and put them to work in the service of the highest ideal. He who works to unify the chaotic multitude of inner forces that constantly threaten to tear him apart, and launch them in the pursuit of one, luminous, beneficial goal, becomes a powerful focal point, capable of radiating in every direction. Believe me, a human being who masters the tendencies of his lower nature can benefit the whole of mankind. He becomes as radiant as the sun. His freedom is such that his consciousness embraces the whole human race as he pours out the superabundance of light and love that dwell within him.

The world needs more and more human beings capable of dedicating themselves to this work with the sun, for only love and light are capable of transforming humanity.’

Omraam Mikhaël Aïvanhov



ISBN 978-2-85566-812-3  
[www.prosveta.com](http://www.prosveta.com)  
[international@prosveta.com](mailto:international@prosveta.com)