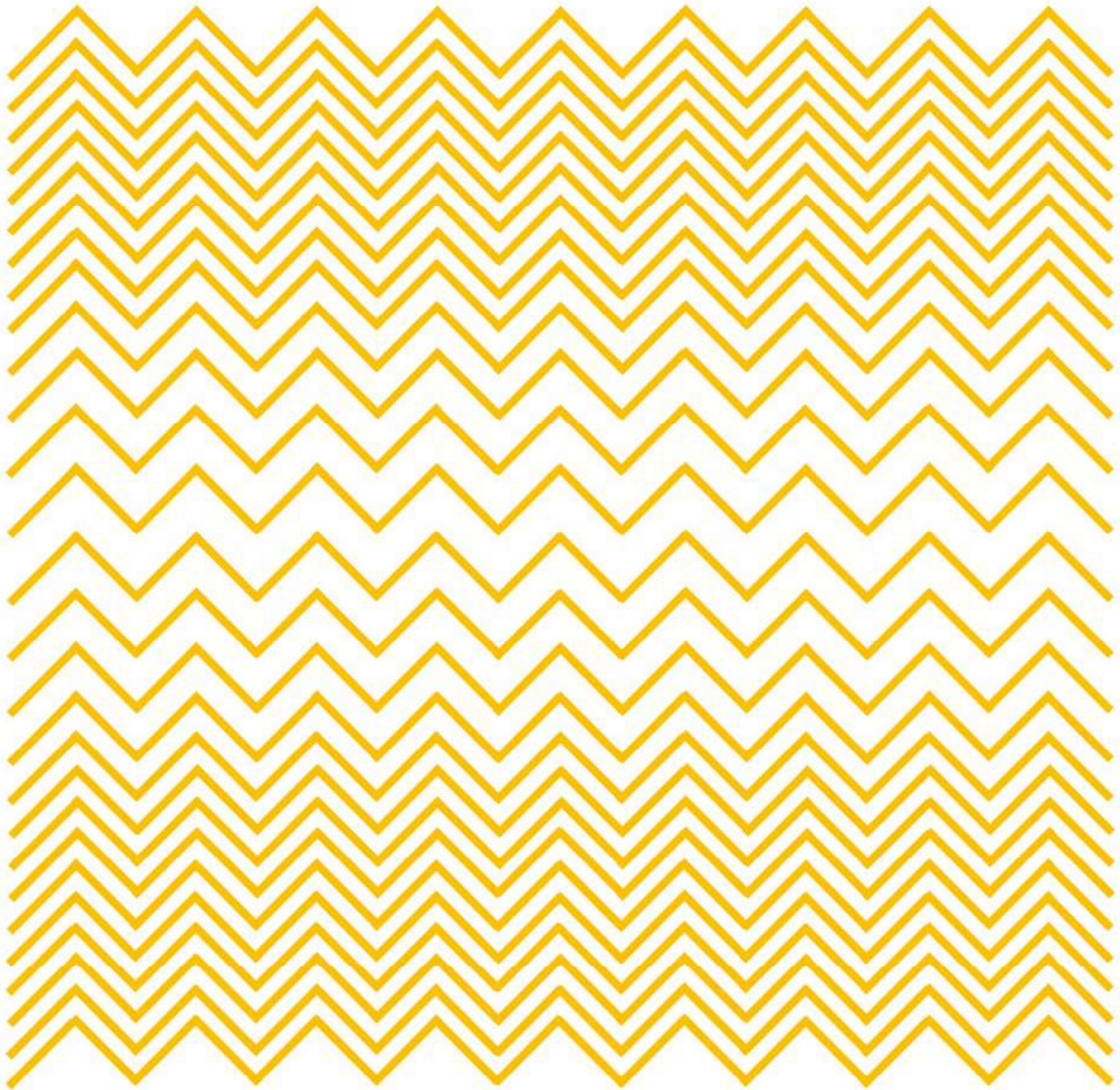


Alexandru Vlad Velea

Solar exercise



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Under the Sun

We live under the **Sun**; turning our heads toward the **Sun** and standing there in the sunlight for a few moments allows our intuition to guide us toward creativity and freedom.

It very well may be that certain times during the day are better than others and certain months of the year are more appropriate than others when it comes to sunlight gazing; nevertheless, each time we go outside or we are in a sunny room, our instinct drives us to search for the sun. Closing the eyes, following the sun and breathing deeply are all part of this delightful moment. Sunlight is our first memory.

On a subconscious level it could be that we need to tune into this vibrating sunlight energy. Everything around us radiates some kind of freedom. Trying to resonate to this creative energy gets us closer to **OurSelf**.

Ch.1 In balance

1. Concepts

The concepts of **Consciousness, Mind, Thoughts, Ego,** and **Self** are explored for thousands of years. Countless books, movies, programs and debates tried to cover these topics. Seems like we all have the answer, yet there is a massive amount of magic, occult, mysticism and uncertainty that surrounds these. BTW, currently there is no scientific consensus on a definition for any of them.

Unconsciously, we spend lots of mental resources in trying to find out more on these topics; we try to learn how to learn more and how to be more.

There is some kind of freedom radiating in the space around us, a certain vibration that we perceive. This creative energy in the sunlight provides us a moment of interior silence so this continuous search is paused for a moment. The sunlight opens a path toward a new state of **Mind** and triggers a higher emotion that resembles ecstasy.