

# SUN GAZING



Within 30 minutes of sunrise or sunset (currently in CM sunrise is 6:15am)



Sit or stand barefoot on the ground outside.



Do not wear contact lens, glasses or gaze through windows as this can feel painful.



Use your intuition as to whether to stare, squint, close eyes, blink etc.



You can also look in a circle around the sun if you get intuition to do that.



Some books say to start with 10 seconds and build up to 30 minutes per day.



Follow your intuition on the amount of time to gaze.



Visualize the light going into the front of your chakras especially to the parts where you have headaches.



Sit or stand with your back to the sun and take into the backs of all of your chakras too.



Optional - do some yoga or dance to end.

[www.intuitiveleadershipmastery.com](http://www.intuitiveleadershipmastery.com)

We help entrepreneurs and business leaders improve their biz intuition and use it openly in their companies. So they can make more money, have less stress and more joy. I believe that leaders who use their intuition more will make less stupid biz decisions that hurt other people or the planet.