



The rays of the sun shine.

93 million miles away, a million times larger than the earth, is a cluster of hydrogen and helium wrapped in energy and covered in an unstable magnetic field, this is the sun.

It is a constantly changing environment, periodically waxing and waning, its sunspots parting and reconnecting in ever new arrangements.

During this, eruptions of energy, solar flares, are given off like mini volcanoes, causing geomagnetic storms in space. These have a powerful effect on the earth and on all living creatures.

Without the sun there would be no life on earth.

Its rays give us light, they warm us, lift us and feed us, but they also harm us.

We know we need to cover up, to drink more, and limit exposure,

but now we know the sun's waves change us.

Geomagnetic waves alter the Earth's magnetic field, disrupting power, communication and navigation systems and our bodies have all these things, our brains and our hearts change during solar flares.

The ever-present risks become greater, our blood thickens, and our nervous system alters and even the way we think is affected.

Creation is connected and we are never separate, we cannot live without the sun, so, we must seek wisdom to live with it.

Heather Whyte 2026