

# **A Centurion's Toolbox for Longevity Living Beyond 120 - 2nd Edition**

*The Ultimate Guide to Retaining  
Your Health past 100 years of age*

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This book puts into a simple format the main elements of healing and longevity used for thousands of years by millions of people with success and combines them into a simplified format. This book has been designed to be the last book on anti-aging and longevity ever written. Newly revised and updated, this edition takes you beyond the simple nutritional aspects of longevity. People have used the farmer's almanac to find the best times to plant and harvest crops according to the right moon phases. Our bodies are not much different from plants, we both feel pain, nourish ourselves with water, and the sun creates vitamin D and boosts the immune system in our bodies.

It explores the concepts of using celestial constellation positions to understand how constellations interact with our awareness, leading to what is now called the "**longevity state of mind**". By knowing the correct times the stars that emit healing energy are properly positioned in the night sky, combined with the right nutrients, we can take the steps necessary to increase our health and boost the chances of living beyond 120. This book includes those secrets used thousands of years ago by Taoist masters. These are time tested proven techniques that use the least amount of time, use the least number of resources, and have the greatest beneficial impact on our health with the least expense.

This book divides the approach of healing and longevity into 2 parts of a complete whole. These 2 parts consist of the opposite of each other. Examples include Day and Night, Hot and Cold or January and June and June and December. Using these polarized opposites we can identify and heal ourselves by knowing which part of this halfway mark has gone too far off balance. This especially involves the 50% rule. This rule states that as a moving mass of energy approaches its halfway point (*or just after 50%*), after crossing this point, it starts gaining a momentum of its own, making prediction of its future trajectory much easier.

We also thoroughly explore the ancient and historical Chinese science known as the 12 Earthly Branches and 10 Heavenly Stems, where powerful conduits of energy flowing from the constellations affect regions of our body and consciousness, which we can use for rapid healing, anti-aging, and financial gain.

Included in this edition, we especially cover the 3 main traditional forms of healing, **Ayurvedic** (*Ojas, Tejas, Prana & Rasayana* Longevity), **Tibetan** and how the interaction of **Yin and Yang** promote healing. It helps the reader see how all three of these systems all utilize the same layout to create rapid healing. This is based solely on nutrition, awareness of excess occurring in one branch of the body and methods used to restore balance to the emotional side of healing, how to eliminate toxins and the removing of negative emotions that are responsible for also lowering our spiritual vibration/frequency, which in turn manifest as illness. We also list alternatives to open heart surgery, and the amazing 100% malaria cure, covered in our earlier edition, that costs just pennies.

Included are the latest advancements of genetic manipulation found to expand the lifespan and how to generate Qi energy, including the seasonal peaks that Qi energy flows strongest. We also especially look into some of the very best exercises, herbs and routines that keep bones flexible and strong, well past 70 years of age. Also included are some of the best methods of all time used to heal cancer, from stomach cancer, topical pastes that heal skin cancers to leukemia and brain cancers.

This edition continues the tradition on using herbs, and in this edition we focus on Chinese herbs, especially combinations used for hundreds of years that still work today. We also have finalized the very best Pneumonia cures ever found, by using herbs recovered from ancient texts to Dr. J.H. Tilden of Denver, Colorado by examining the dietary formula he discovered.

For those of you familiar with the condition yellow exercises published on the EZ3DBIZ.com website over the previous 3 years, we devote a special chapter summarizing the results of these exercises and a final formula exercise that maximizes the longevity energy emitting from certain star systems, as well as how to properly obtain information from the Sirius Star System.

One of the most remarkable discoveries we have made is healing through spiritual methods, or healing through dreams. We especially examine the remarkable healing abilities of the Tibetan Tormas, used in many healing cases where all other forms of healing have failed. We also continue to seek and list alternatives to surgery, including a revised and expanded chapter on new techniques that continue to re-mineralize teeth and heal cavities faster and with less cost than ever.

This book puts the power to heal, stay healthy and maintain a longevity mindset, allowing you to be responsible for your health and longevity.

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**On some pages of this book you may see a small amount of space at the end of the page. This feature has been added for students. You may use this space to take notes or write important details in.**

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# **A Centurion's Toolbox for Longevity - Living Beyond 120**

***2nd Edition***

***The Ultimate Guide to Retaining Your  
Health past 100 years of age***

## Chapter 1

### What is QI Gong and How Does It Work?

QI Gong is known by many names. Other names include QI, the “Life Force”, “Prana” energy and “CHI”. This book uses the term QI to describe and simplify these aforementioned forms of energy.

QI recharges the central nervous system and improves the function of the visceral organs. QI comes in many forms and can be practiced sitting, standing or laying down. These exercises all have the same 3 things in common. Relaxation of the body, Regulation of the breath and Calming of the mind.

Some forms of QI such as the **Emerald Tablets exercise** involve visualization of QI energy (CHI) forming and moving along the internal pathways. Doing this in concert with the breath over time as you progress in practice, your sensation of QI is experienced more and more along the pathways.

The Emerald Tablets Book as well as a free article explaining the complete exercise is available at:

[http://www.ez3dbiz.com/emerald\\_keys.html](http://www.ez3dbiz.com/emerald_keys.html)

There are many ways and types of QI, and for the last 5 years I have used the Emerald Tablets Exercise to recharge my body with much success. One key point to remember, QI exercises should be stopped when your body's immune system is under stress, such as suffering from a cold or flu virus. This same rule also applies to taking anti-aging herbs. Spring is the time of year the body is undergoing transition and I believe that this is the critical period that peaks until the new adjustments have passed. Anti-aging and QI exercises are best resumed just after the start of spring and lasting until about early December. This is based on performing QI generating exercises during the North American Seasons. Your location may differ, but the basic thing to remember, the proper stars (*mentioned in this book*) rising, setting and at their zenith are always peak time periods of this energy. Some stars are stronger at their zenith (*such as Cygnus*) and others peak on the horizon (*such as Sirius*).

The best way to start is to relax your body and to erase all stress, tension and thoughts. Next take deep, slow long breaths until you reach about 4 to 5 breathes per minute, your body will than fall into **the QI state of consciousness**, which is where you than use your mind to mold and form this energy into QI energy, thus using it to recharge and send new life into your body.

It is the **combination of Qi energy and the right longevity/anti-aging herbs** that contribute to longevity. We see this in the example of Mr. Li Ching-Yuen, who ate the Anti-Aging herbs FO TI and Goji Berries. He also practiced a form of Qi called Bagua Zhang, which has been shown to strengthen the tendons/ligaments and bones, especially during winter.

During fall the Qi energy starts flowing strongest. Dr. Wayne Dyer received Qi or healing energy from a person in Brazil named **John of God** and took cancer healing herbs, which healed his cancer. So we can clearly see that a combination of Qi energy and herbs created a restoration of balance to the body.

### ***Mastering Celestial Qi Energy from the Stars***

Over the years I have been mastering a new type of Qi which I now have named "**Celestial Qi**", in which you absorb the energy from the stars when the sun's solar flux is stronger. You then mold this energy into Qi and use it re-generate the body. So far I have had much success with this. Celestial Qi works best from September to late March in North America because the stars are in the right positions.

Once you have learned to open the gateway (*the automatic flow of Qi*), the energy flow is just like typing or swimming. Your mind and body **never forget how to manifest this energy**. All you do is relax your body and enter the "Qi" state of mind and the rest automatically takes over. Even after not having performed the emerald tablets exercise for over 3 months, and then re-beginning the exercise again, I was still able to manifest and absorb the Qi energy without fail. All I had to do was put myself into the "Qi" state and the energy automatically flowed towards me, all I did was direct it. During these times I have also discovered as well as after confirming this in some ancient texts, that after the gateway has been opened, as long as you lay north or south and keep your thoughts or consciousness between your abdomen and feet, you will absorb the energy naturally. This means I can just lay south and allow the energy to flow into my abdomen. I like to do this just after spring, then go back to the thoughts between chest and head as summer approaches again. During spring and summer, I like to "burn off" excess generate Qi energy, as this is a period of more expelling or energy that is flowing outwards. The storing of energy is more conductive during Fall and Winter.

## ***QI Gathering Areas in the Body***

The QI points in the body gather in 3 main areas. In the center of the abdomen, 3" below the naval. The next one is between the chest. This spot is located in between the nipples, around the location of the sternum. The 3rd position is in the center of the eyebrows on the forehead. The chest and eyebrow CHI locations, when you focus your concentration on these areas will raise blood pressure. While the abdomen area will lower blood pressure. Gathering and increasing CHI energy in the abdomen area is good for older people who want to keep their blood pressure lower.

### ***Types of QI that don't require a lot of physical exercise***

T'ai chi ch'uan or Taijiquan, as it is known, is another type of QI exercise, which also uses internal energy to recharge the body.

Also another exercise involving the condition yellow period, taps energy from the constellation Sirius, which is then used to re-charge the body. More about the condition yellow exercise will be covered later in this book.

Swimming Dragon QI builds bones and is good for the kidneys. It also boosts circulation throughout the body.

Another form of QI is called Dao Yin. This was invented by Mr. Hua Tou and nourishes the blood and promotes a long life. It also wards off disease and keeps the immune system strong and healthy. This QI directed by the mind guides newly refreshed blood to specific areas of the body. This vastly improves circulation and long term health. You can watch a video of it at this address:

<http://www.youtube.com/watch?v=Jb3XYGJTdal>

Another QI exercise for people suffering from emphysema, bronchitis and asthma involves relaxing the mind and body, then gently clicking or tapping the upper and lower teeth or gums 36 times. This produces a new form of saliva. This saliva is then swallowed with the tongue. This newly formed saliva is then swirled with the tongue, and then swallowed in 3 parts while visualizing this new energy flowing down into the middle of the chest and then again just below the naval.

Next you imagine a reservoir of refreshing white new QI energy entering the mouth, transmitting the energy through the body while exhaling, this energy then flows first to the lungs, and then next to the energy center, then the skin, and finally to the body and hair. This is repeated up to 10 times or until the body feels "*charged*" enough.

The above exercise may sound odd or strange, but it is a proven Qi exercise that requires no major physical movement and has been successfully used for thousands of years with success. You can learn more at the following addresses:

[http://www.qigongchinesehealth.com/tapping\\_teeth](http://www.qigongchinesehealth.com/tapping_teeth)

[http://www.itmonline.org/articles/qi\\_gong/qi\\_gong.htm](http://www.itmonline.org/articles/qi_gong/qi_gong.htm)

By generating Qi energy in the body, it increases mental and physical flexibility and allows us to rebound quicker from negative circumstances. A Quote from the book of The Tao of Health and Longevity, describes an ancient verse by an immortal stating:

***“most people look satisfied and pleased, as if celebrating a festival, I alone seem quiet and listless. Most people seem to have plenty, I alone seem to lack. Most people seem intellectual and wise, I alone seem stupid and dull.”***

So essentially the person sees through the illusion that makes up our present material waking reality, learning to live in harmony with the environment, rather than destroying or ignoring it.

Learn more about Taoism at this link:

<http://www.enlightened-spirituality.org/Taoism.html>

### ***The Taoist Physician Hua To***

The famous physician Hua To (110-207 A.D) developed a method known as the "***Frolic of the Five Animals***" which was based upon his observations of animals and their special attributes. This system has survived as one of the oldest methods of Qi Gong used for health and healing purposes. The "Five Animal Play" focuses on the training of internal Qi. It combines the soft and hard interpretation of movements with the focus of guiding Qi flow in the body. As an internal form, there are also martial art implications. The five animal forms incorporate many fluid and beautiful active movements; therefore, it is often referred to as the practice of the dance of the five animals.

Learn More:

<http://www.thetaoistcenter.com/medical-qi-gong-classes-and-healing>

The general system of Chinese therapeutic exercise is divided into two groups: Dao Yin (*consisting of relaxation exercises, general calisthenics and breathing exercises based on Taoism*) and Yi Jin Jing (*consisting of muscle strengthening exercises based on Buddhism*). The system uses slow and gentle movements, including mental concentration during the exercises, and consists of relatively low intensity movements associated with self-massage. The combination is beneficial in the management of psychosomatic diseases and other chronic illness.

## ***Solar and Celestial Forces of Qi Energy***

By using these cosmic and lunar forces at the right times, they remove toxins, fears and tensions. Also our minds and body stay ahead of the buildup of pollution that occurs over time in our bodies. By neglecting to bring in new Qi energy, the buildup of toxins from pollution overpowers the healthy Qi energy in the body, leading to disease.

By utilizing the forces of the earth, sun and stars at the right times and by using the right methods, we can generate substantial life giving Qi energy into our bodies. By doing this, we cleanse the body and purify the mind much more efficiently than the mind can cleanse itself. It is like the newly acquired Qi energy is one of the most powerful cleansers of the mind there is. You must be able to experience the feeling of restoration just as you would feel like ***you are sitting in the woods by a pristine clear stream flowing*** through the forest. When you feel this after the Qi generation, you know you have done the exercise correctly.

The correct tools to access these feelings are the condition yellow exercises and the higher 2mev levels that occur when practicing the Emerald Tablets Exercise. Also the crescent moon phases are another powerful period, as well as 3 days before and after a full moon. These are some of the most powerful periods Qi energy can be gathered using cosmic and lunar forces. For those of you who want to experience the results of Qi quickly, **Zhou Tian Gong** is one way to experience this. This type of Qi strengthens the mind and promotes longevity.

Another Qi that is often combined with healing herbs and used for rapid healing of the body is Yi Jia Gong (*medical Qi*). It can also be combined with acupuncture. This type of Qi is good for disease prevention and increasing the strength of the body. It can also be modified to conform to the condition of the person according to their health status. This includes variations such as Dong Gong (Dynamic Qi), Jing Gong (Static Qi) and Mo Gong (Self Massage).

## Chapter 2

### **The Art of Longevity through Tao. Understanding QI Gong, Qi, Chi, Shen, the Emerald Tablets Exercise and working with other forms of energy to revitalize the body.**

Throughout the thousands of years there have been many texts written on methods to restore the body, hopefully to attain physical immortality. In all my years of research I was lucky enough to come across 2 cultures that have information on this, along with information that cross referenced the facts making it verifiable.

The first is the science of Taoism (or Daoism) and the second is the Tibetan Culture. Mr. Li Ching-Yuen obtained his secrets to long life (over 200 years of age) from the Tibetans.

In Taoism, which is commonly known today as Daoism, it stresses living in nature with the earth, as well as the cosmic cycles and how to use these cycles to bring restorative energy into the body. This energy is constantly flowing into the earth from our Sun, as well as distant galaxies.

In Daoism, there exist specific “windows” of opportunity when the energy known as Qi flows strongest from certain constellations and stars. By performing certain exercises during these times, your body absorbs this energy, using it for revitalization.

#### ***What is Daoism? (Formally known as Taoism)***

Taoism developed over the centuries by becoming associated one way or another with the principles of Confucianism, Buddhism, Hinduism, etc. The history of Taoism is really a multifaceted kaleidoscope of unique philosophical and religious teachings. Many of these have found expression in books and pamphlets. These have been combined in the Taoist Canon, the Tao Tsang.

Many eastern cultures are aware of the **Tao Te Ching**, the Chuang Tzu, or the I Ching. Other works similar to this include; the Tsan-tung-chi (the triplex unity) of Wei Po-yang, the P'ao-p'u-tzu (The Sage who Embraces Simplicity) of Ko Hung. These are some of the earliest Taoist (Internal) alchemists from approximately 200 CE. In the text of Wei Po yang, we read about the sexual and Kan and Li practices based on the Universal Healing Tao.

Taoism reveres the immortal **Lu Tung Pin**, as the great ancestor or grandfather of internal alchemy. Within the last decade, thanks to worldwide access to these texts, very good translations of classical Taoist texts and overviews of its history have been published. One series of publications published by **The Universal Healing Tao** focuses on the path of Internal Alchemy to attain health, longevity, and immortality.

**The Taoist Sun Ssu-mo** (*Taoist doctor, 590-692*) wrote the book called Precious Recipes which includes sexual positions with a partner for longevity.

**Li Shizhen** (*AD 1517-1593*) wrote the General Outlines and Divisions of Herbal Medicine. His original compilation had 12,000 recipes and 1,900 medicines.

Two of China's most-famous medical scholars and herbalists were **Shen Nong and Li Shizhen**.

The book titled **Qi Gong, The Secret of Youth** by Dr. Yang Jwing-Ming, lists ancient texts giving herbal prescription formulas to take while starting Qi Gong. It is available online under the title: **Qigong, The Secret of Youth: Da Mo's Muscle/Tendon Changing and Marrow/Brain Washing Classics**. As of 2013, it has received an almost 5 star rating.

*Further Reading*

<http://www.chinapage.com/gnl.html>

### ***Disease Indications of the 5 major Organs***

Our actions also can show us whether our body is in harmony with health or not, here are some symptoms, according to the Daoism tradition to identify when the body may be suffering from a minor or major ailment:

- A quiet mind at midnight with mental alertness in the mornings, and is physically active during dusk shows liver disorders.
- People who are quiet in the early mornings and are bright and active at midnight and mentally alert at noon show heart disorders.
- People quiet in the afternoon that are alert mentally after sunset and bright and active at sunrise have spleen disorders.
- People who are quiet at midnight and are mentally alert before sundown are bright and active at noon have lung and respiratory problems.
- People who are quiet at just before sunset and mentally alert at midnight and active and bright during the last few days just before the solstices and equinoxes have kidney disorders.

These may also be more prominent during certain seasons, for example the liver is influenced by the season spring, so during spring the mind may be quieter at midnight with more mental alertness in the mornings, and it may be physically active during dusk.

At various times of the year, these organs become weaker and certain herbs, foods and exercises can be used to strengthen them to ward off disease and illness.

From my research I believe that Qi energy affects the protein metabolism of the body, which in turn affects the nervous system. It would explain why the ancient texts discuss this energy flowing along the spine the most often, of which most of the body's nervous system is composed of.

### ***Communist Suppression of the Tao***

Japanese and Communist Chinese parties destroyed a lot of the original Taoism in China, especially during the 1930s and 1940s. It then revived itself in Taiwan and Hong Kong. The Cultural Revolution (1966-76) allowed Taoism (*and other faiths*) to return to mainland China. Recent reports describe 1,700 active Taoist temples-monasteries in China, with about 26,000 priestly/monastic initiates. One third of these are women. Important Taoist practice areas and popular pilgrimage sites in China include Mao Shan (near Nanjing), Tai Shan (south of Jinan in Shandong province), Hua Shan (in Shangxi east of Xi'an) and Lung-hu Shan (in Kiangsi), Wu-tang Shan (in W. Hupei, near Shensi border) and Pai-yün Kuan monastery in Beijing. There are still some grand masters teaching in these places, including the regions in Taiwan, Singapore, Hong Kong and Korea.

### ***The Energy of Vivaxis***

Canadian researcher Frances Nixon, made many astounding discoveries during her years of research. Many of these were tested, and validated by William Tiller and other leading physicists and scientists at Stanford University. This energy she discovered is similar to the energy that Qi flows along in the human body.

She found that all life has a unique and magnetic two-way energy flow that originates from the geophysical spot on earth where the person is born. It is at this spot, that a **spherical wave field of revolving magnetic energy** becomes activated at birth. This wave of energy continues no matter where the person travels to throughout the Earth. She named this discovery the "**Vivaxis**", being Latin; Viva for life and Axis as a central line about which a body rotates.

To examine this in more detail, these energies flow towards us from our Vivaxis up through our left hand and foot and then back outward to our Vivaxis through our right hands and feet. It is important to know if you are living at a higher or lower altitude from your place of birth, because if you are standing above the altitude of your Vivaxis, these magnetic energies flow through your left forefinger, and if you are standing below your Vivaxis, these energies will flow through your left ring finger.

*Further Reading:*

**The Vivaxis Connection: Healing Through Earth Energies [Paperback]**  
***What is the Pericardium Meridian?***

The Pericardium is a very thin bag of fluid that surrounds the heart. It protects the heart from foreign invasions and contains 2 branches. One emerging from the lower chest to near the arm pit with the other end flowing down the arm ending at the tip of the middle finger. The 2<sup>nd</sup> branch follows the same path, however it ends at the ring finger meeting the triple warmer. This pathway influences the mind and relationships with others. It also affects blood and circulation. The heart is a storehouse of Shen energy and if this Shen becomes imbalanced, it results in mental or emotional problems in the individual. Perhaps this is why people wear engagement and marriage rings on that particular finger.

***What is the Triple Warmer***

This is not a physical organ. It is a force responsible for circulating liquid energy throughout the organs. It starts at the tip of the ring finger, flowing over the shoulder to the chest cavity, where it then splits into 2 branches. Branch 1 travels through the middle and lower parts of the body where it then unites with the upper, middle and lower burners. The 2<sup>nd</sup> branch runs externally up the side of the neck and throughout the face, ending at the outer ends of the eyebrow. The triple warmer is responsible for distributing the QI or CHI energy generated by the Emerald Tablets Exercise. This energy is stored in the Kidneys. A healthy triple burner results in a strong supportive neck, strong hearing and eyesight and a healthy chest and throat. Problems from a malfunctioning triple burner include water retention, swelling, ringing ears and problems urinating.

The Upper Warmer Burner circulates QI from the diaphragm upwards. This governs the respiration of the heart and lungs. This resembles the first stage of white light generation during the Emerald Tablets Exercise.

The lower warmer burner circulates QI below the naval. It governs reproduction and the removal of toxins. This resembles the building of the “critical mass” of energy felt during the emerald tablets exercise. A healthy lower warmer burner shows signs of a strong lower back.

## Chapter 3

### The Tao of Wealth and Fortune

People who have lots of money are mistakenly seen as successful, when in fact some rich people are unhappy and have a medium to high suicide rate. It is the extremes that are occurring in their life that makes them appear successful. Perhaps their idea was so urgently needed at that time in history that it created many millions of sales, which is an example of extremes. Extremes bring with them consequences that the person has to bear. If they don't know how to handle these extremes it can create disharmony and imbalance in the person's lifestyle, also known as excessive yang.

The mother raising her children the best she can is just as successful as the person who mows your lawn or owns a billion dollar company. Although their work may not be experienced by millions of people, the person who put forth an honest effort, doing the best job possible and with joy in their heart, is what makes a person truly successful, because over time they get better and better at it, finally becoming an expert. It is extremely easy to overlook this small, but powerful fact when we see people with money and connect them with as having lots of money with being successful. Therefore a lottery winner is most at risk because they have no experience on how to handle such a large sudden influx of money.

Courage: The same courage a soldier shows in battle is no different than having the courage to follow and believe in your dreams, taking responsibility for your actions.

True financial freedom is not about having excessive large sums of money, but instead true financial security comes from living within your true means. This means having enough to meet your basic needs. Anything beyond this and your excess purchases will only serve to satisfy your yang ego. Your possessions than begin to own you, making your life emotionally miserable and unbearable. If you happen to win the lottery, your best bet would be to put the money away for a period of time (*a minimum would be between 3 months to one year*), until your body's vibration gets used to the large amount of money. Then allocate enough to live off the interest and send the excess to a worthy charity. You will not only live happier, but be free of the need to satisfy the ego and have your possessions own and control you. No matter what the pressures are, you must continue on doing the very best and/or using the very best quality tools, ingredients or resources available to make the best effort. This is the core of any success.

Here is a wise proverb that sums it up nicely by Rudyard Kipling:

***“Keep your head when everybody else is losing it and blaming their misfortunes on you. Trust in yourself when all doubt you; however be sure to make allowances for their doubts too.***

***Meet triumph with the same peace of mind as disasters and failure, treating these 2 imposters as the same. If you can successfully do this, than all of the secrets of the universe become yours, and you’re truly a man my son.”***

By adhering to this proverb, you avoid future conflicts that lead to unnecessary stress and tension, thus directing you towards the path of health and harmony. Too much joy should be balanced with moderation. Therefore times that you are overly happy, dedicate your excess joy to the welfare of all sentient beings.

### ***How to Properly Sort and Organize New Information***

Because all true wealth comes from knowledge and information, and new information is constantly streaming throughout our consciousness, the key is knowing what to look for in the information, than the best time to bring this information to light in an organized fashion and manner. This than results in new ideas, which in turn lead to new technologies, new ways of doing things that save money and new inventions. To generate true wealth, you need to understand that it is comprised of 2 parts. 1. Information and 2. Health, you cannot have one without the other. They both work together. How you organize, edit and apply the information you glean from resources is key to utilizing its potential.

### ***For Salespersons***

If you are in personal sales, the moon in Virgo (*found in a moon void of course calendar*) works well for those selling directly to people such as car salespersons, door to door salespersons and similar professions. Additional peak periods of sales include: The asteroid Chiron aligned with the sun, during condition blue periods or when your intellectual or intuitive biorhythms are at favorable levels.

### ***For Artists and Inventors***

I have gotten fantastic results from performing graphic arts and art work when the asteroid Europa aligns with the sun. It significantly accelerates the results in turning ideas into reality. This is significantly amplified during full and perigee moon periods.

## ***For Scientists and Engineers***

To obtain new information, or find information to solve complex problems, performing the condition yellow exercise (*See Chapter Titled: **How to Perform the Condition Yellow Exercise** for more details*) as Sirius rises in the east will give you new forms of information over the next couple of days, as long as you allow your awareness to open up.

### **Resources:**

Online Ephermis

<http://www.true-node.com/eph1/>

Another area I have had success for generating wealth is to face in the direction of the sun and perform the **Quantum Entrainment Exercise** until your QE levels feel "full". (*See chapter titled: **The Quantum Entrainment Exercise** for information on how to properly perform the quantum entrainment exercise.*)

Next close your eyes and connect with the sun, visualizing yourself "cashing in" on all your previous efforts you have put forth during the day to achieve your future goals for the day.

This exercise works well during July through August in the morning (as Orion is rising with the Sun). It also works well when the moon is in Taurus, which you can find in any void of course calendar.

This may work because it is the time the **The 12 Earthy Branches** are most active. As the table below shows, because we are in the year of the Snake (as of 2013), performing the above exercise between 9 and 11 a.m. is the most favorable time.

<b>The 12 Earthy Branches</b>					
<b>PinYin</b>	<b>Number</b>	<b>Animal</b>	<b>Month</b>	<b>Time Period</b>	<b>Channel/ Organ</b>
Zi	1	Rat	Nov 22 to Dec 21	11 p.m. to 1 a.m.	Gall Bladder
Chou	2	Ox	Dec 22 to Jan 20	1 to 3 a.m.	Liver
Yin	3	Tiger	Jan 21 to Feb 19	3 to 5 a.m.	Lung
Mao	4	Rabbit	Feb 20 to Mar 20	5 to 7 a.m.	Large Intestine
Chen	5	Dragon	Mar 21 to Apr 19	7 to 9 a.m.	Stomach
<b>Si</b>	<b>6</b>	<b>Snake</b>	<b>Apr 20 to May 20</b>	<b>9 to 11 a.m.</b>	<b>Spleen</b>
Wu	7	Horse	May 21 to June 21	11 a.m. to 1 p.m.	Heart
Wei	8	Sheep	June 22 to July 21	1 to 3 p.m.	Small Intestine
Shen	9	Monkey	July 22 to Aug 21	3 to 5 p.m.	Bladder
You	10	Rooster	Aug 22 to Sept 22	5 to 7 p.m.	Kidneys
Xu	11	Dog	Sept 23 to Oct 22	7 to 9 .m.	Pericardium
Hai	12	Boar	Oct 23 to Nov 21	9 to 11 p.m.	Triple Burner

(See section **What is the Triple Warmer** for information on the Triple Burner)

**Manifesting Wealth Using the Power of Orion**

From my research I believe that it is easier for the super conscious of the mind to go forward in time from July to October each year. Possibly due to Orion rising over the eastern horizon with the sun during this time. The moon in Taurus is very close to the Orion constellation and the moons 3<sup>rd</sup> phase or just after full may be amplifying this energy even further.

Taurus happens to be in the Canis Major Constellation, which is the same constellation Sirius and Orion is in. The Moon in Taurus occurs once per month, which you can find in any good Moon void of Course Calendar. A reliable one I have used over the years is located at:

<http://www.drstandley.com/index.shtml>

Below are some dates for Taurus rising in California:

6:30 pm Nov 7th, Taurus comes over the horizon at 4:30 pm in the afternoon (*or 11:14 universal time*). (These dates are known as Lunar Ingress dates. I use a void of course calendar to get the approximate dates, than a star map app on my phone to find the exact hour of rising over the eastern horizon.) This means around Halloween, Taurus is rising in the east at approximately sunset. As we head towards December, Taurus continues to rise in the east earlier and earlier. Our unconscious representing its desires rising to life again is perhaps the message Halloween is trying to convey.

### ***The Story of Pinocchio and the Sirius Star***

In Disney's Pinocchio, written by Freemason Carlo Collodi, Gepetto **prays** to the **brightest star** in the sky for a "real boy". The Blue Fairy, being a reference to Sirius' light-blue glow, than descends down from the constellation to **give life** to Pinocchio. This sounds extremely similar to the account given by **Gilgamesh** expressed in The Poem called The Epic of Gilgamesh Tablet #1 mentioned in the chapter titled: **How to Properly Perform the Condition Yellow Exercise**.

In Pinocchio, we can see that Sirius once again represents a source of flowing life from which information is flowing. Does this mean when we receive answers to our prayers that a new form of information has been reprogrammed into our environment, which makes up our waking reality?  
***Prayer and the Stars of Sirius and Orion***

Besides numerous artifacts and monuments throughout history mentioning the constellation Orion, German astronomers Wolfhard Schlosser and Werner Bergmann in 1985 published an account of an ancient 8th century Lombardic manuscript. This contained the **De Cursu Stellarum** ratio by St. Gregory of Tours. This rare text shows readers how to time their night time prayers by the positions of the stars. This text mentions Sirius as rubeola. Another interesting observation is the town of Olyphant in

northeast Pennsylvania, has a whole series of churches laid out in the configuration of the main stars of Orion. Being places of prayer, why would they arrange churches in this layout? I would theorize that the altars of most of these churches all face east, mirroring the rising stars.

### ***Fear of Succeeding. Fear of Failure***

Many people are afraid of their true potential. This fear comes from their ego. Your ego's main source of energy is fear. It cannot experience pure awareness, and because of this, it is the only weapon you have against your fear blocking you from achieving your true potential. That is why the **Quantum Entrainment** exercise works so well because you get to experience pure awareness, which dissolves the fear. You want to really be happy to flee from experiencing this fear that clouds you from enjoying your true goals and wishes. This creates a self-sustaining cycle and goes round and round until you have learned to experience pure awareness. New awareness, such as that gained from the Quantum Entrainment exercise, dissolves your fear and leads to the fuel necessary to fulfill your goals and wishes.

### ***WE MAKE THE DECISION TO LET IN THESE FEELINGS OF FEAR AND DOUBT OR TO REJECT AND DISMISS THEM***

If you allow your perception of your current finances to arouse anxiety, frustration or anger (*which can happen from filling your mind with excessive negative media and programming*), it will only make things even worse and support the program of those creating the fear and perception of lack to feed not only your ego, but theirs as well. The truth is there is more than enough for everybody on this planet, with enough left over to support a future that can make a true utopia on earth for us all. It's up to us to reject or accept this truth.

Lack of money almost always contains 2 parts.

**1:** What is causing the problem (the logistics).

**2:** The worry, anxiety and fear that feeds off the causes of the problem. Very simple, but it is the self-continuing cycle that makes it look very complicated and like there is no way out. So the cure is very simple, identify what is causing the fear, then work on solving the logistics of the problem. This then creates the opposite effect, you create a cycle of continued financial support and abundance, as you begin to listen to your higher self and take on new opportunities that come your way.

Self-esteem is also a key part. One of the best ways to boost your self-esteem is through the use of affirmations. Just as on a battlefield where the medics only save those that want to be saved or those injured that

believe they are worthy of living, the same goes for the game of life. As long as you see yourself as worthy of enjoying the many benefits and blessings the universe wants to give you, than you will always be looked after.

Listed below are some of the best. Write them down, record them and play them back or just read through them when you feel the urge.

*I am worth my complete weight in gold.*

*I am worthy of kindness, love and respect, regardless of what I have done.*

*I am worthy because I always exist.*

*I treat myself with respect and honor myself.*

*I am worthy of the life I say I want and intend.*

*I know what is best for me and I value myself.*

*I have complete confidence in my ability to make my life work.*

*I have confidence in the goodness of life itself to see me through.*

*I accept the power of my being to produce love, health and joy in my life.*

*I fully accept responsibility for all of my decisions.*

*I fully know I am a powerful and wholesome force for good.*

*I am free to choose what is best for me and am my own person,.*

*I freely choose the power of life.*

*I choose love, light and goodness.*

*I choose healing, health and happiness.*

*Without restrictions I love myself.*

Other mantras that help achieve wealth include:

The God Of Wealth **Kubera** which you can see on you tube here:

<http://www.youtube.com/watch?v=OqY0RA2J-H4>

There is a square that you see when **The God Of Wealth Kubera** video is played on you tube, that when you connect the numbers in the square they form a rough pentagram, which helps the mind focus. After listening to this mantra over the years, it really does work and works best when listed to on Sunday mornings and Thursday mornings.

As mentioned previously, another method that I have achieved powerful results from is doing artwork or assembling items related to further my business when the sun is aligned longitudinally with the asteroid Europa, with the 2nd most powerful period being the Sun aligned with Jupiter. This occurs on average every month or so, and seems to inject powerful creative energies towards earth. Below is a picture of the alignment.

From Swiss Ephemeris

Date	sun	Europa
	LONG	LONG
22 Feb 2013	3 pi 31	7 aq 16
23 Feb 2013	4 pi 31	7 aq 35
24 Feb 2013	5 pi 32	7 aq 55
25 Feb 2013	6 pi 32	8 aq 14
26 Feb 2013	7 pi 32	8 aq 33
27 Feb 2013	8 pi 33	8 aq 53
28 Feb 2013	9 pi 33	9 aq 12
01 Mar 2013	10 pi 33	9 aq 31
02 Mar 2013	11 pi 33	9 aq 50
03 Mar 2013	12 pi 34	10 aq 9

Another very interesting observation is the continent of Europe takes the name Europa from this asteroid. There exist sculptures of Europa outside the EU Parliament building in Strasbourg and it is also on the European Council building. Europa also happens to be depicted on the monetary note, the Euro.

You can receive future alignments from the Swiss Ephemeris located at: <http://www.true-node.com/eph1/>

Here is a method to connect with the energy of Europa to Boost Creativity:

*We are working with "longitudinal" energy. This creates a "resonance" within the area, as well as your consciousness, a higher vibration you might say. I like to place essential oil or Ormus on my hands as they pick up the resonance and amplify it. A good essential oil to use is Rose or Citronella. Focus on aligning yourself with the sun as it is aligned longitudinally with Europa or Orion. Next to the right energy level, let your soul be flooded with this new energy. Next focus on your purpose to bring, joy and light into the world through your ideas and creations or products you make or are selling. Next, using intention, send this new energy onto the items and put some of the citronella or Ormus onto the products. Allow the items to also align themselves with this purpose to bring joy and light to the world. Take a pause. Next let the new cosmic resonant energy take their place of the old energies. Look upwards at the sky and allow the influx of cosmic energy to fill the area you are meditating in. Next focus on the tools you possess that bring joy and light to the world, honor, acknowledge and appreciate these tools for helping you bring joy and light to the world. Next do a "grounding" exercise to ground these new energies. Next give thanks once again for the tools and items that help you bring joy and light to the world and allowing them to fulfill this purpose. (See section **how to perform the grounding exercise** for details on the grounding exercise)*

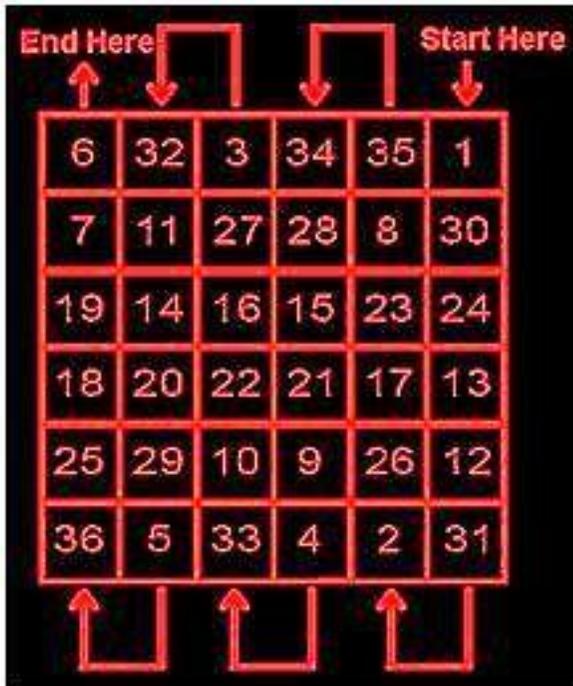
### **Learning to Manifest with the Sun Square**

One of the most powerful exercises I have ever found that delivers extremely fast results is the Sun Square exercise, which is shown below. For material success, prosperity and wealth, say a mantra related to the sun. One excellent example is: Om Ghrinih Suraya Namah, which you can listen to at:

<http://www.youtube.com/watch?v=NxeW4bwjcn4>

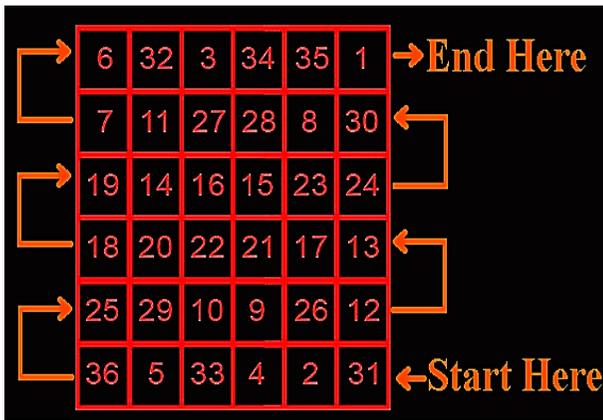
The sun square is a mathematical representation of dimensional energy that resonates with the sun, so it makes a powerful focal tool to help in manifesting goals. Because the sun's energy responds with acts of repetition, the more intention you put into visualizing your self-repeating the mantra the proper number of times for the days ahead, especially using emotion, the more this power will multiply and make itself available for working with. This method gets very powerful fast effective results, so you must be ready for them when they come.

There are other sun mantras out there, but you want the one that you can repeat properly and is the most popular, which is usually the best one to use. Here is how to use the Sun Mantra:



Start the mantra at square number 1, eventually ending at square number 6. Repeat the mantra daily, until you have completed the full 36 days. Be sure to say the mantra 6 times on the 6th day when reaching square number 6. Visualize the Sun Mantra in a glowing color and meditate on the meaning behind it while visualizing it glowing. You can also write the Sun Mantra Down on paper.

If you want to use the Sun square to heal an illness or for spiritual development and healing, you begin at square number 31, ending at square #1.



It is also important to be open to new and unexplored opportunities that start flowing into your life after the exercise. Choose only the most workable solutions out of the many that appear, as even if you reject some of the opportunities that you don't feel suited to, more will pop up in their place.

One of the key emotions that you will feel after building this energy over time will be the emotion of trust and peace. Awareness and emotions transcend thoughts as well as space/time and are the fuel for an accelerated outcome. **Trust is one of life's secret powerful blessings.** The more you allow yourself to experience this trust the more powerful the results. This means that you are allowing the universe to unfold as it should, rather than your thoughts and ego to "control the outcome". Ultimate trust allows you to let go, freeing up valuable energy which returns in profound unexpected ways.

### ***How Money is Created through the Power of Awareness***

People buy according to their state of awareness. This awareness comes from the sun and consumer confidence. We are entering a new period where the awareness of purchasing is moving towards green and sustainable products and how genuine and responsible companies that make these products are and their impact on environment and how its products are made.

### ***The Power of Multiplying***

This section deals with multiplying Money, Food and Other Pieces of Matter using the Power of our Sun. Now, I don't want this chapter to give the intention of greed or a "shortcut" to financial prosperity, but what is occurring at this moment in time is a transition from the age of Pisces to the Age of Aquarius. What this means is that the Aquarian age is going to include a new form of awareness that will make you prosperous if you want to develop a business or have more money in your life. Examples include communication, people working together in groups, and green sustainable products and services. These are technologies and concepts that are here to stay, and when you understand the awareness that is emerging and that this awareness is what affects buying behavior, you can understand why the current system we have in place is starting to move towards this new concept and way of doing things.

Unlike awareness, multiplying uses the power of intention. Although they are both interrelated, multiplying money requires knowing the right periods of awareness to unlock the multiplying power.

We have all heard the stories of how some saints multiplied foods, and in the biblical story of Jesus, we see this multiplying effect when he turned water into wine. We see the rule of starting with just a small amount, than using intention to "scale up" the result. These foods all have one thing in common, they are high in protein. I believe that proteins are affected by intention. Because the sun's energies work best with repetition, we can multiply certain pieces of matter to cause an expansion in their present state. This multiplication effect is significantly enhanced when the sun's solar flux is active or at higher levels (*which is usually a time of increased sunspot activity*).

As quoted from US Bible.com

*"Eleven miracles occur when the sun is in Aries, a period when the sun crosses the equinox and **daylight hours start to exceed nighttime hours.**"*

This is similar to condition blue periods when the sun's solar flux is more active.

*"One miracle occurs with the sun aligned in the constellation Gemini. In total twelve miracles occur when the sun's hours are longer in the day and there are six miracles when the sun's light is decreasing"*

Source: U.S. Bible.com

[http://www.usbible.com/Astrology/sun\\_miracles.htm](http://www.usbible.com/Astrology/sun_miracles.htm)

This chapter shows the periods of energy when this awareness is unfolding and specific exercises that work and will multiply the current money you have into your life substantially. There are 3 periods that cause an amplification of intention or manifestation of money. The first is an increase in condition blue or the sunspot count, the second is the hour of the day (*the earthly stems*), and the 3rd is the crescent and perigee moons. We can simplify this with the following equation:

The 12 Earthly Stems = Awareness + Intention

The moon = Unconscious + Radionics

	ច្បាប់	Transliteration	Animal	Year
1	ជូត	Jute	Rat	1984, 1996, 2008
2	ជូវ	Chlov	Ox	1985, 1997, 2009
3	ខាល	Karl	Tiger	1986, 1998, 2010
4	ថោន	Thos	Rabbit	1987, 1999, 2011
5	រោង	Rorng	Dragon	1988, 2000, 2012
6	ម្សាញ់	Masagn	Snake	1989, 2001, 2013
7	មមី	Momee	Horse	1990, 2002, 2014
8	មមៃ	Momay	Goat	1991, 2003, 2015
9	វ៉ក	Voke	Monkey	1992, 2004, 2016
10	រោកា	Roka	Rooster	1993, 2005, 2017
11	ច	Jor	Dog	1994, 2006, 2018
12	កុរ	Kaor	Pig	1995, 2007, 2019

## **The Earthly Stems**

I remember when I used intention to multiply dollar bills during 2012, the year of the dragon at sunrise, the 12 Earthly Branches chart (*shown on the next page*), shows the energy is strongest from 7 a.m. to 9 a.m.. When I did the money multiplication exercise at this time, I received huge interest in my green sustainable products company.

So the energy when properly worked with does get results.

If we examine the financial markets, we can see many changes took place from 2010 to 2011 and these were periods that the flow of energy was strongest during sunrise. Also 7 a.m. to 9 a.m. is when the sun rose at the March Equinox, magnifying this energy considerably. This was when I was in the islands of Hawaii.

The 12 Earthly Branches					
PinYin	Num	Animal	Month	Time Period	Channel/ Organ
Zi	1	Rat	Nov 22 to Dec 21	11 p.m. to 1 a.m.	Gall Bladder
Chou	2	Ox	Dec 22 to Jan 20	1 to 3 a.m.	Liver
Yin	3	Tiger	Jan 21 to Feb 19	3 to 5 a.m.	Lung
Mao	4	Rabbit	Feb 20 to Mar 20	5 to 7 a.m.	Large Intestine
<b>Chen</b>	<b>5</b>	<b>Dragon</b>	<b>Mar 21 to Apr 19</b>	<b>7 to 9 a.m.</b>	<b>Stomach</b>
Si	6	Snake	Apr 20 to May 20	9 to 11 a.m.	Spleen
Wu	7	Horse	May 21 to June 21	11 a.m. to 1 p.m.	Heart
Wei	8	Sheep	June 22 to July 21	1 to 3 p.m.	Small Intestine
Shen	9	Monkey	July 22 to Aug 21	3 to 5 p.m.	Bladder
You	10	Rooster	Aug 22 to Sept 22	5 to 7 p.m.	Kidneys
Xu	11	Dog	Sept 23 to Oct 22	7 to 9 .m.	Pericardium
Hai	12	Boar	Oct 23 to Nov 21	9 to 11 p.m.	Triple Burner

2013 is the year of the Snake. We see that this energy peaks strongest between April 20th and May 20th of 2013 and the hour this energy is strongest is between 9 a.m. and 11 a.m. So this is the time period that acts involving intention and multiplication work best. This could be how Jesus and other saints were able to multiply food. In 2014, the energy will shift to 11 a.m. to 1 p.m. from May 21<sup>st</sup> to Jun 21<sup>st</sup>.

The rising of Aquarius will continue to rise in the east during the March equinox for approximately the next 2,400 years.

Perhaps this energy is really a slow form of evolution. As will be shown later in this book, parts of the body respond better to treatment with herbs, foods and acupuncture during these hours and months of the year.

### ***Results of Experiments Multiplying Money and Matter***

True wealth and the flow of money into our lives are based purely on awareness. As just discussed, human awareness at this time is undergoing a radical shift into a more sustainable and green lifestyle, which is a result of the energies emanating from the constellation Aquarius. So any product that is green and sustainable or any type of awareness related to this will get immediate attention and sell extremely well. This awareness is based on a change of frequency and the frequency is stronger at certain times of the day and year and matures when the solar flux of the sun is stronger, with a peak at the spring equinox or when a perigee moon is present.

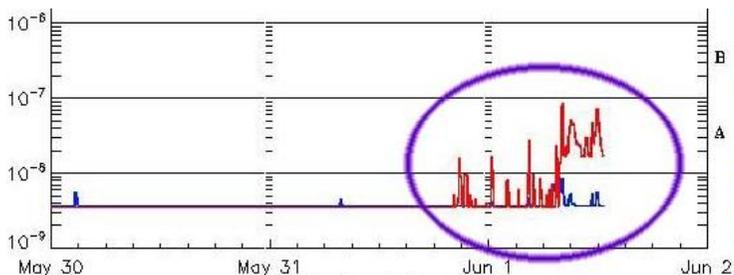
In summary the "energized" periods that this energy flows strongest include: 1: Spring. 2: Aquarius rising. 3: The first rise in the sun's solar flux. 4: When the moon is in Aquarius (*see a void of course calendar*). When these periods overlap, the energies are further multiplied. When I first began doing this over 4 years ago, I decided to try this same experiment with multiplying pieces of paper called money. I have had repeated success using 2 spectrums of the sun. The first period I have been using is when the sun's solar flux has been quiet for some period of time than **starts rising again**. Another is when the constellation is rising over the eastern horizon, such as Aquarius and the 3<sup>rd</sup> is during the peak hourly periods of the 12 earthly branches just mentioned.

During this "window" I hold a dollar bill in my hands and face east at sunrise while rubbing the dollar bill visualizing it multiplying, growing like the leaves of a tree. I don't overdo it, but only until I feel the right energy level has been reached. This will feel like a "click". Overdoing it seems to "short circuit" the results. If you look closely at monetary notes, you will find that every U.S. currency denomination from \$1, \$5, \$10, \$20 and \$50 all have leaves or trees of them. This makes it an excellent focal point to multiply its resonance. From experience in business sales, I always have more customers. It has never, ever failed, and is repeatable, as long as you follow the right steps. I accidentally discovered that the reason the energy was strongest in 2012, from March to April was because of the 12 celestial stem energy. It is also interesting to note that Henry Ford and other pioneers, who made fortunes, also devoted a part of their energy into growing plants from seed and in some cases selling these plants. As an example of using the rising of Aquarius in the east, I find the exercise the strongest when performed about 20 minutes before the constellation Aquarius starts to rise over the horizon during spring. During the spring equinox, when this energy is at maximum, it rises at dawn in longitudinal alignment with the sun.

Another interesting feature about the sun's solar flux is that I have noticed that if I break my sales routine for a while, then get back into my routine, if the sun's solar flux is high, re-starting my original routine is much easier. If the solar flux is lower, than I find it takes up to 3 times more energy to "get back into the groove" of things, or return to the previous momentum of past effort.

It is like the sun's solar flux has a memory and when we tap into our previous activity, our environment remembers this energy, and so the resonance returns more easily. It is like when you take a vacation from work, and you return and it takes a while to rebuild your momentum, if the solar flux is higher it takes less time to reestablish your routine.

**Solar Flux** (also known as the 10.7cm radio flux levels)



Solar Flux levels

[http://www.swpc.noaa.gov/rt\\_plots/xray\\_5m.html](http://www.swpc.noaa.gov/rt_plots/xray_5m.html)

Solar Flux Forecast

<http://www.swpc.noaa.gov/ftpdir/latest/RSGA.txt>

Neural Network Solar Flux Forecast

[http://www.geomag.bgs.ac.uk/data\\_service/space\\_weather/forecast.html](http://www.geomag.bgs.ac.uk/data_service/space_weather/forecast.html)

### ***How to Remove Burdens, Obstacles and Hindrances to Wealth***

When you are working on a project or working towards a goal, sometimes blocks can get in your way just before completion. I have found using the phrase "***Through the finished results of Christ I have successfully completed this task now***" works well. However sometimes, you need something with a little more power.

While we may be taught to not focus on what we don't want, I have found that using a Torma to actually focus on what is blocking me from achieving a successful outcome works. This is done by asking the Torma to remove the obstacles, as you nourish the Torma to remove the blocks that are creating the blocks that are occurring.

The most effective Tibetan Tormas are made during the **last 7 days before the moon**. You should send out your request with utmost intensity 24 hours before the new moon. You simply write down on paper your request and place it in front of the Torma for it to remove all blocks and hindrances stopping you from fulfilling your goal.

Here are some example requests:

*"Blocks stopping me from growing financially from my business efforts"*  
*"Remove hindrances that are stopping or blocking me from a gradual increase of profits from my business efforts"*

(See the chapter titled: ***Tibetan Tormas; A Thousand Year Old Proven Powerful Healing Secret*** for further information on how to properly work with Tormas)

Performing the most intensive offerings 48 to 72 hours just before the new moon is great to remove unwanted influences. It also helps to make the offerings ***without any doubts*** in your mind and to perform the offerings as selflessly as possible. **The more intense the offering, the better the results.**

If there is a super moon new moon coming up, the last 3 moons leading up to the super moon work the best.

## ***The Showering Gems Technique***

Another process that opens your consciousness to receiving wealth is the last 3 to 5 minutes as you finish showering, imagine as the water is flowing down throughout and around your body, that shiny, colorful gems, and sparkling glowing jewels are coming out from the shower head, showering you. See the rich sparkling colors of rubies, gems, emeralds, sapphires, sparkling diamonds and other deep, rich colorful and valuable stones. Visualize the gems flowing around your body with the water, glowing and sparkling as they do so. This will charge your being with attracting opportunities related to health, wealth and fortune throughout the day.

Another way I have been having fun experimenting with these solar energies is using them to scan for stocks that are going to rise in the next 24 hours. I have found this works best from summer into fall. The main energy responsible for this is the energy generated by the Heart Math exercise. The Human **heart** puts out up to 10 times or **more electrical** activity than the human brain. The Heart Math exercise is used to generate a torrid field of energy by using the energy of unconditional love. This field then creates a “**time bubble**” from which emotions from the future can be detected. This is a simple exercise that I have been successfully researching so far:

- 1: As the Milky Way sets over the horizon, or the Star Sirius / Orion are rising in the east, I perform the **Heart Math exercise** of unconditional love.
- 2: I look at a table of stocks and then visualize myself having purchased that stock 24 hours in advance.
- 3: I next than see myself having sold the stock at the end of the next day. I allow myself plenty of time to listen intuitively for the reply received.
- 4: If the emotions are uplifting, happy and filled with joy, I know the stock pick is a success, if the emotions are the opposite, the pick is a failure.

This exercise only works during **Stage 1 Condition Orange** periods and some Condition Yellow periods. These are periods the KP energies are stronger and the solar wind speed has recently risen above 350. The results seem to be clearer still when the sun's solar flux (or solar activity) is at quiet or lower levels, such as during condition purple periods.

If higher KP energies are the fuel to transport our consciousness or emotions forwards or backwards in time, than it is possibly why the condition yellow exercise works so well. Research has shown that our hearts can be negatively affected by higher KP levels (*geomagnetic storms*), so the opposite is true, we can use our hearts to tap into the KP field, creating a time bubble, which allows us access to emotions from the future.

This is still in the experimental stages, but so far having these 3 conditions makes it a perfect time to access the future via emotion.

- 1: A recent rise in KP levels.
- 2: The solar wind speed having risen above 350.
- 3: A quieter or lower solar flux period.

Because this is a form of transmitting energy where we receive information, could the opposite be true? This would mean instead of receiving information from the stars or future, we could than use intention to alter the past or send information to the past? If so, these would be the ideal conditions: Full Moon + Higher Solar Flux Activity + Flat or Lower KP levels + 350 Solar Wind Speed (or  $\frac{1}{2}$  of 700) + Rising Milky Way. This period would be maximized during the months between November and December in the United States. This is just a theory for now and needs further research.

Thank you so much for reading this book. It is available for immediate purchase in paperback from [Amazon.com](http://Amazon.com). You may also download it in [Nook and Kindle](#) editions by visiting Amazon.com.

Thank you again and I wish you love and happiness in all your goals and dreams.

*Scott Rauvers*