

Stock Market Remote Viewing. Heart Rate Variability and Intuition Secrets.



Scott Rauvers

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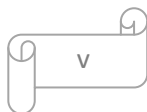
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Stock Market Remote Viewing.
Heart Rate Variability and Intuition Secrets.

Moving into our 3rd year of remote viewing the financial markets, this edition lists all our latest discoveries and technology. This fourth edition in our series validates our previous theories and hypothesis with published scientific studies confirming our theory that solar weather affects the health of the body, especially the heart. It also covers in detail the specific substances in essential oils that enhance remote viewing and goes into the details of why full moons enhance precognition. Standing waves are also briefly covered and how they enhance ARV sessions via the Schuman resonance. Seasonal cycles of the solar wind are also covered to help one narrow down the remote viewing sweet spot. The second part of this edition covers the new science of HeartMath and how one can use HeartMath to boost their intuition. A special chapter is devoted to cosmic rays showing how they influence HRV (Heart Rate) and can be used to enhance the success of remote viewing sessions. Specific instructions for all the 4 main HeartMath exercises are included. The Quick Coherence Technique, The Heart Lock-In Technique and The Freeze Frame Technique and The Inner-Ease Technique. This edition also explores our research into lengthening how far out into the future one can remote view by utilizing the nervous system from the timeline of minutes to days and at the end of this edition, we give tools one can use to find the best solar weather conditions for enhancing their success of remote viewing.

We at the solar institute hope you'll enjoy this next edition and utilize our discoveries and the techniques within as a pathway to opening the door to your unique gifts and talents...!

Quotes from this edition

"Our research has concluded that the heart receives intuitive information before the brain. This occurs approximately one second or more before"

"heart-rhythm measures (HRV) were especially successful in detecting pre-stimulus responses in pre-bet and post-bet segments. Both these occur prior to knowing the future outcome"

"Findings that a HRV win/loss response during post-bet and pre-bet segments is more evident during full-moons but not new moons"

"results of analysis of the participants across all trials are strong. It provides compelling evidence of practical nonlocal intuition"

The above quotes are summarized from a report titled: The study, Stability of Pre-Stimulus Intuition Response: A Repeated Measures Study Using Electrophysical Instrumentation, which was conducted by McCraty and his team at the Institute of HeartMath during the latter half of 2006. This is just one of many studies that we explore in this book and how anyone can utilize Heart Coherence to improve enhance their intuition and to supercharge their remote viewing sessions.

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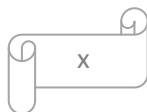
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Prologue

In my wealth building book titled: Secrets to Creating Money Effortlessly using Lucid Dreaming, I point out that accumulating a solid financial foundation need not be a stressful endeavor. As a matter of fact effortless prosperity is within anyone's grasp. This book goes into detail about attaining heart coherence, which allows one self-mastery over their emotions. This allows one better control in situations that one may feel is not within their grasp. What a powerful tool to have when one seeks effortless prosperity!

It can be a real drain on one's resources and time when stress becomes overbearing. Learning to self-regulate emotions can save a bundle of money from unnecessary health care costs and make one happier in the process. As a bonus one has stronger intuition which oftentimes helps us avoid dreadful mistakes. The ultimate goal I believe for one practicing remote viewing is the ability to gain self-mastery, which is also known as self-regulation. In the long-term it creates improved resilience. The discovery of using self-mastery to bring emotions under control is the next frontier. This will lead to a new era of human understanding and cooperation. The opportunity we face now is to learn how we can develop our intuitive potential and accelerate towards new states of being.

The Dawning of a New Age

As the influences of the constellation Aquarius continue to grow each year as we move out of the constellation Pisces, we can expect to see an increase in the interest of remote viewing. This is due to the fact that the influences of Aquarius cause a tendency to reflect with intuition. This

takes place so that mental insights are consistent with logic which has been refined so one can find clarity in information. The influence of Pisces is more of a direct form of intuition that is not always acted upon because the information received wants to be processed before it is acted upon. Hence, we are seeing a change in the way intuition is utilized and processed.

Welcome to the Fourth Edition

This latest edition on Associative Remote Viewing of the financial markets is the latest in our series. It contains numerous technical references and published papers from peer review journals as well as our own latest discoveries. The previous 3 ARV books chronicle our progress and discoveries made remote viewing the financial markets. These can be found in the following titles:

Series 1 - **Wormhole Theories, Sunspot Activity and Remote Viewing Stocks.**

Series 2 - **Remote Viewing. The Complete User's Manual on Experiencing Future Consciousness.**

Series 3 - **Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules.**

This edition also includes our latest discoveries regarding the device named the **Remote Viewing Amplification** device. For instructions on how to build the device yourself with intricate details, this information will be compiled and published in a separate book by the Solar Institute. You can

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also view a timeline of our past few years of remote viewing (beginning in 2016) the financial markets by visiting www.ez3dbiz.com/dow_project_research_summary.html

It is the goal of this edition by the Solar Institute to show how self-regulation techniques (the key to self-mastery) can be used to enhance health, intuition and remove unnecessary stress. All the techniques and discoveries discussed in this edition contain scientific references published in peer reviewed journals, confirming that the exercises, as well as influences from the sun, moon and other external environmental elements have an effect on our mental and psychological systems. This edition will also teach how one can become resistant to negative external influences while in coherence and empower themselves in the process. This edition in our series places special emphasis on the latest research showing not just how the parasympathetic nervous system responds to future events, but the underlying causes and mechanisms that make it possible as well as specific substances that can be taken to enhance its sensitivity during ARV sessions.

Much of our research early on was based on intuitive hunches and urgings, however scientific studies are now confirming our findings as fact. A special and sincere thank-you goes out to Mr. Rollin McCraty and Eckhard Etzold whose published studies now confirm much of our hypothesis.

Introduction

Years ago while living in Topanga Canyon California, I made an accidental discovery. I had invented a new non-toxic all natural special aromatherapy air freshener that contained the essential oils Sweet Orange, Ylang Ylang II, Tangerine and Lavender. Having experienced the anxiety and stress on a daily basis that accompanies sales, I began practicing the newly invented technique called HeartMath which is a simple exercise that reduces anxiety and stress, which by the way ended up working extremely well. It was during the practicing of this exercise that I found that it enhanced my accuracy of remote viewing the future position of the Dow Jones Industrial Average. How happy and relieved this made me feel! What I found even more interesting is that whenever I had sprayed the essential oil air freshener, that it enhanced my coherent abilities while practicing HeartMath. This was an unexpected bonus! So this discovery led me to do some research, whereupon I discovered that specific substances in these essential oils activated / stimulated the parasympathetic nervous system, one of which is the essential oil of lavender ⁽¹⁾. Further on I searched and my journey led me to studies published in Scientific Peer Review Journals showing that the human nervous system responds to future events before it takes place. This is known as pre-stimulus, pre-sentient or anticipatory reactions ⁽²⁾. I go into greater detail regarding pre-stimulus responses and the human nervous system in book titled **Remote Viewing. The Complete User's Manual on Experiencing Future Consciousness**. (Series title 2).

In the end my research found studies that enhanced task

performance and cognition can be obtained simply by breathing scents of specific natural substances ⁽³⁾⁽⁴⁾. One of the studies I came across found that inhaling the substance linalool reduced anxiety so much that it greatly increased the accuracy of people performing mathematical calculations ⁽⁵⁾ and another study found that linalool produces calm moods as well as elicits an increase in HF (high-frequency) and causes a significant decrease in heart rate ⁽⁶⁾. This is of major importance to any of you that practice HeartMath because an increase in HF is of significant benefit to HeartMath. We shall explore the intimate details of HeartMath and how to use HF and LF power in a later chapter, including what HF means, but first let's continue with my journey seeking the answer as to why certain essential oils enhance intuition.

Being a bit of a scientist, I decided to build on the theory and formed the hypothesis that substances in essential oils may be affecting the body's nervous system. Let's explore the data for any clues.

A research study looked at the effectiveness of aromatherapy on a person's heart rate variability (HRV) and their blood pressure. The volunteers were given a blend of the essential oils of lavender (*Lavandula angustifolia*), lemon (*Citrus limonum*) and ylang ylang (*Cananga odorata*) which were mixed in the ratio of 2:2:1. Another group, acting as the control, were given limonene (35 cc) and Citral (15 cc). Please note it can be easy to confuse linalool with limonene, although they both exhibit very similar effects. All participants were told to inhale the mixtures twice daily for 3 weeks. The study found noticeable differences in the volunteer's systolic blood pressure with notable differences in their sympathetic nervous systems activity of heart rate and

and its variability ($p=.047$). The study concluded that this combination of essential oils is effective in lowering a person's systolic blood pressure and reducing the activity of their sympathetic nervous system ⁽⁷⁾.

In summary, these specific substances not only lower a person's blood pressure, but also reduce the activity of their sympathetic nervous system. When a person's sympathetic nervous system is reduced, their parasympathetic nervous system becomes stimulated. As we shall show in greater detail later on, a stimulated parasympathetic nervous system greatly enhances pre-stimulus responses, allowing one **greater sensitivity to detect and retrieve information from the future**. The substances linalool and limonene also act as protective shields against bad bacteria that can make the body vulnerable due to the stress obtained during an ARV session.

What Does HRV Stand for?

Biological systems in sound health exhibit patterns that can be interpreted using mathematical abstract. As a heart beats, small changes occur in-between each heart beat. Heart rate variability (HRV) measures these changes in real time and labels them IBI's (interbeat intervals). Healthy hearts do not follow a distinct pattern. The beating of a healthy heart is complex, is constantly changing and adapting to its surrounding environment. This allows the cardiovascular system to adjust itself on demand to sudden physical challenges and/or changes to homeostasis.

Reference

An Overview of Heart Rate Variability Metrics and Norms. Fred Shaffer and J. P. Ginsberg. Sept 2017.

Foods that Favourably Influence HRV

Taking fish-oil short term has been shown to influence heart rate variability. This was indicated by an enhanced vagal tone (Short-term effects of fish-oil supplementation on heart rate variability in humans: a meta-analysis of randomized controlled trials. March 2013).

Another study found that omega 3 fatty acids increased resting HRV (Effect of dietary omega-3 fatty acids on the heart rate and the heart rate variability responses to myocardial ischemia or sub-maximal exercise. George E. Billman and William S. Harris. June 2011). Hence it may be that taking omega 3's before going into coherence may help one achieve coherence faster. Further studies are necessary to see if indeed omega 3's enhance the rate at which one experiences coherence and if it does so especially during geomagnetic storms and full moons.

Further

Reading

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Effects of omega-3 fatty acids on Resting Heart Rate, Heart Rate Recovery After Exercise, and Heart Rate Variability In Men With Healed Myocardial Infarctions and Depressed Ejection Fractions. O'Keefe JH Jr. et al. April 2006.

Polyunsaturated fatty acids extend life span through the activation of autophagy. Eyleen J. O'Rourke. Et al Feb 2013.

Basil contains Linalool

The spice Basil contains an abundance of linalool. A study

found that the major constituents in sweet basil were linalool, citral, 8-cineole, thymol, camphor, eugenol, methyl eugenol, methyl cinnamate, methyl isoeugenol and elemicine ^(7b). Marotti et al., ^(7c) found that European basil contained methyl chavicol and linalool as the major constituents.

Limonene Protects against Free Radicals

Free radical theory states age is caused by a build-up of damage caused by reactive oxygen species (ROS) ⁽⁸⁾. Studies have shown that **limonene** inhibits inflammatory actions by **suppressing the production of reactive oxygen species** ⁽⁹⁾. Hence, limonene also exhibits anti-aging properties. When the body is in a relaxed state of being, it generates a healthy circulation of airflow through the lungs. Limonene can enhance this airflow. This was revealed in a study looking at whether or not limonene improves airflow in mice with asthma. The study found that after giving the mice limonene, that it greatly reduced their asthma symptoms ⁽¹⁰⁾.

Now that you have the overall details about how I unravelled the mystery for my enhanced intuitive abilities, I want to share with you the experiences I have had using this enhanced intuition to remote view the stock market and FOREX.

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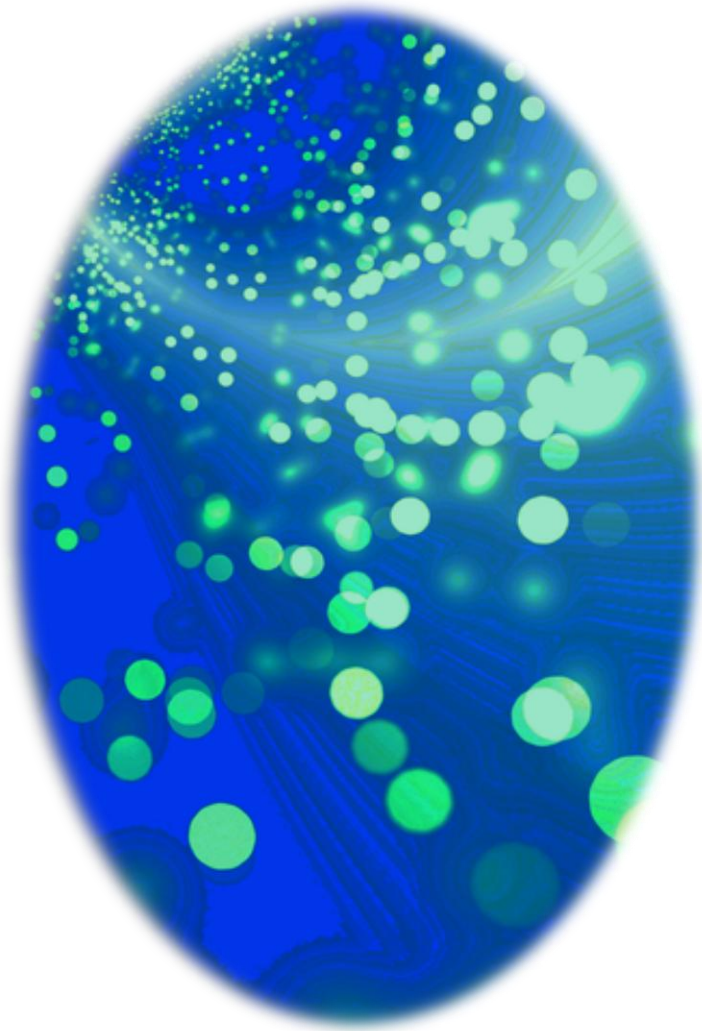
Further Reading

Synchronization of Human Autonomic Nervous System Rhythms with Geomagnetic Activity in Human Subjects. Rollin McCraty et al. July 2017.

Solar and Geomagnetic Activity effects on Heart Rate Variability. Natural hazards. Dimitrova S, Angelov I, Petrova E. 201369:25–37. doi: 10.1007/s11069-013-0686-y.

The University of Boulder, Colorado in 2013 (C. Carson Smith, et al.. 2013).

Stock Market Remote Viewing.
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Chapter 1. Experiences Remote Viewing the Stock Market.

Exploring the mysteries of remote viewing began for me after I read a paper published by Boulder University titled: Stock Market Prediction Using Associative Remote Viewing by Inexperienced Remote Viewers, that was published by Christopher Carson and colleagues in December of 2013. I was intrigued by this paper, not just because Boulder Colorado was where I was born, but that because students at Boulder University in Colorado, which were novice remote viewers, were able to predict the future closing position of the Dow Jones. However further research revealed that this effect was almost impossible to duplicate in further studies and that novices or first time remote viewers are blessed with what's called 'beginner's luck'. However, it is the sole aim of the remote viewing series of books to seek out ways to repeat the success of remote viewing the future position of the financial markets.

The type of remote viewing discussed in this book is Associative Remote Viewing (ARV), which means the obtaining of information from the future. Remote viewing in general is receiving information from any place no matter what the distance is in real time. For example, a person could remote view the activities of a certain individual 1,000 miles away and draw a picture of their activities as they are taking place in real time. Not much of a comforting thought for anyone who might be taking a shower! An Associative Remote Viewing Session for example can involve drawing the closing activity of a FOREX currency or Dow Jones position up to 4 days into the future. Going beyond 4 days seems to reduce the accuracy because the long term future is unstable

unless it is a major earth moving event. It is only during favorable solar weather conditions (which lasts an average of 4 days) that the future is more 'set in stone' and less susceptible to changes. We shall cover why this is in greater detail later on.

Personal Changes Experienced while performing Associative Remote Viewing

Over the years remote viewing the dow jones industrial average has led to many exciting life changes, not just for myself, but for the readers of the remote viewing series of books (www.ez3dbiz.com). One major positive change has been reduced stress and enhanced intuition. There is nobody on this earth immune to stress. Remote viewing sessions are conducted in a setting that encourages peace and relaxation during favorable solar weather conditions. Another positive benefit has been enhanced intuition. This has led to the Solar Institute publishing better much better quality articles filled with more exciting discoveries. And since the implementation of HeartMath during ARV sessions, a tremendous increase in vitality, energy and health has been experienced.

To enhance the accuracy of an associative remote viewing session, specific foods, which are generally foods that promote a strong heart and lower blood pressure, are used. This newfound energy allows one to experience more of life. A final positive benefit has been an enhanced awareness of solar weather conditions, which as we shall show later on in this book, can worsen an existing health condition, or if a person is overly stressed can cause illness, most notably a weaker immune system or increased blood pressure. The

best part is having more self-control over diet, as for some people a healthy diet can be a bit of a challenge.

In summary, remote viewing is not just about gaining future information and knowledge, it is a positive transformational process that is empowering. The final benefit is much more free time. The technology has been designed to be deployed once or twice a month taking up a total of 16 hours per session. This includes solar weather forecasting, preparation materials and the actual session. If you were to do 2 ARV sessions (Associative Remote Viewing) sessions a month you would spend approximately 32 hours. The average American works 30 hours or so per week.

16 hours a month spent on ARV sessions.

120 hours a month working a standard '9 to 5' job.

Even if you didn't remote view the markets and implemented a remote viewing protocol into your work, you would still save tremendous amounts of time and energy by utilizing your mind to reduce the amount of time needed to locate valuable information or seek out more efficient ways of doing things.

Remote Viewing allows one more freedom, less stress, enhanced self-confidence and better health. It is normal to fear what one does not understand. People fear what they may become from using their gifts and talents or feel criticized for using them. This is a basic human trait. The key point here is that many people can't remote view because they cannot control their emotions during the session. The key is to learn to calm your emotions and learn to read/detect

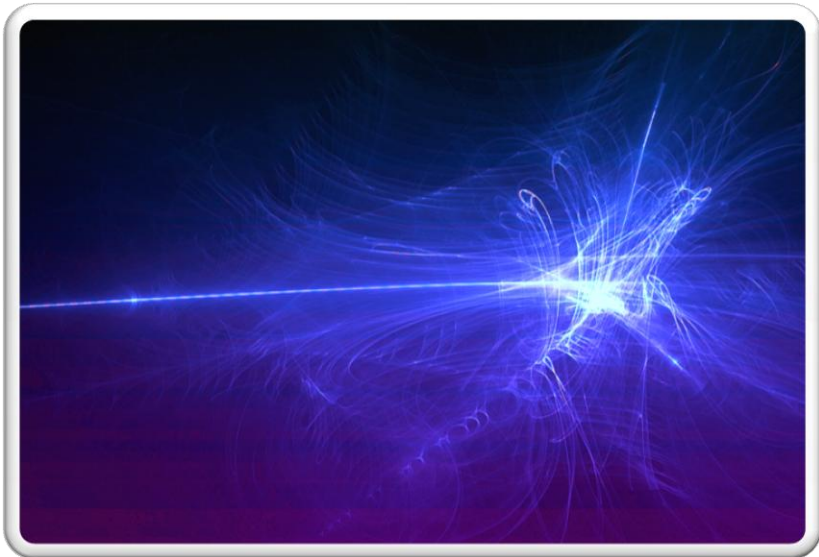
emotions from the future. Hence, once you know yourself, you become master of your destiny. Another reason some fear remote viewing or regard it as 'spooky science' is due to the fact that they are afraid or embarrassed of their true potential. These fears are due to one not having access to the real tools of self-mastery. For anyone reading this, that fear is now unfounded, as this book has all the self-mastery tools one could ever possibly need.

The Protective Barrier

We may not be able to fully access our psychic abilities at will because an invisible 'barrier' separates us from the ability. This barrier exists due to the overwhelming experiences / emotions felt when one accesses their psychic abilities. Without this barrier, information contained within the unconscious would flow freely without any type of restraint into the conscious mind. Hence, the conscious mind would not be able to take such a large 'download' of information. One way to get around this is through using specific essential oils such as limonene and linalool as described earlier. Another method is through dreams. Psychic Joseph Banks Rhine suggested that dreams are one of the most efficient and safest methods for accessing our psychic gifts. This is due to the fact that barriers of the unconscious mind are not as thick or the veil between these two worlds is thinner when one is dreaming. One of the most interesting side-effects from working with this technology is the enhancement of very lucid-vivid dreams which take place around the date(s) the ARV session is conducted.

One of the key breakthroughs that we made while researching Associative Remote Viewing was the phase of the

moon. Numerous studies show that the moon affects health and emotions, however many of these studies lack the influence of solar activity because when many of these studies were conducted, we did not have SOHO and other sun space telescopes that looked at frequencies emitted by the sun. Only very recently are we beginning to understand that the effects of the moon are influenced by solar activity. This can be both good and bad, if you know what to look for. Let's now dive into the data to understand this twin interaction and how it can be used to enhance Associative Remote Viewing Sessions.



Chapter 2. Frequencies Emitted by Solar Activity and the Moon.

Every sound that we hear with our ears consists of a specific frequency. If you have ever seen the science fiction movie 'Frequency', it is about the story of a fireman's son who ends up using his deceased father's old ham radio set to speak to him decades ago while he was alive. The communications link that made this possible was that whenever a large solar flare occurred, the fireman's son was able to use the ham radio to re-connect to the past. Everything is frequency and in associative remote viewing we connect with the resonant frequencies of the future, which may really be located in another dimension that we experience as the gradual unfolding of time. It's really complicated! But yet we experience it every waking second and are completely unaware of it, just like our breathing.

Lunar Cycles and ESP

Research has proven a link between earth's geomagnetic activity and the success of ESP performance with its varying intensity (Persinger, 1989). Recent studies however suggest that there may be another lesser-known variable: phases of the lunar cycle. Numerous myths and folklore have been associated with the phases of the moon since ancient times (Guiley, 1991). In the Christian and Jewish traditions, Easter and Passover are timed according to the lunar cycle and the term "lunatic" comes from the assumption that the light of full moons made people crazy. When examining the scientific literature, looking at studies over the past few decades involving the lunar cycle and its effects on crimes,

suicide attempts, traumatic hospital admissions, traffic accidents and stock market activity, scientists have found positive indications (Alonso, 1993 Geller & Shannon, 1976 Lieber & Sherin, 1972). Other studies however found no effects. (Coates et al., 1989 Culver et al., 1988 Rotton & Kelly, 1985). If we look at the dates of these studies, we see that they were made before SOHO the sun space telescope was deployed. This suggests that the level of solar activity taking place during moon phase may play a role.

Early studies looking at the lunar cycle and PSI were conducted by Andrija Puharich (1973), a neurologist working at Northwestern University where he examined a person's performance using telepathy cards. Puharich discovered that his most successful telepathy trails increased towards full moon. The success than diminished at quarter-moons and then increased again during new moons (pp. 281 – 289). Speaking from our research at the Solar Institute, the accuracy of our ARV sessions is greatly enhanced when solar wind speeds are low (350) and the moon is full. The lower solar wind speed happens to be a time when solar activity is quiet or is just starting to decline after a peak of strong activity. This low solar wind speed has also been confirmed by other independent researchers to enhance the success of remote viewing. Later on in this book we shall show a published study showing that extremely high levels of solar activity impact and 'rattle' the nervous system of the body, contributing to negative inflammation. Let's get back to the moon.....

PSI performance and lunar activity was recently addressed in a study by Eckhard Etzold (2005) of the Gesellschaft fur Anomalistik in Heidelberg, Germany. The

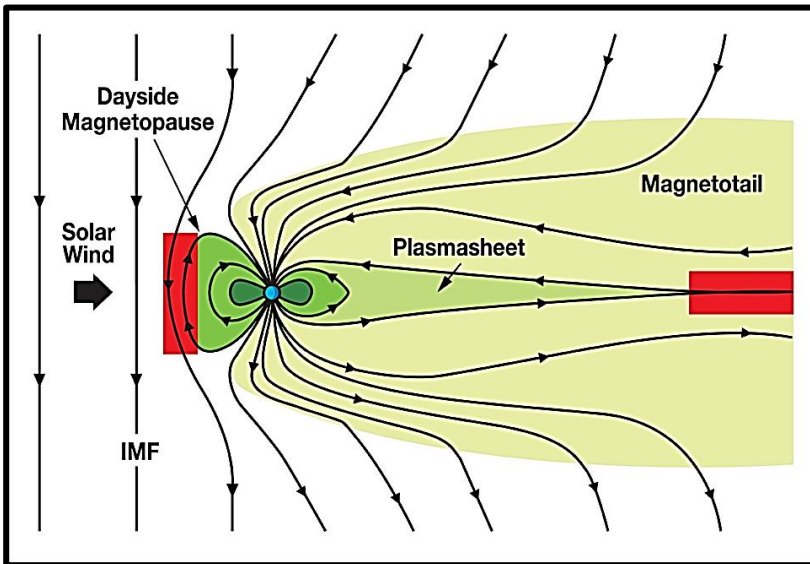
study was known as The Fourmilab Retropsychokinesis Project (**RetroPsi**). Etzold's study involved reproducing retro-PK effects on days before and after full moons. His research revealed a positive influence, with the odds against chance being approximately 1,671 to 1. Etzold then repeated the tests again 2 years later and this time observed a statistically different result during full moons, which had odds against chance of approximately 156 to 1. During his second series of tests the influence appeared to have changed direction (reversed). Etzold (2005) further found that solar activity (Solar Minimum and Maximum) was responsible for this reversal effect. In summary he concluded that retro-PK effects are modulated by complex interactions between energetic emissions from our sun and a barrier that is created by Earth's magnetic field which occurs around full moons. Below is a quote from the study titled: A Repeated Measures Study Using Electrophysical Instrumentation, which was conducted by McCraty and the Institute of HeartMath's Mike Atkinson during the latter half of 2006.

“The findings that HRV win/loss response during both pre-bet and post-bet segments, during the full-moon phase, but not the new-moon phase, are very intriguing and worthy of additional study.” (McCraty et al., 2004a, 2004b).

The Magnetosphere

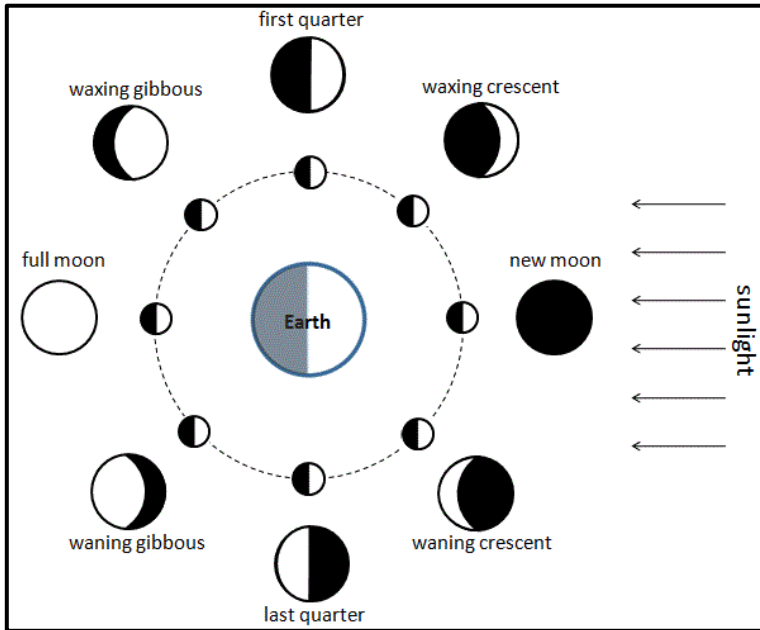
A large magnetic field envelopes our earth which consists of a series of layers which deflects solar radiation. This barrier is called the magnetosphere (Lyon, 2000). If we were to observe this barrier from outer space using special equipment, we would see a deflection of cosmic radiation around our Earth

consisting of waves, much like the wake of a boat leaves upon the surface of water as it passes by. The shape of this wake is a tear drop type shape that bulges at the front as the radiation diverges and sweeps around the Earth. This then narrows down creating behind it a tail of gas which streams out like a comet's tail. Hence the name 'magnetotail'. As our moon orbits earth, it enters and passes through the magnetotail due to the angle of its varying orbit. During a full moon, it moves deeper into the magnetotail.



Shown above is earth as the small dot in the center. As can be seen in the next image, when the moon is full, it is behind the earth and deep inside earth's magnetotail.

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Etzold's (2005) studies have led to the hypothesis that retro-PK effects could be modulated by interactions of our moon with earth's magnetosphere when it is full, and that the moon is emitting electromagnetic waves that occur in the ultra-low frequency (ULF) spectrum as it interacts with earth's magnetosphere and the sun's solar wind. The solar wind may be amplifying or reducing this effect. Hence these varying ULF waves may be affecting human behaviour.

The Sun's 10.7cm Solar Radio Flux. The Keyhole to the Doorway of the Sun.

What is the sun's 10.7cm Radio Flux?

This index measures the amount of "solar noise" that is emitted by the sun. Hence this may be a form of noise that is conducive to enhanced mental focus and concentration.

Thunderstorms and the Full Moon

The Schuman resonance is caused by lightening, which usually occurs during thunderstorms (Application of the Schumann resonance spectral decomposition in characterizing the main African thunderstorm center. Michal Dyrda et al. Oct 2014) and during full moons thunderstorms are more frequent, especially the following two days after the full moon and that the increase may be due to earth's magnetotail (Relationship between Thunderstorm Frequency and Lunar Phase and Declination. 20 September 1970).

More Cosmic Rays Occur during Solar Eclipses and the Full Moon

Volodichev et al. (1991) observed atmospheric radioactivity, which is the intensity burst of thermal neutrons, took place during the solar eclipse of 22 July 1990. Volodichev also found thermal neutron enhancement occurred during new and full moons, including the days close to them. They attributed the enhancement to crossings of lunar tidal waves that took place over their observation site which caused deformations of cracks in Earth's crust. This in turn released trapped radioactive gases in the form of Radon into earth's atmosphere. Alpha particles that generated by Radon interact

with earth's crust and its surrounding air, creating increased neutron splashes (Volodichev et al., 1987, 1991, 1997; Antonova et al., 2007).

Dorman and Shatashvili (1961) observed during full moons that the secondary cosmic ray flux (SCR) increased, however during new moons, a decrease took place. Dorman and Shatashvili (1961) explained this increase/decrease of neutron flux during full/new moons as resulting from geomagnetic rigidity variation caused by lunar tides in earth's magnetospheric plasma (Confirmation of secondary cosmic ray flux enhancement during the total lunar eclipse of 10 December 2011. Anil Raghav et al. Oct 2013).

The study also discovered that a diurnal variation of the secondary cosmic ray flux (SCR) exists, showing a minimum during the afternoon and a **maximum during the night**. The decrease begins after sunrise which is influenced by decreasing/increasing trends in humidity/temperature. The increasing trend begins just before sunset and is influenced by increasing/decreasing trends in the humidity/temperature. The SCR flux corresponding with humidity and temperature was also found to occur in studies conducted by Raghav et al. (2013).

Further Reading

Unexpected enhancement in secondary cosmic ray flux during the total lunar eclipse of December 2011. Anil Raghav et al. Dec 2012.

Besides emitting vast amounts of light, our sun also emits numerous frequencies (Etzold. 2000 pgs 157, 161, 171). Some of these frequencies we shall cover in greater detail later on,

however one specific solar frequency is the sun's 10.7cm solar radio flux. This frequency can greatly enhance the success of associative remote viewing sessions. If you were to review all the published remote viewing studies, you would see that trying to remote view numbers of future events is almost impossible. For example trying to remote view the number of a horse that will win a race is much harder than trying to remote view the colour of the jersey the jockey is wearing as he crosses the finish line. The reason we had ended up moving from remote viewing the Dow Jones to the FOREX was due to the fact that we can see the graph activity of a currency much more clearly during our sessions, rather than the actual number(s).

For example it is much, much easier to draw a pictorial graph of where the FOREX market will close in the future compared to the actual number. One very interesting thing stands out though, whenever the sun's 10.7cm solar radio flux had been rising, especially consecutively for the past few days, when we had been remote viewing the future position of the dow jones, we were able to get numerical data or get very close to the actual closing number that the dow was going to close. In other words, if you are seeking actual numbers for future data, do the ARV session when the sun's 10.7cm solar radio flux is rising or has been stronger for a number of days and you will find your accuracy will be much greater. Later on we shall show a scientific study that found that people had overall feelings of greater well-being when the sun's 10.7cm solar radio flux was increasing. This suggests a collective unconscious effect taking place during remote viewing which we shall also explore in greater detail later on. Now let's get back to the mysteries of earth's

magnetotail.

The magnetotail appears to be playing a major role in ARV sessions as the moon moves deeper into it when full. Let's find out why.

Magnetotail Frequencies caused by the Moon's Orbit

As the moon interacts with earth's magnetosphere / tail, it becomes overlapped with layers of energy present in earth's magnetosphere. These overlapping waves of frequency generally consist of ultra-low frequencies (ULF) ⁽¹⁾. It may be that when solar activity is above average, it creates a shielding type effect, cutting the viewer(s) off from these overlapping waves. The frequency range of these overlapping waves is in the ULF (ultra-low frequency) range ⁽¹⁾. These frequencies have already been scientifically proven to affect human behaviour (Wilson et al. 1990) due to their ability to modulate brainwaves.

The Solar Wind and its Interaction with Earth's Magnetosphere

The frequencies generated by the interaction of the solar wind and magnetosphere specifically fall in the 1mHz to 10Hz range (Stellmacher. 1998. Schubert, Sonett, Smith, Colburn and Schwartz. 1975 p. 279). This forms transversal and standing waves between 1mHz and 10Hz (Stellmacher, 1998). The effects of these frequencies may be causing amplification effects when a person is in heart coherence during quiet solar and geomagnetic conditions. This may lead to a period where reduced interference during remote viewing takes place. Hence generating or being in an environment where 1mHz 10Hz frequencies reside may be

beneficial during RetroPK / Associative Remote Viewing Sessions. The frequency generated by the human heart while in coherence is approximately 0.1 hertz (10 seconds).

Further Reading

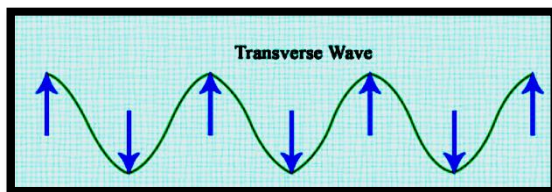
Toroidal Standing Waves Excited by a Storm Sudden Commencement: June 1990.

10Hz and Reactions

A study found that when 10 Hz transcranial alternating current stimulation was applied over a person's posterior cortex during visual tasks, that it caused reliable increases in their EEG alpha power. Hence it prevented deteriorations in visual performance, exerting a stabilizing effect on the person's visual attention (The Effects of 10 Hz Transcranial Alternating Current Stimulation on Audiovisual Task Switching. Clayton MS, Yeung N and Cohen Kadosh R. Feb 2018).

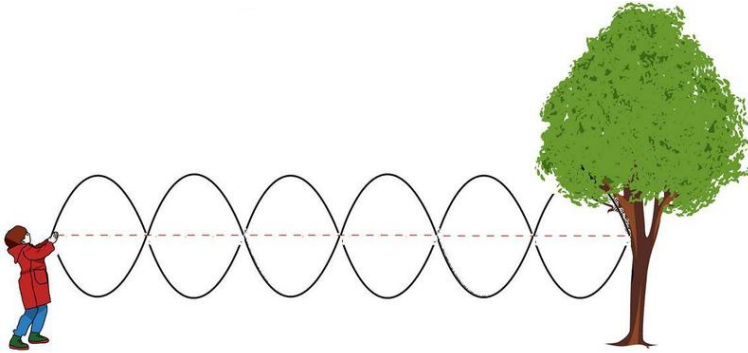
Standing Waves

Unlike what it sounds like, standing waves are not waves that 'stand around'



waiting for something to happen!! Standing waves, are waves most musical instruments create while making their sounds and represent the lowest energy vibrational modes of an object as it emits sound ⁽²⁾. The following images show examples of transverse and standing waves. The above picture shows traverse waves.

Transverse waves occur when particle motion is perpendicular in which the direction the waves are travelling. Examples include electromagnetic waves or waves on a string. And below is an example of standing waves using a rope tied to a solid object.



Standing waves are the result of interference of dual identical waves that travel in opposite directions.

Holograms and Standing Waves

In holograms, standing waves occur when an object wave meets a reference wave, resulting in a pattern of interference. When this is photographed, it is called a hologram.

Standing Waves and Music

The majority of sounds that we hear on a daily basis are not standing waves. They are waves that act like a pebble dropped into a pond moving outwards. The sounds we hear from musical instruments are mostly composed of standing waves. The sound waves are bounced around (reflection) or are bent (refraction). It just takes two or more surfaces to cause this effect. Musical instruments do this by producing pitches by trapping sound waves. Musical instruments take

advantage of what's called 'constructive interference' which can occur from stretched strings. This causes the waves to change phase upon reflection from a fixed end. Under these conditions, the string vibrates in regions or segments and become "standing waves". Transverse waves occur mostly on strings and standing waves in air columns or water. These standing waves in air columns form nodes and antinodes.

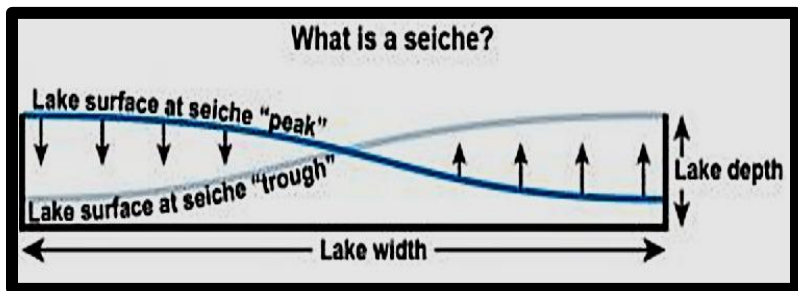
Standing Waves caused by Strong Winds

When standing waves occur on water they are called seiches. Watching bathwater slosh from one end to the other and back is an example of standing waves. The seiche exists as a stationary or standing wave characterized by points that appear to be standing still. The key requirement for standing waves in water is that the waves must be partially enclosed, allowing for a compressed region of energy. This enables the waves to be reflected back and forth from each other. This is why standing waves occur most often in harbors, lakes or bays. Like tsunamis, seiches can be caused by earthquakes or landslides. They occur most often during rapid changes in atmospheric pressure and strong winds as water is pushed from one end of a body of water to the other. When strong winds begin calming down and the pressure ceases, the raised water that was generated, subsides and creates the 'sloshing' motion.

Seiches can oscillate for hours or even for days, ceasing only when gravity and friction smooth them out. Seiches can be mistaken for regular tidal activity, but can be very large and dangerous. The Great Lakes in North America have the phenomena known as "the slosh." Lake Erie produces the largest and most seiches due to its shallowness and

orientation. They occur when strong winds blow southwest to northeast which affects both Buffalo, NY and Toledo, OH-cities on opposite shores of the lake.

Earthquakes will generate seiches thousands of miles from their epicenter. For example, the great (magnitude 9.2) Alaskan earthquake in 1964 caused swimming pools to slosh as far away as Puerto Rico. It also triggered large seiches in bayous along the U.S. gulf coast and bodies of water in Sweden and Scotland responded to the Lisbon earthquake of 1755 with seiches up to 6 feet occurring in Norway after the Tōhoku earthquake that took place in 2011.



People sometimes question why a calm lake with no wind has waves rolling on the shorelines. This is because of atmospheric pressure that causes seiches which can be occurring up to hundreds of miles away.

Tidal Stress and Earthquakes

Satoshi Ide and colleagues at the University of Tokyo investigated earthquake records covering Japan, California and the entire globe. They discovered that for 15 days leading up to each earthquake that the largest quakes that hit Chile and Tohoku-Oki occurred near maximum tidal strain (or during full and new moons). These happen to both be times

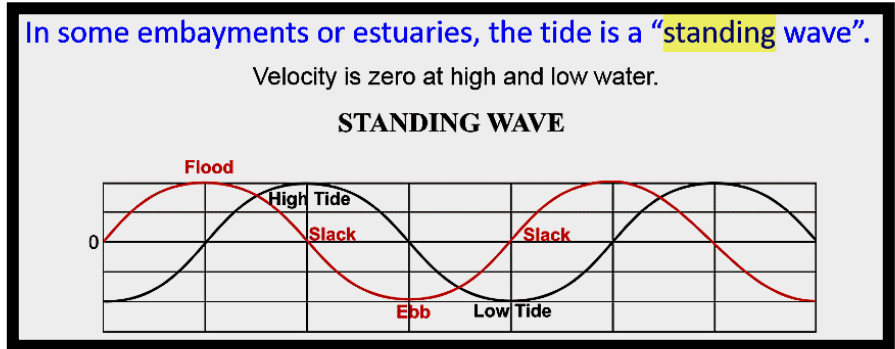
when the Sun, Moon and Earth align. Further studies by his team looked at more than 10,000 earthquakes of magnitude 5.5 and above and found that earthquakes that occurred during high tidal stress periods were more likely to grow to magnitude 8 or above (Tides and earthquakes. Alexandra Witze. Sept 2016).

Summary

If earthquakes are indeed more intense during new and full moons, could standing waves somehow be part of the answer? If so, this shows that standing waves are a powerful and yet untapped source of potential energy.

A research study looking at Seiches occurring at the Port of Rotterdam which were generated in the Southern North Sea found that low-frequency energy between 0.1 and 2.0 mHz occurred at sea BEFORE a seiche event took place in Rotterdam. The study further found that after looking at 6 years of weather and 51 seiche events that they coincided with the passage of low-pressure weather systems with some exhibiting sharp cold fronts (ana or classical) ⁽³⁾. Also others included more diffuse cold fronts such as kata or split.

Because a tidal range can be amplified due to resonance, it allows the system to store vibrational energy. As an example the Bay of Fundy in Nova Scotia has tides over 50 feet.



Volcanic Activity, Lunar Phase and Tidal Stress

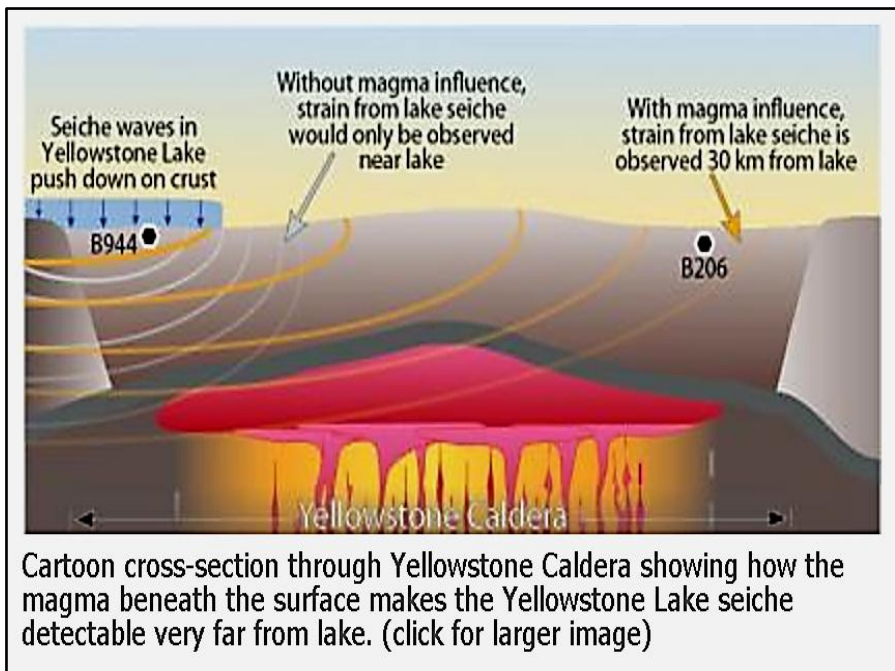
A study looked at how fortnightly tides affected the Ruapehu volcano in New Zealand during the years 2004 to 2016. The study found that a 1-year correlation existed which found an increase in activity ~3 months before the 2007 phreatic eruption of Ruapehu. The study concluded that the volcano is sensitive to fortnightly tides and that real time monitoring of seismic sensitivity and the lunar cycle may help detect the clogging that occurs in active volcanic vents, allowing better forecasting methods (Sensitivity to lunar cycles prior to the 2007 eruption of Ruapehu volcano. Tártilo Girona,. et al. Jan 2018).

Underground Magma Enhances the Distance Seiches can Travel

A research study conducted in Yellowstone National Park found that a strain signal existed, with a 78-minute frequency, originated from an seiche only an inch or two tall within Yellowstone Lake. The seiche may have been triggered by a change in barometric air pressure or high

winds, which can take a few days to die down. This is a significant finding because it indicates a strong build up of energy resulting from strong winds or changes in air pressure, which are then passed along to and released by the water in the form of seiches. The study found multiple separate waves were present, representing oscillations from multiple lake basins. The seiche signals were recognized up to 19 miles away from the lake.

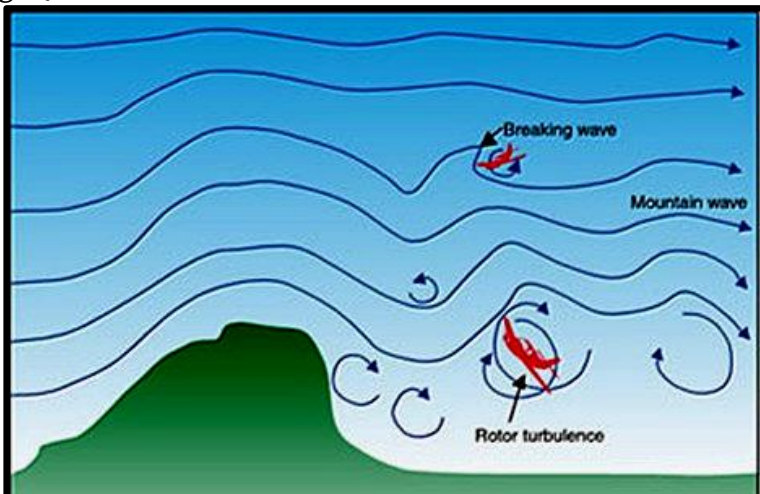
Karen Luttrell and colleagues from UNAVCO stated that magma beneath the ground at Yellowstone causes the seiche signals to travel further than it normally would compared to magma-free conditions. This is because the magma causes elastic-like behavior (viscoelastic behavior). These results are consistent with other studies (Smith et al., 2009).



Standing Waves in Mountain Ranges

As cool air collects in a basin in a leeward valley, surges of winds occurring above the upper slopes of the valley create standing waves. This has been proven in lab experiments by Cuninghame and Bedard (1993).

Mountain standing waves are caused by air being forced to rise up windward sides of mountains. Next it sinks down the leeward side. This develops into a series of standing waves downstream which may extend for hundreds of kilometers over land, open water and clear skies. If the air is sufficiently moist, the crests of these waves may be witnessed as **lenticular clouds**. Mountain waves can extend into the stratosphere and are more pronounced as height increases. Some pilots have reported these standing waves over mountains as high as 60,000 feet ⁽⁴⁾. This may be what may have been responsible for the time-slips that have been reported by pilots which I go into more detail in my other book *Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules*.



We believe the reason ARV sessions were so accurate in westward Topanga Canyon California close to the beach was because the strong winds that blew down through the valley towards the sea entered the valley creating a region of standing waves.

Microbaroms and Standing Waves

Microbaroms are a class of atmospheric infrasonic waves caused by marine storms which take place from non-linear interactions of the ocean's waves with the atmosphere. Because they are not readily absorbed by the atmosphere, their low frequency allows them to travel thousands of kilometers through earth's atmosphere and are easily detected with instruments. For example American seismologists Beno Gutenberg and Hugo Benioff at the California Institute of Technology at Pasadena detected these frequencies using a wooden box and low-frequency loudspeaker mounted on the top of the box. The microseisms were similar to seismograph activity and they correctly hypothesized the signals were from low pressure systems in the Northwest Pacific Ocean. Microbaroms can be produced by standing waves that come from two storms or if ocean swells are reflected at the shoreline. Waves at a frequency of 10-second periods are numerous in the open oceans. Microbaroms exist as low-level atmospheric infrasound between 0.1 and 0.5 Hz.

Microbaroms, Atmospheric Wind and Low Frequencies

Microbaroms are believed to come from nonlinear interactions of the oceans waves that are traveling in opposite directions with similar frequencies (Acoustic radiation by ocean surface waves. S. Arendt and D. Fritts. 2000).

Microbaroms exhibit coherent radio signals in the 0.1 to 0.5 Hz range. They can be observed anywhere on earth and are related to strong ocean wave and storm activity (Infrasonic observations of open ocean swells in the Pacific: Deciphering the song of the sea, M. Willis et al. 2004). Studies have shown that the signals caused by microbaroms could depend upon atmospheric wind conditions (On using ocean swells for continuous infrasonic measurements of winds in the lower, middle, and upper atmosphere. M. Garcés. et al. 2004). Because of their ability to travel such long distances without little interference it may be possible to utilize them as a communications source by encoding frequencies within them.

Standing Waves and Remote Viewing. A Hypothesis
During favorable solar weather conditions, the intensity of the Schuman resonance is stronger. This allows for the standing waves that occur while the full moon is in earth's magnetotail to become amplified. This allows for a clearer and more intense standing wave cavity to be generated in earth's ionosphere. Above average strong winds that occur on the leeward sides of mountains that generate standing waves may merge / connect with the ionospheric standing waves generated by the Schuman resonance, allowing a clear connection of information to be received during an ARV session. Structures or environments that naturally generate standing waves may further amplify or contain / capture the resonance of these enhanced standing waves.

As some of you know that when I perform the ARV sessions they are conducted in an old solid concrete WW2 bunker. The entry into the WW2 bunker consists of a square hatch approximate 4 feet in diameter that leads vertically

downwards into a square shaped room measuring approximately 40 feet by 40 feet. As strong winds blow over the open hatch, it may be generating standing waves within. The hatch has no door and is always open.

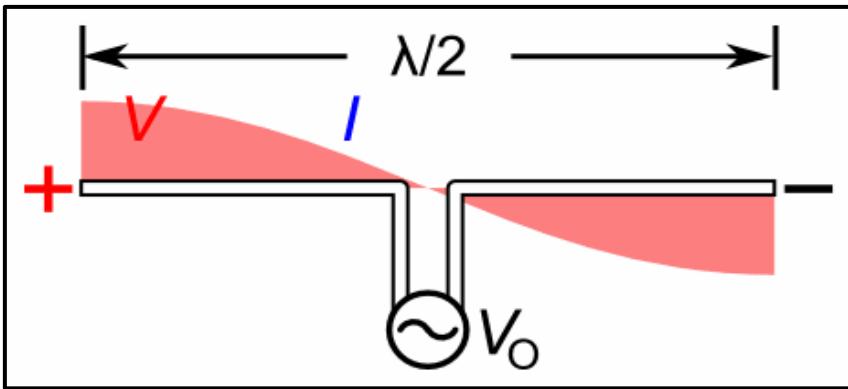
The other region our ARV sessions were conducted was in lower Topanga Canyon, California, a region known for having extremely strong winds due to its location being in a valley that is near the ocean. The shape of the valley may be creating standing waves. It is interesting to note that a moving car generates standing waves that are generated by low frequency noise from its window being open ⁽⁵⁾.

I mention in my other book *Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules* that microtubules, which are composed of microscopic tubular structures present in numbers in the cytoplasm of cells, may be related to the quantum effects experienced during remote viewing. It may be that standing waves are occurring in these structures. Standing waves have been found to occur in the brain's neurons.

A research study hypothesized that neurons may be related to standing waves by looking at activity between the brain's neurons. In a standing wave, the activity involves fixed sets of neurons whose responses follow the same time course ⁽⁶⁾ ⁽⁷⁾ ⁽⁸⁾. Standing waves have so much repetitive / kinetic power that they have been shown to be able to drive a robot. A research paper describes a kinematic model using a piezoelectric miniature robot with legs that is powered by standing waves ⁽⁹⁾.

Standing Waves and Dipole Antennas

Standing waves occur on a half-wave dipole antenna which are caused by a sinusoidal voltage V_0 coming from a radio transmitter in its resonant frequency. This causes waves of voltage and current to reflect back and forth between the ends of the rods which cause interference leading to standing waves. The following image shows how this takes place.



Dipole Antennas in Chlorophyll

We have found that using a bowl of algae water, which contains natural Chlorophyll enhances our ARV results. We attribute this to the quantum effects exhibited by Chlorophyll which we cover in greater detail in Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules. Research studies have found that Chlorophyll has light-harvesting antenna systems that create a rapid transfer of energy. The mechanism for this energy transfer is caused by resonance energy transfer using a dipole-induced-dipole process. This was initially described theoretically by Förster. In nature, three primary antenna systems are utilized. 1- The

distance that separates the donor and acceptor chromophores. 2 - The orientations of the chromophores. 3 - The spectral overlap between donor and the acceptor chromophores ⁽¹⁰⁾. Because standing waves emit so much energy, this may mean that Chlorophyll has potential for yet to be discovered energy.

Further

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Chlorophyll transition dipole moment orientations and pathways for flow of excitation energy among the chlorophylls of the major plant antenna, LHCII. Iseri E and Gülen D. Sept 2001.

Dipole Strengths in the Chlorophyll. Robert S. Knox and Bryan Q. Springz. Department of Physics and Astronomy, University of Rochester, Rochester, NY. February 2003.

The orientations of core antenna chlorophylls in photosystem II are optimized to maximize the quantum yield of photosynthesis. Richard Cogdell. Author links open overlay panel. Sergei Vasil'ev. March 2004.

Light Absorption and Energy Transfer in the Antenna Complexes of Photosynthetic Organisms. Tihana Mirkovic.

Dipole Antennas are used in Television antennas where they are commonly referred to as "rabbit ears".



A research paper published by Mr. Jerry Stuger hypothesis that a link exists between memories and standing waves which may influence memory function and the processing of information in the brain ⁽¹¹⁾. Another research study looked at standing waves that occur near the moon ⁽¹²⁾. Hence during full moons a synergy may exist between the standing waves near the moon and earth's magnetail.

Summary

A standing wave is an applied frequency to the resonant mode of an extended vibrating object caused by constructive interference of two waves that are travelling in opposite directions inside a medium.

Displacement and Pressure

Standing waves can also be visualized in terms of pressure variations inside a fixed region of space. Nodes for displacement act as antinodes for pressure and vice versa. When air is constrained to a node, the air is squeezed toward that point and expands away, causing the pressure variation to occur at maximum. This is why the mouthpiece end of a wind instrument acts as a node for resonances. As an example, a clarinet is acoustically a closed-end cylindrical air column due to its mouthpiece end acting as a pressure antinode. The optical cavities used by lasers uses a pair of facing mirrors. This causes a gain to take place in the cavity which causes the light to become **coherent**. This excites standing waves of light in the cavity. Also a standing wave can be produced in the air by an electrical transformer when its frequency hums at 60.00 Hz.

It may be the reason ARV session accuracy is greatly

enhanced during peaks of barometric air pressure is due to a synergy taking place between the standing waves generated in earth's magnetosphere while the full moon is immersed within it.

Types of Dipole Antennas . The Half-Wave Dipole Antenna. This is a half-wave dipole antenna which produces a maximum gain for a narrow range of variable frequencies. The dimensions of a dipole are $1/4$ wavelength to $1/2$ wavelength above the ground level for long-range. For extra distance, the antenna should be $1/8$ wavelength and $1/4$ wavelength above the ground. This same feature also applies to the sloping Vee and inverted Vee antennas.

Inverted

Vee.

The inverted Vee is also called the drooping dipole which is like a dipole but uses only just a single support in the center. It too is used for a specific frequency. Due to its inclined sides it produces a combination of vertical and horizontal radiation. It has vertical frequencies coming off the ends and horizontal frequencies coming off broadside to the antenna. All construction details for a dipole antenna apply for an inverted Vee. The inverted Vee contains less gain than a dipole antenna, however the use of needing just a single support makes this the preferred antenna in some situations.

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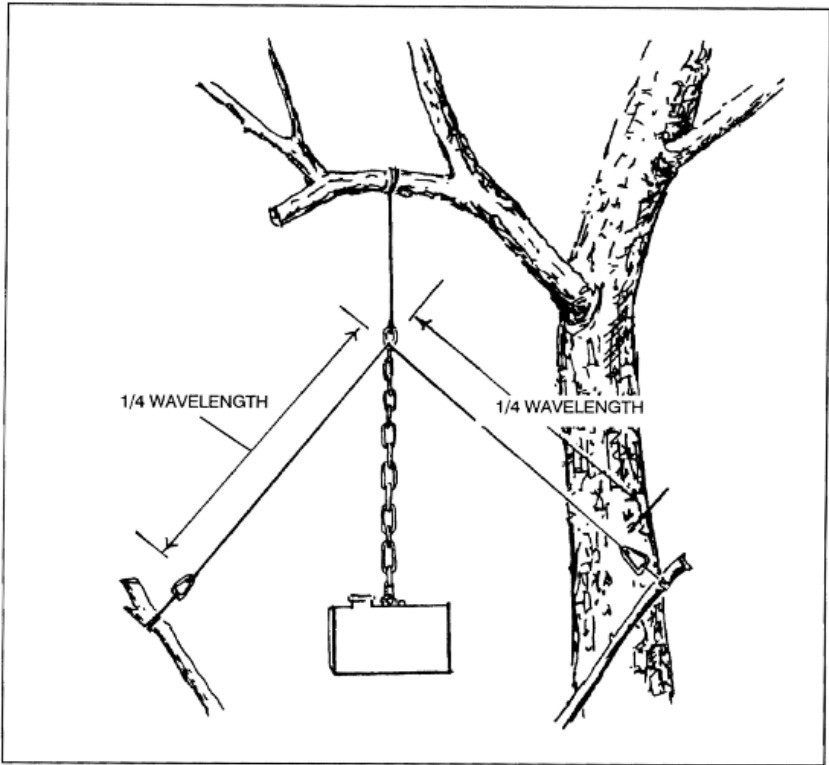


Figure D-10. Inverted Vee antenna.

When it is used as a feed line for dipole antennas, the operator connects each of the two insulated wires of the wire to a separate leg of the dipole. On the radio receiver one wire is connected to the center connector of the radio's antenna terminal with the second wire being connected to a screw on the antenna case. The Vee antenna consists of dual inverted Vee dipoles that are positioned at right angles. At the center is a foam-electric center pole used as its coaxial.

Standing Waves and Levitation

During 2014 scientists in Japan at the University of Tokyo used four common audio speakers through which they played inaudible high frequency sound waves which intersected with one another inside a confined space. This intersection of the waves created “standing” waves. The scientists were able to use the standing waves to levitate a small screw and even direct it from side-to-side. Ancient Egyptian hieroglyphics display a metal rod known as the 'Was Scepter' (pictured). Only the priests and pharaohs were allowed to carry it. The bottom looks like a tuning fork.



Solar Weather Frequencies Beneficial to Intuition

These frequencies change depending on the amount of solar activity taking place. During full moons when earth's geomagnetic field is quiet and solar activity is low, the amplitude of these frequencies may increase (Smith, Schubert, Sonett, Colburn & Schwartz 1975 p. 279). Hence earth's moon may be exerting a type of tuning fork type effect due to the transverse / standing waves with regard to these frequencies while immersed in earth's magnetotail (Hood & Schubert, Schubert et al 1975).

The transfer function amplitude (voltage amplitude at output as a function of frequency of a amplitude wave applied to the input) when the moon is in the plasma sheet when full

is approximately 1.7 to 2 for frequencies ranging between 2 and 6 mHz. This decreases to 0.7 to 1.2 transfer function amplitude when the moon is in the lobes of the magnetotail ⁽¹⁾. These ULF effects with the moon moving through earth's magnetotail were explored in the 1970s during the Apollo Moon Program however unfortunately these studies were discontinued ⁽¹⁾.

Looking at the shape of a peak full moon RetroPK for-the-record data (Etzold, 2000, p. 157) the effects take place prior to the day of the full moon and then decrease after the full moon. This is when the moon crosses the high-temperature low-density plasma in the plasma sheet in the tail lobes of the magnetotail (Lichtenstein & Schubert, 1976). Because earth is rotating around our sun at such a high speed, the magnetotail is not directed straightforwardly like earth's shadow on earth's night side, but is instead asymmetrically curved in the direction of moon as it approaches us (Tsyganenko, 2002b). Hence, the time interval between the moon entering earth's magnetotail and a full moon is longer than the time interval between a full moon and the moon leaving earth's magnetotail.

Summary

ULF frequencies in the range of 1-10mHz may explain RetroPK performance taking place during full moons. This frequency may be negatively impacted during stronger solar activity due to higher frequencies being emitted by our sun. Hence, an artificially generated field wave in the 1-10 mHz range may enhance RetroPK experiments, although further research is needed to confirm this hypothesis. As the moon moves deeper into earth's magnetotail as it approaches full,

standing and transverse waves are possibly being generated having an effect upon life on earth.

As covered earlier, transverse / standing waves would occur most often in enclosed cavities where strings are stretched / pulled such as musical instruments. As the moon enters earth's magnetotail, it is entering a cavity which is stretched causing standing waves. It is interesting to note here that the research discoveries on time by Dr. Kozyrev discovered that the greatest effects on the changes of time would always occur in the material Tungsten, which is one of the most flexible materials, whose metal is used to make helicopter blades (high modulus of elasticity). It is also interesting to note the stretching effect is seen in the science fiction time travel movies MIB 3 and Timecop as they enter the time stream and are on their way into the past. Our ARV Device utilizes a lot of the material Tungsten., and the book Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules goes into greater detail on how Tungsten is used to construct the ARV amplification device.

The primary purpose of this edition is to show the latest peer reviewed scientific technical data and use it as a reference. This has confirmed our hypothesis on our Solar Weather and its effect on health and precognition spanning the last 10 years linking the success of ARV sessions and healing / anti-aging and its relationship to Solar, Cosmic and Lunar Activity, more of which we shall cover in greater detail later on. Now that we now have a much better understanding of the mechanisms and environmental conditions responsible for enhancing one's intuition, let's see how we can use the power of the moon to enhance our intuition.

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Chapter 3. Utilizing the Full Moon to Develop One's Intuition

This next chapter shall now concern specific moon phases regarding precognition. Our ARV sessions over the years have found a remarkable enhancement in the accuracy of our ARV sessions during full moons and the first quarter moon (half-moon). There may be an overall cyclic connection with first quarter moons enhancing ARV sessions during solar maximum (and the season from winter to spring) and full moons enhancing ARV sessions during solar minimum (and the seasons from summer to fall), although further research is necessary to confirm this theory.

Edward Leedskalin and Sweet 16

Many people have tried to figure out how Edward Leedskalin was able to move such large stones weighing many tons without using a crane to build his castle in Florida. He gives his readers a clue when he mentions the term "sweet 16" multiple times in his mini-books. Sweet 16 refers to the number of days after the new moon, which gives us the period just after a full moon. Hence we have had remarkable success remote viewing the Dow Jones and FOREX during the full moon. Hence the link between gravity and time. This is just a theory of my own and further research needs to confirm this hypothesis. The other moon phase that we have had success in remote viewing the financial markets is the first quarter moon. It is interesting to note that the first quarter moon, also called the half moon, is



the only moon phase that emits strong polarized light ⁽¹⁾ and polarized light exhibits quantum effects ⁽²⁾. Hence it may be that the stronger polarized light allows access to other dimensions.

Polarized light can also occur from what's known as the 'Brewster's Angle'. This occurs when light reflected from a flat surface of a dielectric (or insulating) medium has partial polarization. This allows the electric vectors of the reflected light to vibrate in a plane parallel to the material's surface. Examples include sheet plastics, undisturbed water, glass and the asphalt of highways.

Further

Reading

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Using Polarized Light can Enhance the Clarity of Messages

A reserach study found that the clarity of messages can be enhanced by strengthening its polarity. This is accomplished by spinning the light waves. Fiber optic cables today use light to send messages and the fiber optic lines that are bent or compressed change the polarization of the light, distorting its signal as it travels from point A to point B. This light is also susceptible to sudden weather changes. This is because the light in today's fiber optic cables is un-polarized which becomes easily garbled due to stresses and vibrations placed upon the fiber-optic lines. A search for polarizing the light was undertaken by two physicists who demonstrated a new technique that allows the sending of coded messages using polarization. It uses a fiber ring laser that twirls the light into erratic, yet predictable ways. The key here is that the

polarized light causes much less distortion, making the signal clearer and able to travel much further. In the future this may lead to the ability to speed the rate at which the information is sent. The new technology utilizes a laser which sends streams of fluctuating light down fiber optic lines which branch from the ring ⁽³⁾ ⁽⁴⁾. Dr. Ronald L. Mallett also uses spinning light in his time travel research project.

Quote from Dr. Ronald L. Mallett ⁽⁵⁾

"My research considers both the weak and strong gravitational fields produced by a single continuously circulating unidirectional beam of light. In the weak gravitational field of an unidirectional ring laser, it is predicted that a spinning neutral particle, when placed in the ring, is dragged around by the resulting gravitational field."

Dr. Mallett also states that at sufficient energies, the circulating laser may produce frame-dragging, as well as closed time like curves (CTC), allowing one to time travel into the past ⁽⁶⁾, or perhaps even send / receive messages.

Perhaps the moon's phase is affecting brainwaves in such a way it is enhancing alpha brainwaves, which are the prime brainwaves found to occur during PSI or ESP exercises ⁽⁷⁾ ⁽⁸⁾.

Further Reading

Spin-Exchange-Relaxation-Free Magnetometry Using Elliptically-Polarized Light. V. Shah and M. V. Romalis. Princeton University. March 2009.

A Summary of the Solar Institute's ARV Sessions

Below is a table of the past few ARV sessions conducted at the Solar Institute regarding our Associative Remote Viewing of the Dow Jones and FOREX Markets.

Reference

www.ez3dbiz.com/pdf_docs/remote_viewing_dow_jones_data_analysis_pdf.pdf

Summary of the Data

Out of a total of 23 ARV sessions conducted from February 25th through May 2018 the following data was found

13 Successful

14 Unsuccessful

Hardware Upgrade

A hardware upgrade to enhance the sensitivity was incorporated into the ARV sessions around mid-may of 2017 increasing our odds of successful ARV sessions slightly.

11 Successful

8 Unsuccessful

A significant boost in accuracy has occurred during our last few sessions during a full moon with low solar wind speeds and low solar activity, especially after a period of very mild solar flare activity.

We at present believe the machine is slightly enhancing the success of our ARV sessions. We do believe that a key factor is from performing HeartMath (heartmath.com) before each ARV session as this seems to greatly enhance the accuracy as it synergizes with the global coherence circuit

during these favorable solar weather periods, which we shall cover in greater detail later on. It may be that the ARV device amplifies the present conditions both good and bad, which is why it is key to perform the ARV sessions during the proper moon phase when solar activity is at favorable levels.

Moon Phase Data

Number of Successful ARV sessions at / around first quarter moon (up to 3 days before = 6.5

Number of un-successful ARV sessions at / around first quarter moon (up to 3 days before = 2.5

Number of Successful ARV sessions at / around full moon (up to 3 days before = 2.5

Number of un-successful ARV sessions at / around full moon (up to 3 days before = 1.5

Number of Successful ARV sessions at other moon phases (4th quarter moon and new moons) = 0

Number of Un-successful ARV sessions at other moon phases (4th quarter moon and new moons) = 10

Polar Cap Index

Number of Successful ARV Sessions with increasing / disturbed Polar Cap Index – 1

Number of Successful ARV Sessions with decreasing / quiet Polar Cap Index – 8

Number of un-Successful ARV Sessions with increasing / disturbed Polar Cap Index – 10

Number of un-Successful ARV Sessions with decreasing / quiet Polar Cap Index – 4

Moon Phase Summary

ARV sessions are extremely accurate during the moon's first quarter as well as the full moon when favorable solar conditions are present. This may be a seasonal effect that occurs with the first quarter moon being beneficial for ARV from spring into winter with the full moon delivering favorable results from summer into fall. Further research will confirm this. Extreme solar flare activity that results in a disturbed magnetometer has been found to be detrimental to RetroPK experiments as shown in the Solar-Periodic Full Moon Effect In The Retropsychokinesis Project.

Cosmic Ray Data

Number of Successful ARV Sessions with increasing Cosmic Rays – 10

Number of Successful ARV Sessions with decreasing Cosmic Rays - 0

Number of un-Successful ARV Sessions with increasing Cosmic Rays – 9

Number of un-Successful ARV Sessions with decreasing Cosmic Rays - 4

Our best ARV sessions took place during full moons and first quarter moons and especially so when the sun's solar wind speed was at mild to favourable speeds. This is very exciting because as we shall show later on in this book, solar wind speed plays an important part in health. What is most interesting is higher solar wind speeds have been found to be responsible for hallucinations due to the solar wind influencing pineal hormone and melatonin levels ^(8b).

This suggests that favourable solar wind speeds create a

more balanced state of mind and perhaps even creating more of a balanced collective unconscious, once again suggesting the effect of a collective unconscious.

It is interesting to note that the most powerful cosmic rays originate from the center of our Milky Way Galaxy (Observation of a large-scale anisotropy in the arrival directions of cosmic rays. A. Aab et al. Sept 2017). The center of the Milky Way is close to the constellation of Sagittarius. The sun transits this sign between approximately November 23 and December 21. The Milky Way itself was practically worshiped by the ancient Maya. It was called the World Tree and was represented by a majestic flowering tree called the Ceiba. It was also called the Wakah Chan, meaning "Six" or "Erect" and "Four", "Serpent" or "Sky". The World Tree was said to be fully grown when Sagittarius was far over the horizon.

The Moon as a PSI Amplifier

Our hypothesis is that the moon acts as an amplifier, not only for emotions, but for the effects of solar conditions that occur when a full or first quarter moon is present. For example if a full moon is occurring and there is major solar flare activity, even if solar wind speeds are mild (between 350 and 400) the accuracy of the ARV session is greatly diminished. On the other hand if a full moon is present and solar activity is mild or non-existent, and solar wind speeds are favourable (350) the accuracy of the ARV session is greatly enhanced. This makes sense because as will be shown later on in this book solar flare activity negatively impacts the body's physiological systems. Studies have found that if the sun's electron flux is low, that it results in an increase in cosmic rays as well as

lower atmospheric temperatures ^(8c). This would mean that enhanced cosmic rays increase precognition. We shall explore this connection in greater detail later on, but first does the moon affect circulation?

Chakraborty and Ghos theorized that the moon's gravitational pull affects the body's cardiovascular functioning. This causes a person to work slightly harder during full moons causing altered cardiovascular activity ⁽⁹⁾. Also some people who are magneto sensitive show elevated blood pressure during increased geomagnetic activity ^{(10) (11)}.

Wet Cupping Reduces the Severity of Migraines during Full Moons

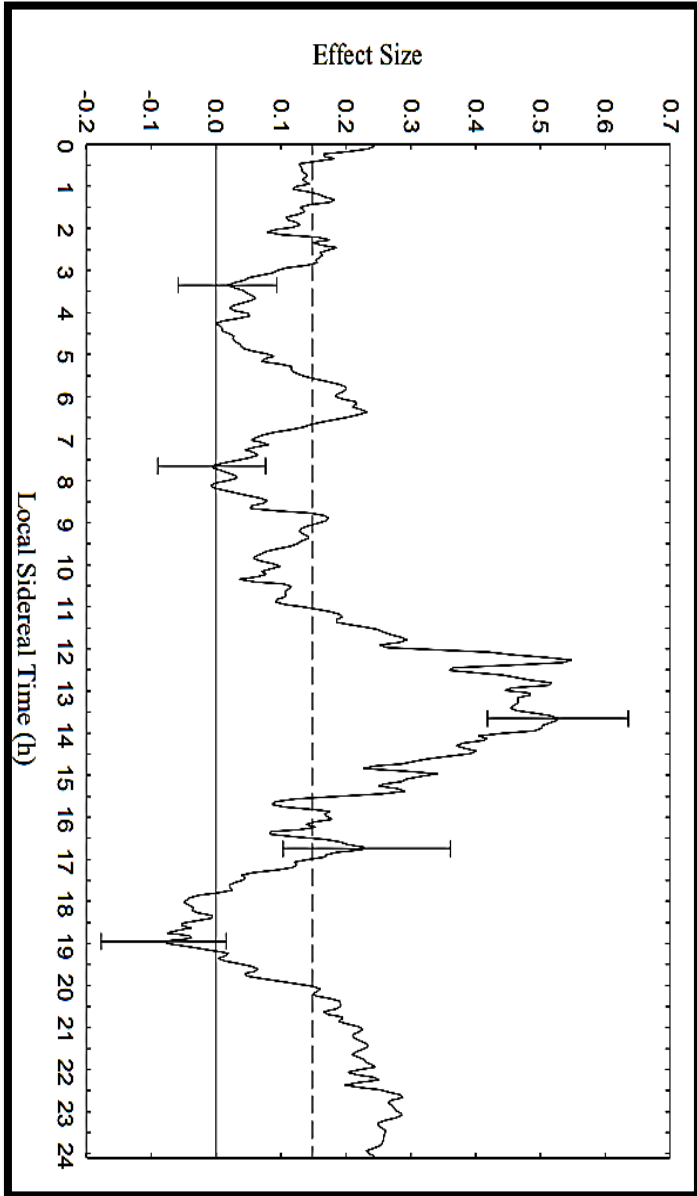
A research study found that the treating of migraine using blood-letting with wet cupping therapy was significantly better when performed in the second half of the month (full moon) ⁽¹²⁾. Wet cupping therapy is believed to remove toxins and harmful substances from the body which promotes healing. Could it be that at full moons a type of detox occurs in the body? It would be interesting to do a study looking at metal chelation therapy and the moon's phase and if more metals are chelated out of the body during full moons. Now let's explore the data to see if cosmic rays are enhancing intuition.

Cosmic Rays and Psychic Ability

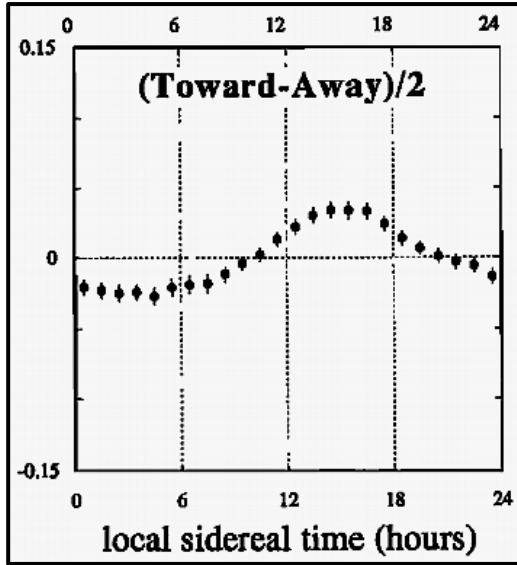
Research conducted by Spotswoode ⁽¹³⁾ found that once per day, a peak in psychic power would take place. The time was 13:30LST. The image is shown on the following page and is courtesy of Apparent Association Between Effect Size In Free Response Anomalous Cognition Experiments And Local

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Heart Rate Variability and Intuition Secrets.

Sidereal Time. S. James P. Spottiswoode Cognitive Sciences
Laboratory, Palo Alto, CA 94301.

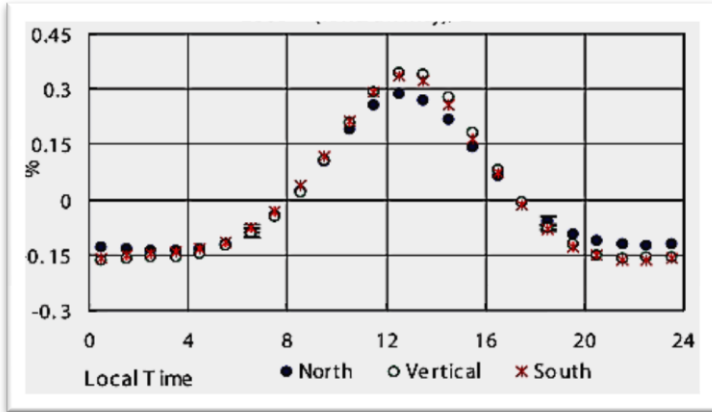


Now if we look at a chart of cosmic rays during 13:30LST, we see a peak taking place. Following image courtesy of Observation of Anisotropy of Cosmic Rays with Solar Time Using the Multidirectional Muon Telescope of GRAPES-3 Shower Array. H. Kojima.



Swinson (1969) found that cosmic ray intensity and its variation reached a maximum peak at 18:00LST and on other days at 6:00LST. The reason for these two peaks is due to a change in polarity (Toward and Away) of earth's interplanetary magnetic field which is based on the flow of cosmic rays that flow perpendicular to the ecliptic plane. The study shows that there is a distinct peak of the toward flow of cosmic rays at 13:30LST and a low at the away flow of polarity. The paper also states that the peaks have a daily variation at 18:00LST and 6:00LST. If we look at the Spootswoode graph shown earlier, we see a ESP peak at 6:00LST and that the daily low takes place at approximately 18:00LST. These same variations in cosmic rays occurring at 13:30LST has also been observed in other independent studies ⁽¹⁴⁾. The following image is courtesy of Enhanced sidereal diurnal variation of galactic cosmic rays observed by

the two-hemisphere network of surface level muon telescopes. K. Munakat.



Summary

An increase in cosmic rays may be enhancing the success of remote viewing sessions, perhaps due to an effect on the human nervous system. It is interesting to note that a study looking at cosmic rays and their effects upon the human nervous system looked at the effect of cosmic rays in the macula (eyes), thalamus and hippocampus regions of the brain (16).

As far as our equipment goes, our ARV Amplifier does seem to be enhancing the results. This combined with performing ARV sessions during a full moon when solar wind speeds are favourable and the magnetometer is quiet should continue to improve the accuracy of our ARV sessions in the foreseeable future.

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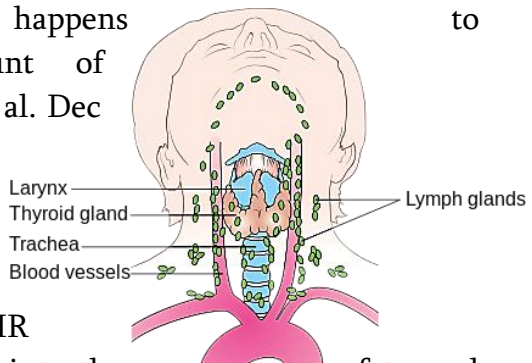
Chapter 4. ESP Organs of the body.

Schmeidler (2008) theorizes that the body's lymph nodes and bone marrow which are connected to the body's nerve endings may be the body's ESP organs. During childhood these are more sensitive and active, however age and/or improper diet end up reducing their sensitivity. It is interesting to note that I outline in my book *Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules* that pineapple, which was suggested by master psychic Doreen Virtue, is a great food to take to enhance psychic ability. Pineapple happens to

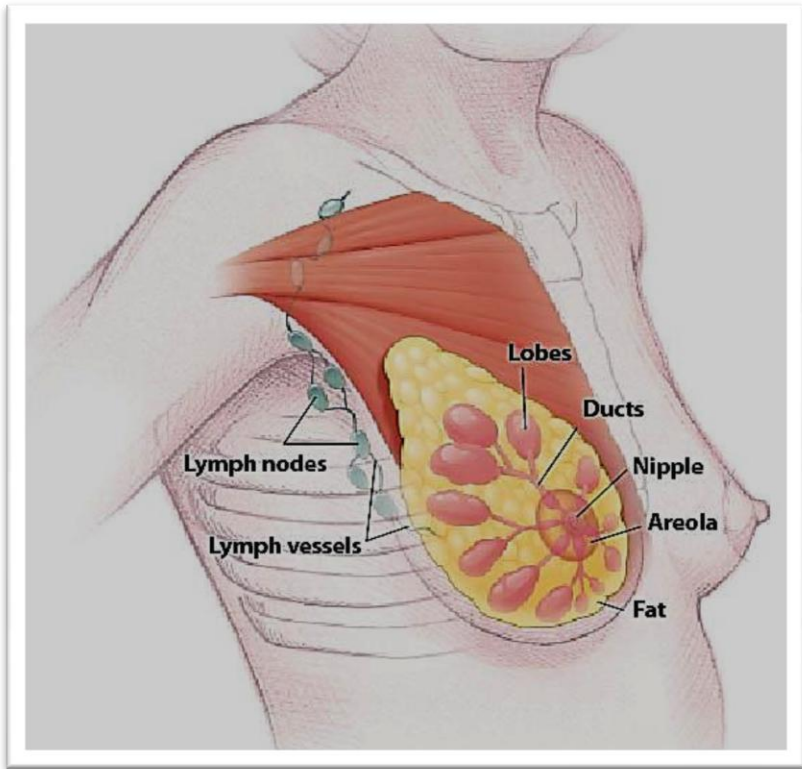
contain a large amount of manganese (Riordan RD et al. Dec 2004). It just so happens that manganese gathers in the body's lymph nodes.

(Synchrotron-based XRF mapping and μ -FTIR microscopy enable to look into the fate and effects of tattoo pigments in human skin. Ines Schreiber. et al. Sept 2017). This is an especially disturbing feature for people who get a lot of tattoos as the ink may sometimes contain manganese, as well as carbon black, which can gather in their lymph nodes. This is because the lymph nodes are very good at holding onto small particles such as dyes or manganese.

Lymph nodes are a part of the body's immune system and are found in the groin, armpits and neck. They act as filters for foreign bodies, keeping away pathogens and cancer cells. Also the material manganese is used heavily in the Remote Viewing Amplifier which is used during Associative Remote



Viewing Sessions.



Castor Oil and Lymph Flow

Castor oil was recommended by one of the world's greatest psychics Edgar Cayce. Castor oil helps improve lymphatic flow by enhancing circulation of lymphatic fluids. Apply castor oil to the lower abdomen for best results. Clove is another substance that contains a large amount of manganese (Haizhou Liu. et al. Aug 2014).

It is also interesting to note here that a study involving rats found that when they were fed an oral dose of Limonene, that it reached maximum levels in their lymph glands and lungs after three hours (Distribution and immune responses

resulting from oral administration of D-limonene in rats.
Hamada M et al. April 2002).

Chapter 5. Solar Weather and Its Effects upon Earth and the Moon.

Earth's Magnetosphere and ESP

During a cycle of solar activity, which lasts an average of 11 days, earth's magnetosphere expands and contracts like a rubber balloon stretching due to the activity of the sun. This creates its own form of pressure. A typical cycle of solar activity includes a high and a low, with the low representing the ending stages of the flare cycle. It is a period where solar wind speeds begin to die down and approach favourable levels. It is during stronger solar activity that earth's magnetosphere stretches into a teardrop shape, which envelopes the sun's solar wind. This teardrop extends far out into space, more than half a million kilometres. Just before a full moon, the moon becomes enveloped in earth's magnetotail (Lichtenstein & Schuert. 1976). The moon can spend up to 3 days in earth's magnetotail, and if a lunar eclipse is present, the moon moves even deeper into earth's magnetotail, close to regions of the plasma sheet. When the moon is not full, it is at the outer ring of earth's magnetotail.

During an average lunar cycle, the moon enters earth's magnetotail 3 days before it turns full. To complete its journey through the magnetotail, the trip takes about 6 days. It may be that the human nervous system becomes more attuned to future phenomena as the moon enters earth's magnetotail. Perhaps while enveloped in the magnetotail a type of shielding mechanism goes into effect. It is interesting to note that in the published paper titled: Solar Periodic full moon effect in the fourmilab retrosychokensis project by Eckhard Etzold, that it showed that during stronger solar

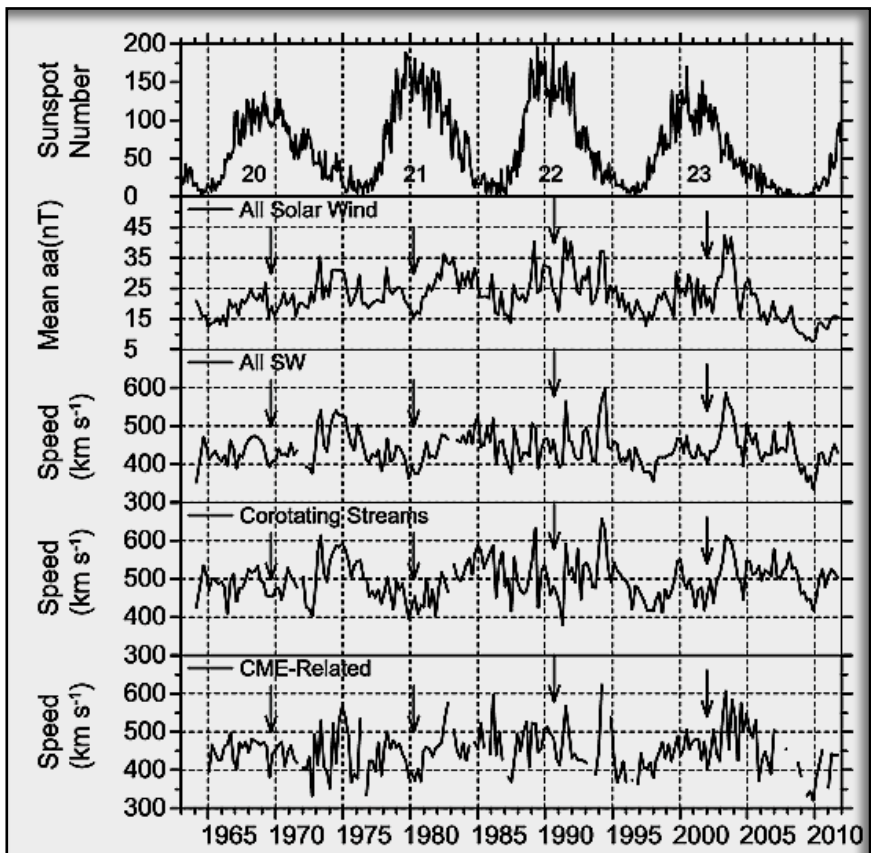
activity around the time of the full moon, RetroPK activity was greatly reduced. This means that enhanced solar radiation may be causing some kind of interference.

Manganese and ginkgo are the two substances we use in our ARV sessions. The food TEFF, which is high in Manganese is taken 5 hours before the ARV session for dinner and Ginkgo about 5 minutes before the ARV session begins. Mung beans and chickpeas are also high in manganese as well as polyphenols (Polyphenol-Rich Lentils and Their Health Promoting Effects. Kumar Ganesan and Baojun Xu. Nov 2017). It just so happens that polyphenols protect DNA against radiation (Protective action of plant polyphenols on radiation-induced chromatid breaks in cultured human cells. Parshad R. et al. Oct 1998). As a matter of fact Ginkgo is such a powerful protector against negative types of radiation that a 390 year old Ginkgo tree, known as the Yamaki Pine, was the only tree left standing after the atomic bombing of Hiroshima (The 390-Year-Old Tree That Survived the Bombing of Hiroshima. Katie Nodjimbadem. www.smithsonian.com August 4, 2015). If this is true, it means when solar activity is stronger during a full moon, that nature may be exerting a type of cleansing effect by exerting certain types of solar radiation.

Cycles of the Sun's Solar Wind

The sun's solar wind speed has a distinct cycle, much like the 11 year sunspot cycle. Before we explore further, I would like to clearly point out here that after many years of remote viewing the future position of the Dow Jones (ARV), our most successful ARV sessions would always take place during the winter / spring months. As will be shown, the sun's solar

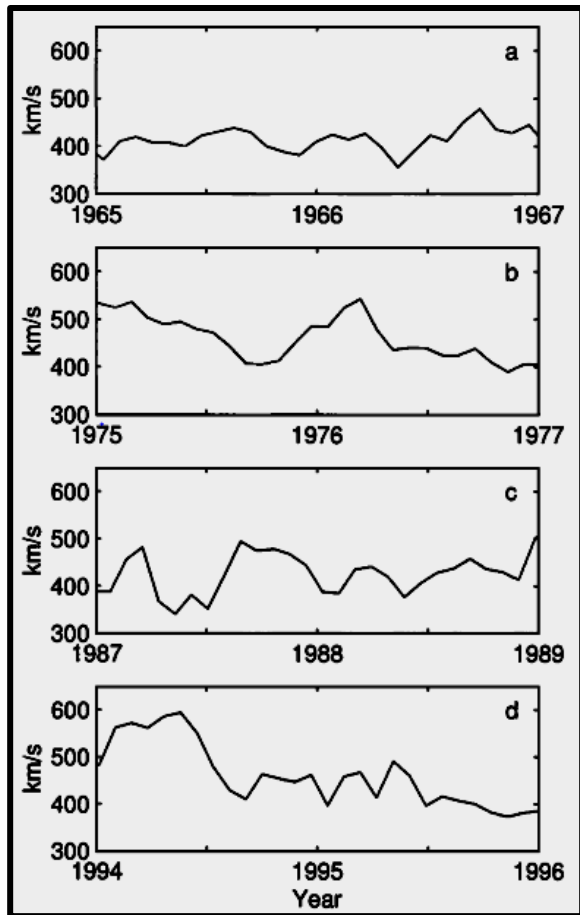
wind speed happens to enter its lowest speed / favourable speed (between 330 and 350) during winter each year (nov to dec) exhibiting a seasonal variation. Hence the sun's solar wind speed consists of a distinct seasonal cycle. Also during solar minimum, which occurs approximately every 11 years on average, solar wind speeds are usually lower (Cliver & Ling 2011 de Toma 2011). As the following image shows, the solar wind speed goes into a decline / lower speed approaching solar minimum. The following image is courtesy of the paper titled: Near-earth solar wind flows and related



geomagnetic activity during more than four solar cycles (1963–2011). Ian G. Richardson and Hilary V. Cane. Oct 2003.

This trend has been shown to occur in another independent study. As the previous image showed, solar wind speed during sunspot minimum is lower on average. The next image shown below right displays 27-day averages of solar wind speeds for two years during the approximate last four

sunspot minimums which took place during the following time-spans - (a) 1965-66, (b) 1975-76, (c) 1975-76, and (d) 1994-95. The image on the right is courtesy of the paper titled: 'Annual variation in near-Earth solar wind speed' Evidence for persistent north-south asymmetry related to solar magnetic polarity. B. Zieger and K. Mursula. March 1998.



The solar wind speed also exhibits a grand cycle that lasts approximately 87 years. The last minimum took place in the first decade of this century (Geomagnetic and solar wind cycles, 1900–1975. Aug 1982).

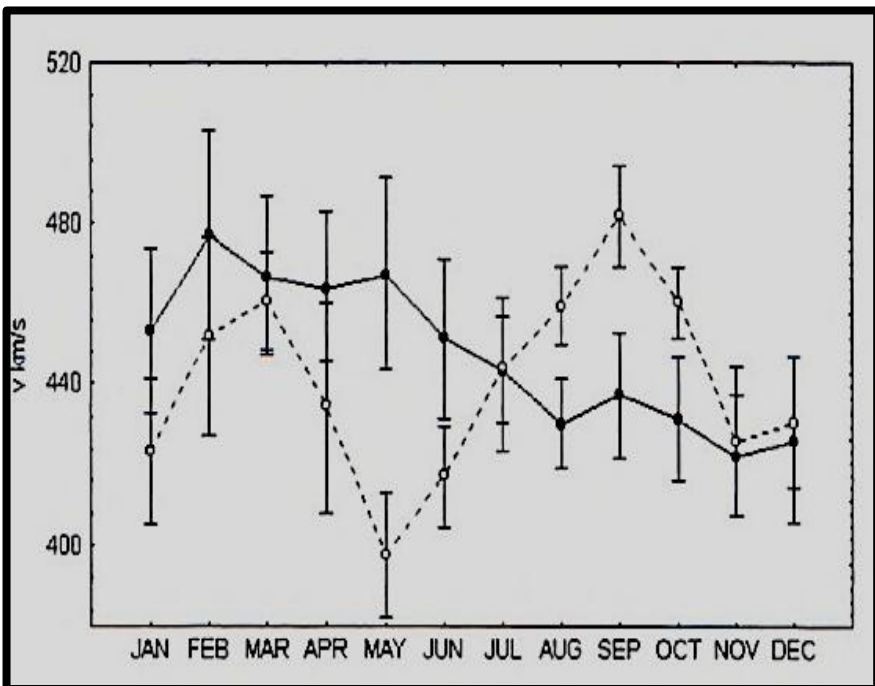
The 2 Main Speeds of the Sun's Solar Wind

The sun's solar wind emerges from magnetic fields in its heliospheric current sheets that separate both hemispheres of the sun. These have opposite polarities from one another. The solar wind has two speeds that can emerge from any hemisphere of the sun. These speeds are fast and slow. The fast solar wind speed (above 500) comes from large coronal holes. These holes occur most often during a declining sunspot cycle headed towards sunspot minimum. The fast solar wind speed can also result from coronal mass ejections and solar flares during solar maximum ⁽¹⁾.

Cycles of Solar Wind Speeds

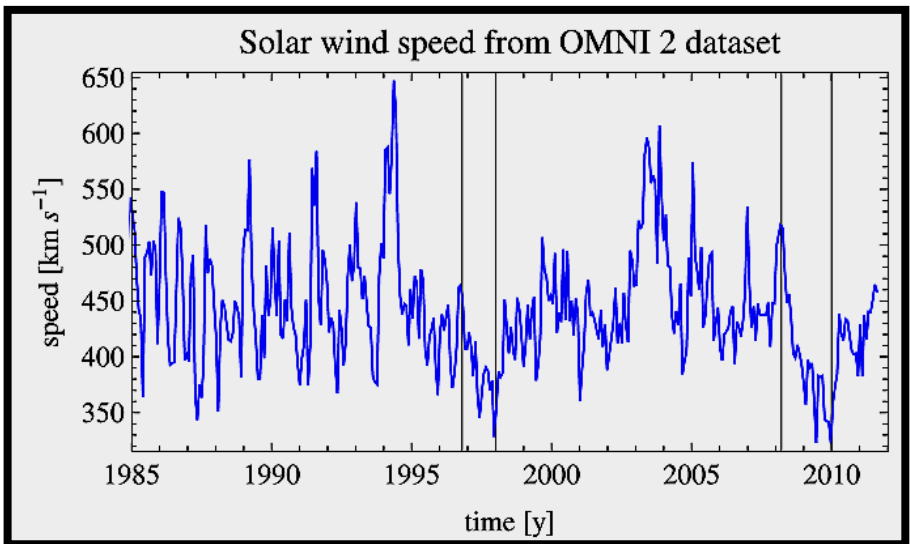
As the sunspot cycle begins to decline, headed towards sunspot minimum, the coronal holes at the polar regions of the sun extend outwards towards the sun's equator. If it happens to be the season of fall or spring during this time, the solar wind speed will reach maximum speeds. Research by Mursula and Zieger (1998) discovered that during positive polarity sunspot minimum, the sun's solar wind speed was faster around the spring equinox, compared to the solar wind speed during fall. During negative polarity around sunspot minimum, the solar wind speed will become faster around the fall equinox compared to the solar wind speed during spring. This occurs because an accumulation of momentum takes place in earth's atmosphere during winter,

which becomes released during spring (Krymskij (1993)). The following image shows a graph showing solar wind speeds during these cycles with positive polarities being a solid line and negative polarities being the broken line. Hence, solar wind speed can reach higher speeds even during solar minimum, and is more likely to do so at the equinoxes ⁽²⁾. It is interesting to note an overall slower solar wind speed appears to take place during winter time (December) each year suggesting a seasonal variation, although further studies are necessary to see if this variation is constant ⁽³⁾. The following data is from OMNI between 1965 and 1999. This may explain why a maximum of solar wind speed activity took place during the 1952 equinoxes in the declining phase of solar cycle 18.

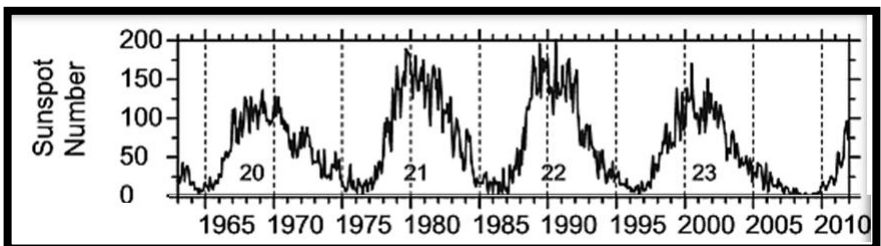


The above image is courtesy of: Space Science: New Research
- Nick S. Maravell. Page 60.

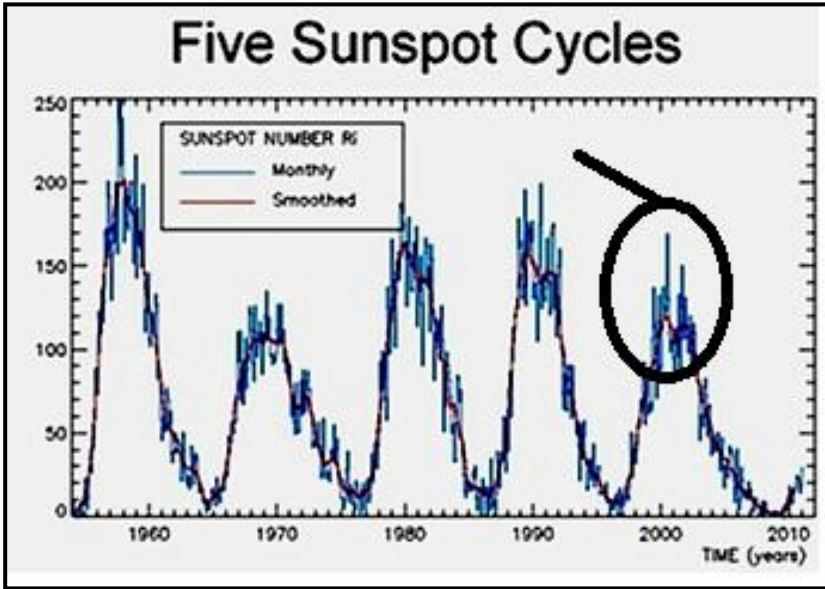
The next image is the sun's solar wind speed from a separate study conducted from 1985 to 2010 titled: Heliolatitude and Time Variations of Solar Wind Structure from in situ Measurements and Interplanetary Scintillation Observations. J.M. Sokól et al. April 2012. Page 170



What's interesting to note is that if we look at sunspot cycle number 23 in the following image, we see that it is of a lower height than the previous sunspot cycle 22. Hence this may be what created the extra low solar wind speeds from 1997 to



1998. The years 1997 to 1998 are the years that the general public became interested in remote viewing, most of which was broadcast via Coast to Coast AM by Art Bell.



Further

Reading

Global solar wind variations over the last four centuries. M. J. Owens. Jan 2017.

The Solar Wind, Full Moons and RetroPK

The solar wind speed and its effects on cognition have been studied by Spottiswoode and May (1997). Research by Eckhard Etzold (2005) found that the following variables: the sun's F10.7cm radio flux, a deviation from ecliptic, and sunspot activity had the greatest impact on RetroKP experiments when the moon was full. The study also found that when the moon was not full, **the solar wind had the greatest impact on RetroPK performance**, followed by

geomagnetic activity levels with minor effects attributed to the sun's 10.7cm radio flux (F10.7) ⁽⁴⁾ .

Variables from best to last - Full Moon (solar minimum)

- 1 - Solar Wind Speed (low)
- 2 - Geomagnetic Activity (low)

Variables from best to last - Non Full Moon (solar maximum)

- 1 - Solar wind speed
- 2 - Geomagnetic activity levels
- 3 - The sun's 10.7cm radio flux (F10.7)

The 2 Main ARV Cycles

ARV Cycle #1 - Solar Maximum / increasing sunspots + First Quarter Moon = ARV sessions work best (RetroPK sessions may also show this effect, although further research is needed).

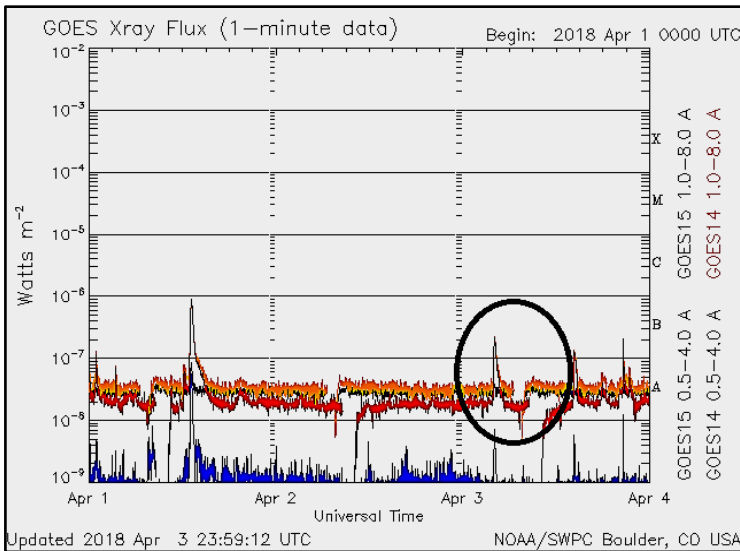
ARV Cycle #2 - Solar Minimum / declining sunspots + Full Moon = ARV / RetroPK Sessions work best, unless solar flare activity is present. Above average geomagnetic activity can exhibit negative effects during this time. Favourable / low solar wind speeds (330 to 350) may be more beneficial during this time.

What does Deviation from the Elliptic Mean?

Deviation of the ecliptic is the inclination of a planet's equator with respect to the ecliptic, or its rotation axis to a perpendicular to the ecliptic. For example earth's is

approximately 23.4° and is decreasing at the rate of 0.013 degrees (47 arc seconds) every hundred years ⁽⁵⁾ ⁽⁶⁾. Speaking from personal experience, I have achieved the very best ARV sessions when the solar wind speed happened to be at 330 and geomagnetic activity was low to quiet with a major boost when the sun's 10.7cm radio flux was increasing during solar minimums. This also makes sense, because the majority of our ARV sessions took place when the moon was not full and during ARV cycle #2. It would also explain the failure of the April 3rd, 2018 ARV session which took place around a full moon when a solar flare occurred (an increase in the sun's 10.7cm solar flux and a similar effect to a solar maximum). Hence the effects of the strong solar activity shielded the beneficial "charge" from the moon. Shown below is the April 3rd, 2018 major solar flare which also resulted in an increased

/



disturbed solar flux.

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Solar Flux Reference http://legacy-www.swpc.noaa.gov/ftplib/warehouse/2018/2018_plots/xray/20180403_xray.gif

Shown below is sunspot activity

Quarterly Daily Solar Data														
#		Radio	SESC	Sunspot	Stanford	GOES15	Flares							
#		Flux	Sunspot	Area	Solar	X-Ray	X-Ray			Optical				
#	Date	10.7cm	Number	10E-6	New	Mean	Bkgd	C	M	X	S	1	2	3
2018 04 01		69	0	0	0	-999	A0.0	0	0	0	1	0	0	0
2018 04 02		68	0	0	0	-999	A0.0	0	0	0	0	0	0	0
2018 04 03		68	0	0	0	-999	A0.0	0	0	0	3	0	0	0
2018 04 04		69	0	0	0	-999	A0.0	0	0	0	0	0	0	0
2018 04 05		66	0	0	0	-999	A0.0	0	0	0	0	0	0	0
2018 04 06		67	0	0	0	-999	A0.0	0	0	0	0	0	0	0

Ref http://legacy-www.swpc.noaa.gov/ftplib/indices/old_indices/2018Q2_DSD.txt

Shown below is earth's KP activity measured in Fredericksburg K-Indices

#		Middle Latitude					High Latitude					Estimated																
#		- Fredericksburg -					---- College ----					--- Planetary ---																
#	Date	A	K-indices				A	K-indices				A	K-indices															
2018 04 01		4	1	1	2	1	2	1	1	1	3	1	0	2	2	2	0	1	0	5	2	1	1	2	2	1	1	1
2018 04 02		4	1	1	1	0	2	2	1	1	2	1	1	0	2	1	1	0	0	5	2	1	1	1	2	2	1	1
2018 04 03		3	1	2	2	1	0	1	1	0	2	1	1	0	0	0	0	0	0	4	2	2	2	0	0	0	0	0

Ref http://legacy-www.swpc.noaa.gov/ftplib/indices/old_indices/2018Q2_DGD.txt

Below is the solar wind speed on April 3rd, 2018.

```
# 1-minute averaged Real-time Bulk Parameters of the Solar
#
# Modified Seconds ----- Solar Wind
# UT Date Time Julian of the Proton Bulk
# YR MO DA HHMM Day Day S Density Speed
#-----#
2017 04 03 1902 57846 68520 0 3.0 412.4
2017 04 03 1903 57846 68580 0 3.2 413.5
2017 04 03 1904 57846 68640 0 3.0 411.9
2017 04 03 1905 57846 68700 0 2.6 412.2
2017 04 03 1906 57846 68760 0 2.9 410.9
2017 04 03 1907 57846 68820 0 2.7 411.6
```

Ref http://legacy-www.swpc.noaa.gov/ftpdir/lists/ace/20170403_ace_swepam_1m.txt

The ARV session conducted on **Tuesday Evening May 29th, 2018** was a success and the solar weather details are shown on the following pages.

#	#	#	#	Sunspot		Stanford GOES15				#
				Area	New	Solar	X-Ray	Flare		
Date	Radio Flux 10.7cm	SESC Sunspot Number	10E-6 Hemis.	Regions	Mean Field	Bkgd Flux	X-Ray C	X-Ray M	X-Ray X	S
2018 05 26	73	26	70	0	-999	A4.5	0	0	0	0
2018 05 27	75	27	50	0	-999	A4.1	0	0	0	1
2018 05 28	77	20	80	0	-999	A4.8	1	0	0	7
2018 05 29	75	22	70	0	-999	A4.1	0	0	0	2
2018 05 30	75	18	30	0	-999	A3.7	0	0	0	0
2018 05 31	77	21	50	0	-999	A6.0	0	0	0	2
2018 06 01	75	22	60	0	-999	A6.7	0	0	0	1

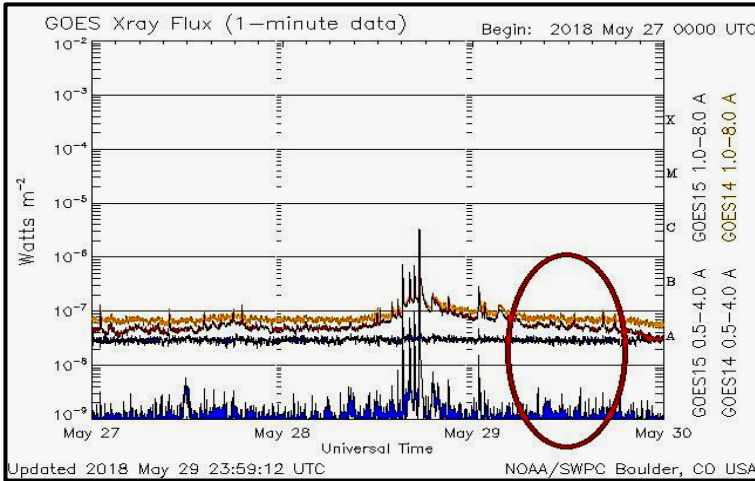
Shown above is sunspot activity with an S flare on the 28th

Ref http://legacy-www.swpc.noaa.gov/ftpdir/indices/old_indices/2018Q2_DSD.txt

Shown below is solar flare activity with the disturbed solar

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flux representing the S flare. (The Sun's Solar Flux)



Ref http://legacy-www.swpc.noaa.gov/ftpdir/warehouse/2018/2018_plots/xray/20180529_xray.gif

The following image are the Middle Latitude Fredericksburg K-indices.

# # # Date	Middle Latitude - Fredericksburg - A K-indices						High Latitude ---- College ---- A K-indices						Estimated --- Planetary --- A K-indices																
	2018 05 27	5	2	2	1	2	2	1	1	1	1	1	5	2	2	0	3	2	0	1	1	4	2	2	1	1	1	1	1
2018 05 28	4	1	1	1	2	2	1	1	1	1	1	2	0	1	1	1	1	0	1	0	4	1	1	1	1	2	1	1	1
2018 05 29	5	2	2	1	2	2	1	1	1	1	1	2	1	2	1	0	0	0	1	0	4	1	2	1	1	1	1	1	1
2018 05 30	5	1	1	1	1	2	2	2	2	2	2	2	0	1	1	1	0	0	2	1	4	1	1	1	1	1	1	2	2
2018 05 31	11	2	2	1	2	3	3	3	3	3	3	9	2	2	0	3	1	3	3	2	12	2	2	1	2	2	4	4	3

Ref http://legacy-www.swpc.noaa.gov/ftpdir/indices/old_indices/2018Q2_DGD.txt

Shown below is the sun's solar wind speed.

# 1-minute averaged Real-time Bulk Parameters of the Solar								
#								
#								
			Modified Seconds		-----		Solar Win	
#	UT Date	Time	Julian	of the	Proton		Bulk	
#	YR MO DA	HHMM	Day	Day	S	Density	Speed	
2017	05	29	2035	57902	74100	0	2.1	372.6
2017	05	29	2036	57902	74160	0	1.7	359.9
2017	05	29	2037	57902	74220	1	1.4	350.2
2017	05	29	2038	57902	74280	0	2.4	370.7
2017	05	29	2039	57902	74340	0	2.5	374.2
2017	05	29	2040	57902	74400	0	2.5	373.8

Ref http://legacy-www.swpc.noaa.gov/ftpdir/lists/ace/20170529_ace_swepam_1m.txt

Summary

The disturbed solar flux resulting from solar flare activity acts as an amplifier. The May 29th, 2018 ARV session was a success because the enhanced solar flux was associated with favorable solar wind speeds of approximately 350. The April 3rd, 2018 ARV session was a failure because the solar wind speeds were at approximately 410 when the ARV session was conducted, which is out of the favorable 350 range. The influence of the sun's solar wind is the determining factor in the success of RetroPK when a full moon is not present. During full moons the sun's F10.7cm radio flux, and deviation from elliptic are favoured positions for successful RetroPK sessions. When the moon is not full, lower solar wind speeds are favoured for successful RetroPK sessions.

Highlighted solar data courtesy of the online Dow Jones Remote Viewing Project located at:
www.ez3dbiz.com/dow_project_research_summary.html

Warehoused data

<http://legacy-www.swpc.noaa.gov/ftplib/warehouse/>

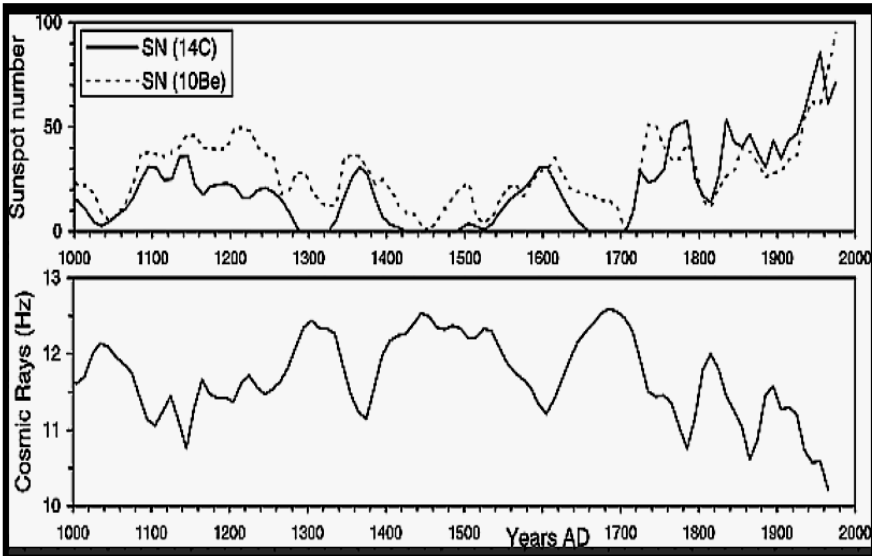
<http://legacy-www.swpc.noaa.gov/ftplib/indices.html>

The Solar Radiation Shielding Effect

The reason ARV sessions and RetroPK sessions fail during times major solar flares occur which result in a large disturbance of the sun's solar flux and magnetometer during full moons could be attributed to the cosmic ray shielding effect, where stronger solar activity results in a shielding type effect. This shield results in less cosmic rays penetrating earth's atmosphere, shielding the moon's electromagnetic energy. Hence, RetroPK and possibly ARV performance is regulated by a delicate balance of solar activity and geomagnetic activity. It also suggests a DNA link to remote viewing with DNA perhaps acting as an antenna. This is because cosmic rays may be affecting our DNA (7).

Cosmic rays affecting humans have a bad reputation due to their effects on astronauts in outer space. Without earth's atmosphere to shield us from cosmic rays we would undergo severe health problems. It may be that a 'sweet spot' of cosmic ray activity exists due to the shielding of earth's atmosphere. This sweet spot being an increase in cosmic rays, especially as excess solar activity starts fading. Because we have earth's atmosphere as well as enhanced solar activity to shield us from the increased cosmic rays, it may be creating a

sweet spot that is beneficial for remote viewing. As we shall show in great detail throughout this book, **enhanced parasympathetic activity** is one of the keys to successful associative remote viewing. This would suggest a link between HeartRate Variability and cosmic rays. A research study has found that **increased cosmic rays** are associated with increased HRV as well as **parasympathetic activity** ⁽⁸⁾. Cosmic rays follow a 22 year cycle (Webber and Lockwood, 1988). It is interesting to note that the solar sunspot cycle is approximately 11 years ⁽⁹⁾ which is half that of the cosmic ray cycle. The following image shows that when sunspots increase, cosmic rays decrease. The following image is courtesy of: Solar Activity, Cosmic Rays, and Earth's Temperature: A millennium-scale comparison. I. G. Usoskin.



et al. Oct 2005.

Cosmic Rays and Computer Malfunctions

As cosmic rays collide with earth's upper atmosphere, the high-energy neutron particles they produce combine with atomic nuclei. During 2004, researchers from IBM measured the flux of neutrons from cosmic rays and discovered that the error rate in computer memories increased when cosmic rays increased ⁽¹⁰⁾.

These types of errors are known as 'soft errors' in which a signal or datum is wrong, but not serious enough to cause long-term permanent damage. In spacecraft these 'upsets' are known as single event upsets and are remedied by cold booting the computer's operating system. Soft errors don't damage a system's hardware only the data that is being processed. These soft errors occur as high energy space particles hit the computer's chip. This causes the radioactive atoms in the computer chip's rate of decay to release alpha particles which flood into the chip. Alpha particles contain positive charges, as well as moving kinetic energy. This causes the particles to enter memory cells causing a change state which causes a difference in values. This reaction is atomic in scale so it does no actual physical damage to the physical structure of the chip (Ziegler and Lanford, 1979).

Hence, if background levels of neutrons explain errors in computer memory it should explain errors in DNA replication as theorized by González. González has based his work on experiments conducted by Richard Lenski and colleagues at Michigan State University since 1988. Their team is growing *E. coli* and monitoring mutations that occur between each generation. He states high-energy neutrons enter the water and collide with the bacterial samples every 125 seconds. The neutrons then transfer their energy into the

water molecules which creates a short track of ions. He says that just a single neutron is enough to generate 300 ions over a length of approximately 100 nanometers with about 30 ions at a total distance of 0.1 mm. Hence, bacteria experiencing this ion shower may experience mutations, be destroyed or experience permanent damage, especially in their DNA, which is then inherited by their descendants ⁽¹¹⁾. This is a fascinating study because it shows that at the nanoscale, bacteria is being affected and influenced by cosmic rays.

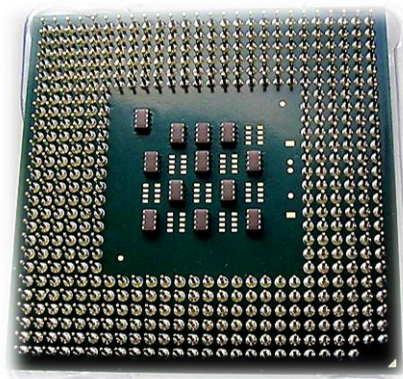
The number of cosmic rays is dependent upon altitude which is why computer systems located underground show a reduction in soft errors. However computers on top of mountains, such as those that manage large space telescopes, experience higher rates of soft errors compared to sea level. Soft errors in aircraft occur up to 300 times more than that of sea level upsets. As the density of computer chips increase, Intel expects errors caused by cosmic rays to grow and eventually become a limiting factor in design ⁽¹²⁾.

Cosmic-ray soft errors show an inverse proportion to sunspots. **Soft errors decrease towards solar maximum and increase towards solar minimum** ⁽¹²⁾. Could this mean that environments where soft errors occur be environments favorable to remote viewing? We show throughout this book that enhanced cosmic rays actually increase the success of remote viewing. Further research is necessary to confirm this theory.

During 2004 IBM researchers measured the flux of neutrons from cosmic rays and used the data to predict soft errors in computer memories. Their predictions matched the observed rate of error ⁽¹³⁾.

10B Boron and Cosmic Rays.

There are 19 different types of boron. Born 10 and 11 are the only two that are the most stable. It also happens to be that naturally occurring boron is 20% 10B with the remainder being 11B. The majority of soft errors are caused by high levels of 10B which occur in the lower layer of older integrated circuits. However when Boron-11 is used at low concentrations (a p-type dopant) the soft error rate is greatly reduced. As a matter of fact integrated circuit manufacturers got rid of borated dielectrics as circuit components decreased in size to 150 nm because of the extremely large rates of soft errors that were occurring. Boron-11 happens to be a by-product of the nuclear processing industry ⁽¹⁴⁾. This may mean that Boron 10 which is freely available may enhance the rate at which cosmic rays enter an environment. Further research is necessary to conform this theory.



Soft Errors are Beneficial in Medical Diagnostics

We have all seen the movie terminator where the time travelling robots fight one another in front of an MRI machine. High energy cancer radiation therapy creates neutrons which become scattered from the walls and equipment in the room causing a thermal neutron flux which is approximately 40×10^6 higher than normal. This results in very high rates of soft errors ⁽¹⁵⁾ ⁽¹⁶⁾.

Summary

Because cosmic rays affect computer memory, it may be that when cosmic rays increase, the brain is able to hold and process more information. It would be interesting to do brain studies and observe how fast the brain processes information depending upon the number of cosmic rays and see if more information is processed faster when there are more cosmic rays. What is also interesting is the sun's 10.7 cm solar radio flux is the frequency of 2.8 GHz. 2.8 GHz happens to be the clock speed of some computer processors.

Cosmic Rays and Atmospheric Changes

Types of Cosmic Rays

Like the solar wind speed, there are two different types of cosmic rays ⁽¹⁸⁾.

Multiple-muons

Multiple-muons come from primary cosmic rays that have energy higher than the one needed for single muons.

Single-muons

Single muons are cosmic rays of a lower energy than multiple-muons.

Single muons peak during summer ⁽¹⁸⁾.

Multiple muons peak during winter ⁽¹⁸⁾.

Cosmic ray variations caused by differences in air pressure have been mainstream science knowledge for a long time.

Steinke (1929) and Myssowsky and Tuwim (1926) were the first to study the relationship between cosmic ray time variations and atmospheric pressure changes.

Because less solar activity means more cosmic rays, we have found that our ARV sessions go well when the barometric air pressure has peaked and is starting to decline over the next few days. As the bottom part of the lower air pressure approaches, rain is usually more common. Another time rain is more common is when cosmic rays increase. Cosmic rays also have an effect on cloud formation. A study found that during geomagnetic storms (usually accompanied by stronger solar activity) there were less clouds during September and March (equinoctial months). The study concluded that the phenomenon indicates an influence of cosmic rays and cloud formation ⁽¹⁸⁾. This is interesting because as we covered in an earlier chapter, research by Mursula and Zieger (1998) discovered that during positive polarity sunspot minimum, the sun's solar wind speed was faster around the spring equinox, compared to the solar wind speed during fall.

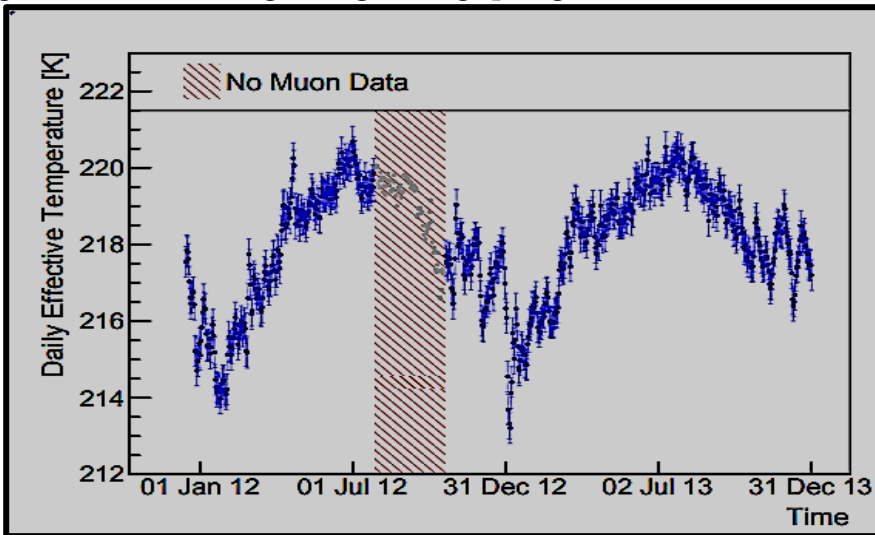
Seasonal Cycles of Cosmic Rays

Variations in cosmic rays arise from changes in temperature caused by the change of seasons which in turn cause a change in the density of earth's atmosphere.

Varying Changes in Atmospheric Pressure

During winter the atmosphere is cooler, more shallow and dense. Cosmic ray interactions happen closer to the Earth's surface, in a more dense environment. As temperatures increase, earth's atmosphere becomes less dense. This means

the probability for mesons to interact with molecules in earth's atmosphere is greatly reduced. Corresponding increases in meson decay create a larger intensity of muons during summer. Hence, as shown in the graph below, there are more cosmic rays during summer (single muon) with the gradual increase beginning during spring.



Prior image courtesy of Seasonal Variation of the Underground Cosmic Muon Flux Observed at Daya Bay. The Daya Bay Collaboration. Jan 2018.

Atmospheric Temperature Affects Cosmic Rays

Experiments have now verified that cosmic ray intensity is positively correlated with atmospheric temperature and that the corresponding increase in the decay of cosmic rays yields larger muon intensities during summer months ⁽¹⁹⁾. In another study scientists discovered that **atmospheric pressure affects cosmic rays** ⁽²⁰⁾.

Quotes from the study -

'The sharp increase of cosmic rays may be due to the sudden drop of atmospheric pressure '

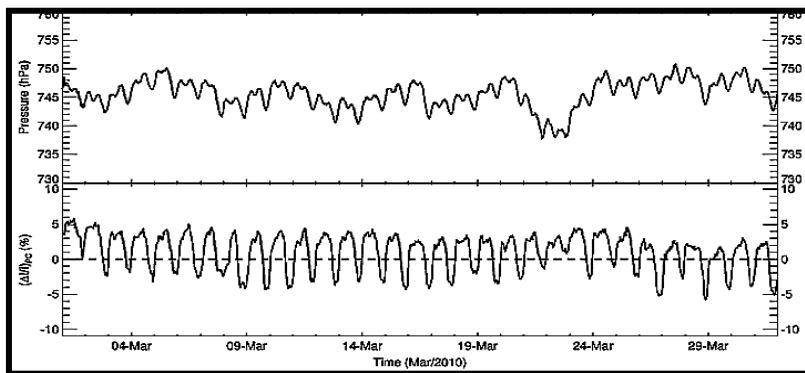
'Solar flares and magnetic storms suppressed our cosmic ray counts'

The study concluded that atmospheric stability can cause major changes in cosmic ray activity.

Summary

ARV sessions are much more accurate when barometric air pressure has peaked and is starting to decline. Air Pressure is shown on the top graph and Cosmic Rays are the bottom graph

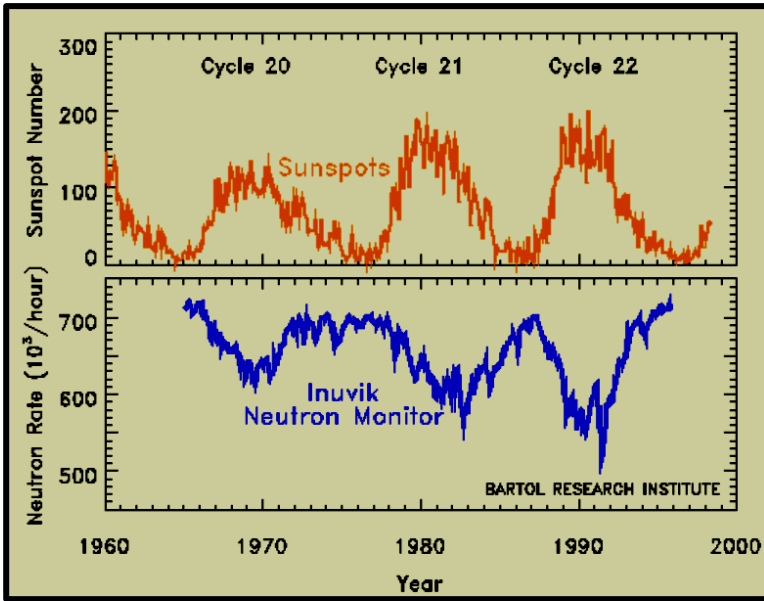
In a related independent study we can see that as barometric air pressure drops, cosmic rays increase. This is shown in the following image.



Above image courtesy of Analysis of atmospheric pressure and temperature effects on cosmic ray measurements. R.R. S.

De Mendonça. et al. April 2013.

Solar Cycles and Cosmic Ray Intensity
During Solar Minimum, which is a time solar flare activity is minimal there are more cosmic rays.



Above image courtesy of The Inuvik Neutron Monitor showing solar cycles 20 through 22 (neutronm.bartol.udel.edu). As of 2018 we are in a cycle where sunspots are in decline, hence we are seeing an increase in cosmic rays.

Long Term Solar Cycles

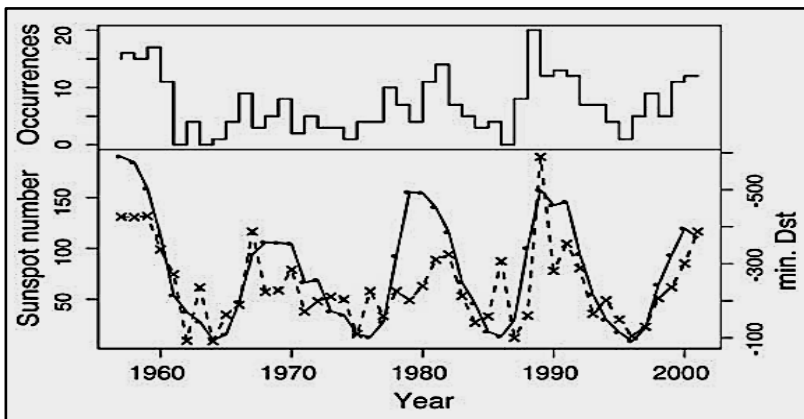
The 11-year sunspot peaks grow higher and higher for a period of forty years then fade away to complete an 80-or 90-year cycle. This has been confirmed by the German botanist Schnelle.

Reference

The Solar Cycle. David H. Hathaway. Mail Code VP62. NASA Marshall Space Flight Center. Huntsville, AL 35812, U.S.A. February 2010.

Cycles of Geomagnetic Storms

The intensity of geomagnetic storms follows the solar cycle (22). The below image shows long-term intense geomagnetic storm events and the solar cycle. Below image courtesy of Long-term occurrence probabilities of intense geomagnetic storm events K. Tsubouchi and Y. Omura. April 2007.



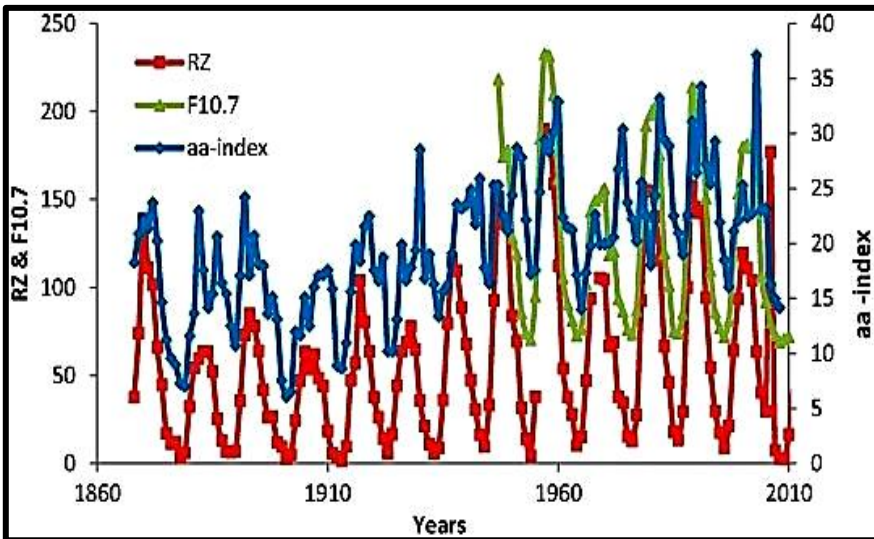
Another study found that 27% of geomagnetic storms occurred towards solar maximum and 73% of the geomagnetic storms would take place towards solar minimum. Also 90% of the strongest geomagnetic storms occur 2 years before solar maximum or three years after solar maximum (22).

Geomagnetic activity is twice as strong during winter compared to summer with the summer geomagnetic storms lasting about an hour longer on average compared to winter

(23). Additional large variations have been found to take place in Spring 1994 and Fall 2003, which are both periods of declining solar activity (cycles 22 and 23). Also geomagnetic activity exhibits an approximate 27 day cycle that comes from solar wind structures recurring each solar rotation (25).

Chernosky (1966) observed a long term 22-year cycle geomagnetic storm cycle. Their effects are explained in greater detail by Russell, 1975 and Svalgaard, 1977. It is interesting to note that the sun's 10.7cm solar radio flux has a 10 to 13 year cycle with the sunspot solar activity cycle (25). This is approximately half of that of the geomagnetic activity cycle. Below is a chart showing the sun's 10.7cm solar radio flux and sunspots (26).

In the following image, aa-index is geomagnetic activity and is the middle graph and Rz (Wolf number) is sunspot number and is the bottom graph.



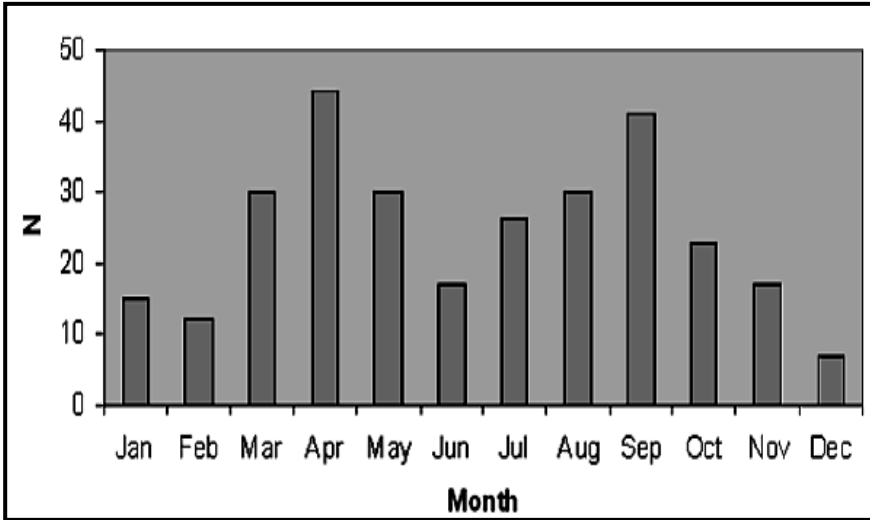
Previous image courtesy of Forecasting the Peak of the Present Solar Activity Cycle 24. Author links open overlay panel. R. H.Hamid and B.A.Marzouk. March 2018.

Further Reading

The KP index and solar wind speed relationship: Insights for improving space weather forecasts. Heather A. Elliott. et al. April 2013.

Cycles of Geomagnetic Activity and Moon Phase

During and on approach to solar minimum (ARV cycle #1) earth's geomagnetic activity (KP) levels are higher on average during new moons and lower on average during full moons ⁽²⁶⁾. During solar maximum, minimum values of KP activity occur several days before the full moon with maximum KP activity occurring several days after the full moon ^{(27) (28)}. So we can see that ARV cycle #1 is the best cycle to practice ARV sessions. This is due to the fact that full moons enhance RetroPK, solar wind speeds are lower during solar minimum and earth's geomagnetic activity is lower around the time of a full moon. Lower geomagnetic activity and lower solar wind speeds all contribute to enhanced success of remote viewing sessions. This is because geomagnetic activity closely follows solar wind speed ⁽²⁹⁾ and geomagnetic activity peaks each year during the equinoxes ^{(30) (31)}. Below is a graph showing the peaks in geomagnetic storms at the equinoxes.



Final

Summary

During solar maximum (ARV cycle #2), the full moon may also not be as necessary for successful ARV sessions because these are periods a stronger 10.7 cm solar radio flux occurs more often. Also large variations in solar wind speed take place around solar maximum (large numbers of sunspots).

The 2 Main ARV Cycles

ARV Cycle #1 - Solar Maximum / increasing sunspots + First Quarter Moon = ARV sessions work best (RetroPK sessions may also show this effect, although further research is needed).

ARV Cycle #2 - Solar Minimum / declining sunspots + Full Moon = ARV / RetroPK Sessions work best, unless solar flare activity is present. Above average geomagnetic activity can exhibit negative effects during this time. Favourable / low

solar wind speeds (330 to 350) may be more beneficial during this time.

Locating the Most Favourable Solar Weather Conditions for an ARV Session

While the details and data are out of the scope of this book, I explain them in more detail in my book *Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules*, I will give a general idea on how to find favourable solar weather conditions.

One simple clue to check solar activity is to look at the most recent activity of cosmic rays. If it shows an increase than it is very likely that solar activity is lower which is advantageous during ARV Cycle #2 as long as solar wind speeds are not extremely high, Middle Latitude Fredericksburg K-indices are between 4 and 11 and the magnetometer is not terribly disturbed. Later on in this book we will go into greater detail on how to locate the best times for associative remote viewing using solar weather, but first let's do a quick re-cap on solar weather conditions and ARV.

The best conditions for RetroPK and ARV sessions are as follows (from best to least) -

- 1 - Full Moon with no major solar flare activity occurring. Mild to low activity is preferred.
- 2 - Favourable solar Wind Speeds averaging 350.
- 3 - Quiet geomagnetic activity. Middle Latitude Fredericksburg K-indices below 11.

4 - The sun's F10.7cm radio flux. Rising or steady. Not necessary during full moons when above parameters exist.

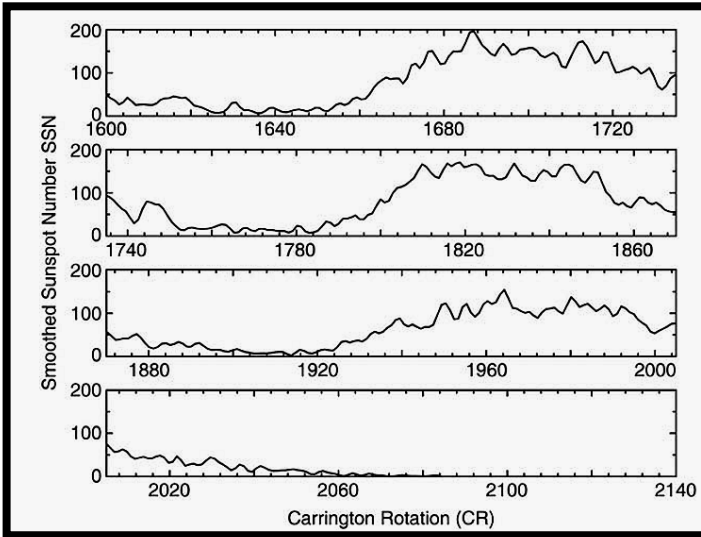
When any of the above overlap with one another it creates a beneficial synergy.

ARV Cycle #1 - Solar Maximum / Increasing Solar Activity + First Quarter Moon = ARV sessions work best (RetroPK sessions may also show this effect, although further research is needed). Quiet to low geomagnetic activity. Solar wind speed around 350 and quiet to low geomagnetic activity are the key elements.

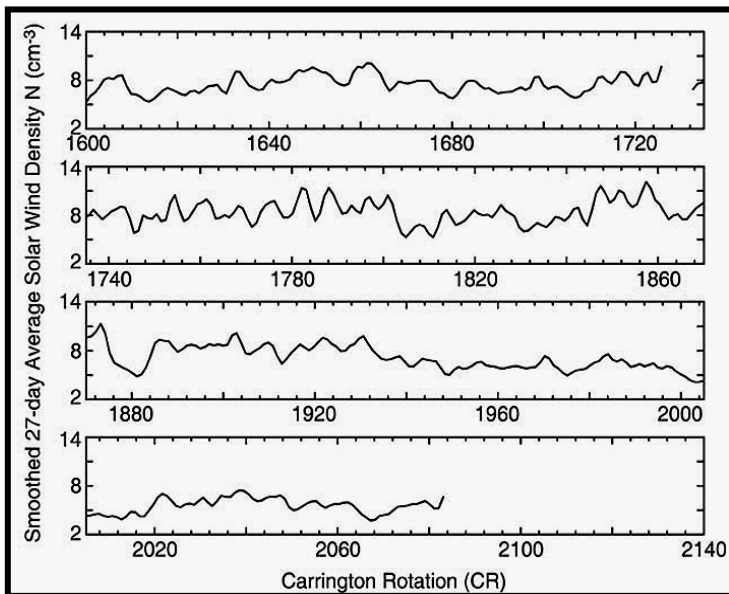
ARV Cycle #2 - Solar Minimum / Declining Solar Activity + Full Moon = ARV / RetroPK Sessions work best, unless solar flare activity is present. F10.7cm and Deviation from the Ecliptic are key elements. Above average geomagnetic activity is highly disadvantageous to ARV sessions during **ARV Cycle #2**.

As solar minimum approaches, ARV sessions should be conducted around full moons. As solar maximum approaches, ARV sessions should be conducted around the first quarter moon. The above variations are wholly dependent upon favourable solar wind speeds and quiet / low geomagnetic activity. Further research in the coming years should validate this hypothesis.

Forecasted Sunspot Cycles until the Year 2140



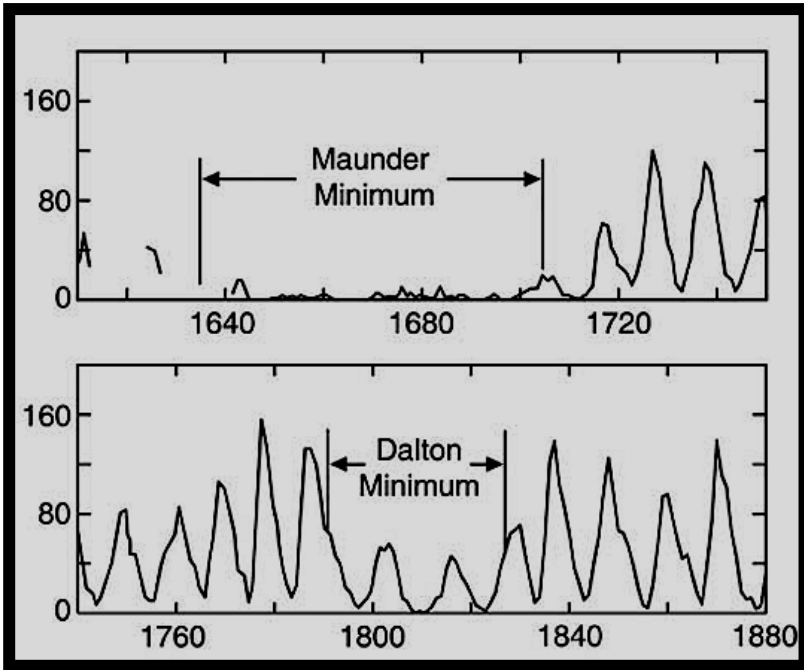
As can be seen in the above image, sunspots are forecast to decline for the next 50 years. This means we can continue to see major increases in cosmic rays over the next few decades.



Above - Solar Wind Speed Forecast until the Year 2060

Images are courtesy of the paper titled: How Unprecedented A Solar Minimum. C. T. Russell et al. Feb 2010.

The last time sunspots were this low was between 1640 and 1700 and again from early 1800.



This would mean it is a great time to learn how to use one's PSI abilities. Also natural intuitive abilities may also start to naturally increase in the general population due to the aforementioned solar and lunar variables.

Final Conclusion

The reason RetroPK effects increase during quiet solar activity is due to more cosmic rays. Stronger solar activity causes less cosmic rays and if this occurs during full moons it

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can greatly hinder psychic ability. Now that we have covered much of the technical data of environmental factors that affect PSI functioning, let's next look at one of the prime keys to ARV success which is coherence. How does one use coherence to enhance PSI abilities? This was once a great mystery, but today we have the technology to uncover the answers.

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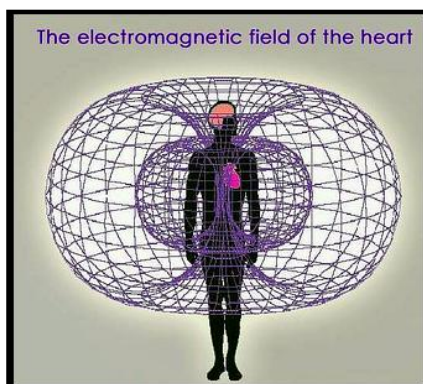
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Chapter 6. Electrical Activity of the Heart Surpasses that of the Brain

Your Heart Puts out More Energy than Your Brain

Because our thoughts pervade our waking consciousness, it can be easy for anyone to think that the brain emits the most energy out of all organs in the body. But did you know it really is your heart that is

more powerful, electrical wise, than your brain? Your heart is the most powerful source of electromagnetic energy in your body. It produces the largest rhythmic electromagnetic field out of all the body's major organs. This



electrical field is approximately 60 times stronger in its amplitude than the electrical activity generated by your brain.

Additionally the magnetic field that is emitted by your heart is 100 times greater in strength than the magnetic field generated by your brain. This magnetic field can be detected up to a distance of 3 feet away from your body using SQUID-based magnetometers. This is an interesting finding because it shows that emotions may be electromagnetic in nature. Hence the emotions we experience come from our heart, not our brain, which is why our emotions feel overwhelming and out of control at times due to this large electrical field emitted by our heart. However with self-regulation techniques that help one attain self-mastery, we no longer have to let this

power get out of control and overwhelm us.

Early pioneers in psychophysiology were John and Beatrice Lacey. They specifically examined interactions occurring between the brain and heart. Throughout their 20 years of studies throughout the 1960s and 1970s, they found that our heart communicates with our brain and that this communication greatly affects our perception and how one reacts to the world.

Research by the Laceys confirmed a relationship between heart activity and cognitive performance. They investigated a person's performance on reaction time tasks that involved sensory intakes. Their studies found that **deceleration** in the participant's heart rate would occur during anticipatory periods **preceding** tasks and that it was associated with improved cognitive performance, or **faster reaction** times. Also they found that an acceleration in the heart rate contributed to reduced cognitive performance, or a slower reaction time (Ostir et al., 2001). Hence people with high blood pressure may have lower cognitive functioning (High blood pressure is linked to cognitive decline. June 2016.. /www.nia.nih.gov). (Ostir et al., 2001) also discovered that the larger a person's heart rate deceleration, the faster their reaction time (Lacey & Lacey, 1964, 1970, 1974). Other research has shown that changes in a person's cardiac field affects the growth rates of cells in culture (McCraty et al., 1998).

Additional research by the Laceys looking at activity occurring within single cardiac cycles, found that **cardiovascular activity influenced a person's perception** and their cognitive abilities. Inconsistencies did show up in their final results, however these inconsistencies were resolved by

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German researchers Velden and Wölk who demonstrated cognitive performance had a rhythm consisting at approximately 10 hertz throughout a person's cardiac cycle.

Summary

The human heart is sending more information to the brain than the brain is sending to the heart. It may be that information is encoded and then communicated in the intervals between heartbeats. Let's next explore this amazing connection in greater detail in the next chapter.

Thank you for reading *Stock Market Remote Stock Market Remote Viewing, Heart Rate Variability and Intuition Secrets*. We at the Solar Institute hope you enjoyed this free preview. Look for this title at your favourite bookstore, or order online from [Amazon.com](https://www.amazon.com). This edition is also available in Nook and Kindle versions.

Thank you once again and we at the Solar Institute wish you the best in your remote viewing and the seeking of methods to enhance your intuition.

Scott Rauvers

Author and Founder of the Institute for Solar Studies on Behaviour and Human Health.