

# A 1 + Year Data Summary of Associative Remote Viewing Sessions

Data Published / Analyzed by the [Institute for Solar Studies](#),  
Santa Monica, CA. Data Compiled by Scott Rauvers

**Final Revision on October 15<sup>th</sup>, 2018.**

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**Abstract:** Information contained herein locates the best / most favorable times to perform Associative Remote Viewing Sessions. The sessions used in these trails were remote viewing of the Dow Jones Industrial Average / FOREX currencies, looking at it closing higher / lower up to 4 days in advance.

## Summary of the Data

Out of a total of [25 +ARV sessions](#)

### Number of Successful ARV Sessions -

11 were successful  
17 were unsuccessful

We do believe that a key factor is from performing HeartMath ([heartmath.com](http://heartmath.com)) before each ARV session as this seems to greatly enhance the accuracy as it synergizes with the [global coherence circuit](#) during favorable solar weather periods.

### Final conclusions / summary --

The most accurate ARV sessions always have the following solar weather conditions -

- A full moon with quiet [magnetometer](#) activity.
- The [solar wind speed](#) is below 450.
- When the [Middle Latitude Fredericksburg K-indices](#) are between 7 and 11
- When there are solar flares occurring.

***Prime conditions for associative remote viewing of future financials are no sunspots, with only solar flares occurring combined with the Middle Latitude Fredericksburg K-indices are between 7 and 11 and a quiet / calm magnetometer.***

The biggest discovery made during this project was that **solar flares and quiet sunspot activity actually enhance the accuracy of associative remote viewing sessions**. This came as quite a surprise as sunspot activity, which is related to solar flares, actually decreases the accuracy of associative remote viewing.

Also if sunspots are occurring, if enough solar flares accompany the sunspots, it may override the interference caused by the sunspots. Further research is necessary to see if it is the CME's or Solar Flares that are getting the best results, or both.

Other researchers have also found that favorable solar wind speeds enhance the accuracy of their remote viewing sessions.

### **Reference**

[Greg Kolodziejzyk's 13-Year Associative Remote Viewing Experiment Results.](#)  
By Greg Kolodziejzyk

Sunspots create interference during ARV sessions. When enough solar flares are present, they can counteract the interference of sunspots and enhance clarity. Both [sunspots and solar flares cause geomagnetic storms](#).

In the paper titled: [Solar-Periodic Full Moon Effect In The Fourmilab Retropsychokinesis Project Experiment Data: An Exploratory Study](#) and published by Eckhard Etzold he states in his study the following -

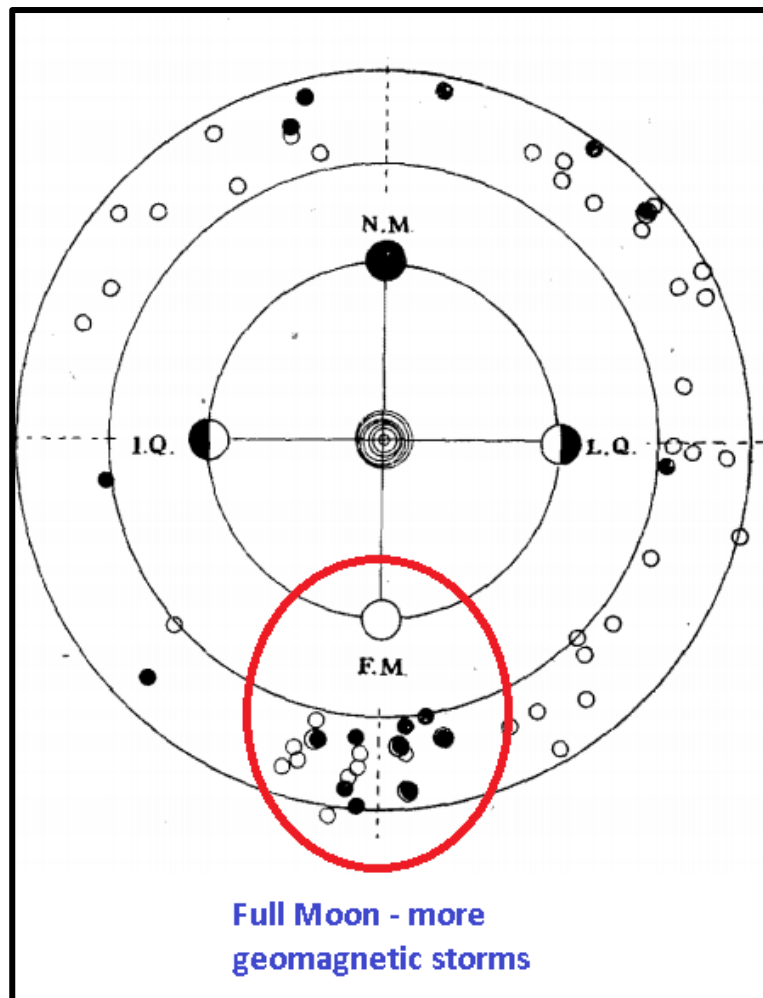
"Hypothesis F (one-tailed prediction): **retroPK scores are negatively correlated with solar activity such as increasing sunspot numbers, coronal holes, and solar flares** because GMF activity is driven by solar activity"

"We collected the sunspot numbers for the evaluation period and expected that low sunspot numbers would **correlate with a high retroPK effect size.** "

"The other parameters were non-significant: **sunspot numbers, which explained 3.9% of the variance**; GMF, 3.6% of the variance; and the solar wind speed, 0.4% of the variance"

"In summary, we see that the significant results **of retroPK for-therecord runs of the full moon interval can be explained mostly by solar predictors such as sunspot activity and the F10.7 index.** Both parameters measure activity on the surface of the sun. Their high correlation of  $r(84) = .824$ ,  $p = 2 \times E-22$  with each other confirms their close relationship. "

The fact that numerous ARV sessions were successful during first quarter moons is due to the fact that during full moons, there are more geomagnetic storms which is the result of solar wind shock from higher solar activity. This is shown in more detail on the following page.



Above Image from the study titled: Magnetic Storms and Lunar Phase during Sunspot Maximum from Standpoint of Ionospheric Disturbance.

By Hantaro NAGAOKA, M. I.. July 1940

[https://www.istage.ist.go.jp/article/pjab1912/16/7/16\\_7\\_290/pdf](https://www.istage.ist.go.jp/article/pjab1912/16/7/16_7_290/pdf)

### Further Reading

[Earth is sending oxygen to the moon](#)

[Time-of-day-dependent global distribution of lunar surficial water/hydroxyl.](#)

Christian Wöhler et al. Sept 2017

In the report shown at the end of this paper, I clearly show that full moons strengthen the heart. Because solar flares and full moons both enhance Associative Remote Viewing Sessions, this may mean that solar flares also strengthen the heart.

## **Solar Flares are good for the Heart**

Below is a quote from the study titled: **Correlation of Geomagnetic Activity with Implantable Cardioverter Defibrillator Shocks and Antitachycardia Pacing**

*"But by looking at geomagnetic activity and patient response, what we found, much to our surprise, that there was actually a dramatic decrease in device activity prompted by heart irregularities." There was a "significant" inverse relationship between high solar flare levels and ICD activity, so that the greater the flaring the less often patients seemed to need their ICDs to kick into gear.*

[Read News Article](#)

### **Reference**

[Correlation of Geomagnetic Activity with Implantable Cardioverter Defibrillator Shocks and Antitachycardia Pacing](#). Elisa Ebrille. Et Al. Feb 2015.

## **Solar Activity and Melatonin**

Quote from the study **Modulation of pineal activity during the 23rd sunspot cycle**

*"these results indicate that melatonin secretion rises as solar activity increases"*

### **Reference**

[Modulation of pineal activity during the 23rd sunspot cycle: melatonin rise during the ascending phase of the cycle is accompanied by an increase of the sympathetic tone](#). Bartsch C et al. may 2014

## **Did the September Full Moon make George Soros a Billionaire Overnight?**

There were [no solar flares](#) on Black Wednesday Sept.16, 1992, which was the night that George Soros began heavy shorting of the British Pound, [which made him a billionaire overnight](#). Sept.16, 1992 happens to be [3 days before the full moon](#).

## **The U.S. Government Remote Viewing Stargate Program**

One of the original U.S. Government Remote Viewing Programs was named [Stargate](#) (cia funded).

Learn More - [Wikipedia the CIA's Stargate Program](#)

## **Cape Canaveral, Rockets and Stargates**

It is rather interesting that the Science Fiction Television Series called Stargate is about a team who travels through time at the exact moment a solar flare occurs while the Stargate is operational. The team is then transported back in time to the year 1969. In another episode, the team also uses the Stargate to send a message written down on a piece of paper back in time at the exact moment of a solar flare.

In the television series Stargate SG1 in the episode titled:1969, the team steps through the Stargate during a solar flare and are transported back in time underneath a titan 2 rocket.

### **Stargate SG1 1969**

<https://www.imdb.com/title/tt0709028/>

In another Stargate episode (2010), the team uses a solar flare to send a message to the past.

### **Stargate SG1 2010**

[https://www.imdb.com/title/tt0709030/plotsummary?ref\\_=tt\\_ov\\_pl](https://www.imdb.com/title/tt0709030/plotsummary?ref_=tt_ov_pl)

Also the sci-fi movie men in black 3 has the agent travel to the future at Cape Canaveral Florida, where the first moon rocket was launched during 1969.

<https://www.imdb.com/title/tt1409024/>

The movie Tomorrowland is a movie about a person who lives at Cape Canaveral and is transported to the future via a device that matches her DNA.

<https://www.imdb.com/title/tt1964418/plotsummary>

So what does all this mean? I can only ponder a guess that because [time dilation occurs in rockets](#) as well as [cosmic rays](#), that there must be a link between the two. One example is that [when solar activity is quiet, there are more cosmic rays](#) (Hatton, C. J 1980) and our research clearly shows that when there are more cosmic rays ARV sessions are more accurate. Anyway, there is clearly a connection here and I'm sure one of our readers will figure it out.

# of Successful ARV Sessions with increasing Cosmic Rays – 9

# of Successful ARV Sessions with decreasing Cosmic Rays – 1

***Continue to next page for data summary***

## Solar Flares

- # of Successful sessions with Solar Flares Present - 6
- # of Un-Successful ARV sessions with Solar Flares Present - 3
- # of Successful sessions with Sunspots Present - 5
- # of Un-successful sessions with Sunspots Present - 11

## Combined Sunspots and Solar Flares

- # of un-successful ARV sessions with sunspots only - 13
- # of un-successful ARV sessions with sunspots and solar flares - 5
- # of successful ARV sessions with only solar flares - 2
- # of successful ARV sessions with both sunspots and solar flares - 5
- # of successful ARV sessions with no sunspots or solar flares - 2

## Lunar Phase

- # of Successful ARV sessions at / around first quarter moon = 6
- # of un-successful ARV sessions at / around first quarter moon = 5
- # of Successful ARV sessions at / around full moon = 4
- # of un-successful ARV sessions at / around full moon = 3
- # of Successful ARV sessions at other moon phases (4th quarter moon and new moons) = 1
- # of Un-successful ARV sessions at other moon phases (4th quarter moon and new moons) = 8

### Summary

ARV sessions are extremely accurate during the moon's first quarter when favorable solar conditions are present.

## Seasonal Variation

Remote viewing of the stock market began 4 years ago and that data from the previous 4 years has not been included in this report. However ARV the accuracy of the sessions always peaked in spring. Hence the first quarter or full moon in spring when solar flares are occurring and sunspot activity is quiet is a

prime time for accurate ARV sessions.

## Dopamine

During Spring and Summer the body contains less dopamine ([Seasonal variation in humancentraldopamine activity](#)), ([Hartikainen et al., 1991](#)) and lower / quiet geomagnetic activity keeps the brain's dopamine levels more stable ([Geomagnetic activity and enhanced mortality in rats with acute \(epileptic\)limbic lability](#)). It is also interesting to note that the dopamine D4 receptor (DRD4) has a 66% increase in people who live up to 100 years of age ([DRD4 genotype predicts longevity in mouseand human](#)).

## Cosmic Ray Data

# of Successful ARV Sessions with increasing Cosmic Rays – 9

# of Successful ARV Sessions with decreasing Cosmic Rays – 1

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

# of un-Successful ARV Sessions with decreasing Cosmic Rays - 7

A rise in cosmic rays is always associated with a decrease in sunspot activity.

## Magnetometer Activity

# of Successful ARV Sessions with major disturbed Magnetometer – 2

# of Successful ARV Sessions with quiet / minor disturbed Magnetometer – 8

# of un-Successful ARV Sessions with quiet Magnetometer – 8

## Schuman Resonance

# of Successful ARV Sessions with disturbed Schuman resonance– 2

# of Successful ARV Sessions with quiet Schuman resonance – 5

# of un-Successful ARV Sessions with disturbed Schuman resonance – 7

## **Polar Cap Index**

The Polar Cap Index is a measurement of solar wind disturbances at earth's north and south poles.

# of Successful ARV Sessions with increasing / disturbed Polar Cap Index – 5

# of Successful ARV Sessions with decreasing / quiet Polar Cap Index – 5

# of un-Successful ARV Sessions with increasing / disturbed Polar Cap Index – 4

# of un-Successful ARV Sessions with decreasing / quiet Polar Cap Index – 5

## **2MEV levels**

*(result of higher sunspot / solar activity)*

<b>ARV DATE</b>	<b>ENERGY LEVEL</b>
08/23/18 -	1.7e+08
08/03/18 -	4.7e+06
07/02/18 -	2.3e+08
05/29/18 -	4.4e+06
02/28/18 -	2.3e+07
01/23/18 -	4.2e+07
11/25/17 -	1.3e+07
11/03/17 -	1.6e+06
09/26/17 -	3.7e+06
04/17/17 -	1.7e+08
04/02/17 -	2.3e+09

Number of correct sessions with stronger 2Mev protons (4 or more) - 3

Number of correct sessions with weaker 2Mev protons (4 or less) – 8

### **Pre-Conclusion Summary**

The success of ARV Sessions are enhanced during times of increased cosmic rays. The sun's solar wind is playing a major role. When there is mild to very low sunspot activity with solar flares and the sun's solar wind speed is favorable (350 to 450), the mild solar activity is providing a boost / amplification effect, enhancing the success of ARV sessions.

## **Barometric Air Pressure**

Although not included in this dataset, ARV session were almost always 100% accurate when solar conditions were favorable when the barometric air



pressure peaked. A separate report about this effect can be accessed at the address below

[http://www.ez3dbiz.com/conclusion\\_of\\_arv\\_project.html](http://www.ez3dbiz.com/conclusion_of_arv_project.html)

Below is a quote from the study [On Human Autonomic Nervous Activity Related to Weather Conditions Based on Big Data Measurement via Smartphone](#), Makoto Komazawa et al. June 2016

*A significant decrease is seen in the sympathetic nervous system in both males and females—the more precipitation there was. In high pressure systems associated with fair weather, there is increased sympathetic nervous activity, with exacerbated release of dopamine in the corpus striatum, causing one to feel comfortable and at ease. According to prior research, low pressure systems associated with weather irregularity increase parasympathetic nervous activity; the body becomes sluggish and one feels depressed.*

### **Summary**

As the barometric air pressure changes, a change occurs in the body's nervous system. This "switch" that takes place may be what enhances the success of ARV sessions when the barometric air pressure has peaked and is just starting to head towards a lower barometric air pressure, a time where cosmic rays increase and precipitation is more common. It is interesting to note that one of the most common side effects of increased cosmic rays is more clouds, which in turn causes a tendency for increased precipitation. Also during the research project, when the sun's 10.7cm radio flux increased, there was usually, but not always a peak in the barometric air pressure along with favorable solar weather conditions.

## Further Reading

[The Autonomic Nervous System and Emotion.](#) Robert W. Levenson

## Moon Phase

On or near First Quarter Moon  
successful sessions - 4

On or near Full Moon  
successful sessions - 4

## ARV Sessions by Day of week

04/02/17 - Sunday  
04/17/17 - Monday  
09/26/17 - Tuesday  
11/03/17 - Friday  
11/25/17 - Saturday  
01/23/18 - Tuesday  
02/28/18 - Wednesday  
05/29/18 - Tuesday  
07/02/18 - Monday  
08/23/18 - Thursday

## Summary

The most successful ARV sessions occurred during the first 3 days of the week. Sundays, Mondays and Tuesdays.

## Final Conclusion

To locate the best period to perform a successful ARV session, look for when solar wind speeds approach the 450 to 350 range and as low as 330 and the [Middle Latitude Fredericksburg K-indices](#) show numerical values between 7 and 11. Especially favorable times are the moon phase from first quarter to full and when there are solar flares occurring. The exact favorable solar weather conditions are rare and occur on average every 4 to 8 weeks on average, however the information gained from remote viewing the future using these precise windows is well worth the wait.

## Simplified Summary

Low to Quiet solar activity Sunday through Tuesdays, especially during the season of spring (13:30LST midnight peak) first the moon's first quarter to full. Or when a solar flare with no to minimum sunspot activity is occurring and cosmic rays are increasing.

# The Difference between Sunspots and Solar Flares

## Sunspots

Sunspots are dark areas that appear on sun's surface. The darkness comes from cooler than average regions upon the Sun's surface. These regions are cooler because they form at regions where magnetic fields stronger than average. These magnetic fields are so strong they block some of the heat within the Sun from reaching its surface. Sunspots range in size from Earth-size "pimples" to swollen scars halfway across the sun's surface. Sunspots generally follow an 11-year cycle, called the "sunspot cycle."

## Solar Flares

These eruptions have much, much more energy. Flares take place when the rotation of the sun's interior contorts its own magnetic fields, acting like the sudden release of a twisted rubber band. Hence magnetic fields become explosive, realigning themselves, driving vast amounts of energy into space, creating sudden flashes of light -- a solar flare. Flares last minutes to hours and they contain tremendous amounts of energy. Flares of any given size are some [50 times more frequent at solar maximum than at minimum](#)

## Summary

Sunspots last for a day to several days. Flares can last anywhere from a few seconds to a few hours.

The longest solar flare was seen to [last a maximum of 12 hours](#)

## CME's. (Coronal Mass Ejections)

Magnetic contortions caused by the sun also hurl solar matter into space. These types of activity are akin to the physics of a cannon. A CME is like a cannonball, propelled forward in a single, preferential direction, only affecting a specific targeted area, including earth. The immense cloud of magnetized particles hurled into space travel over a million miles per hour. The plasma takes three days to reach Earth. Flares appear as a bright light and CMEs appearing as enormous fans of gas swelling into space.

## A Flare's Effects upon Earth

Disrupts the area of the atmosphere through which radio waves travel. This can cause degradation and sometimes temporary blackouts in navigation and communications signals.

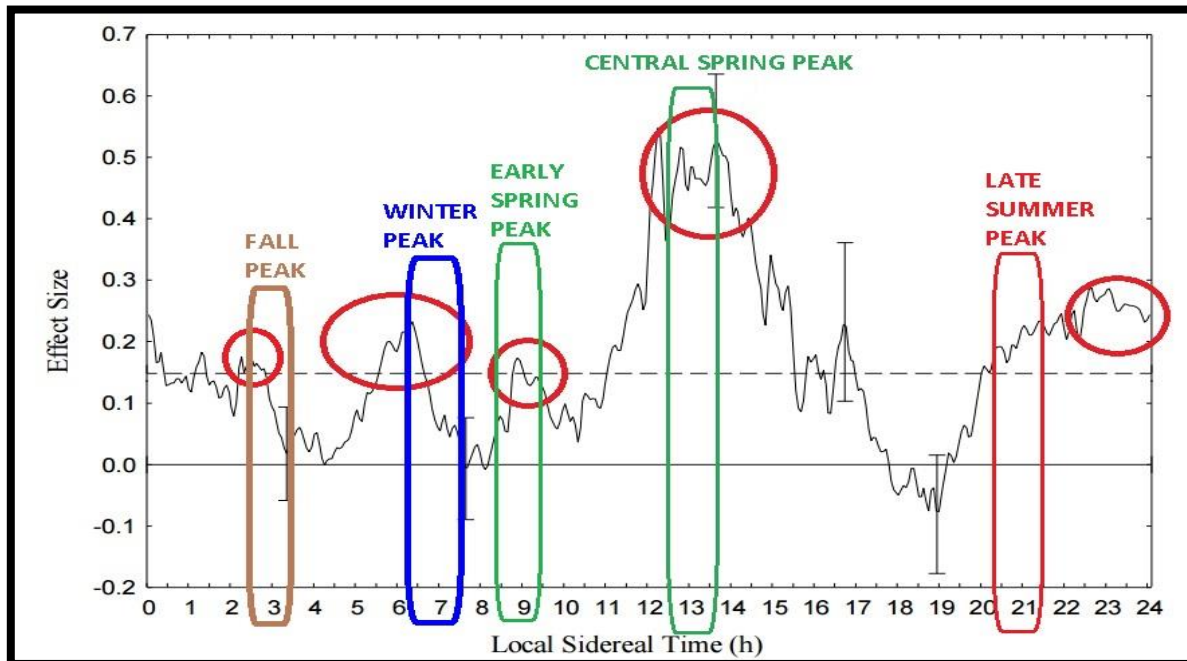
## A CME's Effects upon Earth

CME's can jostle Earth's magnetic fields which cause currents that drive particles towards Earth's north and south poles. As they come into contact with oxygen and nitrogen, they create the aurora (the Northern and Southern Lights). Magnetic changes caused by this activity affect high frequency radio waves and radios can transmit static, also GPS coordinates begin straying by a few yards. Also the magnetic oscillations cause excess electrical currents to flow in utility grids on Earth that overload electrical systems in the power grid.

## Seasonal Variation of the Aurora (Northern and Southern Lights)

[Are more common during spring.](#)

### The Seasonal LST Calendar



The above chart is courtesy of

[http://www.treurniet.ca/GCP/JSE\\_Spottiswoode.pdf](http://www.treurniet.ca/GCP/JSE_Spottiswoode.pdf)

This calendar is the result of years of finding the peak time to perform associative remote viewing sessions. It is based on the Spottiswoode calendar that reviewed thousands of remote viewing tests to find the best time of day to perform remote viewing. You can learn more about the LST Seasonal Calendar by visiting the address below:

[http://www.ez3dbiz.com/seasonal\\_precognition.html](http://www.ez3dbiz.com/seasonal_precognition.html)

## Interesting Facts about Midnight

Our most accurate ARV Sessions would always take place at midnight, especially during the season of spring. On April 28 13:30LST occurs at midnight in Hawaii. Full moons occur at midnight.

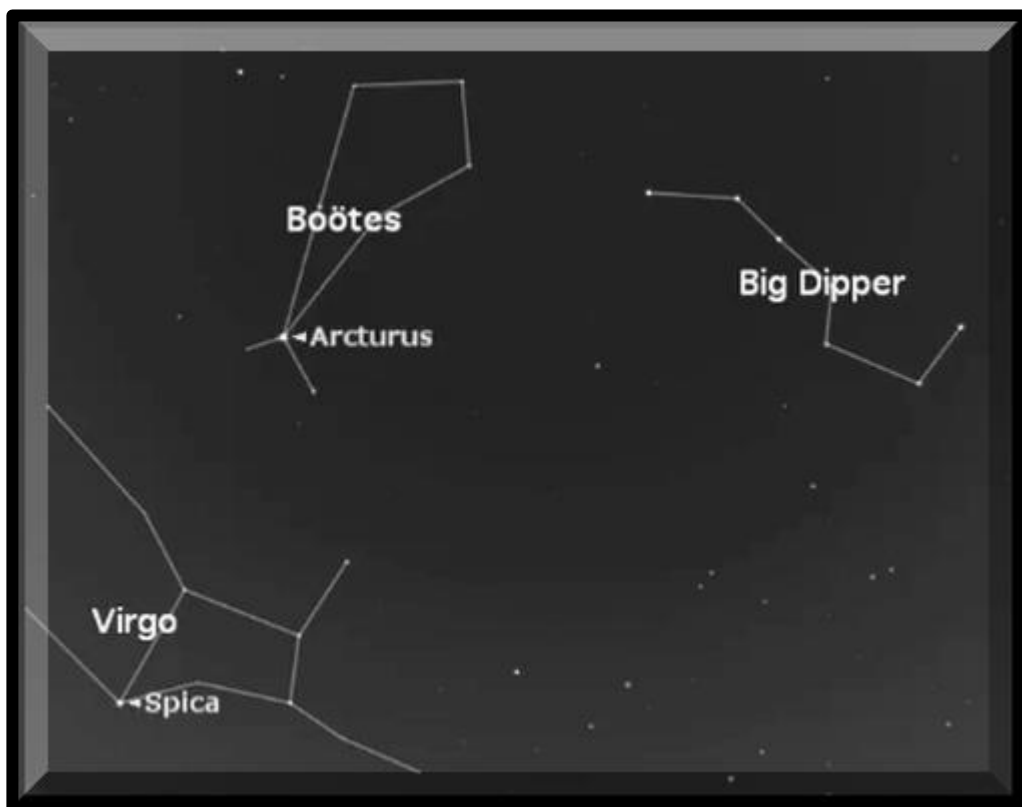
In the location of Hawaii during late April (Spring) the following 2 stars, which are some of the brightest stars in the night sky are directly overhead (zenith) at midnight

- Arcturus
- Spica

## The Star Spica

The Star Spica happens to lie in the Virgo Constellation. A region of sky that emits **large numbers of high energy cosmic rays**. I have written an entire article that discusses this in greater depth and can be found at the address below:

[http://www.ez3dbiz.com/cosmic\\_rays\\_parallel\\_universes.html](http://www.ez3dbiz.com/cosmic_rays_parallel_universes.html)



[Washington D.C. appears to have structures aligned to the constellation Virgo.](#)

### **The Parasympathetic Nervous System and Cosmic Rays**

Studies have confirmed that parasympathetic nervous system activity becomes stimulated during increased cosmic rays and an increased solar flux. Hence, our research showing that ARV sessions are more accurate when solar flares occur matches the data that increased cosmic rays contribute to the success of ARV sessions. This confirms that these two datasets complement one another and are key solar weather environmental conditions to watch for when planning for a successful ARV session. A research study found that increased cosmic rays, solar radio flux, and Schumann resonance power was associated with increased parasympathetic activity and HRV activity. Hence, this may mean that Schuman resonance power may be another factor to look at when planning for a successful ARV session.

#### **Reference**

[Long-Term Study of Heart Rate Variability Responses to Changes in the Solar and Geomagnetic Environment.](#) Abdullah Alabdulgader, et al. Feb 2018.

### **HRV and Cosmic Rays**

In a study looking at the body's physiology of the nervous system during a solar flare the study found positive and strong correlations between HF power and cosmic rays, as well as VLF and TP power. The study also found that during the first 2-week period in the study, cosmic rays were weakly and negatively correlated to HRV, yet had had strong positive correlations with the LF/HF ratio measures. This suggests favorable physiological responses to increased cosmic rays in healthy populations. The autonomic nervous system response to increased cosmic rays was immediate and it continued throughout the 40 hr period of the study. When measuring HRV activity during periods of high cosmic rays, decreases have been found to occur in the LF/HF ratio, which are indicative of higher parasympathetic activity. The study found that strong positive correlations existed between cosmic rays and HRV variables, which in healthy populations, suggests a beneficial response to increases in cosmic rays. The study also concluded that autonomic nervous system responds rapidly to changes in cosmic rays, the Schumann resonance and the sun's solar radio flux.

#### **Reference**

[Long-Term Study of Heart Rate Variability Responses to Changes in the Solar and Geomagnetic Environment.](#) Abdullah Alabdulgader et a;/ Fen 2018

### **Solar Wind Speed and Heart Rate**

Increases in the sun's solar wind intensity have been shown to increase heart rate activity. This was interpreted as a stress response. Also increases in cosmic rays, solar radio flux, and earth's Schumann resonance is associated with increased HRV and parasympathetic nervous system activity.

#### **Reference**

[Study of Heart Rate Variability related to the Solar and Geomagnetic Environment.](#) by Dirk Terpstra. May 10, 2018.

## Summary

Increases in cosmic rays, solar radio flux and Schumann resonance power are associated with increased parasympathetic and HRV activity. The human autonomic nervous system also responds quickly to changes in Schumann resonance power, cosmic rays and the solar radio flux. Hence, these factors may be the primary driving mechanisms that are the key drivers of Tchijevsky's Index of Mass Human Excitability which follows the solar cycle. Factors include social unrest, collective motivation and human flourishing such as art, innovation and new technology.

## Reference

[Long-Term Study of Heart Rate Variability Responses to Changes in the Solar and Geomagnetic Environment](#). Abdullah Alabdulgader, et al. Feb 2018.

## The ARV Timeline

The reason the most accurate ARV sessions were the ones where we would look out a maximum of 3 to 4 days could be due to the fact that when the ARV session is performed on the day of a solar flare that 3 days later the effects of the CME impact earth, usually causes negative health consequences [due to the geomagnetic storm caused by the solar flare](#). This means a 3 day interference free window exists where one can view clearly the future position of a currency during this window of opportunity.

## Summary

At the exact moment of a solar flare / CME and up to 3 days afterwards (until the high speed solar particles enter earth's atmosphere) intuitive faculties are stimulated. After this, the high speed solar particles cause stress on the body which causes interference during the ARV sessions.

## The Emma McKinley Healing Miracle

I had thoroughly investigated the "instant healing" miracle of Emma McKinley who was healed overnight of a lifelong disease. Upon checking solar activity, it was found that her healing occurred when multiple solar flares were taking place. You can read the full report at the address below.

[http://www.ez3dbiz.com/emma\\_mckinley\\_sun\\_solar\\_miracle\\_healing\\_explanation\\_answer.html](http://www.ez3dbiz.com/emma_mckinley_sun_solar_miracle_healing_explanation_answer.html)

## Seasonal Variation of Solar Flares

Studies have found that solar flares are more common from [November to February](#) (Solar cycle 21) and from [July and August](#) (Solar cycles 20 and 21).

## Reference

[The distribution of solar flares for the time period 1967-1985](#). Petropoulos, B. & Poulakos, C.

**Continue to next page for raw data of the ARV sessions conducted from  
February 2017 until October 2018**

Date of ARV Session	Middle Latitude Frederick -sburg K-Indices	Solar Wind Speed	Magnetometer Activity	10.7 cm Radio Flux	Sunspots / Solar Flares	Cosmic Rays	PCI (polar cap index)	Schuman Resonance Activity	Moon Phase
<b>Yellow Bold Highlighted Rows are the dates of Successful ARV Sessions</b>									
10/04/18	4	419	Quiet	Rise	5 days of sunspots over the previous 5 days. - NO FLARES	Decline	Rising	Quiet	4 days from new
09/28/18	6	420	Disturbed	Rise	5 days of sunspots over the next 5 days. – NO FLARES	Rise	Rising	Rising	5 days after full
<b>08/23/18</b>	<b>5</b>	<b>404</b>	<b>Quiet</b>	<b>Rise</b>	<b>Sunspots with 2 flares in the coming 24 hours</b>	<b>Rise</b>	<b>Quiet</b>	<b>Quiet</b>	<b>4 days before full</b>
08/03/18	6	380	Disturbed	Steady	Sunspots previous 2 days	Decline	Rising	Disturbed	Last Quarter
2 Targets viewed – 1 correct the other incorrect									
<b>07/02/18</b>	<b>4</b>	<b>354</b>	<b>Quiet</b>	<b>Decline</b>	<b>None – NO FLARES</b>	<b>Rise</b>	<b>Quiet</b>	<b>Quiet</b>	<b>5 days after full</b>
<b>05/29/18</b>	<b>5</b>	<b>350</b>	<b>Mild Disturbance</b>	<b>Decline</b>	<b>Sunspots with multiple flares days before and after</b>	<b>Rise</b>	<b>Disturbed</b>	<b>Quiet</b>	<b>Full</b>
05/20/18	3	360	Quiet	Decline	2 weeks of sunspots approaching – 1 solar flare	Steady	Disturbed	Quiet	First Quarter
04/29/18	3	470	Quiet	Rise	Quiet	Rise	Quiet	Disturbed	Full
04/10/18	11	350	Disturbed	Rise	Quiet. Sunspots approaching coming 48 hours	Decline	Disturbed	Disturbed	4 <sup>th</sup> Quarter
04/06/18	3	350	Quiet	Rise	Quiet	Rise	Quiet	Disturbed	4 <sup>th</sup> Quarter
04/01/18	4	450	Quiet	Steady	Sunspots Previous 2 days. 1 Flare	Decline	Quiet	Disturbed	Full
03/16/18	10	470	Disturbed	Rise	Sunspots day previous and days after	Rise	Disturbed	Disturbed	New
<b>02/28/18</b>	<b>4</b>	<b>411</b>	<b>Quiet</b>	<b>Rise</b>	<b>Sunspots. 1 Solar Flare</b>	<b>Decline</b>	<b>Disturbed</b>	<b>Disturbed</b>	<b>3 days before full</b>
<b>01/23/18</b>	<b>3</b>	<b>400</b>	<b>Quiet</b>	<b>Rise</b>	<b>No Sunspots. Flare previous 24 hours.</b>	<b>Rise</b>	<b>Disturbed</b>	<b>Quiet</b>	<b>First Quarter</b>
<b>11/25/17</b>	<b>4</b>	<b>350</b>	<b>Disturbed</b>	<b>Steady</b>	<b>Multiple Sunspots Approaching. No Flares</b>	<b>Rise</b>	<b>Disturbed</b>	<b>Disturbed</b>	<b>First Quarter</b>
<b>11/03/17</b>	<b>7</b>	<b>410</b>	<b>Mild Disturbance</b>	<b>Decline</b>	<b>Quiet</b>	<b>Rise</b>	<b>Disturbed</b>	<b>Quiet</b>	<b>3 days before first quarter</b>



10/25/17	15	588	Disturbed	Decline	Multiple Sunspots. 1 Flare	Rise	Disturbed	Disturbed	3 days before first quarter
09/26/17	3	320	Quiet	Rise	Multiple Sunspots and Solar Flares	Rise	Quiet	No Data Available	3 days before first quarter
<b>Date of ARV Session</b>	Middle Latitude Frederick -sburg K-Indices	<b>Solar Wind Speed</b>	Magneto-meter Activity	<b>10.7 cm Radio Flux</b>	<b>Sunspots / Solar Flares</b>	<b>Cosmic Rays</b>	<b>PCI (polar cap index)</b>	<b>Schuman Resonance Activity</b>	<b>Moon Phase</b>
07/29/17	4	410	Disturbed	Steady	Multiple Sunspots. No Flares	Rise	Disturbed	No Data Available	First Quarter
07/18/17	7	500	Disturbed	Decline	Multiple Sunspots previous 5 days. 1 Flare	Rise	Disturbed	No Data Available	First Quarter
05/17/17	9	Disturbed	Minimal Disturbance	Decline	Multiple Sunspots. No Flares	Decline	Disturbed	No Data Available	3 days before fourth quarter
04/28/17	6	370	Quiet	Steady	Multiple Sunspots. No Flares	Decline	Disturbed	No Data Available	3 days after new
04/17/17	3	330	Quiet	Rise	No Sunspots. Multiple Solar Flares	Rise	Quiet	No Data Available	3 days before 4 <sup>th</sup> quarter
04/02/17	6	450	Disturbed	Major Rise	Multiple Sunspots. Multiple Flares	Rise	Quiet	No Data Available	First Quarter
03/24/17	7	520	Quiet	Rise	Multiple Sunspots. Flares in coming 24 hours	Decline	Disturbed	No Data Available	3 days before new moon
03/18/17	1	310	Quiet	Rise	Quiet	Rise	Quiet	No Data Available	3 days before fourth quarter
02/25/17	6	370	Disturbed	Decline	Multiple Sunspots	Rise	Disturbed	No Data Available	1 day before new

## Data Sources

Data Sources used in this report EZ3DBIZ.COM – The EZ3DBIZ ARV SESSIONS

[http://www.ez3dbiz.com/dow\\_project\\_research\\_summary.html](http://www.ez3dbiz.com/dow_project_research_summary.html)

**Star Rise / Set Times**

<http://aa.usno.navy.mil/data/docs/mrst.php>

**Polar Cap Index**

<http://pcindex.org/archive>

**Schuman Resonance Data**

<https://www.heartmath.org/research/global-coherence/gcms-live-data/>

**Comic Rays Archive**

<https://cosmicrays oulu.fi>

### **2017 Sunspot Numbers**

[http://legacy-www.swpc.noaa.gov/ftplib/indices/old\\_indices/2017\\_DSD.txt](http://legacy-www.swpc.noaa.gov/ftplib/indices/old_indices/2017_DSD.txt)

### **2017 Sunspot Numbers 2**

[http://legacy-www.swpc.noaa.gov/ftplib/indices/old\\_indices/](http://legacy-www.swpc.noaa.gov/ftplib/indices/old_indices/)

### **2018 Sunspot Archive**

[http://legacy-www.swpc.noaa.gov/ftplib/indices/old\\_indices/](http://legacy-www.swpc.noaa.gov/ftplib/indices/old_indices/)

### **Solar Wind Speed Archive**

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

### **NOAA SOLAR WEATHER ARCHIVED DATA**

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

### **2017 Magnetometer Archive**

[http://legacy-www.swpc.noaa.gov/ftplib/warehouse/2017/2017\\_plots/goeshp/20170517\\_goeshp.gif](http://legacy-www.swpc.noaa.gov/ftplib/warehouse/2017/2017_plots/goeshp/20170517_goeshp.gif)

### **Solar Wind Speed Archive (change dates in address bar to access different dates)**

[http://legacy-www.swpc.noaa.gov/ftplib/lists/ace/20170417\\_ace\\_swepam\\_1m.txt](http://legacy-www.swpc.noaa.gov/ftplib/lists/ace/20170417_ace_swepam_1m.txt)

### **NOAA Solar Weather Archived Data**

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

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

### **Report of how the full moon strengthens the heart**

[http://www.ez3dbiz.com/conclusion\\_of\\_arv\\_project.html](http://www.ez3dbiz.com/conclusion_of_arv_project.html)

Report compiled by Scott Rauvers [www.ez3dbiz.com](http://www.ez3dbiz.com) founder of the [ARV Project](#)

*Continue to next page for additional information about the heart, the full moon, solar activity and cosmic rays.*

## Full Moons Strengthen the Heart

In two of my remote viewing books [Secret Gems Foods & Essential Oils for Intuition & Associative Remote Viewing](#) and [An Introduction to Remote Viewing the FOREX. Schumann Resonance Coherence Secrets](#) I use the [HeartMath coherence technique](#) to enhance intuition. The key is that the answers are received through the heart, which the brain then deciphers the answers.

The same discovery that full moons enhance intuition was written up in a paper titled [Solar-Periodic Full Moon Effect In Thefourmilab Retropsychokinesis Projectexperiment Data:An Exploratory Study](#). By Eckhard Etzold. The author came to the same conclusion that disturbed solar weather during full moons caused a type of interference that caused a reduction in intuition.

Quotes from the study -

*"retroPK scores are negatively correlated with solar activity such as increasing sunspot numbers, coronal holes, and solar flares because GMF activity is driven by solar activity. "*

*"overall, these results suggest that retroPK performance in the full moon interval is modulated by solar activity in combination with geomagnetic effects"*

*"In summary, we see that the significant results of retroPK for-the-record runs of the full moon interval can be explained mostly by solar predictors such as sunspot activity and the F10.7 index. Both parameters measure activity on the surface of the sun. Their high correlation of  $r(84) = .824$ ,  $p = 2 \times E-22$  with each other confirms their close relationship.*

*"Sunspot activity that is located at the equator might affect the earth more strongly than sunspot activity at mid-latitudes."*

### Reference

[Solar-Periodic Full Moon Effect In Thefourmilab Retropsychokinesis Projectexperiment Data:An Exploratory Study](#)

In a second study measuring pre-stimulus responses using a roulette paradigm also found that the full moon exerted an effect.

Quotes from study -

*"The overall win ratio was significantly higher ( $Z=-2.2$ ,  $P<.05$ ) during the full moon period"*

*"The findings that the HRV win/loss response during both the pre-bet and post-bet segments during the full moon phase but not the new moon phase and that the win ratio was also higher at full moon are also intriguing and are consistent with others findings"*

*"More recently, significant solar and full moon phase effects in a large database of psychokinesis experiments were found, and the author suggests that the moon's interaction with the earth's magnetosphere during the moon's passage through the magneto-tail in full moon times may explain the observed effects"*

### **Reference**

Electrophysiology of Intuition: Pre-stimulus Responses in Group and Individual Participants Using a Roulette Paradigm. Rollin McCraty, PhD and Mike Atkinson.

### **Solar Activity and Its Effect upon the Heart**

One of the most recent studies to date, published in February 2018, titled: Long-Term Study of Heart Rate Variability Responses to Changes in the Solar and Geomagnetic Environment and conducted by Abdullah Alabdulgader and colleagues, examined the effects of a solar flare in real time upon the human body.

Quotes from the study -

*"For changes in the number of sunspots, IBIs were positively correlated in hour 12 through 15. TP was significant at hour 10, and again during hours 12 to 15. HF was also positively correlated from hour 10 to hour 15. "*

IBI's measure the intervals between the time interval between individual heart beats. Hence sunspot activity affects the heart. TP also is a representation of the overall activity of the heart. HF is (0.15–0.40 Hz) is influenced by breathing from 9 to 24 bpm. It can also be a measurement how the nervous system is affected.

### **Reference**

Long-Term Study of Heart Rate Variability Responses to Changes in the Solar and Geomagnetic Environment.. Abdullah Alabdulgader et al. Feb 2018

## Further Reading

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

### **The Solar Wind and its Effects on the Heart**

An increased solar wind speed is usually the result of more disturbed solar activity. A research study found that high speed solar wind speeds affect the heart. Quotes from the study -

*"Increase in solar wind intensity was correlated with increases in heart rate"*

*"Solar wind was negatively correlated with IBIs indicating that heart rate increases with increases in solar wind that suggests a physiological stress reaction occurred. It appears that increased cosmic rays, solar radio flux, and Schumann resonance power are all associated with increased HRV and increased parasympathetic activity, and the ANS responds quickly to changes in these environmental factors."*

### **Increasing Sunspot Numbers Correlate with Increases in Suicide & Leukemia**

Quotes from the study -

*"an extremely significant correlation between annual sunspot number and annual male suicide rate"*

*"Thailand's annual male leukemia rate is correlated with sunspot number"*

*"Riabykh and Bodrova (1992) found a significant correlation between Wolf Sunspot Numbers and benign breast cancer for women in the middle and late menarche."*

*"Dimitrov (1993) found some significant lagged-correlations with malignant melanoma in Czechoslovakia and solar 7.5 and 11 year cycles."*

*"The SR (Schuman Resonance) signal is shown to be very highly correlated with sunspot number and the GMA Kp-index"*

## Reference

Schumann Resonances, a plausible biophysical mechanism for the human health effects of Solar/Geomagnetic Activity. Neil Cherry. August 2001.

## Sunspots and Disease

Quotes from the study -

*"For sunspots and medical diseases, a 64–128 days band also appears for Asthma groups around solar maximum"*

*"our study seems to indicate a higher presence of short-period periodicities for the investigated diseases in the range of 3 days to half year during epochs when the Earth is closest to the Sun"*

### Reference

Could periodic patterns in human mortality be sensitive to solar activity? R. Diaz-Sandoval et al. 2011.

## The Heart

The full moon has been shown to affect the heart.

Quote from the study -

*"The heart pulse of females is significantly affected when it is measured during the days of the full moon due to the electromagnetic waves that are emitted from the full moon."*

### Reference

The impact of electromagnetic waves at the full moon on some physiological changes among the students of the Faculty of Sport Sciences at Mu'tah University Dr. Baker Sulaiman Thuneibat. 2014.

The body is also able to recover more quickly from exercise during full moons.

Quote from the study -

*"Recovery of HR after step test was quicker in NM and FM compared to that of FQ and TQ. It appears from this study that gravitational pull of the moon may affect the cardiovascular functions of the human body."*

A study on the physical fitness index, heart rate and blood pressure in different phases of lunar month on male human subjects..

Chakraborty U and Ghosh T. Sept 2013.

## The Heart is Stronger during Full Moons

A study found that heart attacks (also called AMI) occurred during new moons at the rate of 35%. During full moons the rate was 38%, during waning moons 39% and during waxing moons 41%.

## Reference

Lunar phases are not related to the occurrence of acute myocardial infarction and sudden cardiac death. Eisenburger P. et al. Feb 2003.

Another study looking at cardiac operations from January 1996 to December 2011 found the following -

Quote from the study -

*"The full-moon cycle appeared to reduce the odds of death"*

## Reference

The influence of seasons and lunar cycle on hospital outcomes following ascending aortic dissection repair. Jeffrey H. Shuhaiber et al. July 2013.

## Acute Coronary Events increase during the New Moon

An Acute coronary syndrome is when blood flow to the heart suddenly becomes reduced, which if left unchecked, can eventually cause a heart attack. Quote from the study -

*"It is concluded that there is increased incidence of acute coronary events associated with new moon days."*

## Reference

A novel trigger for acute coronary syndromes: the effect of lunar cycles on the incidence and in-hospital prognosis of acute coronary syndromes--a 3-year retrospective study. Oomman A. et al. April 2003.

A research study found that when solar activity was stronger, the minimum number of deaths would take place close to the new moon and full moon. The maximum numbers of deaths would take place during the moon's first and last quarters when solar activity was medium to quiet.

## Reference

The effect of solar activity on lunar changes in cardiovascular mortality. J. Sitar. March 1989.

## Heart Surgery is more successful during Full Moons

A study found that people who had heart surgery during full moons stayed in the hospital 4 days less compared to people who had heart surgery during other moon phases, according to a study published in the [July 22nd journal Interactive Cardiovascular and Thoracic Surgery](#).

## Further Reading

Long-Term Study of Heart Rate Variability Responses to Changes in the Solar and Geomagnetic Environment. Abdullah Alabdulgader et al. Feb 2018.

## Additional Information Concerning Cosmic Rays and Health

### C-reactive Protein Levels

Cosmic rays have been found to affect serum C-reactive protein levels in person's suspected of having inflammatory-related problems.

### Cosmic Rays and HRV

During periods solar activity was unsettled a negative correlation existed between cosmic ray counts and IBIs with positive correlations existing in the LF/HF ratio. During post storm solar activity, correlations substantially **increased with positive occurrences taking place** with the IBIs, the SDNNi the TP, and the VLF, HF and LF power, while LF/HF ratios were strongly negatively correlated. The study found that the largest effects took place in the autonomic nervous system from cosmic rays. Hence Stoupe's theory that cosmic rays are a principal factor of environmental forces that affect human physiology is starting to gain credibility.

The majority of the medical data shows that increased cosmic rays along with low geomagnetic activity is associated with increases in sudden cardiac deaths and strokes. However these death rate, primarily reflect sick and elderly populations. For example a large study of younger people with potential inflammatory related problems that were subjected to serum C-reactive protein tests found a robust and inverse correlation between C-reactive protein levels and the numbers of cosmic rays. Also inflammation and higher levels of C-reactive protein have been found to occur in people with lower levels of HRV, especially with reduced VLF bands.

In final conclusion variations in geomagnetic activity and cosmic rays are associated with increased death rates suggest that these disturbances trigger or impact vulnerable regions in sensitive and unhealthy populations.

### Reference

Long-Term Study of Heart Rate Variability Responses to Changes in the Solar and Geomagnetic Environment. Abdullah Alabdulgader, et al. Feb 2018.

### Further Reading

Heart rate changes in relation to cosmic ray intensity variability: A wide



[investigation in different latitudes and longitudes](#). Mavromichalaki et al. July 2010.

### **Causes of Cosmic Rays and their Effect Upon the Heart**

High cosmic rays affect electrical heart instability, which in turn may be responsible for cardiac arrhythmia and disturbed lipid metabolism in the artery wall of the heart, contributing to atheroma ruptures and fissuring. This in turn causes reduced oxygen circulation leading to problems in the muscles of the heart and brain. Also during solar minimum geomagnetic activity is much lower on average.

It appears that the effect of cosmic rays upon the population mirrors that of solar activity in that healthy and younger populations may actually benefit from higher cosmic rays and the vulnerable, being the elderly and the ill, may become negatively affected by higher cosmic ray activity. For example, cardiac problems are more common in the elderly and during periods cosmic ray activity is stronger, there are more reported deaths from sudden cardiac deaths.

### **Reference**

[Clinical Cosmobiology - Sudden Cardiac Death and Daily / Monthly Geomagnetic, Cosmic Ray and Solar Activity - the Baku Study \(2003-2005\)](#). E. Stoupel et al. 2006.

### **Cosmic Ray and Solar Activity Cosmic Rays may strengthen the Heart**

Studies have found that when there are more cosmic rays, deaths via non-cardiovascular sources such as traffic accidents and suicides are more common with lower incidences of death via ischemic heart disease and strokes. Perhaps an increase in cosmic rays causes one to overcompensate in their reaction time while driving or performing similar strenuous tasks.

### **Reference**

[Cosmic rays activity and monthly number of deaths: a correlative study](#). Stoupel E. 2002.

### **Low Geomagnetic Activity and High Cosmic Ray Activity**

During days geomagnetic activity was at very low levels and there were a high number of cosmic rays, a significant rise in the number of emergencies occurred. The increase in deaths was from Sudden Cardiac Deaths and cerebral stroke. Also an increase in Acute Myocardial Infarction and less infections was also noted. Another interesting point is that the rate of infection is lower during days geomagnetic activity is extremely low. Cerebral Stroke seems to be especially more prevalent during times cosmic rays increase. A subset of

the population is predisposed to adverse health conditions occurring during extremely high or extremely low geomagnetic activity.

### **Reference**

[Days of “Zero” level geomagnetic activity accompanied by the high neutron activity and dynamics of some medical events—Antipodes to geomagnetic storms.](#) E. Stoupe1 et al. March 2013.

### **Sudden Cardiac Death**

Fatal cardiac arrhythmia or heart standstill-asystolia has been associated with days of high neutron activity.

### **Reference**

[Days of “Zero” level geomagnetic activity accompanied by the high neutron activity and dynamics of some medical events—Antipodes to geomagnetic storms.](#) E. Stoupe1 et al. March 2013.

Cosmic rays are very closely related to the high energy space proton flux, which is more active when geomagnetic activity is at extremely low levels.

### **Reference**

[Correlation of two levels of space proton flux with monthly distribution of deaths from cardiovascular disease and suicide.](#) Stoupe1 E et al. 2000.

## Final Concluding Summary

To simply summarize, the data and evidence supports the theory that sunspots and associated activity put more burden upon the body, especially the upper regions, causing excessive stress which causes interference to take place during Associative Remote Viewing Sessions, most likely via the Schuman resonance. There is without a doubt that the heart is stronger during full moons and that the autonomic nervous system is impacted by solar flares and cosmic rays. During a full moon, the heart is able to more effectively deal with these stressors, which explains why Associative Remote Viewing Sessions were always more accurate during full moons, especially when solar activity was at a minimum.

I hope this paper sheds some light on how intuitive faculties can be enhanced utilizing the cycles of solar activity and our heart.

*Scott Rauvers*

Author and founder of the [ARV Project](#).