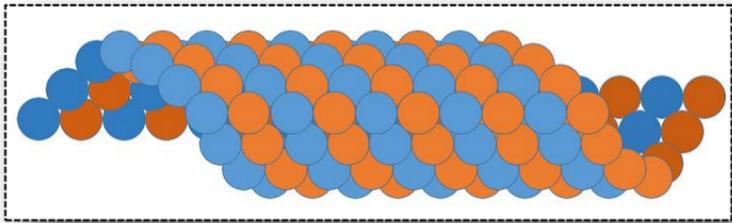


Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules



*Published by the Institute for Solar Studies.
Santa Monica, CA.*

Scott Rauvers

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Dow Jones Project at**

**[www.ez3dbiz.com/
dow_project_research_summary.html](http://www.ez3dbiz.com/dow_project_research_summary.html)**

This third edition is also printed in workbook style with extra wide margins and headers on each page for the ease of writing in notes and details for students of remote viewing. If you prefer the non-workbook edition, this title has been reprinted for your convenience under the name **Secret Gems Foods & Essential Oils for Intuition & Associative Remote Viewing** (ISBN-10:1979771464), which has been printed in a non-workbook format.

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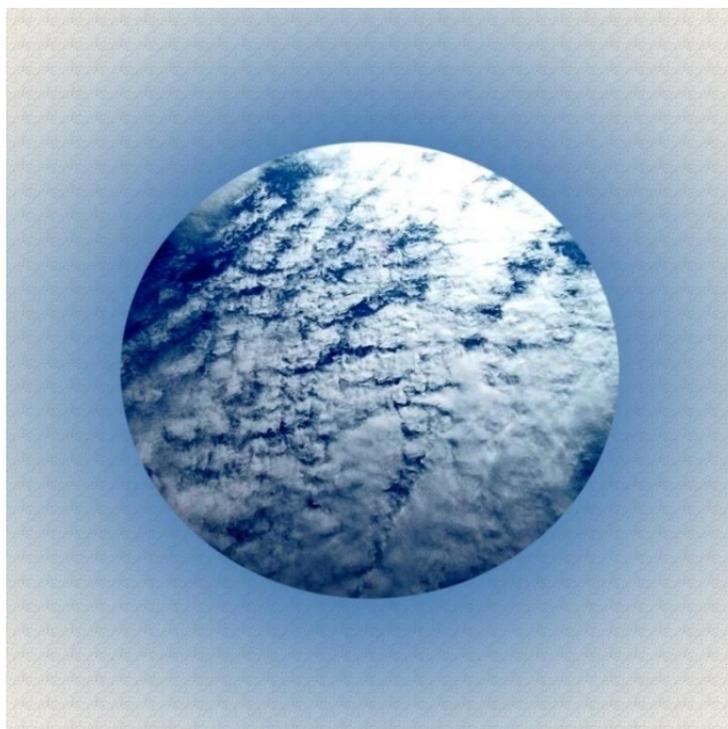


Scott Rauvers



While it is impossible to outline every single detail necessary for a successful associative remote viewing session, this book's purpose is to serve as a guide, an instrument if you will, that will greatly increase your associative remote viewing skills. If this book serves that purpose, then I am satisfied that this book will have done its job

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Scott Rauvers

DEDICATION

This book is dedicated to the founders of

Quantum Mechanics:

Erwin

Schrödinger,

Werner

Heisenberg, Max

Born John von

Neumann, Paul Dirac, Max Planck, Niels Bohr,

Werner Heisenberg, Louis de Broglie, Arthur

Compton, Albert Einstein, Enrico Fermi, Wolfgang

Pauli, Max von Laue, Freeman Dyson, Satyendra

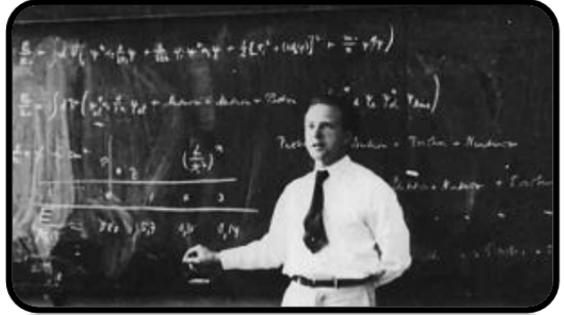
Nath Bose, Arnold Sommerfeld, David Hilbert,

Wilhelm Wien, and others.

We thank them for their contributions to science which has changed the way we live today.

The last 4 years (2014 to 2017) has seen a revolution in quantum physics, especially in the area of quantum chemistry, quantum biology and quantum photosynthesis. This book merges these breakthroughs into the associative remote viewing framework to dramatically enhance the accuracy of associative remote viewing.

A special thanks goes out to the many scientists and researchers who have not only published some brilliant papers on quantum



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biology and quantum chemistry in the last few years, but for their courage and fearless research. Our **ARV** (*associative remote viewing*) technology would not have been made possible without their contributions.

It is interesting to note that Michael J. Fox who has Parkinson's played the role of Marty in the Back to the Future Science Fiction Movie Trilogy. Parkinson's is associated with a loss of dopamine in the brain and dopamine enhances anticipatory effects (*Role of dopamine in anticipatory and consummatory aspects of sexual behaviour in the male rat. Pfaus JG and Phillips AG. Oct 1991*). It is the anticipatory effect that is partly responsible for pre-stimulus effects taking place during precognition (*Future directions in precognition research: more research can bridge the gap between skeptics and proponents. Michael S. Franklin et al. Aug 2014*), (*PAA; Mossbridge et al., 2014*). Parkinson's also affects the brain's resonating microtubules which is affected by water moisture and atmospheric water moisture is affected by lunar phases, as we shall clearly show in this book (*microtubules are tubular shaped structures inside the brain's neurons*).

It is the sole aim of this book to reveal methods, techniques and their related technologies that extend the pre-stimulus response time for receiving information during remote viewing from seconds to a maximum of 4 days into the future in order to enhance the success of associative remote viewing sessions.

Recommended

Reading

Dopamine-dependent oscillations in frontal cortex index “start-gun” signal in interval timing. June 2015

Further Reading

Anomalous anticipatory response on randomized future conditions. Percept. Mot. Skills 84, 689–690. Bierman D. J., Radin D. I. (1997)

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Attitudes of college professors towards extrasensory perception. Zetetic Scholar 6, 7–17. Wagner M. W., Monnet M. (1979).

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The Solar Institute's Remote Viewing Series

Our remote viewing sessions over the previous 3 years have totaled more than 70 associative remote viewing sessions involving the future position of the Dow Jones Industrial Average. The best of our research has been spread out over a 3 part workbook series. This is book #3.

CONSTELLATIONS AND REMOTE VIEWING

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

Topics Covered: Quantum Tunneling, Herbs for Remote Viewing, 13:30LST, The Star Arcturus, Cosmic Rays and Remote Viewing, Air Pressure, The Human Nervous System and Pre-Stimulus Activity, Frequencies that Enhance the Results of Remote Viewing, Solar and Weather Conditions for Prime Associative Remote Viewing Sessions, Intuitive Biorhythms and Remote Viewing, Magnetic Midnight, the Ophiuchus Constellation, Mayer Waves, Moisture as a Medium for Conveying Information, The Associative Remote Viewing Procedure, Studies Involving Remote Viewing the Markets, Torsion Effects and Time, Magnetic Fields, Paramagnetic Materials, Angular Momentum and the Density of Time and much more!

REMOTE VIEWING HARDWARE AND TECHNOLOGY

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

Topics Covered: Emotions as Sensors for Future

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Stimuli, Associative Remote Viewing and power of Expectation, The Maharishi Effect, Remote Viewing the Future of the Dow Jones, Remote Viewing Electronics / Technology, Dealing with Remote Viewing Interference, Schumann Resonance, Heart Math Coherence and Remote Viewing, Humidity as an Emotional Intensifier, Polarized Light, Finding the Ideal Remote Viewing "Sweet Spot", The Key of Time, The Quarter Moon, Neutrinos and the Nervous System, Tungsten and the Electroweak Force, Hydrocarbons, Barometric Air Pressure and Intuition, Maintaining Strong Brainwaves During Remote Viewing Sessions, Triboluminescence, The Color Yellow, Environmental Radiation and Remote Viewing, Biodynamic Gardening Phases and Remote Viewing, Photoelectrics and much more!

THE QUANTUM REALM AND REMOTE VIEWING

Book 3 – *Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules.* Topics Covered: The Quantum Mind, Remote Viewing and Quantum Mechanics, HRV and Remote Viewing, The role Microtubules play in Remote Viewing, Remote Viewing and Non-locality, The Hypothalamus and Remote Viewing, Gems and Minerals that Enhance Remote Viewing, Quantum Coherence, The Hippocampus, Empathy and Psychic Ability, Substances that Enhance Remote Viewing, Linoleic Acid and Quantum Mechanics, Quantum Photosynthesis, Dopamine and Remote

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Viewing, Transthyretin, Neurotransmitters and Remote Viewing, Lithium, Monoterpenes, The Signal to Noise Ratio and Remote Viewing, Essential Oils and Quantum Effects, Anesthetics, Taxol, The Pacific Yew Tree, Bacteria, Monoterpenes and Quantum Photosynthesis, Consciousness and Frequency, Meditation, Brainwave Rhythmus and Remote Viewing, Photons, Alternate Timelines and Parallel Universes, The Zero Point Field, The Best Moon Phases for Remote Viewing, Favorable Environments and Conditions for Remote Reviewing and much more!

You may preview the first 3 chapters of any of these books by visiting:

www.mightyz.com

Scott Rauvers

This third edition includes essential oils and other researched substances, including brainwave frequencies that enhance associative remote viewing. It also includes methods to enhance dopamine levels and keep it circulating in the brain longer to enhance remote viewing. Dopamine is one of the key substances that enhance remote viewing due to its anticipatory actions. This edition also shows in great depth how to utilize substances to clarify the connection to the quantum realm, from which all future information comes from. This book also looks at how the genes in our body play a role in intuition showing the latest scientific studies confirming that genes are connected to intuition.

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Barometric Air Pressure and Moon Distance__
Seasonal Variation of Barometric Air Pressure
According to Sunspots and Region__High Air Pressure
and Births__Biodynamic Gardening and the Influence
of the Moon's Forces__Seasonal Variation__Cosmic
Rays and Water Moisture__The Moon's Influence on
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Monoterpenes in Essential Oils__Phenol Levels in Essential Oils__Keytone Levels in Essential Oils__ Monoterpenes in Essential Oils Chart #2__Essential Oils that have the Most Popular Monoterpenes__ A list of Terpene alcohols__A list of Cyclic ketones__A list of Aromatic ketones__Van Der Waals Radius of the Elements__Tellurium Dioxide and Lead Molybdate. Minerals used in Acousto-optic Devices__Piezoelectric Crystals that have Elastic Properties__Ancient Egyptian Healing Rods and the Schumann Resonance__Tuning Forks for the Parasympathetic Nervous System__Other Tuning Forks for the body's Parasympathetic Nervous system__The Otto Tuners__**Acupressure Points for Influencing Heart Rate Variability (HRV)** __Research Study Number 2.

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Accupressure Points and Heart Rate Variability (HRV)
___ Acupuncture Points for Influencing Heart Rate
Variability (HRV) ___ Music and Exercise and its effects
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Scott Rauvers



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Introduction

Our previous 2 editions on remote viewing, Wormhole Theories, Sunspot Activity and Remote Viewing Stocks and Remote Viewing. The Complete User's Manual on Experiencing Future Consciousness, laid the groundwork for methods and techniques that enhance associative remote viewing. This third edition ties them all together, including how the body receives the information during remote viewing, both via quantum methods and the nervous system.

The Breakthrough Discovery that Enhanced Associative Remote Viewing

The accuracy of our associative remote viewing sessions dramatically increased after using the device known as the **EMwave 2**. This device tells you when your heart and brain are in coherence with one another using a method known as Heart Math. This creates a clearer connection to activity taking place in the nervous system..



Heart Rate Variability

The most significant changes that occur in the body before an anticipatory event include physiological changes in the skin, cardiopulmonary and nervous system (*Preparation- or intention-to-act, in relation to pre-event potentials recorded at the vertex. B. Libet et al. 1983*). Hence the scientific data shows our bodies have direct access to information about the future, at least short term. Soon we shall show a scientific study involving a roulette wheel putting this principle into action and how Heart Math was used to enhance the odds of winning.

Precognition via our body takes place without our thinking about it. Hence it takes place in our autonomic nervous system. If we did not have our autonomic nervous system, every exhale/inhale of our breath or every beat of the heart would be in our conscious minds every waking moment. Future events would quickly overwhelm our mind. It may be that our autonomic nervous system acts as the main buffer between the conscious mind and precognitive information.

The value lies in being able to select the information you wish to receive using conscious effort and trusting the Parasympathetic Nervous System to clearly communicate with the conscious mind. Hence this clearly explains why

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long forgotten fears hiding in the subconscious and spontaneous bursts of anger left over from past experiences cause illness to come out of nowhere.

Traumatic incidents and stressful events leave lasting marks in the body's autonomic nervous system. Hence the reverse is also true, future incidents and situations leave subtle marks can be detected via the body's autonomic nervous system.

During Associative Remote Viewing Sessions, the Parasympathetic Nervous System can recognize precognitive information and directly relay this information to the conscious mind through spontaneous action, thoughts or emotions. Remote Viewing in general relies on the Freudian levels of consciousness levels. The lowest level is the "*unconscious*." This states that a part of our mental processes we take for granted as "*awareness*" does not have direct access to the unconscious.

This part of the psyche is what first receives signals. Next it is passed to the body's autonomic nervous system (ANS) and as the signal line impinges on the autonomic nervous system, the information becomes converted into a reflexive nervous response. As this takes place, the signal enters the subconscious mind and then into the lower fringes of the conscious mind.

Hence our subconscious and conscious minds communicate through our bodies. This is made possible due to the fact that the body's nervous system contains 100 trillion synapses and 100 billion neurons, more than enough processing power to communicate precognitive information to the conscious mind.

Further

Reading

The Autonomic Nervous System and Future Events

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Anomalous anticipatory skin conductance response to acoustic stimuli: experimental results and speculation about a mechanism. E.C May et al. J Altern Complement Med. 2005 Aug; 11(4):695-702.

The Parasympathetic Nervous System and Future Events

Before we look at the roulette study, we first need to understand the specific part of the nervous system sends us messages from the future.

The Hypothalamus and the Nervous System

The hypothalamus regulates a specific part of the nervous system known as the **Autonomic Nervous System**. The Autonomic Nervous System is associated with bodily functions that take place without our knowing about it (*unconsciously*). This includes blood pressure, heart beat, respiration and digestion. Like Neutrinos, the Autonomic Nervous System has consists of two separate flavors.

1 - Sympathetic

2 - Parasympathetic

The Sympathetic Nervous System is the "*fight or flight*" system which is associated with the neurotransmitter epinephrine (*or adrenaline*).

The Parasympathetic Nervous System Effects on Bodily Functions

Parasympathetic Nervous System activity is accompanied by an increase in high frequency power (HF) of **Heart Rate Variability (HRV)** spectrum.

- Relaxation
- Rest
- Healthy Digestion

The Sympathetic Nervous System Effects on the Body

Sympathetic Nervous System activity is accompanied by an increase in low frequency power (LF) of the heart rate variability (HRV) spectrum.

- Pupil dilation
- Accelerated Heart Rate
- Widens bronchial passages
- Decrease movement of the large intestine
- Constricts blood vessels
- Increase peristalsis in the esophagus
- Creates goose bumps and perspiration (sweating)
- Raises blood pressure

When both of these systems are functioning properly, a balance (*tandem*) takes place, creating homeostasis. Overall the Parasympathetic Nervous System is usually slightly more dominant than the Sympathetic Nervous System. However, what happens if the Dominance of the Parasympathetic Nervous System becomes reversed?

If the Sympathetic Nervous System became the dominant force, instead of our body being relaxed with healthy digestion, healthy blood pressure and a strong heart, the body would exist in a perpetually hyped-up state of being. It will

always be hungry and never satisfied. You would always feel exhausted and never be able to sleep. The heart will be racing, unable to handle strenuous physical activity. This is what would happen if the Sympathetic Nervous System became dominant.

Heart Rate Variability and the Nervous System

The function of the body's Autonomic Nervous System is measured via what's known as **HRV (Heart Rate Variability)**. This is also called 'Cycle Length Variability,' and is used as a guideline or test to determine what state the Autonomic Nervous System (Parasympathetic vs Sympathetic) is in. To put it simply, Heart Rate Variability is the difference between peaks seen on an EKG (the distance between the peaks) or frequency.

Heart rate variability (HRV)

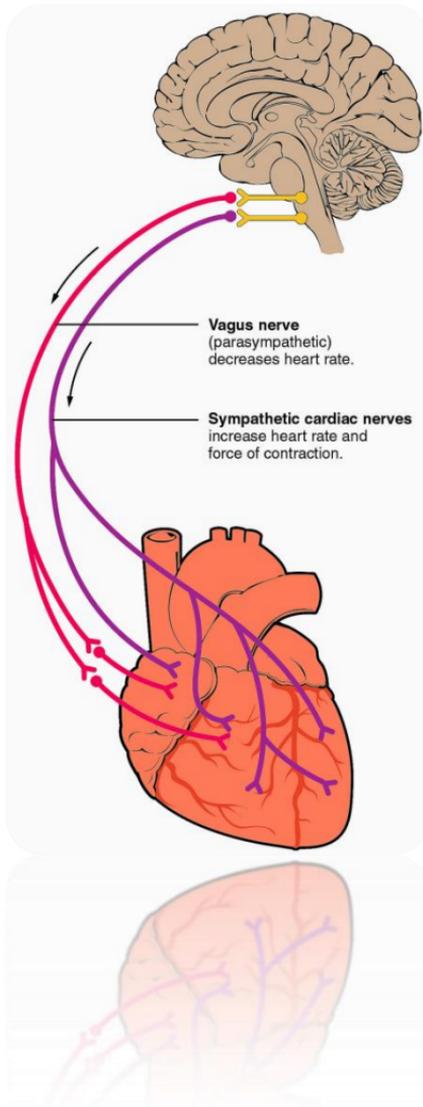
Heart rate variability (HRV) parameters are commonly used to as a method to accurately indicate the condition of the body's autonomic nervous system (ANS) behavior. The sympathetic and parasympathetic systems work similar to a neuronal network which continually control heart rate.

The beauty of Heart Rate Variability is that it can very precisely measures a person's ability to rapidly increase or decrease their pulse rate in

response to stress or changes in environment. This is one of the main keys to detecting/interpreting future information.

These measurements are measured in milliseconds. This is much like the bioavailability of a mineral. Nano-sized minerals are rapidly absorbed, whereas standard sized minerals take much longer to absorb into the body.

The faster your body can vary your rate or its high variability the easier it is for the nervous system to be parasympathetic dominant. However low variability shows that the body's sympathetic nervous system is dominant, which over the long term leads



to health problems.

The Vagus Nerve

The Vagus nerve is directly connected to the brain and is one of the **major conduits that control parasympathetic nervous system responses**. Another region that is connected with the body's parasympathetic nervous system is the brainstem region (*lower brain*) and the sacrum (*tailbone*) area. responses by the sympathetic nervous system comes mostly from the thoracic spine region.

Depression and Sympathetic Dominance

The January 2015 issue of Progress in Neuropsychopharmacology & Biological Psychiatry (*Reactive Heart Rate Variability in Male Patients with First-Episode Major Depressive Disorder*) stated that patients with major depression show a nervous system with sympathetic dominance when they are resting. However when stressed their nervous system undergoes a shift to parasympathetic dominance.

Obesity and Sympathetic Dominance

The November 2013 issue of the Oxford Journal of Clinical Endocrinology (*Obesity is Associated with an Altered Autonomic Nervous System Response to Nutrient Restriction*) stated in their report that

people who are obese show sympathetic dominance in their nervous systems.

Symptoms of Sympathetic Dominance

Appetite suppression is common in people with sympathetic dominance. This is because if the body is stressed for long periods of time, the body's vessels adapt to the constriction caused by the stress and end up becoming muscular, maintaining an extremely narrow diameter. This in turn requires larger amounts of blood to be pumped through the now narrow vessels increasing blood pressure. Those at high risk are people with low ranking jobs or stressful jobs or stay-at-home parents

Further

Reading

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Now that we have a better understanding how our nervous system(s) deliver information to our brain, let's take a look at one scientific study where HRV was used to predict roulette wheel behavior.

A Research Study Examining the Effects of Moon Phase on Intuition on Roulette

Researchers measured the body's electrical signals related to the pre-stimulus effect of a

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roulette wheel during eight separate trials involving 13 volunteers using real cash.

Half of the sessions were conducted during full moons and the other half during the new moon and were designed to look for pre-stimulus responses (*a type of nonlocal intuition*). The study found significant differences between loss and win responses during both of the pre-stimulus segments. These segments provide valid information about nonlocal intuition.

The study found a significant pre-stimulus response existed approximately 18 seconds prior to the volunteers knowing the future outcome. However there was almost no relationship found in the pre-stimulus response and how much money the volunteers won or lost. The study also noted a significant difference in both pre-stimulus periods during full moons, but not during new moons. A chart summarizing the effect of the moon and its influence on intuition in this study is shown in the following graph.

Scott Rauvers

Subject no.	Full Moon (52 sessions)		New Moon (52 sessions)	
	Win ratio	Amount won ratio	Win ratio	Amount won ratio
1	50%	-3%	50%	-10%
2	47%	-22%	42%	-36%
3	52%	9%	45%	-20%
4	54%	3%	39%	-29%
5	54%	18%	48%	10%
6	56%	30%	50%	0%
7	50%	-12%	41%	-48%
8	58%	18%	48%	-1%
9	48%	-13%	47%	-19%
10	56%	6%	49%	2%
11	43%	-37%	57%	36%
12	52%	4%	53%	15%
13	54%	14%	54%	11%
Average	51.8%	1.3%	48%	-6.9%

The study concluded that the methods used in the study exist as a reliable method of prompting physiological detection of pre-stimulus events and may be a valuable method for measuring aspects of nonlocal intuition. The study also found that if the volunteers became more attuned to their internal physiological responses (**HRV** or heart math), that their performance would have been much better on their betting choices.

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We use heart math in our associative remote viewing sessions and have found it to considerably boost our remote viewing accuracy. We give details about how to do this in our second book **Remote Viewing. The Complete User's Manual on Experiencing Future Consciousness.**

Summary

Their overall win ratio was higher ($Z=-2.2$, $P<.05$) during full moons. The study also proves that the heart math win/loss response during full moons (but not new moons) contributed to the increased win ratio. This effect has also been shown to occur in research by Puharich and full moons and solar activity have been shown to affect psychokinesis experiments with one researcher suggesting the moon's interaction with earth's magnetosphere during the moon's passage through the magneto-tail (which takes place during full moons) may be responsible for the observed effects.

Key

The key lesson to be learned from this study is that it is possible to predict future events with associative remote viewing without using a blind target. The key element that makes this possible is to use HRV (heart math). Once resonant coherence has been achieved, the images begin

Finding

flowing clearly during the session. It may be that common remote viewing works best using blind targets and associative remote viewing works best in association with HRV.

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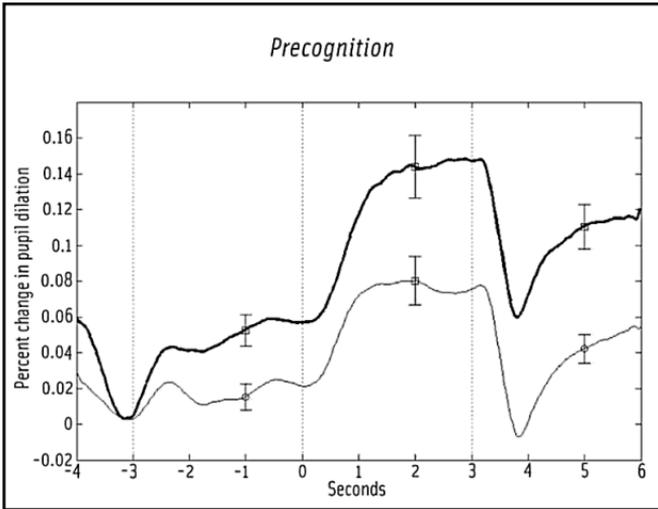
Electrophysiology of Intuition: Pre-stimulus Responses in Group and Individual Participants Using a Roulette Paradigm. Rollin Mc Craty and Mike Atkinson. March 2014.

This same effect also occurs as the sun's solar wind pushes upon Earth's magnetic bubble. As it does so, earth's magnetosphere stretches forming the magnetotail (*Interplanetary Shock Propagation Through the Magnetosphere to the Magnetotail. O. Goncharo et al.*). During new moons, solar wind speeds take longer to slow down and during full moons, solar wind speeds slow down faster.

In a research study titled How the solar wind may affect weather and climate, published in January 2015 by J. Wendel found that certain changes taking place in the IMF correlated with pressure changes above Earth's poles. Effects took place in the lower troposphere that were driven by a difference in electric potentials earth's ionosphere and the surface days sooner than the changes occurring in the mid-to-upper troposphere.

Pupil Dilation and Pre-Stimulus

Another study showed that a telling feature of



pre-sentient activity is a change in pupil dilation. This is because as light strikes our eyes, it registers changes in our nervous system. Shown in the following image is a change occurring in pupil dilation taking place a few seconds **BEFORE** an event takes place.

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Further Reading

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Now does solar weather affect the Parasympathetic Nervous System? Let's take a look at the data and find out.

The Effects of Solar Weather on Heart Rate Variability and the Body's Parasympathetic and Sympathetic Nervous Systems

Our research from performing over 70 associative remote viewing sessions on the future position of the Dow Jones industrial average found that our best results came when solar weather conditions are favorable. One of the main advantages of favorable solar weather conditions is the power of the Schumann resonance is stronger. In this book we shall clearly show the connection that exists between favorable solar weather conditions and a stronger Schumann resonance.

One of our major findings was that earth's geomagnetic activity influences the body's nervous system. This has now been verified by research studies which we are now going to show in greater detail.

A number of research studies have found an

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association exists between magnetic storms and a decrease in HRV, most likely an occurrence of impaired cardiovascular system functioning ⁽¹⁾ ⁽²⁾ ⁽³⁾ ⁽⁴⁾ ⁽⁵⁾ ⁽⁶⁾ ⁽⁷⁾ ⁽⁸⁾ ⁽⁹⁾ ⁽¹⁰⁾. A ~25% reduction in the very low frequency (VLF) rhythm has been shown to occur ⁽¹¹⁾ ⁽¹²⁾ ⁽¹³⁾ ⁽¹⁴⁾. This is commonly associated with an increased risk of ill health ⁽¹⁵⁾. Dimitrova et al. discovered that during geomagnetic storms that both the HF and the LF measures and the ratio between the low and high frequencies were reduced ⁽¹⁶⁾.

Studies now clearly show that the human nervous system exhibits "*anticipatory reactions*" (physiological) 2 to 3 days before a strong geomagnetic storm takes place. These anticipatory effects on the body include significant changes in blood pressure, heart rate, HRV, skin conductance and specific physiological complaints ⁽¹⁷⁾ ⁽¹⁸⁾ ⁽¹⁹⁾ ⁽²¹⁾ ⁽²²⁾ ⁽²³⁾ ⁽²⁴⁾.

Studies by Chizhevsky during the 1920s suggested an unknown form of solar radiation was causing the anticipatory reaction ⁽²⁵⁾. The body's nervous system anticipatory activity is most likely coming from the solar wind. This is because after above average solar activity has taken place, the solar wind takes several days to reach Earth's magnetosphere, which in turn causes the above average geomagnetic activity to take place. The frequencies emitted during this

time is dependent upon the magnetic field strength, magnetic field lines, density and speed of the sun's solar wind.

Research has also shown that an increase in the field-line resonances affect the body's cardiovascular system, possibly due to the frequencies overlapping with the rhythms that take place in the body's autonomic nervous and cardiovascular systems ⁽²⁷⁾.

Studies conducted by Dimitrova and Khabarova found that ULF waves between 2 and 10mHZ caused increases in blood pressure (0.6) in comparison to geomagnetic measures (0.3) ⁽²⁸⁾. (ULF) waves may also be affecting health and/or physiological functioning. The most common are field-line resonances. These exhibit large amplitudes of magnetic waves taking place in earth's magnetosphere ⁽²⁶⁾. What is even more interesting is that Zenchenko et al. found in two-thirds of their experiments that a **synchronization between the body's heart rhythms** and the ultra-low frequency (0.5 to 3.0 mHz) of the geomagnetic field took place ⁽²⁹⁾.

The Schumann resonance and its Influence on Human Brainwaves

During the late 1950s, Koenig and Schumann mapped out frequencies consistent with a mathematical that predicted an earth-ionospheric

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cavity resonance ⁽³⁰⁾. The first Schumann resonance (SR) frequency is approximately 7.83 Hz. It varies (day/night) between + or - 0.5 Hz. Other SR frequencies include ~14, 20, 26, 33, 39, and 45 Hz respectively. These **frequencies closely overlap human brainwaves**, such as the **alpha** (8–12 Hz), the beta (12–30 Hz), and the **gamma** (30–100 Hz) brainwave frequencies. This close similarity between brainwave frequencies and the SRs and a tendency of the electroencephalogram rhythms becoming synchronous with the Schuman resonance was reported by Koenig ⁽³¹⁾.

Research by Pobachenko et al. ⁽³²⁾ looked at the brainwaves of 15 individuals and the Schuman resonance frequencies for six weeks and discovered that variations in their brainwaves correlated with changes in earth's Schuman Resonance. The largest correlations in brainwave activity took place during periods of higher magnetic activity and also showed major changes in the Schuman resonance.

Research by Persinger et al. looked at brainwaves and the Schuman resonance in real-time and found that several Schuman resonance frequencies were identified in the spectral profiles of the brain ⁽³²⁾ ⁽³³⁾.

Research by Pobachenko et al. ⁽³²⁾ looked at the brainwaves of 15 individuals and the

Schuman resonance frequencies for six weeks and discovered that **variations in their brainwaves correlated with changes in earth's Schuman Resonance**. The largest correlations in brainwave activity took place during periods of higher magnetic activity which also showed major changes in the Schuman resonance. Research by Persinger et al. looked at brainwaves and the Schuman resonance in real-time and found that several Schuman resonance frequencies were identified found in the spectral profiles of the brain ⁽³²⁾ ⁽³³⁾.

They discovered their brainwaves consisted of repeated periods of coherence occurring with the first three Schuman resonance frequencies (7–8 Hz, 13–14 Hz, and 19–20 Hz) (*in real-time*) ⁽³⁴⁾.

Summary

Changes in earth's Schuman resonance are related to solar wind speed. Hence, solar radiation is affecting brainwave activity. This includes cognition, modulations and memory consolidation ⁽³⁵⁾.

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Chapter 1. Solar Activity, HRV and the Nervous System

Now that we have a better picture of how earth's frequencies are interacting with our brain waves, we shall next move onto the 3 main factors that enhance the success of associative remote viewing sessions. 1 – Solar Weather. 2 – The Nervous System and 3 – Mind/Heart Coherence. These 3 are vital to successful ARV sessions (Associative Remote Viewing). Let's first take an in-depth look at how solar weather affects the nervous system.

A research study looked at the relationship between geomagnetic and solar activity and its impact on the body's human nervous system via changes taking place via HRV ⁽¹⁾. HRV is short for **Heart Rate Variability**. The study also looked at the intensity of the Schumann resonance taking place. The study involved 10 people over a month and found significant correlations occurred between the participant's HRV and the sun's solar wind speed, solar radio flux, Kp, Ap, cosmic ray counts, Schumann resonance power and total variations in earth's magnetic field. After looking at the data and removing the participant's circadian rhythms, it was discovered that the

participants' HRV rhythms synchronized across the 31-day period with a period lasting about 2.5 days. This effect took place even though the participants were at separate locations⁽¹⁾.

Summary

Autonomic nervous system functioning in the body responds to changes in geomagnetic and solar weather conditions and is synchronized with time-varying magnetic fields connected with earth's Schumann resonance and geomagnetic field-line resonance.

Further

Synchronization of Human Autonomic Nervous System Rhythms with Geomagnetic Activity in Human Subjects. Rollin Mc Craty et al. July 2917

Reading

HRV and Magnetic Storms

The study also showed that after a CME (*coronal mass ejection from the sun*) an immediate increase took place in the sun's 10.7cm radio flux. This took place at the very same time the X-class solar flare began. During this time a steep increase in the participant's HRV took place following the enhancement of the sun's 10.7cm radio flux. This then rapidly declined along with the sharp '*jump*' in the sun's solar wind speed and at the start of the severe magnetic storm.

The Sun's 10.7cm Solar Radio Flux Increases the body's Parasympathetic Nervous System

This next part of the study is a major finding, because it clearly shows why our **ARV sessions are more much more accurate** when the sun's 10.7cm radio flux levels are increasing or steady. We shall cover this important detail in greater depth later on. Now let's get back to the study.

The study found that a positive correlation existed between the sun's 10.7 cm radio flux (**F10.7**) and cosmic rays for the majority of the HRV variables. This also included negative correlations between the HF/LF ratios for the first two weeks (*unsettled period*) of the study.

This is a significant finding because a previous study also discovered that an increase in the sun's 10.7cm radio flux index was associated with increased mental clarity, lower fatigue and other positive effects. However increased solar wind speeds showed the opposite effects ⁽²⁾. The study lasted 5 months and found that a time lag occurred in the body's autonomic nervous system in response to changes in magnetic and solar variables ⁽³⁾.

One interesting observation I noted from watching the science fiction movie "**Back to the Future**" is the mad scientist "Doc Brown" states that the "*Flux Capacitor*" is what makes time travel possible. It is interesting to note that our

ARV session accuracy always improves when the sun's 10.7cm radio flux is growing or steady, but never when it is declining or flat.

The KP "Sweet Spot" and the Sun's 10.7 cm Radio Flux

As mentioned throughout this book, the KP "sweet spot" takes place when the Middle Latitude Fredericksburg K-indices are between 11 and 7.

Date	Middle Latitude - Fredericksburg - K-indices									
2017 03 23	9	4	3	2	2	1	2	1	1	
2017 03 24	7	2	3	2	0	2	2	2	1	
2017 03 25	3	0	2	0	0	2	2	1	1	
2017 03 26	3	1	0	0	1	1	1	1	2	
2017 03 27	34	2	3	5	5	5	4	5	4	
2017 03 28	-1	5	5	3	3	3	2	3	-1	

This period takes place most often a few days later after geomagnetic activity has peaked. We shall show next why the sweet spot enhances ARV accuracy, most likely due to an interaction occurring between HRV and the sun's 10.7cm radio flux. Let's get back to the study ⁽³⁾.

The study found that HRV was positively correlated with the sun's 10.7 cm radio flux. After an increase in parasympathetic activity, the **main**

effects began approximately 20 hours after the sun's 10.7cm radio flux increased.

Summary

Increased Parasympathetic Nervous System Activity enhances the accuracy of Associative Remote Viewing. Favorable solar weather conditions are one period where the body's Parasympathetic Nervous System Activity becomes naturally stimulated. Hence, putting the body into a relaxed state of mind, especially utilizing the right essential oils that stimulate Parasympathetic Nervous System Activity during this period give a significant boost to ARV session accuracy.

The 10.7 cm radio flux and Anticipatory Reactions

The sun's 10.7 cm radio flux activity may be a mediator of anticipatory reactions discovered by Chizhevsky and additional radiation sources such as UV emissions, X-rays and cosmic rays that are emitted by the sun emitted during coronal mass ejections. These also very likely effect the body's autonomous nervous systems and its anticipatory reactions that take place prior to changes in the sun's solar wind speed and geomagnetic disturbances.

Another long-term study looked at activity taking place during magnetically quiet days.

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Strong positive correlations were found to occur between HRV variables and cosmic rays. It suggested a beneficial response as cosmic rays increased ⁽⁴⁾.

Summary

This suggests that the body's parasympathetic nervous system becomes "enhanced" when the sun's 10.7cm radio flux is increased (and possibly cosmic rays). Also decreases in the HF/LF ratio show higher c activity that is relative to sympathetic activity as shown in ambulatory HRV recordings ⁽¹⁾.

Inflammatory Responses and Cosmic Rays

One study found that serum C-reactive protein levels in a healthy population that was suspected of suffering from inflammatory-related problems found that a strong / inverse correlation existed between their C-reactive protein levels and the numbers of cosmic rays ⁽⁵⁾.

In the first 2-week period in this study, the cosmic ray counts were weakly and negatively correlated to HRV. The study also found strong positive correlations with their HF/LF ratios and that a sharp increase in the sun's solar wind speed along with a strong reduction in cosmic rays occurred during the early period in response to moderate geomagnetic storm activity and that it had an impact on their HRV measures.

Before the geomagnetic storm began, cosmic rays started to increase as the sun's solar wind decreased. When this occurred, a strong positive correlation with cosmic rays and negative solar wind speeds showed effects in all the participant's key HRV variables. As an added note, periods of higher Schuman resonance have also been found to be beneficial to health, such as lowering blood pressure ⁽⁶⁾ and significant correlations have been found to exist between Schuman resonance power HRV measures (*Synchronization of Human Autonomic Nervous System Rhythms with Geomagnetic Activity in Human Subjects*. Rollin McCraty, et al. July 2017).

Summary

Cosmic rays may be showing a stronger influence on the body's autonomic nervous system than the sun's solar radio flux. From our own research at the Solar Institute, we have found that lower cosmic rays enhance remote viewing sessions. Lower cosmic ray counts are more likely to occur as solar radiation increases, which causes more air moisture.

Magnetic Fields Influence the Human Autonomic Nervous System

Another long-term study examined the time lags in the Autonomic Nervous System and its response over a 40 hour period following

changes in Schumann resonance power (**SRP**). The study found a 9 hour lag time ⁽⁷⁾. This study shows that a clear oscillatory pattern takes place due to environmental magnetic fields influencing the autonomic nervous system as shown by HRV activity. During quiet periods of magnetic activity, the Schumann resonance power plays **important roles in synchronizing the slow wave heart rhythm in people.**

Research has found that different people have varying degrees of sensitivity to Earth's magnetic fields ⁽⁸⁾.

Summary

Consistent studies now conclusively prove changes in geomagnetic and solar activity correlate with changes in the body's nervous system. These effects are synchronized with time-varying magnetic fields that are associated with geomagnetic field-line resonances and earth's Schumann resonances.

The most likely explanation for how geomagnetic and solar fields are influencing the human nervous system is via a resonant coupling effect that takes place between the nervous system and earth's geomagnetic frequencies. These are also known as **Alfvén waves** (or ultra low frequency standing waves) which occur in earth's ionospheric resonant cavity (Schumann

resonances). These frequencies overlap with physiological rhythms.

Additional

Reading

Synchronization of Human Autonomic Nervous System Rhythms with Geomagnetic Activity in Human Subjects. Rollin McCraty et al. *Int J Environ Res Public Health*. 2017 Jul; 14(7): 770. Published online 2017 Jul 13. doi: 10.3390/ijerph14070770. PMID: PMC5551208

Geomagnetic Storms and Heart Rate Variability

This section shows information of key importance. This is because our ARV sessions have always been found to be most accurate a few days **after a major geomagnetic storm**, which is the time that earth's geomagnetic energy enters the "**sweet spot**" of between 11 and 7.

A study found that geomagnetic disturbances in earth's magnetic field affect the neural regulation of vascular tone, heart rate variability and the body's central nervous system. The study looked at the effect of geomagnetic fluctuations and its effect on the body in outer space. The study used an analysis of heart rate variability which allowed for a precise evaluation of the body's parasympathetic and sympathetic nervous systems. The study involved 30

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cosmonauts on the spaceship Soyuz (32nd orbit).

The study found geomagnetic disturbances affected their autonomic nervous systems with increased nervous system activity taking place between 1 and 2 days after a geomagnetic storm.

Researchers at the Lithuanian University of Health Sciences developed a novel method based on HRV to determine a person's sensitivity Earth's magnetic field and its variations ⁽⁹⁾. This would make a great tool for further studies involving solar weather and its effects on the body.

Reference

Regulation of autonomic nervous system in space and magnetic storms. Baevsky RM1, Petrov VM, Chernikova AG. Adv Space Res. 1998;22(2):227-34.

Now how do we “prime” our parasympathetic nervous system to get it into good shape before an ARV session. Let’s explore this next.

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Further Reading
Regulation of autonomic nervous system in space and magnetic storms. Baevsky RM1, Petrov VM, Chernikova AG. Adv Space Res. 1998;22(2):227-34.

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

Chapter 2. Essential Oils for a Healthy Parasympathetic Nervous System

This chapter will consist of a quick review of essential oils that specifically target the parasympathetic nervous system, strengthening it and enhancing it for successful ARV sessions.

Essential Oils and using the Heart Math EM meter are two great tools that greatly enhance the clarity of associative remote viewing sessions. Speaking from years of working with essential oils, most notably lavender, we have found using lavender in the late afternoon before an ARV session seems to help relax and calm the body before an ARV session.

The parameters and functioning of the Parasympathetic Nervous System strongly relate to that of successful associative remote viewing sessions, in that the mind and body are in a relaxed state of mind when the associative remote viewing session is being conducted. Hence in summary, a relaxed and alert Parasympathetic Nervous System adequately prepared before an ARV session greatly enhances the accuracy of Associative Remote Viewing Sessions. Now let's explore essential oils and their effects on the body's nervous system in greater detail.

Meniki and Hinoki Increase Parasympathetic Nervous System Activity

The essential oils of Hinoki (*C. obtusa*) and Meniki (*Chamecyparis formosensis*) are precious conifers that have wood properties and are used in furniture interiors in Taiwan. Both have a wood type aroma. A research study identified 36 compounds in Meniki essential oils, including linalyl acetate, cadinol, α -muurolene, cadinene, calamenene and myrtenol.

Twenty-nine compounds were found in Hinoki essential oil, including limonene, **terpineol**, α -pinene, cadinene, borneol and terpinolene.

The study next examined the effects of Hinoki and Meniki essential oils on the autonomic nervous system. The study found that after participant's inhaled the Meniki essential oil that their heart rate (HR) and systolic blood pressure decreased and their diastolic blood pressures increased. The study also found that their Sympathetic Nervous System Activity (SNS) was significantly decreased and that their Parasympathetic Nervous System Activity (PSNS) significantly increased.

Also after participants inhaled the Hinoki essential oil, their heart rate, systolic blood pressure and PSNS decreased. However their Sympathetic Nervous System Activity (SNA)

increased. The study found that both the Hinoki and Meniki wood essential oils stimulated pleasant moods and strongly suggest these oils could be suitable agents for dysfunctions in the body's sympathetic nervous system.

This is a major finding because our **TXP formula**, which we shall cover in greater detail later on, utilizes limonene. Hence limonene may be increasing Parasympathetic Nervous System Activity.

Reference

Effect of Hinoki and Meniki Essential Oils on Human Autonomic Nervous System Activity and Mood States. Chen CJ, Kumar KJ, Chen YT, Tsao NW, Chien SC, Chang ST, Chu FH, Wang SY. Nat Prod Commun. 2015 Jul;10(7):1305-8.

Lavender's Effect on the Parasympathetic Nervous System

A research study with women volunteers examined if inhaling lavender essential oil could influence heart rate variability (HRV) and cause changes in their autonomic nervous systems. The women inhaled the lavender at 10, 20 and 30 minute intervals. The study found that increases in their parasympathetic nervous systems took place after the lavender was inhaled. Regions that were more active after breathing in the

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lavender aroma included the **thalamus**, brainstem and cerebellum and reductions were seen in their frontal eye field (*a region located in the frontal cortex*).

Reference

Autonomic nervous function and localization of cerebral activity during lavender aromatic immersion. Duan X et al. 2007.

Research by Duan et al. found that after inhaling lavender a significant increase in both LF and HF of the Nervous System and that people watching horror movies showed reduced anxiety after inhaling lavender.

Reference

Duan, M. Tashiro, DI. Wu et al., "Autonomic nervous function and localization of cerebral activity during lavender aromatic immersion," Technology and Health Care, vol. 15, no. 2, pp. 69–78, 2007.

Further

Reading

Autonomic nervous function and localization of cerebral activity during lavender aromatic immersion. Duan X1, Tashiro M, Wu D, Yambe T, Wang Q, Sasaki T, Kumagai K, Luo Y, Nitta S, Itoh M.

Juniper Essential Oil and the Parasympathetic Nervous System

A research study examining the effects of persons inhaling juniper essential oil and its effects upon the autonomic nervous system also looked at their blood pressure and heart rate variability (HRV).

The study found that their blood pressure decreased and that their parasympathetic nervous system activity increased while inhaling juniper essential oil as reflected via high frequency (HF). The study also showed that sympathetic nervous system activity was decreased by the juniper essential oil.

Reference

Effects of Juniper Essential Oil on the Activity of Autonomic Nervous System. Jong-Seong Park. Department of Physiology, Chonnam National University Medical School, Gwangju 61469, Korea.

Rose and Patchouli Essential Oils reduce Sympathetic Nervous System Activity

Rose or Patchouli essential oils have been shown to reduce sympathetic activity by up to 40%

Reference

Effects of fragrance inhalation on sympathetic activity in normal adults. Haze S, Sakai K, Gozu Y. Jpn J Pharmacol. 2002 Nov; 90(3):247-53.

Bergamot Stimulates the Parasympathetic Nervous System

Elementary school teachers that underwent two 10-minute aromatherapy sprays of Bergamot essential oil showed an enhanced parasympathetic nervous system.

Reference

Aromatherapy Benefits Autonomic Nervous System Regulation for Elementary School Faculty in Taiwan. Kang-Ming Chang and Chuh-Wei Shen. April 2011

Pepper, Estragon, Fennel and Grapefruit Increase Sympathetic Nervous System Activity

Nagai et al. looked at the effects of the essential oils of fennel, pepper, estragon or grapefruit and its effects upon the Sympathetic Nervous System. The study found that pepper, estragon, fennel or grapefruit essential oils increased Sympathetic Nervous System Activity compared to an odorless solvent (triethyl citrate) (*Pleasant odors attenuate the blood pressure increase during rhythmic handgrip in humans. Nagai M, Wada M, Usui N, Tanaka A, Hasebe Y. Neurosci Lett. 2000 Aug 11; 289(3):227-9.*

Further

Influence of Fragrances on Human Psychophysiological Activity: With Special

Reading

Reference to Human Electroencephalographic Response. Kandhasamy Sowndhararajan and Songmun Kim. Helmut Viernstein. Technol Health Care. 2007;15(2):69-78. Sci Pharm. 2016; 84(4): 724–752. Published online 2016 Nov 29. doi: 10.3390/scipharm84040724. PMID: PMC5198031

Summary

Essential oils delivered via aromatherapy shift the body more towards Parasympathetic Nervous System dominance via an increase in HF and HRV.

Final Conclusion / Summary

Favorable solar weather conditions are enhancing the strength of the heart and enhancing its ability to go into coherence most likely with the earth and the Schuman resonance.

Favorable solar weather conditions also exhibit stronger Schuman resonance power. Specific essential oils affect heart rate variability (HRV) and the body's parasympathetic nervous system. Specific essential oils inhaled or placed upon the skin during these favorable solar weather conditions while performing HRV exercises such as heart math before or during an ARV session greatly enhances the accuracy and success of ARV sessions. Specific metals/minerals also enhance clarity during these times, as well as specific foods taken up to 24 hours before the

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ARV session (*which we shall cover later on*). It may also be that these foods and essential oils target specific genes which enhance ARV sessions.

Anxiety During Remote Viewing

One of the major blocks to a successful remote viewing sessions is anxiety, which can simply be alleviated with lavender essential oil or other essential oils that relieve anxiety (*which we shall cover later on*). Also mindfulness exercises and meditations can also reduce anxiety.

Anxiety, St. John's Wort and Valerian

When St. John's Wort is combined with Valerian it greatly enhances the effects. A scientific research study found that this combination significantly reduced anxiety and that greater reductions in anxiety were seen with higher doses of valerian. The doses of St. John's Wort remained constant between the groups being treated, suggesting valerian has more of an effect on anxiety symptoms (*Treating depression comorbid with anxiety--results of an open, practice-oriented study with St John's wort WS 5572 and valerian extract in high doses. Müller D, Pfeil T, von den Driesch V. Phytomedicine. 2003; 10 Suppl 4():25-30.*

We shall cover additional essential oils and their effects on the nervous system in greater

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detail later on, but first let's take a look at the effects of the moon.

Chapter 3. Lunar Rhythms and Remote Viewing

A Summary of the Full Moon and Its Effects

Years of our associative remote viewing research found that our sessions were most accurate around the full moon. Further research by us found that the reason for this was due to enhanced water moisture occurring in earth's atmosphere which enhances the coherence occurring in the brain's microtubules. Let's look at a summarized picture of data involving moon phase and the absorption of water in various items.

Research conducted by Harold Burr at Yale recorded electrical activity in tree trunks for 9 years. There were no changes occurring in the tree's electrical activity when changes in humidity, atmospheric pressure or weather occurred. The only time a change occurred was when there was a full and new Moon (*Burr, H. S., 'Diurnal Potentials in the Maple Tree, Yale Journal of Biology & Medicine, 1945,17,727-34*). The rhythm was also found to change during weaker sunspots (*Burr, H. S., The Fields of Life: Our Links with the Universe NY. 1973*).

Experiments by Lily Kolisko showed germination and first plant shoots were strongest in the days before the full moon with new moons showing the slowest responses (*Kolisko, L., The*

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Moon and the growth of Plants Anthroposophical Press, London, 1938, 1975) M. Maw of Canada's Department of Agriculture also came to the same conclusions during his studies (*Maw, M. G. 'Periodicities in the Influences of Air Ions on the Growth of Garden Cress. Lepidium Sativum L.,' Canadian Journal of Plant Science. 1967, 47, 499-505*).

Plant water absorption, germination metabolism and fertility have all been found to respond to the lunar/synodic cycle (*Graviou, E. 'Analogies between Rhythm, in Plant Material in Atmospheric Pressure and Solar-Lunar Periodicities'. International Journal of Biometeorology, 1978. Vol. 22, No.2*).

Researchers at North-western University in Illinois found that there was a 35% higher water absorption in beans just before the full Moon (*Brown, F., & Chow, C., 'Lunar-correlated Variations in water uptake by Bean seeds', Biological Bulletin, Oct., 1973, 145, 265-270*). This same pattern, including germination, was also found to take place in studies conducted by Dr. Jane Panzer of Tulane University. Her studies also found that if the pinto beans had been sterilized or pasteurized, that the effects were significantly reduced (*Panzer, J. J., 'Lunar Correlated Variations in Water Uptake and Germination in 3 Species of Seeds. U. of Tulane. 1976*).

One of the more interesting experiments involving over 1 million hours of potato oxygen-absorption was conducted by Professor Frank

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Brown. Potatoes were kept in dark and their water moisture measured. The study found that water moisture peaked when the Moon was rising and at zenith (directly overhead) (*Panzer. J. J., 'Lunar Correlated Variations in Water Uptake and Germination in 3 Species of Seeds', PhD. U. of Tulane. 1976*).

Research by T.M Lai found that phosphorus and potassium absorption in the roots of corn seedlings **showed maximum absorption during full Moons** and minimal water absorption during new Moons. The potassium (flowers mainly and alkali) showed minimal absorption during full Moons and maximum absorption during new Moons (*Lai. T. M., 'Phosphorus and Potassium uptake by plants Relating to Moon Phases'. Biodynamics (US), Summer. 1976*) As an interesting side not, Beehive traffic has been found to increase 100% during new moons, compared to a full moon (*Oehmke, M.G., 'Lunar Periodicity in Flight Activity of Honey Bees'. M Oehmke. Frankfurt Germany. Journal of Interdisciplinary Cycles Research. 1973.4. 319-335*).

E. Graviou at Lyons University found dormant tomato seeds showed changes during new and full moons and tomato plants are one of the few plants that contain nicotine (*Graviou, E.. 'Analogies between Rhythm, in Plant Material in Atmospheric Pressure and Solar-Lunar Periodicities'. International Journal of Biometeorology, 1978. Vol. 22, No.2*).

Biodynamic gardening research by

Kollerstrom found that planting during full moons using unrotted organic manure or mineral fertilizers throughout the years brought higher yields. Moon phases have also been found to cause changes in Potato DNA according to research at the University of Paris. (*Rossignol M. et al.. 'Lunar Cycle and Nuclear DNA variations in Potato callus'. Geocosmic Relations (Ed Tomassen. Pudoc, Netherlands 1990). 116-126.*

Gout Attacks and the Full Moon

Gout attacks occur more often during the full and new moons (*Gout attacks and lunar cycle. Mikulecký M1, Rovenský J. July 2000*). It is interesting to note here that the microtubule-disabling drug known as colchicine treats gout due to its ability to immobilize neutrophil cells which are responsible for painful inflammation in joints. Colchicine happens to induce microtubule polymerization. Microtubules are nano-sized objects with a hexagon shape inside the neurons of our brain. We shall cover the relationship between microtubules and remote viewing in greater depth in a latter chapter.

Insect Flight and the Lunar Cycle

Using a light trap, Hartland-Row, Hora (1927), (1955) and Corbet (1958) discovered that some Trichoptera, Ephemeroptera and Diptera (Chironomidae) exhibited a cycle taking place at 2

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to 5 or 23–26 days before or after a new moon (or within 5 days full moons (moon age 9–19 days) (*Lunar Periodicity of Insect Flight and Migration. W. Danthanarayana*).

Strokes and the Moon's First Quarter

Strokes have been shown to occur more often during the moon's first quarter (*Moonstroke": Lunar patterns of stroke occurrence combined with circadian and seasonal rhythmicity—A hospital based study. Yiting Mao et al. April 2015*). Full moons have been shown to shorten the length of a hospital stay up to 4 days (*The influence of seasons and lunar cycle on hospital outcomes following ascending aortic dissection repair. J. H. Shuhaiber et al. 2013*) Surgery done during a full moon or waning moon shows better survival rates Impact of lunar cycle on heart rate variability (RR interval) (*Indian Journal of Basic and Applied Medical Research; December 2015. A. Ahamed Basha et al*).

Now that we have a better picture of how essential oils and lunar cycles affect us, let's take a look at brainwave rhythms and what state the brain is in **BEFORE** it makes a successful basketball throw or other sporting activity.

Chapter 4. Alpha Brain Waves and Performance

Research studies are beginning to reveal that alpha and theta brainwaves play a role in remote viewing and associative remote viewing. If this were indeed true, the brain would exhibit more of these brainwaves in sports involving precognition. For example, before making a successful basketball throw or golf shot. Let's take a look at the data.

Alpha Brainwave Activity during Air Pistol Shooting, Basketball free-throws and Golf Shots

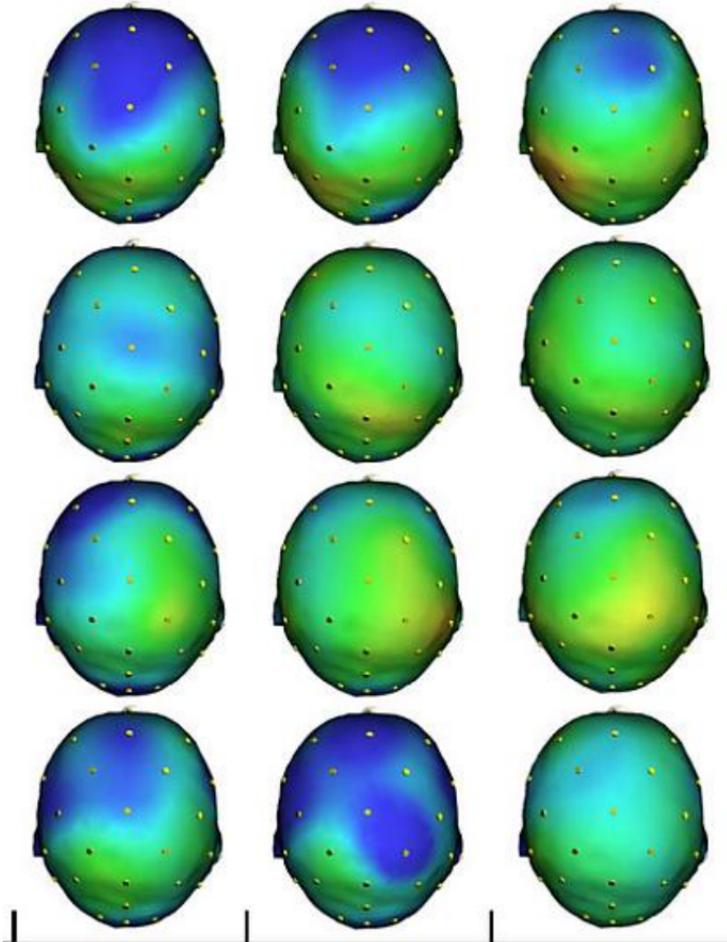
A research study looking at alpha and theta brainwaves during air-pistol shots was conducted. The study involved 10 professional shooters that had extensive international experience. Brainwave monitoring equipment was set up to monitor the volunteer's brainwaves three seconds before making their air-pistol shots.

The brainwave measuring equipment looked for low alpha, high alpha and theta brainwave frequencies. Each volunteer executed 120 air-pistol shots. The study found that lower alpha band brainwaves (8–10 Hz) were associated optimal-automatic performance and that theta brainwaves were associated with optimal-

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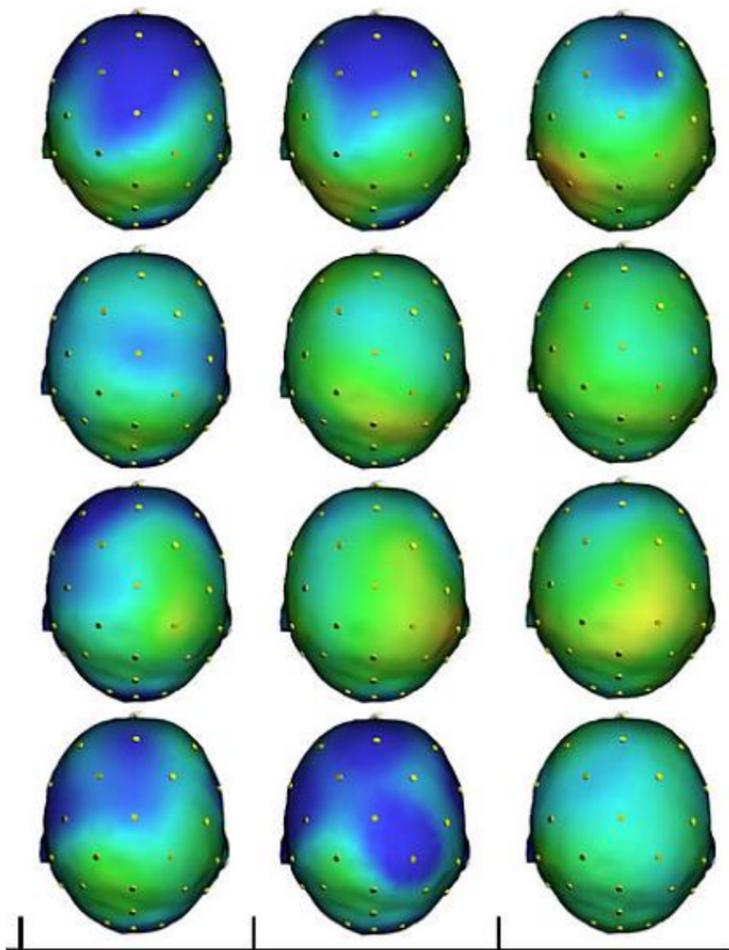
controlled performance (more focus). Lower alpha band brainwaves include attentional processes and general task demands. Examples include vigilance and arousal. Upper alpha band (10–12 Hz) is associated with semantic performance (*Klimesch, 1999*) as well as task-related attention (*Klimesch, 2012*). Also theta brainwaves are thought to be linked to error monitoring (*Cavanagh, Cohen & Allen, 2009; Gevins & Smith, 2000; Luu, Tucker & Makeig, 2004; Trujillo & Allen, 2007; Yordanova et al., 2004*). Studies on brainwave activity on sports performers making critical play shots have also found that anxiety was responsible for the majority of missed shots. Below is a picture of the volunteer's theta brainwave activity (4hz to 7hz) three seconds **before** the athletes made their shots.

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The next image shows low alpha brainwave activity (below 10hz) before the shots. Low alpha is more common in older adults.

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Reference

Proficient brain for optimal performance: the
MAP model perspective. Maurizio Bertollo et al.
May 2016.

Further

The possible meaning of the upper and lower alpha frequency ranges for cognitive and creative tasks. Petsche H. et al. June 1997.

Reading

Another study looked at brainwave activity in athletes as they prepared to throw a basketball into a hoop.

Fifteen professional basketball players performed free throws while their brainwaves were measured 2 seconds **before** they threw the basketball. The study found the following: Theta (4 to 6Hz) and also upper theta (6 to 8Hz) brainwave activity was observed between successful and unsuccessful throws. Also the study found that brainwave patterns at the midline and right side frontal cortex fluctuated significantly when the athlete was going through his/her preparing process and then made an unsuccessful throw, compared to a successful throw.

Reference

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1st German Torres et al. Dec 2014

Professional Golfers and Alpha Brainwave States

Baumeister et al. (2008) compared novice and expert performance during golf putting. He found that the pro-golfers did better than novices overall and that they showed an increase in their upper alpha brainwaves which was accompanied with an increase in theta brainwaves.

The increase in theta power for the experts was stated as being in a more focused state of mind which was associated with enhanced attention. Alpha feelings were associated with upper alpha brainwaves and were interpreted as reflecting better inhibition of irrelevant sensory information.

The study also found an intra-hemispheric coherence occurring in low frequency alpha (8–10 Hz) between the brain's frontal and parietal central sites in both of the brain's hemispheres. This effect was enhanced during successful putts.

Alpha-Theta (A/T) Training

Alpha-Theta Training, also called A/T is used to reduce anxiety and encourage relaxation. It requires the person to raise their

levels of theta over levels of alpha (Peniston and Kulkosky, 1991; Raymond et al., 2005). It can also occur via the person raising their levels of both theta and alpha at the same time (Peniston and Kulkosky, 1989).

Sensory

Motor

Rhythm

Sensory Motor Rhythm training (SMR: see Kober et al., 2014) is used by individuals to reduce their motor interference and to enhance their cognitive performance. The participant is required to raise their SMR (12–15 Hz) levels while they control their beta levels.

Lavender essential oil and Brainwaves

Lavender essential oil has been shown to increase the power of both theta (4-8 Hz) and alpha (8-13 Hz) brain waves in the central area and bilateral temporal regions of the brain (*The effects of lavender oil inhalation on emotional states, autonomic nervous system, and brain electrical activity. W. Sayorwan et al. April 2012*).

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Nicotine and Precognition

We left off in book 2 of our Associative Remote Viewing series with the possibility that Nicotine may enhance intuition and / or precognition.

For any of you who have watched the Science Fiction Television Series '**Time Trax**', the very first episode shows the evil scientist who smoked a cigarette (nicotine) before stepping into the chamber that transported his body into

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the past. The cigarette contained the substance "TXP", which allowed him to travel through time. It was after watching this episode that I wondered "*could nicotine be enhancing the brain's precognitive abilities?*". In this book we shall clearly show the following (*references will be shown later in this book*)-

- Nicotine enhances right brain functioning
- The left side of the brain, but not the right side emits photons and the left side of the brain rules logic and the right of the brain rules intuition.
- Low levels of nicotine activate the left side of the brain, whereas large doses create more activity on the right side of the brain.
- **Smoking tobacco produces dominant alpha brain waves.** Alpha waves enhance the brain's ability to handle emotion. Emotional control is a key part for successful associative remote viewing.
- Brief exposure to low levels of nicotine boosts the brain's 'reward' system and blocks the system that limits reward duration. Dopamine due to its

reward inducing effects, plays a major role in intuition and precognitive behavior. Research shows that after taking L-DOPA, a substance that enhances dopamine, a significant increase alpha brainwaves occurs (*Alpha and beta EEG power reflects L-dopa acute administration in parkinsonian patients Jean-Marc Melgari, et al. Nov 2014*).

Another interesting fact is the science fiction movie **Millennium**, starring Kris Kristofferson and Cheryl Ladd, portrays Cheryl Ladd, who is a time traveler from the future. In the movie she is seen constantly smoking and is told by Bill Smith (Kris Kristofferson) that she smokes way too much and should consider quitting.

We shall show clearly in this book listing numerous researched peer reviewed published studies that nicotine may be enhancing remote viewing due to its effects on the brain's neurotransmitters. This is due to the fact that nicotine causes a release of glutamate which facilitates the release of dopamine (*Nicotine Addiction Neal L. Benowitz, M.D. August 2010*) and dopamine as we covered earlier enhances anticipatory effects.

The Hippocampus and Nicotine

The hippocampus region of the brain is related to emotion. Theta brainwaves have been found to be

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prominent in the hippocampus in mice during learning and memory retrieval (*Buszaki G (2006). Rhythms of the brain. Oxford University Press*) as well as humans (*Traveling Theta Waves in the Human Hippocampus Honghui Zhang and Joshua Jacobs. Sept 2015*).

Research has shown that people who are telepathic or that are distant healers possess the ability to activate on demand specific brain regions that are related to the brain's empathy circuit (the ability to infer and share the emotional experiences of others). People who have the ability to interpret the thoughts of others show cognitive empathy and that the hippocampus region of the brain plays an important role in empathy (*The role of shared neural activations, mirror neurons, and morality in empathy – A critical comment. Claus Lamma, and Jasminka Majdandžića. Jan 2015*), (*Empathy and motivation for justice: Cognitive empathy and concern, but not emotional empathy, predict sensitivity to injustice for others. Jean Decety and Keith J. Yoder. April 2015*).

MRI tests conducted on psychic Mr. Sean Harribance showed that functional changes occurred in the hippocampus formation regions of his brain with large amounts of activity occurring in the right posterior cortical and hippocampus regions of the brain during experiments. We shall go into more detail about this later on in the book.

Interesting Facts about the Hippocampus

- **Nicotine has been shown to enhance neuron activity** in the hippocampus regions in mice studies.
- Short-term administration of omega 3 fatty acids from fish oil increases transthyretin transcription in old rat hippocampus and that **gene expression of TTR** is similar to Ginkgo balboa extract.
- The hippocampus region of the brain is the part of the brain that is most **sensitive to light**, especially blue light and the brain's dopamine-mediated reward system is dependent upon the brain's hippocampus.
- A combination of vitamin B12 and Omega 3's increases neurotransmission in the hippocampus region in the brain's of mice.
- Linoleic acid enhances hippocampus synaptic transmission.

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- Theta brainwaves in humans occur in the hippocampus while the brain is awake and also during REM sleep (*Moroni et al., 2007; Lega et al., 2012*).
- Plants use nicotine to produce NADP (which is short for nicotinic acid adenine dinucleotidephosphate). NADP breaks apart the water molecules during plant photosynthesis. This may mean that nicotine exhibits quantum effects due to photosynthesis exhibiting quantum effects.

Photosynthesis and Quantum Biology

The majority of plant life on earth takes in the energy it needs through one of two processes. Plants, some bacteria, and certain other organisms collect energy from sunlight through a process called photosynthesis. The light is converted to water and the carbon dioxide into more complex and energetic molecules called hydrocarbons, thus storing the energy so that it can be recovered later by breaking down the molecules through a process called oxidation.

Quantum Photosynthesis and the Human Heart

Part of the purpose of quantum effects that take place during photosynthesis is for it to **move the energy of sunlight into the plant's reaction center** in order to create energy. This same process may be taking place in our body during heart math with our heart acting as the reaction center and the brain's microtubules exhibiting the quantum effects.

Why photosynthesis in a remote viewing book?

We include a thorough explanation of photosynthesis in this edition due to the fact that photosynthesis exhibits quantum effects, which is key to associative remote viewing. Hence, if the process of photosynthesis is increased in the conditions of polarized light (especially right circularly polarized light) then the first quarter moon, which exhibits polarized light is a prime time for remote viewing (*The Effect of Circularly Polarized Light on the Photosynthesis and Chlorophyll a Synthesis of Certain Marine Algae. G. C. McLEOD. Oct 1957*). Hence an environment that is conducive to a clear communication link to the quantum realm may be responsible for enhancing the accuracy of associative remote viewing.

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Microtubules and Consciousness

A link exists between moisture, the brain's microtubules and the phase of the moon. Later in this edition, we shall clearly show that during the period from the moon's first quarter to just after the full moon earth's barometric air pressure is slightly higher and more water moisture exists in the air. This increased water moisture enhances the coherent resonance occurring in the brain's microtubules which exhibits quantum effects. Associative remote viewing conducted during this period, along with favorable solar weather conditions, intensifies earth's Schuman resonance. Specific gems and metals assembled in the correct order greatly enhance the clarity of associative remote viewing sessions.

Additional factors contributing to enhanced associative remote viewing accuracy is remote viewing at the LST peak hours (*Apparent Association Between Effect size In Free Response Anomalous cognition Experiments And Local sidereal Times. James P. Spottiswoode Cognitive Sciences Laboratory*) and being in heart math coherence (*Electrophysiology of Intuition: Pre-stimulus Responses in Group and Individual Participants Using*

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a Roulette Paradigm. Rollin Mc. Craty and Mike Atkinson. March 2014). It is also a fact that photosynthesis, besides its exhibiting quantum effects, that water moisture enhances Photosynthesis (*Responses of photosynthetic capacity to soil moisture gradient in perennial rhizome grass and perennial bunchgrass. Zhenzhu Xu and Guangsheng Zhou. January 2011).*

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Summary

By utilizing exercises such as Heart Math in cohort with the right lunar phases, one can tap into their intuitive abilities with much greater ease and with far greater accuracy.

Water Moisture and Intuition

Just as the Schumann resonance varies with solar activity, the quantum realm may also do so, showing stronger intensity during favorable solar weather conditions.

Lithium and Moisture

Materials such as lithium absorb the new

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moisture generated from first quarter moon to full via a capillary type action. Lithium has been found to stabilize microtubules and protect them against damage (*Stabilization of microtubules by lithium ion. Open overlay panel B. Bhattacharyya, J. Wolff. November 1976*). Because the quantum effect that occurs during photosynthesis seeks multiple pathways to find the most efficient route to the reaction center, this capillary action may be mirroring similar effects in materials that absorb water moisture.

It just so happens that the flow of sap in trees which works via capillary action, flows strongest through trees during spring time. Spring time happens to be the time of year 13:30 LST peaks in North America, showing a larger than normal spike in remote viewing accuracy (*Apparent Association Between Effect size In Free Response Anomalous cognition Experiments And Local sidereal Times. James P. Spottiswoode Cognitive Sciences Laboratory*).

Sap Flow and Season

Sap has a capillary action. A study found that elevated sap flow during spring occurred in Norway in spruce trees when soil temperatures rose (*Bergh and Linder 1999*). The study found that temperature was the main driver of the flow of sap. Also the study stated that the onset of

photosynthesis increased in Korean pine trees as spring time soil temperatures began warming (*Wu et al. 2013*), and also that photosynthesis began increasing in Scots pine trees as the soil began thawing (*Strand et al. 2002*). The study concluded that the reason the flow of sap increased in early spring was due to warmer air temperatures as well as warmer soil which resulted in increased tree water uptake the exchange of canopy gas exchange. Our research on remote viewing over the years has shown that our best ARV sessions would always occur during early spring.

Reference

Ecosystem warming increases sap flow rates of northern red oak trees. Stephanie M. Juice. March 2016

Capillary Action type effects also take place in polymers and hydrogels. It just so happens that cytoskeletal proteins are polymers. Cytoskeletal proteins include tubulin which is the protein component of microtubules. Hence it is the cytoskeleton that is made up of long hollow cylinders which are microtubules and tubular cylinders are used to measure the Schuman resonance. It may be that hollow cavities resonate with the Schuman resonance. In Ireland there are

large hollow tube-like towers known as “**Irish round towers**”. In the region of these towers plant growth is stronger than that of the surrounding region. Hence, these towers may be amplifying the Schuman resonance, although further research is necessary to verify this. Perhaps the large cathedrals in Europe were designed to take advantage of the Schuman resonance. As we shall show later in this



book, many of these churches have large stained glass windows that exhibit the properties of quantum dots. It is also interesting to note that pineapples, bananas and brown rice are tube shaped and as shown in this book bananas enhance dopamine levels.

Seasonal Variation of Photosynthesis

A research study looking at Taiwan spruce trees found that their rate of Photosynthesis exhibited a seasonal variation with a peak beginning from mid or late spring. This was accompanied by increased protein concentration with highest values observed during winter. The study also found that air temperature affected photosynthesis and that during early or mid

spring as air temperatures increased, protein concentrations remained low. There was also a decrease in photosynthesis in winter, recovering with a peak in spring (*Seasonal variations in photosynthesis of Picea morrisonicola growing in the subalpine region of subtropical Taiwan. Weng JH et al*).

Further reading

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A New Spin on Neural Processing: Quantum Cognition Carol P. Weingarten, et al. Oct 2016

Chapter 5. Microtubules, Resonance and Precognition

Psychic abilities long ago were once considered to occur only in “gifted” individuals or during rare traumatic occasions. Psychic abilities are in fact, ongoing subconscious processes continuously influencing how all of us make everyday decisions. Our unconscious use of non-local information is associated with how we use our memory, subliminal perceptions and implicit physiological responses in response to emotional events.

The non-local manifestations of consciousness ⁽¹⁾ ⁽²⁾, which are more common during remote viewing sessions, may be explained via quantum coherence as shown by Penrose ⁽³⁾.

Many other things all follow the same basic rules. William James (1898) proposed a transmission theory of consciousness ⁽⁴⁾ wherein the brain or mind was a passive system or, in principle, a consciousness receiver⁽⁵⁾. Like a radio receiver, the system would require an external signal, the identification of which would clarify the underlying mechanism. If indeed our bodies act as galactic antennas, perhaps the flow of information streams forth via the Schuman resonance which acts as a “step down

transformer" where the information then resonates via the brain's microtubules then up into our waking conscious awareness.

This may explain therapeutic effects observed in several healing and religious meditative practices which use resonance in the form of prayers and chanting. Living systems have many resonant frequencies because of their unique degrees of freedom. This allows each system to vibrate as a harmonic oscillator that supports the accumulative progression of vibrations and/or waves which extend outward as a ripple within the entire system.

What is a Microtubule?

Microtubules were first discovered in the tips of the root of the plant *Juniperus Chinesis*⁽⁶⁾. It is interesting to note in our Solar Institute's second book on remote viewing titled: **Remote Viewing. The Complete User's Manual on Experiencing Future Consciousness**, that our device we use to enhance the clarity of remote viewing uses a ground rod to tap into the energy field exhibited by the soil.

In the human body, a microtubule is a nano-sized tubular structure contained in the brain's neurons which are made from two forms of tubulin. Communication occurring at the level of microtubules has been mathematically calculated

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(Marcer and Schempp, 1997)⁽⁷⁾. Growing bodies of scientific evidence are beginning to show that microtubules possess three major properties related to intracellular and intercellular communications:

- (1)** they possess non-local information processing that is quantum in nature;
- (2)** they exhibit propagation of laser-like, coherent brief micro-pulses of light;
- (3)** they exhibit a collective, emergent and macroscopic property that arises from critical levels of coherence of quantum events⁽⁸⁾.

Due to the small size of a microtubule, it is theoretically possible to consider microtubules behaving as quantum objects⁽⁹⁾. It may be that microtubules emit bio-photons (light pulses). Research suggests that micro pulses of light generate single-photon holograms, much like a laser beam, which is composed of numerous individual photons which is then able to create a hologram (Hirano and Hirai, 1986)⁽¹⁰⁾. If the trillions of microtubules existing in the human body create single-photon holograms, then the amount of holographically encoded information may be virtually unlimited.

Further

Luminal particles within cellular microtubules Boyan K. Garvalov. Sept 2011

Reading

Microtubules play a key role in non-local communication occurring across the human body. Research by Physicist Guenter Nimtz (1999) showed quantum photon tunneling through a barrier at a distance of approximately 5.5 inches with the time it took for the signal to travel through the barrier being instantaneous, regardless of the barrier length⁽¹¹⁾. We explore the role microtubules play on consciousness in further detail later on in this book. Also it may be that the m-elements present in ormus enhance the energy flow occurring in the microtubules.

Quantum Effects observed at Room Temperature

The majority of quantum behavior takes place in significantly cooled, isolated environments. Research by physicists and chemists in Warsaw discovered quantum effects including tunneling occurring at room temperature and also at temperatures above boiling point and that it plays a major role in some chemical reactions in solutions (*Evidence for Dominant Role of Tunneling in Condensed Phases and at High Temperatures: Double Hydrogen Transfer in Porphycenes Piotr Ciąćka et al. Jan 2016*).. The effect has also been seen to occur

in hydrogen nuclei which tunnels in particles floating in solution.

Summary

A basic chemical reaction occurs due to tunneling, and also in solutions and at room temperatures or higher. The same study (*shown above*) found that tunneling occurred in porphycene at room temperature. Professor Jack Waluk stated that quantum phenomenon may exist in the movements of the two protons occurring in porphycene and is further researching this (*Evidence for Dominant Role of Tunneling in Condensed Phases and at High Temperatures: Double Hydrogen Transfer in Porphycenes Piotr Ciąćka et al. Jan 2016*).

Further

Reading

Direct Observation of Double Hydrogen Transfer via Quantum Tunneling in a Single Porphycene Molecule on a Ag (110) Surface. Matthias Koch et al. 2017.

What is Intuition or Psychic Awareness?

We are perpetually and unconsciously engaged in a universe of meaning extending far beyond our physical boundaries in time and space.

Intuition and the ability to tap into our psychic talents is not an ability. It is a universal characteristic of all living organisms. To put it

simply, it exists as the standard feature of our existing-in-the-world. Intuition is not an ability that is stronger in some people and weaker in others. Intuition is always going on all the time for all of us. We can think of intuition as less like riding a bike and more like being engaged perpetually as physical bodies as we experience gravity.

At this point in time, our species has accumulated more knowledge than we might ever have thought possible on how intuition works. Radin (1997, 2004) proved that a person's subtle electrodermal responses to emotional pictures include within them an element preceding the exposure to the picture⁽¹²⁾. This has been confirmed in dozens of other studies. Carpenter (2002) showed that spontaneous social behavior is not a function of the unfolding stimulation that group members provide for each other, but that it also is reflecting the content of distant ESP targets that were being chosen at random by a computer in another city^{(13) (14)} .

Research by Bem (2005) showed people who are expressing emotions while observing pictures are showing not just the influence of the picture that is in front of them in the moment, but that they are also affected by whether or not they will soon be exposed to the picture in the near future⁽¹⁵⁾.

How Fear Can sometimes be Mistaken for Intuition

Sometimes fear may cloud or even be misinterpreted as an intuitive concept, thought or feeling. To distinguish between fear and real intuition, know that true intuition flows from your higher being and fear cannot. A technique I have used for years is to perform a fear release exercise, which I show in greater detail on my website http://ez3dbiz.com/red_tools.html. Fear removal exercises allow you to more clearly connect with your true intuition and can help you see that some previous intuitive feelings were really fear. When fear is no longer the dominating force, intuition is enhanced because fear cannot exist on the higher planes which is the source from which all intuition comes from.

Summary

Intuition is not just an occasional ability. Instead it exists as an ongoing engagement that is linked to the unconscious where reality constantly expresses itself implicitly.

If indeed the information obtained via remote viewing occurs via intention and superposition, there would be studies showing this in further detail. One excellent method would be to explore the throwing of a dice and how intention

contributed to the dice's outcome. Let's explore this next.

Using a Computer to Predict Dice Position

Dean Radin (1988) performed experiments where an operator attempted to predict the "tosses" of the computer which were equivalent of 6-sided dice. More than 60,000 trials were examined.

The data clearly showed that a person can achieve statistically significant results using this method. The study found the operator made 10,163 correct predictions with a probability of this event occurring of less than 1/20. The study also found that as soon as the computerized dice became biased, meaning one side of the dice had more chances to be selected compared to the other sides, and without the operator being aware of this bias, that the quality of the predictions increased⁽¹⁶⁾. With this approach the person guessed correctly 10,282 times, compared to the 10,000 random hits. The probability of this event was less than 1/1000.

Summary

It is easier for a person to intuitively see an event even if that person has no additional relevant information.

Can Computers Help Us Perfect our Psi Faculties?

The key point here is computers operate in binary fashion. This creates a distinct difference between messages and structure.

Experienced remote viewers are able to assemble mental images from subtle cues. This is because the information received during remote viewing appears as sounds, feelings, tastes, symbols, pictures and holistic impressions, instead of numbers and raw data. These sensory details are mostly emotion based. Hence computers cannot display emotions.

Certain electronic devices such as the EM Wave 2 can serve as tools that tell us when our body is in a state of coherence, which is key to successful ARV sessions.

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Chapter 6. Remote Viewing and Non-locality

When we look at human perception, research suggests humans perceive by means of both non-local and local processes. As an example, if a person looks at another nearby person, their eyes respond to the electromagnetic waves, however the mind also appears to respond to a non-local, instantaneous component (Mitchell, 1999)⁽¹⁾. Remote viewing of persons located miles away from a target shows that the person experiences the non-local aspect. This experience is valid with experiences such as precognition, clairvoyance and telepathy.

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Thank you for your interest in **Improve your Remote Viewing Accuracy Techniques using Quantum Microtubules**. Look for it in your favorite bookstore or online. This edition is also available in nook and kindle editions.