

Excerpt from the book: [Living Healthy Beyond 120, A Centurion's Plan for Longevity](#)

Chapter 4 - Understanding how the Sun Affects Aging

In this section you will find the terms “**Condition Blue**” or “**Condition Red**” and similar. These conditions represent the energies coming from our sun. I have had much success identifying when these energies occur and using their various levels to prevent ill health. I have decided to share these levels of varying solar activity and how they affect health it with those following our research at the solar institute.

There are now numerous scientific studies documenting how solar activity affects health. Stronger levels of solar activity affect primarily seniors, those under extreme stress and those who have been designated as “*solar weather sensitive*”. Solar weather sensitive people are more prone to the effects of solar activity during solar maximums. Here are just a few scientific studies:

- A 1977 report published In The British Journal Of Ophthalmology by Jeffrey S. Hillman and Jonathan D. C. Turner showed a distinct connection between **acute glaucoma and sunspot activity**.
- A January 7, 2015 research study titled: *Solar activity at birth predicted infant survival and women’s fertility in historical Norway*, published in the Proceedings of the Royal Society B, Norway, by Gine Roll Skjærvø, Frode Fossøy and Eivin Røskoft showed that **persons born during solar maximums (higher solar activity) had shorter lifespans**.
- A July 2010 report by W.E. Lowell and G.E. Davis GE Jr titled: *The effect of solar cycles on human lifespan in the 50 United States: variation in light affects the human genome* also came to the same conclusion that **person’s born during solar maximum lived shorter lives**.

To put it simply, stronger solar activity is detrimental to health and well-being. So now that we know this, all we have to do is locate the cycles of solar activity where solar activity is stronger than average.

Solar Cycles and Human Progress

During World War 1 Russian professor of Astronomy and Biological Physics, Alexander Leonidovich Tchijevsky, observed that particularly severe battles regularly followed each solar flare during the sunspot peak period of 1916-17. Tchijevsky found that fully 80% of the most significant events occurred during the 5 years of maximum sunspot activity. Tchijevsky divided these periods of activity into four periods:

Period 1: - (approximately 3 years, minimum sunspot activity). Peace, lack of unity among the masses, election of conservatives, autocratic, minority rule.

Period 2: - (Approximately 2 years, increasing sunspot activity). Increasing mass excitability, new leaders rise, new ideas and challenges to the elite. This manifested in 2012/2013 during the Occupy Movement.



Period 3: - (Approximately 3 years, maximum sunspot activity). Maximum excitability, election of liberals or radicals, mass demonstrations, riots, revolutions, wars and resolution of most pressing demands. This is the current period we are in as of 2012. This cycle will next occur between 2020 and 2021.

Period 4: - (Approximately 3 years, decreasing sunspot activity). Decrease in excitability, masses become apathetic, seek peace. This is the cycle we are in as of 2016. Period 4 is also a time where all information, knowledge and research comes to fruition. A time where “connecting the dots” occurs.

Reference: Tchijevsky's Disclosure: How The Solar Cycles Modulate The History © Smelyakov S.V., 2006.

We can match these 4 cycles with the seasons of the year as well as give these cycles names. Condition Red is maximum excitability. During this

time those most at risk are seniors and those under physical or emotional stress.

The 3 other cycles are Green, Orange and Blue. These "*condition colors*" follow the same path as a standard 11 year solar cycle. A condition blue begins the cycle, building up energy, followed by a condition red, which is a peak of the energy, which is then followed by a condition green, which is a period of harmony and peace. Using Professor L. Tchijevsky's cycles just mentioned, we get the following results: Period 1 is condition Blue, period 2 is condition red, period 3 is condition orange and period 4 is condition green. For illness or pandemic outbreaks, the period shifting from period 3 to period 4 is the most dangerous, as this is when the solar activity suddenly "drops" causing a "shock". Therefore solar maximums should coincide with pandemics or influenza outbreaks. This is similar to the phase between seasons of each year where the body's immune system becomes weaker.

Periods of Synergism in Solar Activity

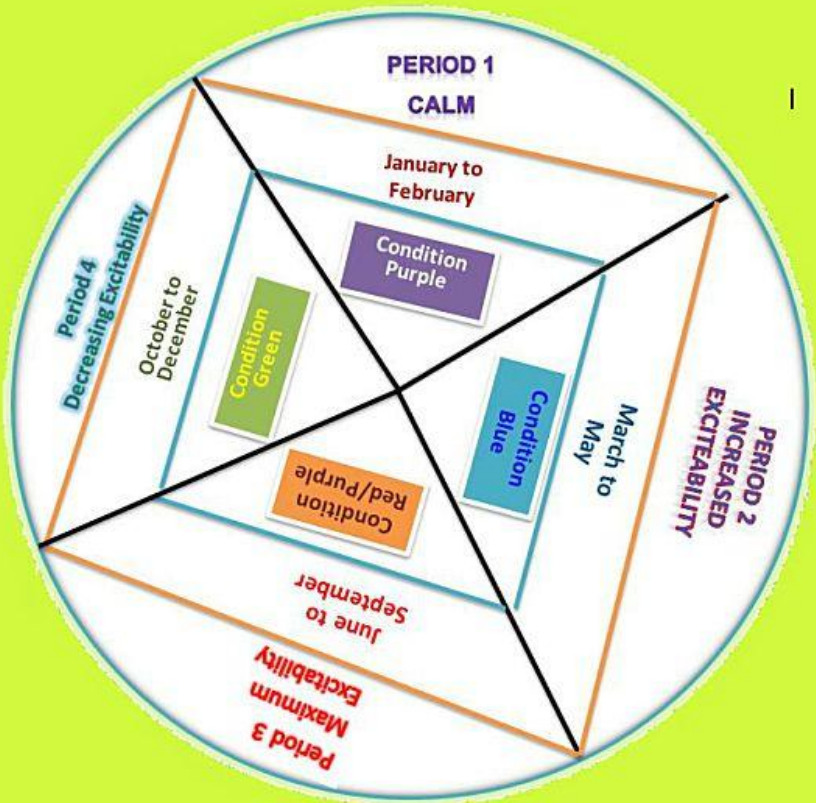
These condition color cycles have the following effects on the body. Just before the sunspots increase, a period of aches and pains can occur in the body, which is the result of oxidative stress, at the peak of the solar flare, the body's immune system will undergo a tremendous change caused by the high speed solar winds, which can result in health problems for those most at risk. A few days later, a condition green occurs, allowing the body to adjust itself to the new conditions, resulting in a return to good health and harmony. This is a period where exercise is recommended, and where oxidative stress is "relieved". Next the cycle repeats itself again.

The complete cycle of solar activity lasts approximately 11 years. During this time, effects from the condition colors become more intensified, depending upon if the sunspot cycle is headed towards solar maximum or solar minimum.

The condition color is greatly accelerated or gains strength, when it falls within one of the 4 periods of Professor L. Tchijevsky's chart. As of 2016, we are in Period 4, so when the condition color green occurs, we can expect more peace, calm, harmony and a reduced level of interest and enthusiasm. Period 4's are also excellent times to review and "*connect the dots*" and do a summary of past information received. It is a time

where new ways of doing things emerge and new ideas start to sprout and take hold. Because we are in Period #4, whenever there is a condition Green, the results become greatly amplified due to the synergy of Period 4 + the Condition Green.

Each condition period becomes further "*stimulated*" or receives even more energy when there are between 4 and 8 C class solar flares, when 80 or 160 sunspots are present or when the S Class flares number 8 or higher. When all three of these overlap (*A Period + condition color + 4 and 8 solar flares*) they cause major synergy. This amplifies the condition to extreme maximum. This synergy can result in a more aggravated condition or a more positive condition. The chart below summarizes what we have just covered. There is also a condition purple mentioned, which is a period of extreme calm, which leads into a condition blue.



Scientific Studies showing Solar Activity Affecting Health

A study published in 2010 titled: *Blood Pressure, Heart Rate And Melatonin Cycles Synchronization With The Season, Earth Magnetism And Solar Flares*, conducted by G. Cornelissen and colleagues concluded that Heart Rate may be affected by solar activity.

A study titled: *Solar cycles and their relationship to human disease and adaptability*, published in May 2006 and conducted by G.E. Davis and W.E. Lowell, found that after gathering the birth dates of approximately 237,000 people from 1995 to 2004 (covering 7 solar cycles) he found the following:

- When radiation peaks during solar cycles, particularly chaotic solar cycles (**CSC cycle**) that a higher incidence of mental disorders exists.
- The outermost layer of the body's cells are affected the most by higher solar activity.
- Autoimmune diseases showed sensitivity, especially the developing immune system. It became more suppressed during peak X-ray solar activity.
- People born during chaotic solar cycles showed more genetic mental diseases such as schizophrenia and bipolar disorder.
- As the chaotic solar cycle decreased, people with diseases such as multiple sclerosis and rheumatoid arthritis became more susceptible. **This is a peak danger time for the immune system.**
- Latitude (e.g., variation in light) creates an added stress upon the immune system, with maximum values at 53-54 degrees N. latitude.

A study published in March 2011 titled: *Sunspot Dynamics Are Reflected in Human Physiology and Pathophysiology*, conducted by William J.M. Hrushesky and colleagues, found a firm pattern existed showing strong 10-year and weaker 5.75-year cycles that affected physiologic functions. The study concluded that solar magnetic storm periodicities affect human physiology and pathophysiology.

In a 2014 study by Laith M. Karim and Marwa H. Abbas published in the Karim & Abbas Iraqi Journal of Science, titled: *The Relation between Influenza Pandemics and Solar Activity*, concluded that significant influenza epidemics do not occur during solar minimums. The worst

influenza epidemics were shown to begin between 2 and 3 years before and after maximum solar activity within a range of 2 to 3 years. The worst flu epidemics coincided during peaks of solar activity.

A study published in march 2002 titled: *An estimate of premature cancer mortality in the U.S. due to inadequate doses of solar ultraviolet-B radiation* conducted by W.G. Grant, showed that there exists a connection between Solar UV-B levels and cancer of the colon, breast, ovary and prostate as well as non-Hodgkin lymphoma. The study found that when UV-B levels were lower, there were more premature deaths. Because Vitamin D levels come from UV-B, perhaps decreased vitamin D levels cause cancer. A study published in February 2006 titled: *The Role of Vitamin D in Cancer Prevention*, conducted by Cedric F. Garland and colleagues, found a protective relationship exists between sufficient vitamin D status and lower risk of cancer. There have also been multiple studies looking into UV-B levels and cancer and what the recommended levels for health should be.

This would then mean on a seasonal basis each year when sunlight is fading there would be an increased risk of cancers. A study titled: *Season, sun, sex, and cervical cancer* published in August of 2005 by W.J. Hrushesky and colleagues, which looked at data spanning 16 consecutive years in Southern Holland, concluded that during August of each year, there was a 2 fold increase in enereal human papillomavirus (*the bacteria responsible for cerical cancer*).

Scientific Evidence showing Solar Activity affects Human Lifespan

A study published in 2008 titled: *The light of life: evidence that the sun modulates human lifespan*, conducted by W.E. Lowell and G.E. Davis studied 320,247 Maine citizens over a 29-year period (*11 solar cycles*).

The study found the following:

- People born during solar maximums (*peaking solar activity*) lived an average of 1.5 years less compared to those born during years when solar activity did not peak.
- Males were more prone to “*solar weather sensitivity*” than females.

- When the month of birth was compared the pattern of peak to non-peak lifespan, there existed a nearly identical difference to the pattern of seasonal variation in light.

The study concluded that these effects were most likely being caused by ultraviolet light coming from our sun. This was affecting the immune system through the dermis (*the thick layer of tissue below our skin*). The study also concluded that solar events affecting genes after conception may play an important role in future diseases of adults.

Because solar radiation consists of a form of magnetic fields, could the dermal layer of our skin be impacted by mild electrical fields? A study published in July 2008 titled: *Transcriptional response of dermal fibroblasts in direct current electric fields* conducted by J. Jennings and colleagues, concluded that not only did wounds heal faster when subjected to electric fields, but genes and protein synthesis were also affected.

Additional References

Vaquero, J.M. and Gallego, M.C. 2007. Sunspot numbers can detect pandemic influenza A: the use of different sunspot numbers. *Journal of med. Hypotheses*, 68(11), pp:1189-1190.

So now that we know maximum solar activity creates more bacterial infections, we only need to watch out for when condition red (*period 2*) cycles occur. Condition Reds show maximum strength during spring. Condition greens show maximum strength during fall into winter. Condition Red is maximum excitability. During this time those most at risk are seniors and those under physical or emotional stress.

Additional References

Vaquero, J.M. and Gallego, M.C. 2007. Sunspot numbers can detect pandemic influenza A: the use of different sunspot numbers. *Journal of med. Hypotheses*, 68(11), pp:1189-1190.

How can I find a Condition Red?

Condition reds occur when 8 or more C Class solar flares appear after the sun has been quiet for a while. This results in a “*surprise shock*”. It is a time when solar activity begins increasing. A second shock occurs again with another wave of negative energy as the X-Ray background flux levels start climbing above B4.0 and higher for 3 or more consecutive days. In the following image is a condition red. X-ray background flux levels start at B2.8, then rise to 154 sunspots (B6.3).

Prepared by the U.S. Dept. of Commerce, NOAA, Space Weather Prediction Center
Please send comments and suggestions to SWPC.Webmaster@noaa.gov

Quarterly Daily Solar Data

Date	Radio Flux 10.7cm	SESC Sunspot Number	Sunspot		New Regions	Stanford		X-Ray Bkgd Flux	Flares				Optical		
			Area	10E-6 Hemis.		Solar Mean Field	X-Ray		X-Ray C	X-Ray M	X-Ray X	X-Ray S	1	2	3
2015 09 24	107	86	550		0	-999	B2.8	2	0	0	0	9	0	0	0
2015 09 25	120	145	640		3	-999	B3.6	1	0	0	7	0	0	0	0
2015 09 26	120	138	720		0	-999	B4.0	3	0	0	15	0	0	0	0
2015 09 27	128	154	1010		1	-999	B6.3	13	2	0	43	4	0	0	0
2015 09 28	124	120	1050		1	-999	C1.0	13	4	0	25	4	0	0	0
2015 09 29	129	125	1170		0	-999	C1.2	8	9	0	31	4	1	0	0
2015 09 30	131	78	1090		0	-999	C1.2	8	2	0	20	3	0	0	0

Above image courtesy of NOAA

ftp://ftp.swpc.noaa.gov/pub/indices/old_indices/

Condition reds occur more often between February and April. The time the sun's activity is just starting to increase after a quiet period during winter. The body is most vulnerable always during this time because it has not had time to adapt to the sudden rise in unexpected solar activity.

Deadly Gut Bacteria Infections Peak Each Spring

The bacteria *Clostridium difficile*, which causes severe diarrhea, was found to occur more often during Spring each year^[1]. The majority of *Clostridium difficile* infections occur after people have been taking winter antibiotics. When spring comes, the levels of bacteria in their gut have not had a chance to adapt to the new seasonal spring conditions. This causes the good gut bacteria to become less resistant to infection.

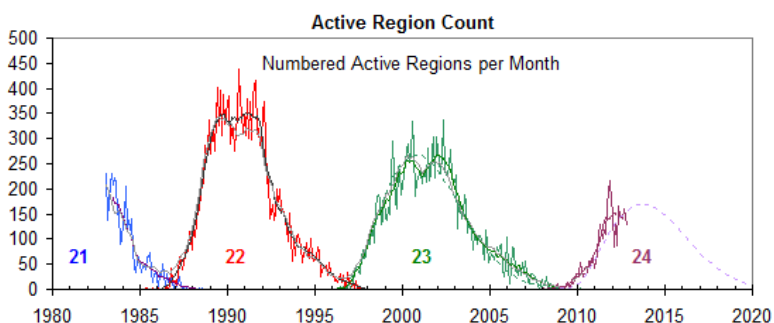
The research study also discovered that the incidents were highest in the Northeast, followed by the Midwest, the South and the West.

^[1] *(Regional and seasonal variation in Clostridium difficile infections among hospitalized patients in the United States. J.R. Argamany et al. May 2015).*

The Condition Red Periods and Its Mental and Emotional Effects

If you are aged, under physical or emotional stress, a prolonged condition red may worsen these conditions leading to Inflammation that may create a mysterious “cough” coming out of nowhere or similar

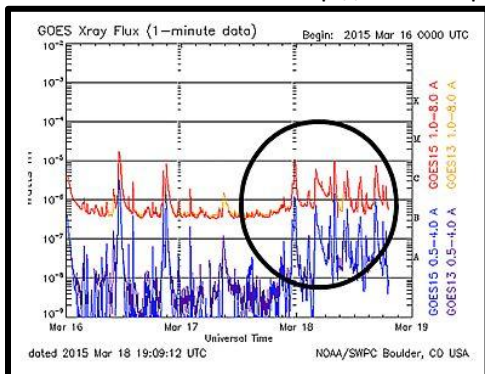
bacterial infections. A perigee moon (closer to earth) also amplifies condition reds. If you work with large numbers of people or the public on a daily basis, this can worsen the condition even more. Condition Reds reach their peak just before, during and a little after solar maximum. The chart below shows solar maximums occurring in 1991, 2002 and 2012. Condition Reds that occurred during this time had increased strength. This was a time of increased stress on the body.



What Is The Sun's Solar Flux?

Our sun emits various forms of energy. One spectrum of this energy is the sun's solar flux. Solar flux is the level of how much radiation is being emitted from our sun. Hence the more sunspots, the stronger the solar radiation. The following image shows the sun's solar flux. The circle indicates the stronger solar flux activity occurring. Real time solar flux

values can be found at: <http://www.swpc.noaa.gov/>



Condition Colors and their Emotional and Physical Effects

Condition: Red.

Solar/Geomagnetic Conditions: 3 or more X category solar flares. Sunspots rising. X-Ray background flux levels at 4.0 or higher. Solar winds at 380 or higher. Sudden rapid increase in Sunspots. If you happen to live in a rural area where there is lots of “dirt”, you will discover that during condition red periods, that the earth soil and ground becomes more “barren”, dry and “dusty” during these times.

Effects Upon the Body: Moods Stimulated. Increased Stress and Anxiety. Immune System will undergo radical shift/change. This is the only time large amounts of antioxidants should be taken, otherwise they just contribute to fatigue. The “drying up” and evaporation of moisture from vegetation may occur, turning grass and leaves brown. Complicated Electrical Devices heavily reliant on software are more prone to malfunction/fluctuation and “freezing” or taking longer than usual to “compute”. In most cases, the most recent 24 to 48 hours after the solar flare event, events may seem ‘speeded’ up, leading to acts of “trying to make up for lost time. If the X-Ray Background Flux rises above B7.0, during this time, odors and scents become amplified and stronger, and scientific breakthroughs happen more easily.

Possible Outcome: Bad bacteria contributing to increased sensitivity triggering Allergies, Asthma, Pneumonia, and other respiratory

infections. Avoid Foods high in Processed Sugar, Trans-Fats, Peanut Proteins, Wheat Products and excessive emotional and physical stress. Foods that cause allergies should be especially avoided.

For maximum protection, take the Herbal Mix #1 formula shown at the end of this book. Taking foods high in Quercetin such as Apples or Onions work extremely well during this time. Artichokes are also packed with quercetin.

Condition: Green. Period: Health and Vitality.

Solar/Geomagnetic Conditions: Solar Wind Speed at 350 and declining with rising Cosmic Rays.

Effects Upon the Body: Pituitary Gland is stimulated. Physical exercise is more beneficial. Spoken word and communication is more stronger and clearer. Chakra Balancings and other spiritual exercises are enhanced. Food becomes more “appealing”. Cravings/Appetite for Junk Foods begin, or if you are a raw foodist, appetite may increase. Photosynthesis in plants is accelerated. Plants and Vegetation retain more moisture. Overall climate becomes more temperate. Condition greens occur strongest after a major solar flare.

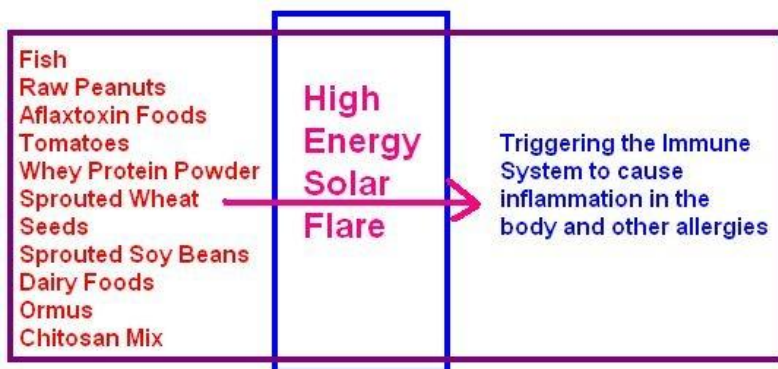
Overall Outcome: Increased Health and well-being.

Recommendations/Advice: Good for physical exercise, especially resistance exercises. A perfect time to perform Yoga or Tai Chi exercises. New overall awareness emerges. Carpal tunnel syndrome symptoms manifest themselves more at this period. This can be solved by boosting levels of Vitamin B6. Life tools you need to further your path manifest easier at this time.

Details concerning the other condition colors are covered in my book *Solar Flares and Their Effects Upon Human Behavior and Health* which you can find in your local bookstore or on Amazon.com.

Solar Flares, Allergies and the Immune System

Below are listed the most common foods that people become most allergic to. Soybeans are in the top 10.

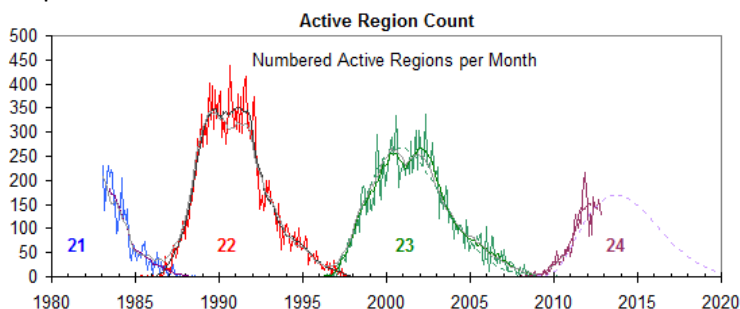


As shown above, these foods, which help renew the body, “turn” on the body’s immune system when there are 8 or more “C” class solar flares with an X-ray background flux of 4.0 and rising in people who are solar weather sensitive. But only if excessive amounts of these foods are present in the body when this higher energy occurs. The X-ray background flux at levels of 4.0 or higher can remain high for up weeks at a time, especially during summer. Usually after a few days a healthy body is able to adapt to these conditions. Higher solar wind speeds can also aggravate this problem when solar activity is stronger. A good combination to take to offset this is by taking the herbal allergy relief formula shown later in the how to make your own formulas chapter.

Do Solar Flares Speed up Evolution?

Quote from by Bob Hartzler at Iowa State University: *“The identification of glyphosate resistant horseweed is the first case of a weed developing resistance in Roundup Ready soybeans. The resistant biotype first appeared in Delaware in 2000. The first population originated in a field in which glyphosate was the only herbicide used in Roundup Ready soybeans in 1999 and 2000. This horseweed biotype has exhibited an 8 to 13 fold resistance to glyphosate.”* This quote shows that the weeds became resistant to round up during an upswing in the sunspot cycle. If we examine the chart below we can see that the year 2000 was the peak of solar activity. Solar cycle 24 lasts from 2008-2018, ending 8 years after 2010. So expect to see the next “surge” in evolution peaking between 2014 and 2018, especially if Round Up has made a new “weed resistant” formula, it too may become resistant to weeds in this cycle, having “evolved”. Perhaps this is also the same trend bacteria follows when they become resistant to antibiotics. The stress may be

accelerating evolution. While further research is necessary, it is likely that not only plants, but our bodies undergo a state of change at sunspot maximums.



Mr. William Hershel showed that a lack of sunspots affects wheat crops. In 1801 Mr. William Hershel wrote the following: *“It seems probable analyzing the period between 1650 and 1713, and judging by the normal yields of wheat, that a scarcity of vegetation occurred whenever the sun appeared to be free from spots.”*



This is because wheat is one of the plants most sensitive to electromagnetic energy, which is probably why crop circles form in them often.

What Inflammation is and How to Control It

Two forms of Inflammation occur in our body. The first is good inflammation *“no pain no gain”*. The good inflammation is the pain you feel after excessive exercise that actually heals and mends the body. The second type of inflammation is the type that can cause allergies and if left untreated, eventually infection.

Controlling the bad inflammation is a 2 stage process. First you need to control it. One way to control bad inflammation is to stop taking foods that may be causing the inflammation such as Fish, Tomatoes, Peanuts, Wheat, Soy, Dairy products, Sugars and Oils high in Omega 6 fatty acids.

Also look for alternatives to prescription drugs. Foods high metals such as mercury, lead, cadmium, aluminum and arsenic should be avoided. Stress should be controlled and toxins in the body must be removed, via detoxing. Second, once inflammation is brought under control, you

need to shut down the inflammatory process. Antioxidants in massive amounts are the key to this.

A May 1994 study titled: *Nutritional antioxidants and the modulation of inflammation: theory and practice* conducted by G. Grimble found that the antioxidants Vitamin E, N-acetylcysteine and a cocktail of antioxidant nutrients reduced inflammatory symptoms in acute and chronic pancreatitis, inflammatory joint disease and adult respiratory distress syndrome. The study concludes that treatment with antioxidants may slow the progression of acquired immunodeficiency syndrome.

Additional methods for controlling inflammation include large doses of Vitamin D from Cod Liver Oil (*Between 40,000 to 70,000 units*) are recommended. One tablespoon of cod liver oil contains approximately 14,000 international units of vitamin A. Braised Liver and Cod Liver Oil are 2 of the most powerful super foods that contain high amounts of Vitamin A, DHA, B Vitamins and Arachidonic Acid. Braised liver can also help overcome fatigue and is high in carnitine and lipoic acid.

Another method to quickly relieve allergies is to take a large dose of Vitamin C and take this with 1 tablespoon of Brewer's Yeast and Cod Liver Oil. This combination has also been used to help reduce the symptoms of allergies. It is important to take the Brewer's Yeast, Vitamin A and Vitamin C together. Other synergists include: Parsley, Echinacea, Salmon Oil, Evening Primrose Oil and Kids time Cough Syrup. Once you feel better, reduce the dosage. Because everyone is different, vary the dosage according to your body's intuitive needs, which will start to vary over a 3 to 5 day period. Other antioxidants that help reduce inflammation include coriander, curcumin, quercetin, selenium, n-acetylcysteine and alpha-lipoic acid and zinc.

Another good method is to take a moderate amount of Vitamin B6 with Magnesium. Excessive doses of B6 can cause peripheral nerve damage. This is why Vitamin B6 capsules are so tiny. Dr. Hoffer of the Huxley Institute for Biosocial Research carried out similar research on patients with psychiatric problems and found that up to 75% of psychiatric patients were lacking in Vitamin B6. Pancreatic Enzymes taken with a Digestive Enzyme Complex have also been shown to be successful in treating allergies.

Notes about capsules:

The smaller the supplement capsule the more potent the nutrient, so less needs to be taken. An alternative is to take foods high in the supplement. For example, Kale contains high levels of Vitamin D3, yet the capsules are tiny.

Filling your body with foods that create an alkaline environment can help reduce inflammation as well as allergies. Some good foods for this are: Apple Cider Vinegar, Spring Water with Lemon Juice, Cottage Cheese, Wheat Grass etc.

Excerpt from the book: [Living Healthy Beyond 120, A Centurion's Plan for Longevity](#)

Published by the Institute for Solar Studies on Behaviour and Human Health. Santa Monica, CA.



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Chapter 3. - The Condition Colors Described in Detail

Condition Red Periods

These are periods where higher psychological stress is placed upon the body. In some cases the immune system is impacted. On the following page an image shows the stronger X-Ray Background Flux Energies that contribute to a condition red period.



#	Radio		Area		Solar		X-Ray		Flares						
#	Flux	SESC	10E-6	New	Mean	Field	Bkgd	Flux	C	M	X	S	1	2	3
#	10.7cm		Number	Hemis.	Regions	Field	Flux								
#	Date														
	2012 09 28	138	77	590	0	-999	B3.8	0	0	0	1	0	0	0	0
	2012 09 29	136	70	830	1	-999	B5.6	11	0	0	13	0	0	0	0
	2012 09 30	136	95	830	1	-999	B5.7	12	1	0	12	0	0	0	0
	2012 10 01	128	59	580	0	-999	B7.6	8	0	0	0	0	0	0	0

What Causes a Condition Red? Condition Red periods begin when the X-Ray background flux is at levels of 4.0 or higher for the first time after being quiet for a period of time. On the following page is an area showing the higher X-Ray background energies.

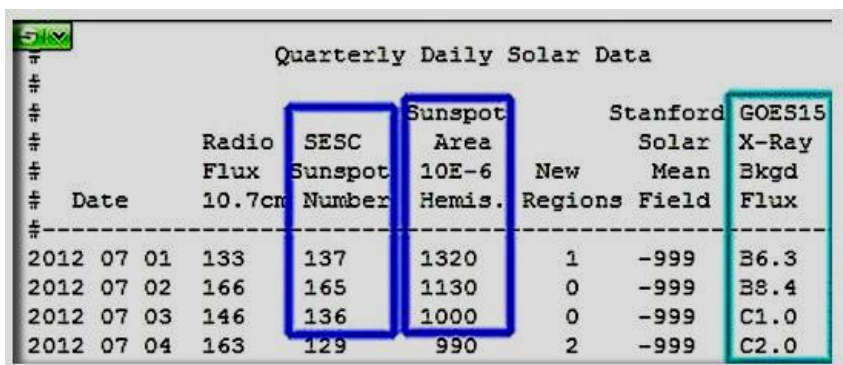
What are the Effects of a Condition Red?

It is a time to avoid excessive stress, not take on challenges you think you can handle and avoid excessive physical activity. Take more Vitamin C. Mentally you receive more energy for mental tasks, but over the long term run the risk of “burn out” if excessive.

Condition Reds are maximized from March to May

Shown below is the main indicator for a condition red period. This is when the X-Ray Background Flux levels are above 4.0 or higher. This energy is maximized for the first 3 to 5 days. After this period, healthy bodies get used to this new influx of energy. Those suffering from upper respiratory diseases, viral infections or are in frail health are most at risk during this period.

Below is another image showing the X-Ray background flux levels at C levels on July 4th. This is a stronger more intense energy period than B levels. These periods are most common from April to August during solar maximums.



Date	Radio Flux 10.7cm	SESC Sunspot Number	Sunspot Area 10E-6 Hemis.	New Regions	Stanford Solar Mean Field	GOES15 X-Ray Bkgd Flux
2012 07 01	133	137	1320	1	-999	B6.3
2012 07 02	166	165	1130	0	-999	B8.4
2012 07 03	146	136	1000	0	-999	C1.0
2012 07 04	163	129	990	2	-999	C2.0

Rising Sunspots. Solar winds at 380 or higher. Reactions involving the nervous system become faster during this time, contributing to a swifter reaction time. If the solar wind is at high levels for 5 or more days and the 10.7 Cm Radio Flux levels (*also known as the suns solar flux*) has been higher than 4.0, pests and other bothersome insects appear more often than usual. This includes mosquitoes and other biting insects. There is also more dryness in the air. This results in a severe lack of moisture in the soil, increasing the amount of airborne dust particles in the air, especially if you are in a climate that has warmer temperatures.

Effects Upon the Body: More energy for mental tasks, although there is a chance of overdoing it. Moods Stimulated. Especially Fear. If the solar winds are above 350, the fear is significantly stronger, especially fear from events in the past. Fear at the collective unconscious level manifests itself. Stress and Anxiety. Muscles may ache more often, especially in the upper region of the body. More S optical flares will amplify the condition.

Usually after 3 days or more of high speed solar winds,

most healthy individuals will remain unaffected. Only the most vulnerable with frail health will suffer more during these times. The immune system will undergo radical shift/change. Foods high in natural antioxidants and vitamin C are highly recommended during this time, especially yogurt and other healthy probiotic foods. Foods highest in polyphenols, especially organic apples are best taken during this time. Large Numbers of unexplained Fish Die Offs may occur. The "drying up" and evaporation of moisture from Vegetation will occur, turning grass and leaves brown. More chance of the EGO consuming part of the personality. Complicated Electrical Devices heavily reliant on software are more susceptible to malfunction/fluctuation and "freezing" or taking longer than usual to "compute". During the most recent 24 to 48 hours into this period events may seem 'speeded' up, leading to acts of "trying to make up for lost time". A more "collective" trance among large groups of people emerges at this time. A good example is freeway "pile up" accidents, which occur more frequently at this time. If the X-Ray Background Flux rises above 7.0, during this time, Odors, Scents and Smells become amplified and stronger, and scientific breakthroughs happen more easily. Sunrise may appear pale red, dim orange. Long distance travel may drain the body of energy more. Recent condition reds have time compression properties. Repetitive Productivity is greatly increased. Productivity with tasks that use mental repetition is greatly enhanced. This includes tasks such as data entry, research analysis and the like. Allergies, Asthma, Pneumonia, and other respiratory infections of the upper part of the body may become more common.

Reaction Time and Solar Activity

Researcher Bernhard Düll developed tests of human visual and auditory reaction times in relation to the effects of weather and solar activity. His unpublished findings concluded that there were increased incidences of airplane crashes in association with higher solar activity. His findings were re-produced by Tatiana Zenchenko and A. M. Merzlyi. Bernhard in 2008. In total, researcher Düll spent over 10 yrs evaluating internationally recorded airplane crashes and their relation to solar activity.

Overall Outcome: A period where you need to watch stress, anxiety and beware of upper body disturbances. During Condition Red Periods, choose decisions that intuitively feel right to you, especially ones that help you achieve a higher level of positive and healing vibrations. When you can trust your intuition to guide you, the universe will always look after you.

Because oxidative stress has been shown to increase itself in the body during higher solar flux periods, especially when the x-ray background level is at C.1 or higher, quercetin, an effective oxidative stress destroyer, which can be found in high levels in onions, capers and apples, can help protect us against the flu or inflammation during these higher solar energy periods. This period peaks during February/March and September. What is most interesting is the CDC did a study over a 31-year period and discovered that flu activity peaked in February (14 seasons, or 45% of the time), followed by December, January and March (which each peaked during 5 seasons, or 16% of the time), which also happens to be the time solar activity is highest. There is also research showing that during

the peak of the 11 year sunspot cycle, outbreaks of influenza are more common during flu season.

Source: Centers for Disease Control:

<http://www.cdc.gov/flu/about/season/flu-season.htm>

Suggestions: Avoid Foods high in Processed Sugar, Trans-Fats, Peanut Proteins, Wheat Products and excessive emotional and physical stress. If you are doing Internal QI Gong type exercises, including the Emerald Tablets Exercise, it is not recommended to do the exercises if the x-ray background flux is higher than 4.0. Massage the upper part of the body including neck, shoulders and other areas to erase tension and boost circulation.

During condition reds, try to avoid going with the “rush” of things and be more patient in achieving goals. Instead incorporate more pauses throughout the day and avoid extreme emotions if you get frustrated from not achieve these goals.

If you are undergoing a course of healing, or want to re-stabilize your immune system, take natural antibiotics during this time. The best natural antibiotics include: honey, garlic, walnuts and onions.

One interesting discovery throughout observing condition red periods, is if you are just getting over an illness, if you still feel sick and the X-Ray Background Flux has been dropping, especially dropping below 4.0, the illness may be psychological or in your head. When you can convince yourself that the remaining part of your sickness or illness is part psychological, the healing becomes accelerated.

For maximum protection, take the Herbal Mix #1 formula shown:

**A Pinch of Granulated Lecithin (optional)
Between 2.0 and 10mg of Vitamin B6 (optional)
1/2 Teaspoon of Yerba Mate Herb
1/2 Teaspoon of Parsley Powder
2 1/2 Teaspoons of Brewer's Yeast
1 Teaspoon of Echinacea Powder
1/2 Teaspoon of Brazil Nut Powder
1/4 Teaspoon of Chili Powder
3 Bromelain Enzymes
1 Teaspoon of Garlic Powder
1/4 Teaspoon of Coriander
1/2 Teaspoon of Clove Powder
1/4 Teaspoon of Rosemary Powder
1 Teaspoon of Basil Herb Powder**

Sources of Information

View Optical and Sunspot Numbers:

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

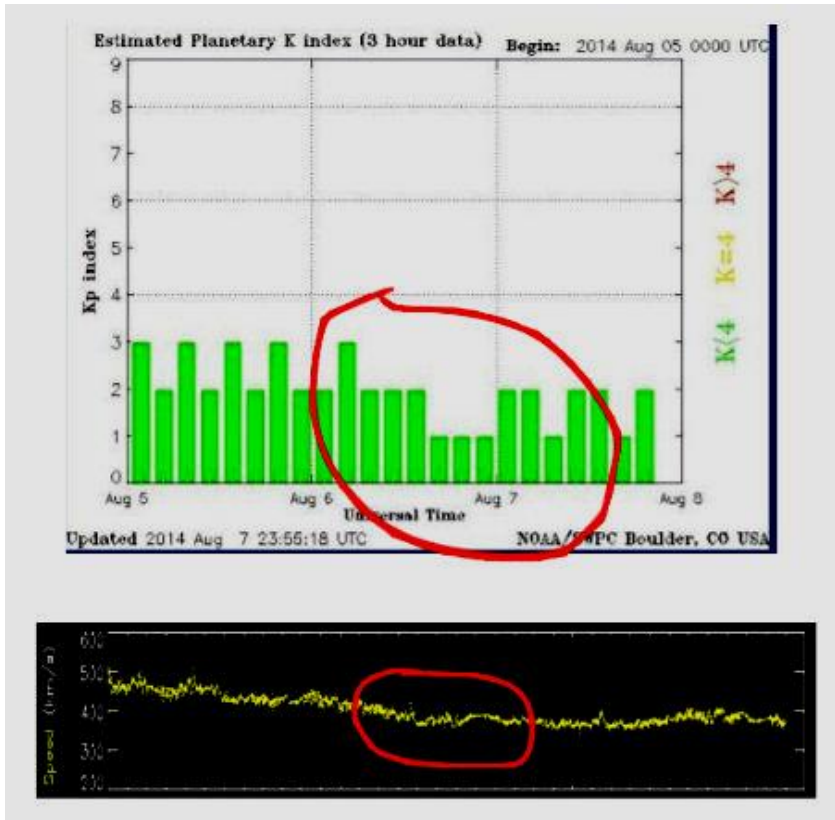
Condition: Green

Period: Health and Vitality

Solar Conditions: This is known as a Period 4. Solar Wind Speed between 340 and 355. The most powerful time is after a flare or when the solar wind speeds have been at high levels for a while and are just entering the speed of 350. The first 24 hrs. are strongest. This will also sometimes include between 4 and 8 C Class solar flares. May accompany rising Cosmic Rays. This occurs most common during late summer. Good for physical exercise, communication, Healing, QI Generating exercises such as the Emerald Tablets Exercises.

When the X-Ray background flux is above 4.0 combined with the above solar wind speeds between 340 and 355, verbal Intention such as in the form of Mantras (verbal intention) or requesting intention out loud is stronger, and the power of prayer is significantly enhanced.

Entering the Condition Green Period: KP has dual polarities, much like a magnet has a negative side and a positive side. When KP levels are too high, they cause discomfort and moodiness, such as occurs during condition orange periods, however when they start to drop and enter a certain range, and the Solar wind also drops into the 350 range, the opposite occurs and KP levels become more stimulating/motivating, and we get a condition green. The image below explains this a little more clearer. Below are the KP levels in vertical bars and the solar wind in a declining line below the KP image.



This is a perfect example of the polarity of these energies changing from negative to positive or from a more “irritable period” to a period of more harmony and balance.

Resources:

Solar Wind Real Time:

http://www.swpc.noaa.gov/ace/MAG_SWEPAM_3d.html

Real Time KP Levels

http://www.swpc.noaa.gov/rt_plots/kp_3d.html

Effects upon the Body: Appetite changes. Usually cravings for Junk Foods Begin. Could this mean that certain foods taste better during this time? Shops may experience

more customers, business improves. A new overall "Awareness" in the general populace occurs. When you do Internal QI Gong, the Emerald Tablets Exercise during this time, the aches, pains and other pains that are associated with solar flares are removed by doing these exercises. Carpal tunnel syndrome or symptoms associated with the wrist manifest themselves more at this period. Pituitary Gland is stimulated. Physical exercise is more beneficial. Spoken word and communication is more stronger and clearer. Chakra Balancing exercises and other spiritual exercises are enhanced. Photosynthesis in plants is accelerated. Plants and Vegetation retain more moisture.

Overall Temperatures start to become more temperate (*more beneficial moisture is in the air*). How you think about your life and what you focus on comes into reality more easily during this period. I believe from experience and research over the years this is when "evolutionary leaps" occur, due to the new awareness that arises during this period. This awareness matures when the KP energy rises or peaks. This is the period where clues or solutions to problems reveal themselves clearly, it can also accelerate the summary and clarity of scientific research and progress, leading to the next step of evolution or solving of a long term problem or issue. Information and solutions people are seeking become clarified so sales in book stores go well as well. Circulation of energy in the body is enhanced during this time because tension built up during a condition red has been released.

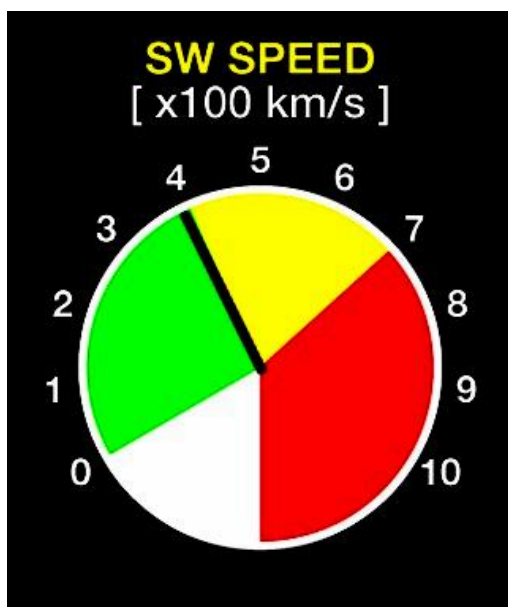
Personal observation has shown that being out in nature at the first condition green has a powerful "relaxation" effect on the body. It is like nature is restoring itself at this time and it also affects us if we are out in nature at this time. At higher elevations and remote areas, there is more harmony

in the forest. Foods higher in Carbohydrates are more beneficial during this time. This includes Molasses, Pasta, Cocoa, Fruits. This is because they provide short term bursts of energy.

Overall Outcome: Increased Health and well-being.

Suggestions: Working with archetypical symbols is stronger. This is a powerful accelerated time for using healing archetypes. Good for physical exercise, especially resistance exercises. A perfect time to perform Yoga or Internal QI Gong, Emerald Tablet Exercises. Life tools you need to further your path manifest easier at this time. Add more meaning to your mantras, chants and prayers to maximize the results.

This is **the best time to get a massage or relive built up stress and tension** in the muscles of the body. The 2nd best time is the condition orange period. Both of these



periods are when the sun's solar activity is winding down or decreasing.

The 2 types of solar wind emitted from the sun

The first is the fast solar wind that averages speeds of 700 kilometers per second. This wind is emitted from the north/south poles of the sun. This

wind is what causes condition oranges.

The second solar wind, which is twice as dense and twice as hot as the first wind, is emitted from approximately the mid equator latitude of the sun. This dense, slow, thick wind has a speed of 350 to 400 kilometers per second. We can think of this as a slow moving mass of dense energy. This wind is what causes a strong condition green, especially when it first starts forming. This is like the dual polarities of a magnet. A full moon causes the solar winds to decline slower, and a new moon cause the solar winds to decline faster.

The Condition Orange Period

Condition: General Danger Solar Conditions: This is known as a Period 3. Because condition orange periods are so unique, I have divided them up into 2 stages. Until mankind can learn to live in peace and harmony with one another, the 2nd stage will no longer be necessary.

Causes: Geomagnetic Energy Higher (also known as KP levels), usually rising towards a peak. Sunspots may be rising or dropping. Depression is more common during this time. Increase in seizures and epilepsy more likely. Chances for physical fatigue increases. Mental Instability may be more likely. When there is a decrease in the sunspot area or a decrease in sunspots for 3 days in a row with higher KP activity, the condition orange period is maximized. A stage 1 condition orange is a period of higher stress on the body. This type of stress is known as Geopathic Stress. The same sort of stress you feel if you lived

under power lines or next to an area that emits waves of high electrical frequency.

The Stage 2 Condition Orange

Solar Conditions: This is known as a maximized Period 3. These are most common from July to November each year and maximized during period 3 years. All of the above conditions are similar to a Stage 1 Condition Orange, however the solar wind speed will be above 350, especially for 2 or more days and the sunspots will be dropping for 2 to 3 days in a row. When the X-Ray Background Flux levels are at high numbers, as shown above, this amplifies the Stage 2 Condition Orange even more. New moons can also add to this energy.

During these condition Orange periods, if you are doing scientific research or are an inventor, pay more attention than usual to your project when working on it, as these are periods where breakthroughs and scientific discoveries occur more often than at other periods.

Because oxidative stress has been shown to increase itself in the body during higher solar flux periods, especially when the x-ray background level is at C.1 or higher (**A condition Red Period**), quercetin, an effective oxidative stress destroyer, which can be found in high levels in onions, capers and apples, can help protect us against the flu and these higher solar energies during these strong periods. Stage 2 **condition** Orange periods are where the energies of the sun have "peaked" and are at their strongest, contributing to a weaker immune system in mammals.

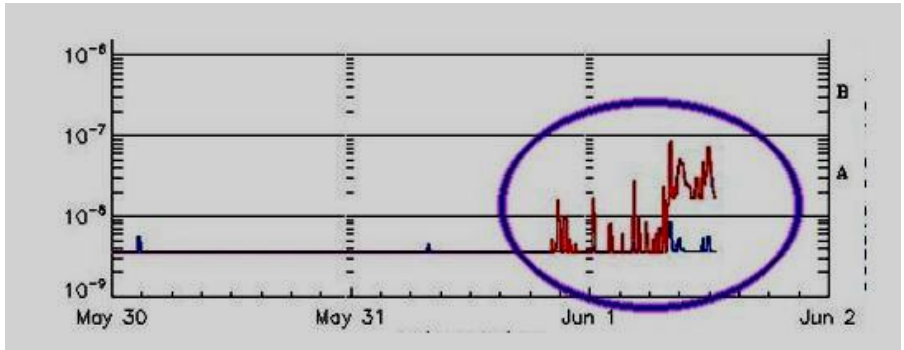
Effects upon the Body for Stage 2: For the mentally unstable, avoid situations that could aggravate mental instability.

Overall Outcome: To try avoid being in the wrong place at the wrong time, especially in high stress areas where large numbers of people congregate.

Condition oranges/purples are a good time to listen for new information, so this must be a receiving period, compared to condition blue and red periods, which are times to send/transmit information/intention. We can think of condition blue periods as a time to take action and condition purple periods as times to withdraw from action and listen and observe more.

Condition: Blue Periods

Solar Conditions: The Sunspot Area $10E-6$ is growing or increasing and/or when the sunspots are increasing/rising (especially when reaching 80 and again at 160) for 3 or more days in a row. A "rebound" in the solar wind and a slight rise in the suns 10.7 Radio Flux Levels will also add to this energy. Condition blues are strongest from February through June. Condition Blues usually signify the start of a solar flare cycle. Condition Blues are strongest when the sunspots have been "flat" for some time (just after a condition purple) and are about to start rising. This is especially so when the suns 10.7 Cm Radio Flux levels (also known as the suns solar flux) starts rising.



Above are 2 images of the Sun's 10.7 Cm Radio Flux levels (*also known as the suns solar flux*) increasing after a quiet period. At the first start of a condition blue, the local micro climate changes. For example it may suddenly change from sunny to wet and rainy, or from foggy to dry. If there has been an increase in the S optical flares the last few days, these sudden microclimate changes are more intense and the changes occur faster.

Effects Upon the Body: Mental and Thought is Stimulated. Ideas, Creativity. The power of Intention is significantly enhanced. The power of focus is clearer, leading to enhanced and "solidified" intuition. Mental energy is replenished faster than usual. A time of maximum self confidence where the feeling you can believe in your dreams becomes maximized. During this time the body is most resistant to disease and the immune system is strongest. This enhanced confidence fuels the intuition, leading to increased material wealth, success, creation and

miracles. Goals manifest much more rapidly than usual. This is one of the best times to Clarify and put into motion long term goals, especially goes that are meant for the future.

This is a time of strong intellectual personal power. An excellent time to teach or to apply your energy towards constructive works that benefit your community. There are some ancient Sumerian texts that talk about this period as a time to use this energy to protect crops and for other uses. This is one of the very best times to perform Reiki upon objects, people or pets.

Overall Outcome: The period 2 to 3 days into a new moon also have the same effects as a condition blue. The best way to create miracles using a condition blue is to find out what is getting you results or has gotten results for you in the past, than re-focus on this same method during a condition blue. From my experience in selling, I know what gets results for me, so during a condition blue, I will have more belief in my ability to follow the same pattern I know that got results in the past, and the final results will always multiply faster with much larger results, or in my case more sales.

Additional Suggestions: An excellent time to make scientific discoveries. Use the power of the sun or other archetypical symbols to ask for healing or prosperity. Apply more belief to an intention or goal. Explore a little deeper/further. A good time to do Creative Visualization or Chants and Mantras. If you are using this energy for healing, use healing visualizations, or frames of mind that you know made or kept you healthy in the past, and apply them more during this period. If you play sports, follow the pattern or technique that you have used in the past to get

results, and you will find that these skills will become even more amplified, than at other times, giving you a huge advantage over your competitors. So we can see that no matter how small the results are we are getting from our technique to heal or improve ourselves is, the results from this technique multiply themselves substantially during condition blue periods. It seems that after acknowledging the sun and its sunspots do the miracles come out more easily. I have found from years of experience of working with condition blues, that the energy is extremely fast, and yields lasting results. It seems that after acknowledging the sun or using methods to "connect with the sun" and its energies do the miracles come out more easily.

An excellent time to take herbs, foods, exercises that heal the body. Foods especially high in plant and alkaline are most beneficial. These include Tofu, Beans, Sunflower Seeds, Quinoa, Brown Rice, Barley, and similar. Aloe Vera, Spirulina, Sprouted Flax Seeds are also recommended.

During higher periods of solar activity, belief in oneself is more prevalent. It means more people in the general population have the belief that they have the capability to succeed at something or a stronger feeling of certainty they have about something. They feel quite certain that they can achieve success. This last wave occurred during the year 2000, when the Dow Jones Industrial Average reached new peaks.

Because consumer confidence levels are actually the levels of confidence consumers have in the future, it means that they have a feeling of certainty that they have the ability to succeed and can succeed in what they are attempting. It means having a feeling of certainty rather than having certainty. Sunspot

Maximums stimulate these feelings of increased confidence, possibly by affecting some of the hormones in the body.

Increasing confidence is based on a person's perception. In a nutshell, the difference between a person who has confidence and a person who doesn't have confidence may only boil down to their individual perception. *"Perception is relative to the speed of the observer."* Rising sunspot levels change and alter our perception. When we have achieved high levels of confidence from a high sunspot period or condition blue period, and suddenly the sunspots begin dropping, or we enter an overall lower sunspot cycle (*which can last for 3 years or more*), our perception is still riding on the previous "high", which creates a feeling of *overconfidence*. What we perceived was causing us to believe in ourselves, has temporarily faded. We then discover that we are not getting the same usual results that we were once used to getting. This may begin a cycle of lower self-confidence and lower expectations. Until we reevaluate our perception, it can make us depressive and fearful about the future

So when condition blue periods first start dropping or a condition orange period is starting, we should prepare more thoroughly than usual, and to a certain extent, never let the perception of our confidence stop us from moving ahead, making progress and furthering our goals. If we are in business, especially sales, and condition blue periods are flat and/or consumer confidence levels are low, then we need to re-evaluate our perception of the situation or products that are being sold.

References:

Do Sunspots Reflect Consumer Confidence? An Empirical Investigation by Sharon G. Harrison (Columbia University)

<http://ideas.repec.org/a/eej/eeconj/v31y2005i1p55-73.html>

Physics Professor Dr. David Bohm discusses Perception and the Human Mind

<http://www.youtube.com/watch?v=Mst3fOl5vHo>

Condition: Yellow

These are periods known as "magnetic reconnection" periods when energy and information comes back to the point of origin and becomes compressed into a single point. This energy can be used for adding physical strength to the body, for healing or for retrieving information. During condition Yellow periods, the condition color for the next 24 hours ahead may sometimes become amplified. This is why it is such a powerful condition. Just as white light shines the furthest or brightest because it is made up of all the colors of the visible spectrum a condition yellow contains all the energies of the previous condition colors.

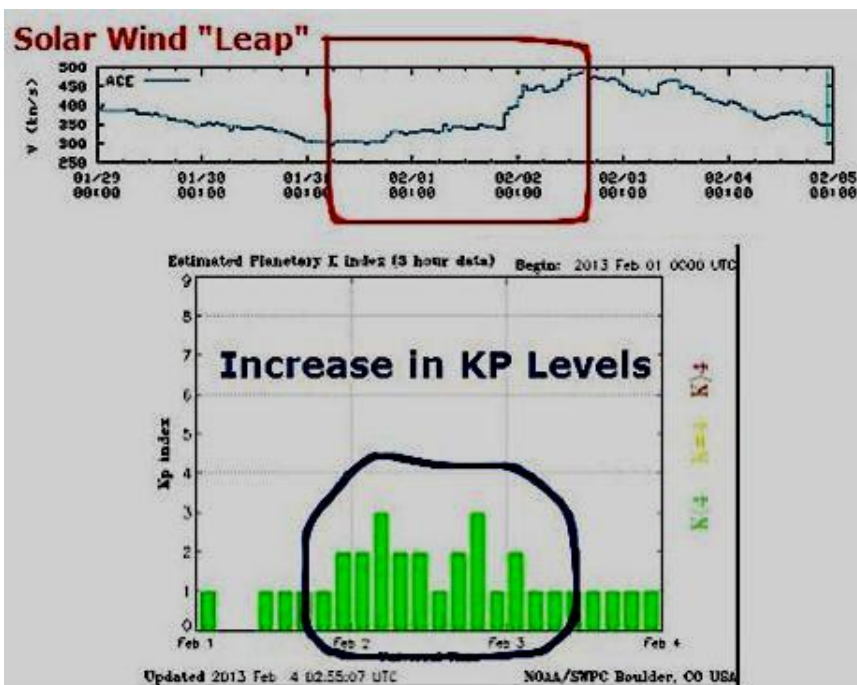
Condition yellow periods are "mini cycles" or part of a larger overall "Cross Point" cycle.

Period: Extreme Health. Overnight Removal of Aches/Pains. During the evening of a condition yellow period the body responds more favorably to natural herbs, exercise and regenerative techniques. It is a time the pituitary gland may produce more nutrients that increase the HGH (human growth hormone) in our bodies. This is due to the increased solar wind speeds at dawn and increased solar flux.

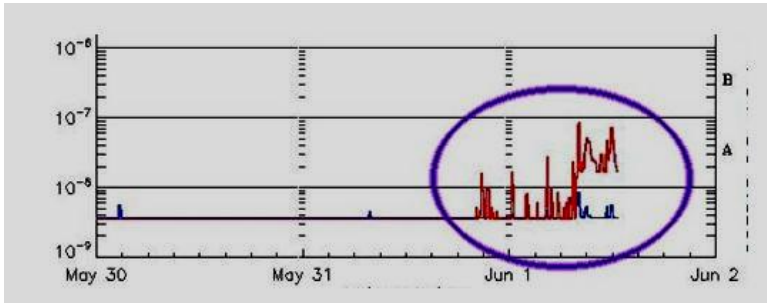
Solar Conditions: A strong condition yellow occurs when the suns solar flux is more active, the solar wind has suddenly "jumped" from 350, and earths KP levels have suddenly risen or jumped. All 3 of these must occur at the same time for a decent condition yellow. Condition yellows are strongest from December to January. Events that take place during condition

yellow periods may have a lasting effect on the future, than at other periods. Effects Upon the Body: A super charge from cosmic and earthbound forces fill the cells of the body with information relating to health, harmony and enhanced strength. Recovery time for exercise is significantly lessened the following morning when the right nutrients are taken.

These rejuvenative effects are significantly enhanced when moon is in perigee (closer to earth) and the sun is closer to earth (which is during January). It is at maximum during "super moon" periods. The main "energetic phase" is when the X-Ray Background Flux Levels have been rising for 3 or more consecutive days in a row. "Boosters" to this energizing effect also include rising Sunspots. The next picture shows the indications of a condition yellow event that occurred on Feb 2nd, 2013. As we can see the solar wind jumped at the same time the KP levels jumped.



When the 10.7 Cm Radio Flux levels (also known as the suns solar flux) levels are at high levels or active as shown below, this creates a stronger condition yellow.



View KP Levels Real Time Courtesy of NOAA
http://www.swpc.noaa.gov/rt_plots/kp_3d.html

View a 3 day Forecast of KP Levels Courtesy of NOAA
http://www.swpc.noaa.gov/ftpdire/latest/three_day_forecast.txt

View Solar Wind Speed Real Time (yellow line)
Courtesy of Cal Tech
http://www.swpc.noaa.gov/ace/MAG_SWEPAM_3d.html

View Solar Wind Forecast Courtesy of LMSAL
<http://www.lmsal.com/forecast/wind.html>

The main clue that is used to identify when condition yellows occur, is the solar wind will always "jump" or leap at the same time earth's KP activity also shows an increase in activity. Other amplifiers of this energy include increased optical S class flares and when the "C" Class Flares reach between 4 and 8 (this may occur

sometimes just before a solar flare). These are not necessary, but they do provide more revitalization energy and are most common between October and January.

I believe that small interplanetary dust particles create a giant magnetic line of force that connects with distant stars, increasing the clarity of information and communication, generating new ideas. This has been verified scientifically when in 1949 Astronomers John Hall and William Hiltner proved that starlight is being polarized by cosmic magnetism, which is the lining up of interstellar dust grains, giving them a North/South polarity, thus contributing to a giant magnetic line of force, much like the lines of North and South occur on our earth.

Condition Yellows are like a mind reset key, giving our consciousness the ability to hold and absorb new information in the form of energetic light, much like a computer compresses its hard drive so that it can store more information.

Date	Radio Flux 10.7cm Number	SESC Sunspot Number	Sunspot Area 10E-6 Hemis.	New Regions	Stanford Solar Mean Field	GOES15 X-Ray Bkgd Flux	----- Flares -----				
							C	M	X	S	Optical
2012 06 20	104	29	520	0	-999	B2.9	5	0	0	2	0
2012 06 21	98	13	210	0	-999	B2.1	0	0	0	0	0
2012 06 22	88	13	30	1	-999	B1.1	0	0	0	0	0
2012 06 23	84	13	30	0	-999	B1.0	1	0	0	0	0
2012 06 24	85	24	30	0	-999	A6.8	0	0	0	0	0
2012 06 25	89	14	60	1	-999	B1.3	2	0	0	2	0
2012 06 26	99	28	160	1	-999	B2.3	2	0	0	6	0
2012 06 27	106	79	570	2	-999	B3.6	4	0	0	18	0
2012 06 28	120	73	530	0	-999	B3.2	5	1	0	12	1
2012 06 29	117	97	790	1	-999	B3.9	9	1	0	16	1
2012 06 30	124	90	810	0	-999	B4.3	6	2	0	12	1

View the image on the previous page in real time at the [Space Weather Prediction Center Page](http://www.swpc.noaa.gov/ftplib/latest/DSD.txt)

<http://www.swpc.noaa.gov/ftplib/latest/DSD.txt>

Maximized Condition Yellow Periods

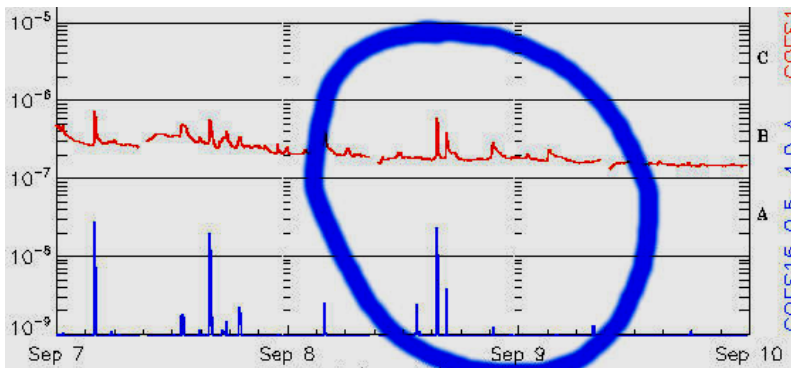
The higher the X-ray Background Flux during a condition yellow period, the stronger the effects of the condition yellow become. The effects start to become stronger when

Marmite and Vegemite have also been shown to boost growth hormone in the body up to 30%.

Condition: Purple

Period: Mid to low Danger Physical Period

Solar Conditions: This is a **Period 1**. X-Ray Background Levels at 4.0 or lower. Flat or lower sunspot activity and in some cases flat KP levels. Solar flux is “flat” with no activity.



Effects on the Body and Environment: Condition Purples are strongest from October to January. An Expansion of Consciousness. Mental focus and Intuitive communication between groups may become strengthened. Lucid Dreams. Clarity/Solutions to problems reveal themselves. An induced peacefulness, overall calmness prevails. A new Evolution of Awareness has fully completed itself with a new cycle about to begin. Your regular routine that got results before may no longer work anymore, so you may have to try new methods to get success for the future. Events, actions or circumstances that were once hidden or concealed are now exposed for all to see.

Our research has also shown that prolonged condition purples (3 days or more) may sometimes cause outbreaks of violent behavior. Condition purple periods are when the

solar activity goes "FLAT" or quiet. As will be demonstrated later on in this chapter, the sun's energy or sunlight hours start decreasing after the June summer solstice in the northern hemisphere, and our research has shown that this time of year more violence occurs. So this proves that when overall solar activity starts decreasing, especially when sunspot levels start decreasing, which we at ez3dbiz.com call a "condition purple" period, it leads to an increased risk of outbreaks of violent behavior.

Suggestions: A good time to sit back, reflect and slow down activity. An excellent time to take detox formulas, such as Zeolite or more water. One of the easiest ways is to drink lots of spring or filtered water, eating foods high in water such as lettuce and/or going to a sauna or spa to sweat toxins out from the body. Watch for what might reveal itself to you during this time. An excellent time to organize and prepare for the next cycle of activity, which usually will begin after the condition purple ends. Every place / region on earth is ruled via micro climates. At the start/end of a condition purple, your local micro climate will undergo a change in the weather conditions. These conditions can change from wetter/drier/more sunshine/less sunshine/warmer/cooler. Other changes include: Warmer to Cooler or Vice Versa, More fog or less fog, clear skies or suddenly overcast, windy/breezy or changes to calm and still. These effects happen faster if the X-Ray background levels are at high levels and begin dropping. Usually a condition blue will follow a condition purple, a time of increased sun activity. Moderate exercise of the body during the day. At night Roquefort cheese or Goji Berries before bed, or foods that induce lucid dreams.

Psychological Effects: Prolonged condition purple periods have been shown to lead to violent outbursts of behavior, due to internal frustrations accumulating possibly due to the lower solar activity, which stimulates regions of the brain associated with higher levels of endorphins. This may result in some mentally unstable individuals exhibiting sudden violent behavior.

Experienced meditations know that the silence between our thoughts gives rise to creation and what we experience is created in the gap between our thoughts. We can think of condition purple periods as a time to re-orient our efforts towards our goals, and focus more on them. Because when the sun becomes more active again, which is the condition blue period (usually occurs after a condition purple period), the actions that we perform during these quiet spells, become multiplied during condition blue periods, fueling accomplishment and creating new experiences. What is most interesting is condition purples are most common and strongest from November to February of each year. Chinese New Year happens to occur during February and the Tibetan New Year (Losar) is celebrated during February of each year. The New Year is commonly associated with putting new goals into action.

Recommendations/Advice: Moderate exercise of the body during the day.

Condition Purples with a higher KP levels and a flat or low solar flux periods enhance intuition and pre-cognition considerably. It is like a higher number of solar flares reduce the accuracy of pre-cognition.

The Nervous System And Its Ability To Be Influenced By Positive Ions, Solar Activity And The Solar Winds

There is now plenty of evidence the human nervous system is affected by positive ions and during higher periods of extreme solar activity. People who have sensitive nervous systems are more impacted by higher levels of sunspot activity. Could their nervous systems be affected if they are using electromagnetic devices such as computers and cell phones during higher solar activity?

An excellent study released in 2003 titled: "**Effects of electromagnetic radiation of mobile phones on the central nervous system**" concluded that most of the reported effects were small for the average cell phone user, however the study did not take into account people with sensitive nervous systems. The term for people with sensitive nervous systems is called: Electromagnetic hypersensitivity, and only a small number of the population suffers from it. More about electromagnetic hypersensitivity can be found at:

http://en.wikipedia.org/wiki/Electromagnetic_hypersensitivity

One way to offset negative effects is to consume herbs that improve digestion such as FO TI, Garlic, Ginseng, Golden Seal, Oat, Parsley, Fenugreek, Dandelion, Saw Palmetto, Wild Cherry Bark, Lobelia, and Berries. These herbs and foods are used to strengthen the nervous system as well as improve digestion. These herbs also happen to be some of the very best anti aging herbs. So does this mean the nervous system impacts how long we live?

Human Pre-Cognition and the Nervous System

The famous researcher Dr. Dean Radin proved that our nervous system reacts seconds before we are consciously aware of a choice or decision we make. His experiments showed that when individuals were shown images on a computer screen, their eye dilation and nervous system reacted seconds before they made a decision. In some cases people were given electric shocks, and their bodies knew beforehand, that the electric shock was coming.

The research can be read at:

<http://www.deanradin.com/evidence/Parker2013.pdf>

Additional Research

<http://www.deanradin.com/evidence/Radin2011NondualMed.pdf>

Dr. Deans Homepage:

<http://www.deanradin.com/>

Below is a short quote from a study showing how positive ions affect the nervous system:

"Results from the study from 34 subjects with a less resilient autonomic nervous system were separately examined. Those whose autonomic nervous systems were resilient showed no ion effects. The effects of positive ions included increased tension and irritability as well as a slowing of reaction times. The reaction times were measured between appearance of a red light and the pressing of buttons by the subject."

This means that some peoples nervous systems are "learned" or are used to higher positive ion periods, and others are not used to these situations or may take more time to adjust.

The complete scientific study, done by New York University, can be accessed below:

<http://psycnet.apa.org/psycinfo/1982-05188-001>

The Solar Periods

The solar periods follow a cycle very similar to human biorhythm cycles, which are Emotional (condition Oranges), intuitive (condition Blues) and Physical (condition Red). The 11 year Tchijevsky event cycle can be broken down into 4 conditions, known as the "condition colors". A condition blue begins the cycle, building up energy, followed by a condition red, which is a peak of the energy, which is then followed by a condition yellow, which is a period where this energy manifests itself. It is then followed by a condition orange, a "wanning" of the energy and finally ending at a condition green, which is a period of peace and harmony. Using Professor L. Tchijevsky's cycles from above, we get the following results. Period 1 is condition red, period 2 is a condition blue, period 3 is condition orange, and period 4 is condition green. For illness or pandemic outbreaks, the period shifting from period 3 to period 4 is the most dangerous, as this is when the solar activity suddenly "drops" causing a "shock".

The Cycles of Solar Periods

During World War I, L. Tchijevsky, a Russian professor of Astronomy and Biological Physics who continued his studies at the war front, noticed that particularly severe battles regularly followed each solar flare during the sunspot peak period of 1916-17. Tchijevsky found that fully 80% of the most significant events occurred during the 5 years of maximum sunspot activity.

Period 1: - (approximately 3 years, minimum sunspot activity). Peace, lack of unity among the masses, election of conservatives, autocratic, minority rule.

Period 2:- (approx. 2 years, increasing sunspot activity). Increasing mass excitability, new leaders rise, new ideas and challenges to the elite.

Period 3 - (Approximately 3 years, maximum sunspot activity). Maximum excitability, election of liberals or radicals, mass demonstrations, riots, revolutions, wars and resolution of most pressing demands. This is the current period we are in as of 2014.

Period 4 - (Approximately 3 years, decreasing sunspot activity). Decrease in excitability, masses become apathetic, seek peace. This cycle is due to arrive between mid 2014 and 2017.

The Solar Color Conditions

The colors you see on the Forecast page at www.ez3dbiz.com monitor the social temperature of humanity on earth. Think of it as a type of weather forecast. Sometimes there are days filled with more harmony, and these are favorable periods for asking for

favors, signing contracts etc., and at other times there is more tension or fear in the air.

Condition Red Effects: Due to the effect of fear being more apparent during this time, you will see the Dow Jones Industrial Average close lower than usual during these periods. This would likely impact you if you were a stockbroker or in a similar profession.

Condition Green Effects: If you were a company that managed events or parties or are a nightclub owner, condition green periods are the best times to have parties and celebrations. This is a period where harmony occurs when large groups of people are present. If you were a protest organizer, it is also the best time to hold an effective peaceful demonstration.

Condition Blue Effects: This is a time where the intuition and mental process of the mind is stimulated. If you are a computer programmer, data entry clerk or similar profession, it is a time where much more work can be accomplished in a shorter amount of time when working with computers or similar electrical equipment.

Condition Orange Effects: If you are a person that happens to be involved with large numbers of people, you will see a “collective behavioral” change in mood and emotions or something associated with a “shift” in mass consciousness during this time. You might be a Bus Driver, Sales Person, Police Officer or anyone who comes into contact with groups of people on a daily basis. During Stage 2 Condition Orange Periods (*which we will explore further below*) this is a time of caution, where you want to be more aware of terrorist activity or a person that might exhibit dangerous intentions.

What you Focus on Creates Your Reality

Depending on what we have filled our minds with the previous few past days will affect how we focus or perceive reality during the state 2 condition orange. One way to try this for yourself is to focus on positive things and situations during stage 2 condition orange periods, this then helps bring into reality what you were focusing on.

Condition Purple Effects: The gap between our thoughts that creates our everyday waking existence can be thought of as the condition purple period where the sun goes quiet for a short period of time. When the sun's energy picks up again (*condition blue*), what we focused on during the quiet time will become multiplied or enhance our current experience.

A Guide to follow of how Solar Energies Stir Human Emotions

Condition Orange: Humiliation, Grief, Violent Retaliation, Foolish

Condition Red: Fear, Apprehension, Grief, Sadness, Despair, Pensiveness-- Lower Dow Jones at the start of condition reds --- Increased Chance of Bacterial Infections

Condition Blue: Trust, Gratitude, Pride, Trust, Acceptance, Admiration--- Weather Changes at the start of condition blue periods

Condition Green: Peace, Health, Clarity, Happiness, Serenity, Joy, Ecstasy--- Higher Dow Jones at the start of condition Greens

Condition Yellow: Interest, Anticipation, Vigilance---
Actions from the Future Manifest

Condition Purple: Loathing, Boredom, Disgust, A time of caution. Routines are changed and things that got results before require readjustment.--- Weather Changes at the start of condition Purples

In some cases, depending on the condition of our body's biorhythm, we may become more vulnerable to these effects, both positive and negative. For example, if our biorhythm chart shows a low or negative physical phase, a strong condition red may impact us more than usual, which may manifest itself as physical illness.

How Emotions Combine to Create Deeper Emotions

Disgust and Anger = Contempt ---

Joy and Acceptance = Love ---

Fear and Acceptance = Submission ---

Sadness and Surprise = Disappointment ---

Surprise and Fear = Awe ---

Sadness and Disgust = Remorse ---

Anger and Anticipation = Aggressiveness ---

Anticipation and Joy = Optimism

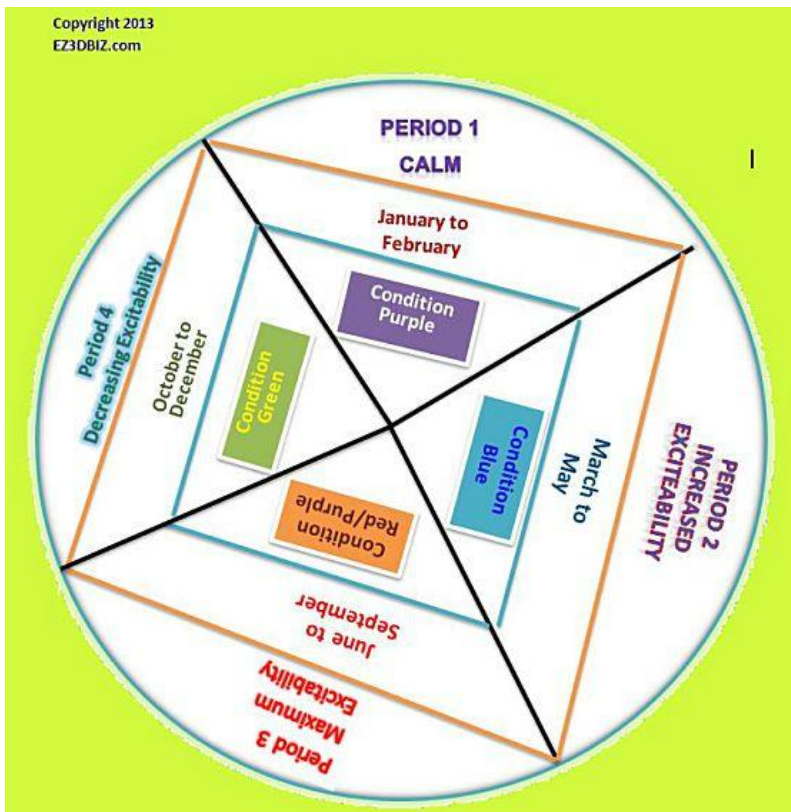
Interesting Note. Many people that during the last 3 to 5 years solar flares are getting bigger and bigger. In fact the strongest solar flares occurred almost 10 years ago, and because the current solar cycle is declining, we can expect less major solar flares to occur, so the worst has passed us.

On the following page is a chart of the **Strongest X-ray solar flares ever recorded**

RANK	DATE	CLASS
1	04-11-03	X28+ (Sunspot 486)
2	02-04-01	X20.0
2	16-08-89	X20.0
3	28-10-03	X17.2
4	07-09-05	X17.0
5	06-03-89	X15.0
5	11-07-78	X15.0
6	15-04-01	X14.4
7	24-04-84	X13.0
7	19-10-89	X13.0
8	15-12-82	X12.9
9	06-06-82	X12.0
9	01-06-91	X12.0
9	04-06-91	X12.0
9	06-06-91	X12.0
9	11-06-91	X12.0
9	15-06-91	X12.0
10	17-12-82	X10.1
10	20-05-84	X10.1
11	29-10-03	X10.0
11	25-01-91	X10.0
11	09-06-91	X10.0
12	09-07-82	X9.8
12	29-09-89	X9.8
13	22-03-91	X9.4
13	06-11-97	X9.4
14	24-05-90	X9.3
15	05-12-06	X9.0
15	06-11-80	X9.0
15	02-11-92	X9.0

The Solar Color Conditions examined in Greater Depth

The change in condition colors produces a departure from normal expected behavior causing events to occur. These events can be positive or negative. Because observation creates reality, if enough people know in advance the condition color, a quantum mechanical entanglement (*which operates in a quasi-macroscopic realm*) occurs, due to the "new information" that causes changes (*a conceptual structure in David Bohm's physics.*). Because we are now aware of what is going to happen, it causes a change in the overall awareness, and in some cases, can cause a negative event to not occur. Below is a chart of ***The Condition Colors Pictured in a 1 Year Seasonal Cycle***



The Condition Color EZ Chart

Shown on the following page is a simple easy to read chart of how to interpret the condition colors.

colors	kp level activity high or peaking	sudden rise in kp activity	declining or flat kp values	increasing sunspots for 3 days	declining sunspots (or sunspot area) for 3 days	high levels of x-ray background activity, especially above 4.0	x-ray background levels low or below 4.0	Increasing / higher solar flux	1 st drop in solar flux	flat or decreasing solar flux	solar wind speed at or near 350	solar wind speed sudden increase jumps, or rises
Orange	X				X							X
Yellow		X										X
Purple							** X			X		
Red			** X	** X		X						
Blue				X			** X	X				
Green	* X	** X		** X			X	X			X	
Cross Points	X								X			

Chart Notes:

****** Not a strong component or not necessary to activate the condition color.

At the very start of a condition color is when its influence is the strongest

A cross point is when the energies peak and synergize or add more energy to the condition colors. So if a condition blue occurs, the weather changes will be more rapid or sudden

Notes: A new or perigee moon will amplify the effects of a condition color

Recent Purple and Blue periods can cause sudden changes in weather microclimates, hot to cold, dry to wet, windy to calm etc. These changes are more rapid if the X-Ray background levels are above 4.0

During a condition color period, if a yellow occurs, it will also synergize and increase the energy. Examples include: Red + Yellow = Stronger Condition Red or Yellow + Blue = Stronger Condition Blue.

Green + Yellow + = Super Condition Green.

This synergy also occurs with negative energies (energies of a higher nature that contribute to ill health and mental instability).

S class optical flares will also strengthen a condition color, although these usually occur more often when there is an increasing or higher solar flux. Even a slight condition yellow, will greatly aggravate a condition orange (especially during years when the condition orange dominates. This

will occur even if there are 80 or fewer sunspots showing. Visit the ez3dbiz.com/cycles.html page for further details).

You can also find this chart available for viewing at:

http://www.ez3dbiz.com/web_3.htm

Essential Oils and Solar Activity

Because I do Aromatherapy as a hobby, and do shows with clients and customers, I have noticed that essential oil blends become “stimulated” during certain solar activity periods. This would make sense because scientific studies have proven that KP storms induce hundreds of amps of electricity in pipelines carrying oil.

I have noticed that when the solar energies are between 4 and 8 C Class Solar flares, using essential Oil sprays causes health, wellness and positive mental stimulation. However, when the solar energies reach higher energetic periods, such as above 4.1 X-Ray Background Flux and higher than 8 C Class Flares, allergies start to occur and the immune system becomes more vulnerable, so less essential oil spray/blends are used. This is from working with the essential oils LemonGrass and Lavendar.

Although further research is needed perhaps certain essential oils exhibit healing characteristics when you breathe them in when the solar activity is at a certain level. For example, Lemongrass exhibits its healing qualities when sunspots are between 4 and 8 and Lavender when sunspots are at higher levels.

I also believe that Essential Oils help bridge the gap between matter and spirit when the solar periods and KP periods are not too strong or too low, but at just the right

parameters.

Excerpt from the book: [Solar Flares and Their Effect Upon Behavior and Human Health](#)

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