

Solar Flares and Their Effects upon Human Behavior and Health

Complete Revision May 2017

Merging Religion with Solar Science by
examining how Sunspots, and the
Winter Solstice celebration create
miracles and evolve humanity

SCOTT RAUVERS

2017 Anniversary Edition



*This revised edition of Solar Flares and Their Effects
upon Human Behavior and Health celebrates the 10
year anniversary of ez3dbuz.com which
went online in mid-2008*

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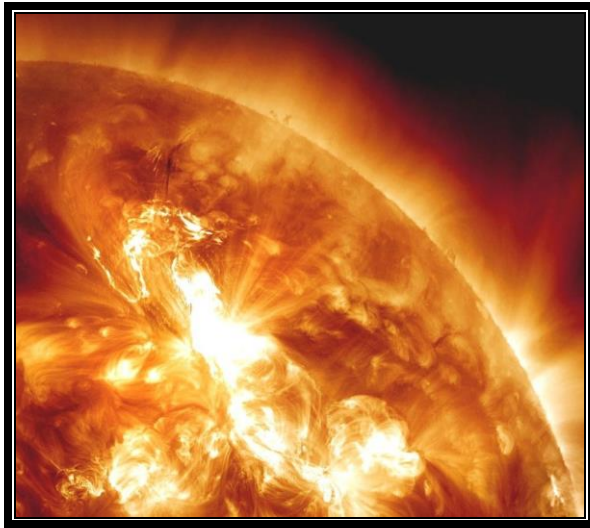
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SCOTT RAUVERS

DEDICATION

This book is dedicated to those studying our sun and its effects on health, earth and our environment and to our regular visitors at ez3dbiz.com, the website portal publishing many of the Solar Institute's Greatest Discoveries



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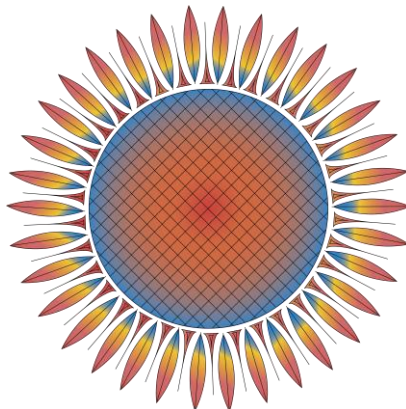
Welcome to one of the most informative and up to date books showing how solar activity impacts the lives of millions of people. The purpose of this book is to show how the sun affects us physically and spiritually, and backing up our findings with the latest scientifically documented research studies.

This book takes all the technical data of sunspots and its effects on health and the environment and molds it into an easy to understand readable format. This allows one to prepare for future solar activity and avoid health issues and plan ahead successfully. One of the key themes of this book is that it clearly shows how miracles that occurred in the bible were the direct result of the activity of solar cycles, and how anyone can tap into this same source of energy. No other book clearly explains this in a straightforward and scientific manner.

What are your Qualifications and Research?

This book is based on over 7+ years of research and observation of monitoring the sun's effects on our environment and living organisms by the Institute for Solar Studies on Behavior and Human Health in Santa Monica, California. This book combines both the spiritual as well as the factual methods proven to shield the effects of excessive solar activity from powerful geomagnetic storms caused by solar flares. Scientific citations and references are included for all relevant facts.

The Solar Institute is a leading think tank documenting and publishing the effects of solar activity on health and humanity. It was founded in 2012 and is managed by Mr. Scott Rauvers.



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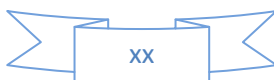
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INTRODUCTION

Today we are in the midst of a knowledge revolution that is causing education to undergo a major transition. In the approaching years, anyone will be able to gain a complete understanding of almost any subject at a pace faster than at any other time in human history. For students studying health and solar physics, learning to understand the cycles of solar activity gives them an edge in enhancing their learning curve.

The groundbreaking first edition of *Solar Flares and their Effect upon Human Behavior and Health* was first published in 2012. Neither I nor the publishers anticipated more a few thousand copies would sell. To our amazement and delight, this amazing book has been gaining acceptance ever since. 3 major revisions over the years has kept up with public demand and the latest technological breakthroughs in solar physics. *Solar Flares and its Effects upon Human Behavior and Health* has rightfully earned its place in the scientific hall of fame as one of the only books able to close gaps linking health, solar activity and religion.

By doing so, this book has touched a sensitive nerve, particularly with students of religion and those in the medical fields. Its purpose has filled a human need during a period in earth's history when solar activity during 2012 reached its all-time high, and in the coming decades, will reach its lowest activity since the mid 1600's. This brings us to the question, why has this book undergone 3 major revisions? Why tamper with success? To answer that question, we must first realize that the Institute for Solar Studies, based in Santa Monica, California has been intensively reviewing many of the latest scientific papers published discussing solar activity and life on earth. Many of these studies have yielded important scientific discoveries and many of the best have only been published the last few years. This is due to the fact that the scientific instruments that monitor the activity of our sun are becoming more and more sensitive. Revisions also complete the book's overall message, its impact and importance, as over time, certain phrases and examples grow quaint and dated as the social climate changes. Hence over the years revisions have created a compatible reading format for the evolving needs of an ever growing public.

It takes firsthand knowledge and experience to interpret the data and make it comprehensible for the average reader. *Solar Flares and their Effect Upon Behavior and Human Health* has been written as a textbook for teaching how solar cycles impact the economy, the environment, human emotions, health, and how it plays a major role religion.

This edition is the 3rd and final revision, and I sincerely believe that this edition includes all that is necessary to thoroughly understand how solar activity is impacting our daily lives, making the information conveniently accessible to people who need it most, our students. This book has more than fulfilled my hope that it would be of great use to students seeking a complete and thorough understanding of how solar activity impacts life. One of the core concepts of writing a book dealing with such complexity is adhering to the wise counsel from the Tao Te Ching, which states "*In thinking, keep to the simple*". This has certainly been no easy task, which is why more than 7+ years of meticulous research went into this final edition. This has resulted in outlaying the concepts in a clear and coherent manner.

As a science and health writer, I fully understand that students working with new topics should receive the information in an elegant and straightforward manner. This allows for straight forwardly people to expand, think it over and elaborate the information presented according to their needs and desires. Singers need accurate and detailed maps of breathing, compared to a potter who needs no such instruction. However, the potter must have a detailed understanding of where and how to hold her wrist. Both the singer and the potter very much need a profound comprehension of how to properly exercise their technique, in order to achieve successful results every time.

Over the years, students having used the information in this book has more than confirmed my belief that solar cycles, as interpreted by the Solar Institute, are an essential aid in better understanding our emotions, health and the environment. It turns out that when students studying health read about these solar cycles and assimilate the ideas expressed within it, they become much better students. When I originally wrote this book, I did not expect this, and to my delight it has been a most unexpected surprise. Also Teachers of the religious arts have found this unique book to be of utmost benefit in that they have kept the information a secret from their students. Religious Teachers have not known how to properly disseminate the cycles of solar activity with their students, including the most basic understandings.

In closing, this edition has been re-written with students and teachers in mind. I would also like to say that for students researching solar physics, in the latter half of this edition, are included the very latest scientific peer reviewed papers citing references, and also included is a short summary of each peer reviewed paper. Congratulations are in order to the Solar Institute for leading the way towards a better understanding of how our sun governs

our way of life and setting the groundwork for the study of solar physics in the coming decades.

How to Use this Book

It has only been recently that we have begun to understand in greater detail how solar activity impacts life on earth. Anyone can learn to work with the cycles shown in this book and find it of utmost benefit. All you need is an open mind and willingness to trust the information. This workbook includes tools, tips, tricks and practical exercises to deploy these skills not traditionally taught in schools today. All of us at the Solar Institute hope you'll write what you'll learn down, so this book becomes a personal record for you. The generous spacing between paragraphs allows one to write in notes, ideas and connect the dots. Take your time reading this book. If the methods presented herein make sense to you, you might want to make some changes. It is easier to change a little bit at a time, rather than all at once. We also hope you'll write what you find of great interest, so the book becomes a personal record for you. Experience over the years from working with thousands of clients at the Solar Institute has taught us that the discipline of having to understand the information of solar cycles helps put the skills of our readers where they belong - inside you!

This edition begins with the basics - the structure of sunspot cycles and how the sun affects human emotions and physical health. Next you'll learn how to forecast future sunspot cycles and use them for your own future projects. This includes health, the stock market and strengthening the immune system and much more. Included are the 11 year sunspot cycle and the 11 day "solar mini cycles", allowing you to make plans both long term and short term. These cycles faithfully repeat themselves over and over again at predicable intervals and will continue to do so until our sun has finally run out of fuel.

Some readers, upon first glancing at this book, may begin reading in the middle or even backwards. But since this is our book, we would like to tell you how the information contained within it should best be tackled! Once you've gotten the feel of the information by flipping through the pages and glancing at the graphs, charts and summarized data, begin by reading Chapter 1. Resist the temptation to skip over the summarized data at the end of each chapter and get to the "good parts". If you are going over this book with one of your friends, so much the better. This will allow for various points of view, discussion and argument, giving you the ability to discuss your answers at length. After you have read a particularly in-

depth chapter, lay this book aside and give yourself some time to let the information sink in completely. This short break allows for a clearer idea of the entire concept that is being presented therein.

I invite you to use the information contained within this amazing book for devising your long term and short objectives. The aim is to help you be intuitively creative with the energy, to experiment with it and to explore it ways and read the information contained within the cycles to successfully achieve your goals and dreams.

All of us at the Solar Institute, thank you for your interest and wish you the best of success!

Scott Rauvers

Founder of the Solar Institute

Now let's see what exciting journey awaits us.....



Chapter 1. The Role our Sun has played on Organized Religion

Early man observed comets, eclipses, meteorites and other cosmic phenomena. He related to these larger, more powerful elements as substitute deities. Before the time of Abraham, people worshipped the sun and the stars. Even today in modern times, June 21st marks the Summer Solstice and is celebrated by pagan festivities throughout the world.

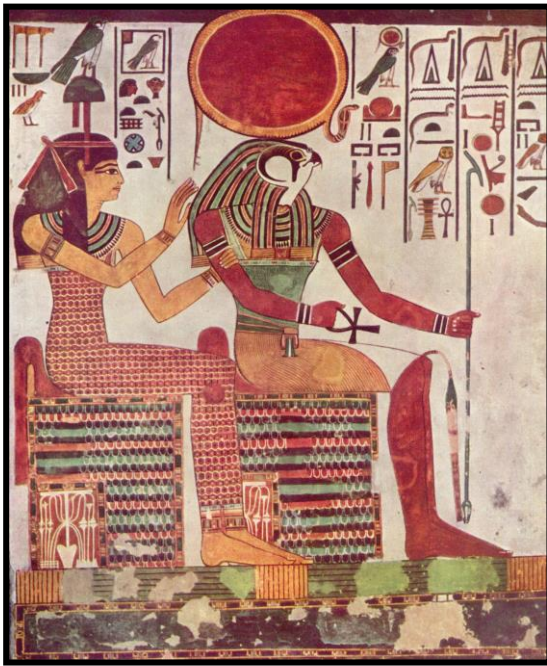
It was more than 5,000 years ago the knowledge of these solar cycles was used by social leaders and elders for power and wealth, especially to know the dates of when to sow and when to harvest. One of the more obvious artifacts of ancient times is Stonehenge which shows alignments of the sun on the horizon at the Summer and Winter solstices.



Quote from Wikipedia: *"Stonehenge - The timber circle was originally orientated towards the rising sun during each midwinter solstice, and the avenue was aligned with the setting sun during the summer solstice".*

What is the Solstice?

The winter solstice is when the sun reverses its direction from a southerly heading and returns on a northerly journey until the June summer solstice. With today's technology we can now look closer than ever at the cycles of solar activity and use them to our advantage. There exist 4 main cycles of solar activity, which we shall cover in-depth later this book. These 4 cycles can be used for long term physical healing, financial prosperity and to know when the weather will be more erratic or calm. By learning how to forecast upcoming solar cycles, we can learn to adapt before disaster strikes, or profit from the information.



In was in Ancient Egypt that the early dynasties of rulers saw the construction of huge buildings and temples that aligned with the sun. These temples solidified the status of the Pharaoh and hieroglyphs depict Pharaoh with the sun on his head, known as the great Amon-Ra. Amon was also known as Amun and was considered the supreme creator. Ra, however, was a wise and old sun-god.

When combined they were known as Amon-Ra.

The great temple of Karnak on the Nile River is oriented to the direction of the sun during the summer solstice. Its great light shines through the hypostyle hall and into the adjacent hall of festivals. One of the most significant references to the sun in Ancient Egyptian temples is one temples on the Karnak site (located near Luxor). It is named after Ra-Hor-Akhty, which was an ancient Egyptian name

that translates to ‘sun brilliant on the horizon’.

In ancient Egyptian worship we come across Horus, the rising sun, Ra represents sun at noon and Osiris (god of the dead) represents the dying or setting sun. When the Egyptian Pharaoh Amenhotep IV came to power, he eliminated many gods and told his followers to worship just one god. This god was signified by the solar disc called Aten, eventually changing the name to Akhenaten.

Roman and Greek Solar Deities

Alexander the Great established Ammon-Zeus, which was a hybrid creator that included the Greek and Egyptian cultures.

Aztec and Mayan Solar Deities

The Aztecs and Mayas relied heavily on the worship of celestial bodies, it was from this they were able to devise extremely complex



calendars. Machu Picchu in Peru is associated with Incan sun worship. Machu Picchu has several stones which are used as guide posts and are called Intihuatana (‘hitching post of the sun’). These posts were used by the Ancient Incans to mark the winter solstice and celebrate the Incan festival known as Inti Raymi (Quechua for "sun festival").

Early Mexican Solar Deities



The ancient site of Teotihuacan located near Mexico has two great pyramids which are named after the sun and the moon.

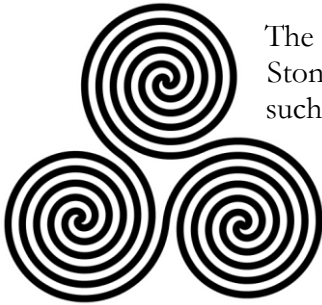
European and Asian Solar Deities

The myths associated with Apollo, Baal, Marduk, Yhi and Phoebus depict their creator as the sun giving birth to the stars. Citing this historical evidence, we can see that sun-worship was not a global phenomenon. Instead it was more common in the larger civilizations that existed at the time. This included Mexico, Peru, Egypt, Asia and primitive Europe.

Newgrange and Stonehenge

If we were to go back to where it all began, before organized religion, we come to Stonehenge and Newgrange. The following image is a picture of Newgrange. Newgrange is over 5000 years old. Even today at the Winter Solstice, a shaft of bright sunlight still shines down the passageway through a chamber, lighting up the passage and chamber. Newgrange also contains in its structure strange spiral patterns.





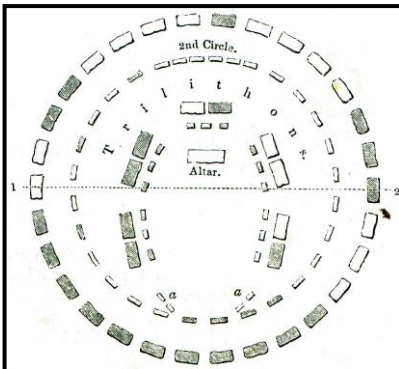
The spiral images are interesting because in Stonehenge, the 60 stone pieces are positioned in such a way they resemble 2 circles, one within the other. The following image is a picture of Stonehenge. On the day of the winter solstice at Stonehenge the light of the setting sun shines through a stone monument in Stonehenge known as the **Trilithon**. This consists of two large vertical stones supporting a third stone, that lays across the top.



How old is Stonehenge?

Professor Willard F. Libby used carbon dating to find out how old Stonehenge was and came to the conclusion that it is approximately 4,000 years old. This is pretty amazing that this

great structure to this day still shows the light of the setting winter sun shining through the Trilithon.



Solar Activity Influences Fertility

In organized religion people are unconsciously paying homage and honoring our sun. This is because the sun is an archetype from which all life springs from. This includes the driving force for photosynthesis for which sunlight is necessary, as well as the birth of

conscious, sentient beings. Scientific research studies have proven

that the varying levels of solar activity influence fertility. In a study published in February 2015 titled: Solar activity at birth predicted infant survival and women's fertility in historical Norway and conducted by Gine Roll Skjaervo and colleagues, the study found that during periods of extremely low solar activity, also known as solar minimum, that people born during this period lived longer lives compared to people born at solar maximum. The study also showed that fertility rates were affected. Therefore it is no wonder that such a powerful force governing life commands respect and recognition.

Early Christianity and the Sun

There are numerous historical references showing that Christmas pre-dated Christianity. The real meaning behind Christmas is celebrating the return of increasing sunlight after the December 21st, Solstice. It serves as a sober reminder to all life on Earth that we owe everything to the Sun.

Early Sun worship formed the foundation of Mithraism, Zoroastrianism and other Roman religions and also pagan traditions. This is why **Sun-day** is a holy day in numerous religions, and why festivals are held during the spring and at the solstices.

To name a few deities that represented the sun during the Roman era; Osiris-Dionysus represented the sun, as was Jesus, whom Clement of Alexander calls 'The Sun of Righteousness'. Osiris-Dionysus refers to deities worshipped around the Mediterranean prior to the emergence of Christianity. Faces lit by candlelight during mass shows the symbolism of the sun during mass.

There now exists evidence that confirms that many aspects of the gospel about Jesus Christ and of Christian tradition in general are representations of older Astrotheology and solar mythology which represent legends and myths regarding the ancient sun gods of antiquity. “*I am the light of the world that every eye will see.*” This reference to “the light” relates to Jesus Christ as the solar orb.

Celebrating the Return of Christ

From a viewer's perspective on earth, after the winter solstice, the sun moves northwards. This is celebrated as the annual re-birth of the sun every December 21st as our sun begins moving north bringing with it more heat and light and longer and warmer days.

Easter celebrations take place near earth's vernal equinox. The festival in honor of San Juan [St. John] takes place just after the summer solstice. All Saints' Day in honor of the dead takes place near the fall equinox.

The Role of Religion

Divine religion puts into context his place in the universe and its connection with its creator. Religion acts as an organized affirmation to man that all of the powerful forces and features observed, in the sky on the earth and as events, all come from the creator, and are subject to the laws of nature. It is through organized religion that man can have a clearer and direct relationship with the creator through prayer.

The Role the Sun plays in Religion and Prayer

In religious cultures, especially Christian religions, there exists a link between praying and the sun. In early times praying to the creator was referred to as “our son”. Considering our sun emits large amounts of energy covering numerous frequencies, what other star in our galaxy is closest to earth and is one of the brightest stars in our night sky?



Sirius. Sirius happened to play a major role early Turkey religion with the world's oldest temple **Göbekli Tepe** (being over 11,000 years old) in southern Turkey aligned with the star Sirius. The Göbekli Tepe temple's central pillars (pictured) were set within circular enclosures that framed the rising of star Sirius. So if the power of prayer comes from praying to “our sun”, what would happen if we prayed when the Star Sirius was rising in

the east? It just so happens that from research at the Solar Institute that when prayers are said as the star Sirius rises in the east, that the prayers seem to be more effective than usual, especially during Spring. This is just an observation and I'll leave it up to the reader to determine whether or not this same effect works for them, as this is an experiment that must be experienced in order to be believable.

An interesting observation so far is Stonehenge, Newgrange and The Göbekli Tepe all have vertical stones or passageways that align with the sun. Holland pillars, are aligned to capture the rising of Sirius and Stonehenge's Trilithon is positioned in such a way the light of the setting sun each afternoon of the December solstice shines through the vertically positioned stones. Newgrange's passage becomes illuminated by the winter solstice sun. Could vertical stones be focusing the rays of light much like the light of a coherent laser beam? And if so for what purpose?

If we look at the Göbekli Tepe temple, which is aligned to the rising of the star Sirius, it is a little over 11,000 years old. There are references in the Quran to the Star Sirius "He Who is the Lord of Sirius" (Qur'an, 53: 49). The Quran religion is approximately 1400 years old. If we take these facts and connect the dots, and connect the Star Sirius as a Sun and the origin of early Christianity which is a branching of sun worship, we can conclude that sun worship may be more than 11,000 years old. While the religion that was practiced at the Göbekli Tepe temple may no longer be in existence today, it may have survived up until the time the Quran was written. This would make it one of the world's oldest religions, alongside that of the Aurignacian religion (38,000 BC) and Zoroastrianism (2nd millennium BC).

Two additional observations come to mind regarding this topic.

1 – Much research has been conducted into what's known as the "mars effect", which states that when people are born as mars is rising in the east, they are more prone to become athletes.

2 – 13:30LST, which happens to be the time that remote viewing sessions reach a peak of accuracy, also happens to be the time that

the star Sirius is directly overhead.

Reference: Anomalous Cognition Effect Size: Dependence on Sidereal Time and Solar Wind Parameters by S. James P. Spottiswoode and Edwin C. May Cognitive Sciences Laboratory, Palo Alto, CA 94301.

And in closing, the ancient Tao texts state prayer conducted during the early morning hours at the very beginning of Spring is the most powerful time of the year to pray. The sun has numerous spectrums of energy coming from it and one of these spectrums is known as ultraviolet radiation. It may just be that the increasing light of spring is creating more concentrated UVR rays. There are numerous studies that show exposing seeds and plants to short term UVB light enhances seed germination and plant health, however excess UVB rays have been found to be detrimental to plant and seed germination and health. UV Radiation peaks during spring. In a study published in April 2015 titled: Seasonal Variation in Exposure Level of Types A and B Ultraviolet Radiation: An Environmental Skin Carcinogen, and conducted by A. Rafieepour and colleagues, the study concluded that during the months of March to April and also during September, UV rays are strongest. These months are also very close the spring and fall equinoxes.

Reviewing the Facts

- **The Star Sirius had a major influence on the Turkish Culture with a temple over 11,000 years old built to align with the rising of Sirius.**
- **Sirius A is the brightest star in the sky.**
- **From the start of civilization cultures have worshiped the sun.**

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Geomagnetic Activity, Motivation and Religious Activity

Research by the Solar Institute in Santa Monica showed that the stock market shows a variable pattern, with stronger market activity occurring during ascending sunspot activity. This could be attributed to enhanced confidence of both the consumer and investor. This same pattern may exist in religious groups. This study looked at whether solar effects, including non-photic and non-thermic influences may be the primary factor for religious motivation.

A scientific research study looked at activities from the years 1950 to 1999 that were conducted by the Jehovah's Witnesses religion with the data analyzed chronobiologically. The study found a frequency range exists consisting of a repeating cycle occurring every 21 years based on the average number of hours each month spent working for the church. This was gleaned from 103 different geographic locations, including additional sites. The data concluded that a significantly large peak would occur approximately on average every 21 years.

Another trend identified a model consisting of a linear trend and a cosine curve consisting of a trial period of 21.0 years. This trend approximates that of the Hale cycle and validates the 21.0-year component shown earlier in approximately 70% of the data. The study examined further angles involving amplitude and geomagnetic latitude. The 21.0-year amplitude cycle occurs larger at both low latitudes and middle latitudes, compared to higher latitudes. The Hale cycle is a complete solar magnetic cycle which lasts approximately 22 years.

In conclusion, periods of solar activity and the motivation factor

show geomagnetic activity at various latitudes affects certain brain regions that govern motivation. Also people living at higher latitudes may be less influenced by certain religious groups and their activities.

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Is motivation influenced by geomagnetic activity?. S. Starbuck et al. University of Minnesota, Minneapolis, Minnesota, ETATS-UNIS

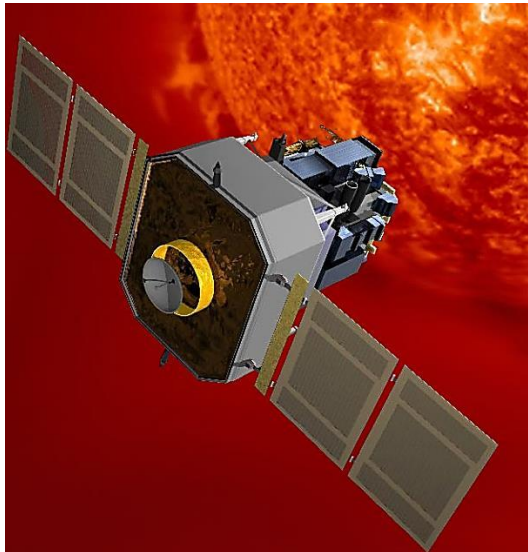
A viable relationship with the motivational behaviors of Jehovah's Witnesses and geomagnetic location along with cyclic time variations." University of Minnesota, Minneapolis, Mn Starbuck S. (1) ; Cornelissen G. (1) ; Halberg F.

Chapter 2. An Introduction to the Cycles of Solar Activity

This book is unique in that it contains within it for the first time a scientific method showing the real time effects solar activity has on the health of the body. For the very first time since life began on earth these cycles of solar activity can now be plotted and forecasted in real time. These solar cycles will continue to faithfully repeat themselves until our sun runs out of fuel, which will be approximately 5.4 billion years from now. If you know how each cycle works, and the properties that each specific solar cycle has on life and weather, you hold a golden key that can make the success of long term plans a solid reality. This includes not only health and longevity, but financial abundance as well. This book gives you the key to knowing in advance when each cycle will unfold.

All the data and information in this book would not have been possible if it were not for NASA's Soho Sun Telescope. It is the data that this telescope provides that makes the prediction of future solar cycles a reality.

Because the science of solar weather and its effects upon the body, weather and human emotion is still being established, I want to first begin this book with the most recent published studies showing the facts and data that solar weather affect is affecting the body and the weather. I shall begin with a simple summary of the scientific



findings, than later on in this book we will pinpoint the exact spectrums of solar energies causing these effects, then show you the tools needed to forecast when these specific spectrums of energy are about to emerge, so you can them to your advantage. By knowing how to adapt to the approaching climate changes and its associated

extremes, it can give us an advantage in knowing in advance when global influenza outbreaks are more likely to occur. In order to do this, we need to gain a better understanding of the cycles of sunspot activity. Let's start with the facts confirmed by numerous scientific studies:

Cuban and Mexican studies on solar activity show 4 main areas.

1: Male populations behave differently from female populations.

2: Vulnerable groups begin at 65 years old.

3: Myocardial infarctions (including death or occurrence) increase one day after geomagnetic storms.

4: Myocardial infarctions (including death or occurrence) tend to increase as geomagnetic perturbations increase.

These effects affect the body strongest during the months of April September and October which are peak periods of geomagnetic activity.

Sunspots Affect the Economy

Let's begin with one of the most common areas of our society that affects large numbers of people the most, and that is the economy. In a study published in April 2006 titled Correlations for number of sunspots, unemployment rate, and suicide mortality in Japan that was conducted by A. Otsu and colleagues, the study found that a statistically significant effect occurred in sunspots and the unemployment rate.

Suicides peak in Spring due to Higher Geomagnetic Activity

AP values, which are a measurement of earth's geomagnetic activity, and national suicide data for Australia from the years 1968 to 2002 was evaluated. The classification of a storm event was defined as periods the AP index was equal to or exceeded 100 nT. The study looked at 51,845 males and 16,327 females. The study showed the number of suicides peaked in spring for males and females. Suicides were lowest in fall for males and during summer for females.

During fall, suicide of females showed a significant increase during concurrent periods of geomagnetic storm activity ($P = .01$). This pattern did not occur in males ($P = .16$).

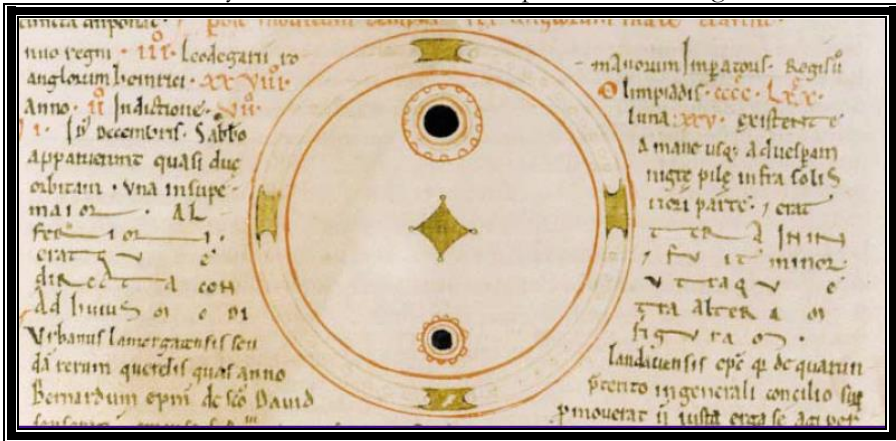
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Do ambient electromagnetic fields affect behavior? A demonstration of the relationship between geomagnetic storm activity and suicide. Michael Berk, Seetal Dodd, and Margaret Henry*

A demonstration of the relationship between geomagnetic storm activity and suicide. BERK Michael ; DODD Seetal ; HENRY Margaret 2006 Bioelectromagnetics Journal Vol. 27, no2, pp. 151-155 [5 page(s) (article)]

Who recorded the first sunspot?

Sunspots have been recorded faithfully for hundreds of years with the first sunspot being recorded officially in the year 1128. The drawing shown below is by Mr. John of Worcester on 8 December AD 1128. The drawing still exists to this day and can be found at Corpus Christi College, Oxford.



The entry accompanying the sunspot by Mc. Gurk (1998 p183) states “*In the third year of Lothar, emperor of the Romans, in the twenty-eighth year of King Henry of the English...on Saturday, 8 December, there appeared from the morning right up to the evening two black spheres against the sun.*”

Sunspots and Hip Fractures

Now let's take a look at sunspot activity and the health of our bones. There exists a confirmed and remarkable pattern between sunspot cycles and the prevalence of hip fractures occurring in the elderly. A study concluded that the 11-year cyclic variation of ultraviolet radiation is the cause of the hip fractures or that solar activity is negatively influencing the nervous postural regulation leading to a occurrence of accidental falls.

Reference: Sunspots and hip fractures. Caniggia M1, Scala C. March 1991

Sunspots Affect the Human Cervix

In a more recent study published in March 2011 titled: Sunspot Dynamics Are Reflected in Human Physiology and Pathophysiology and conducted by William J.M. Hrushesky and colleagues, the study concluded that around the peak of sunspot maximum, there were increased cases of diseases of the cervix.

What is a Sunspot Maximum?

By now you are probably wondering what a sunspot minimum is. A sunspot maximum is when sunspot levels are at their highest during a sunspot cycle. A sunspot minimum is when sunspot levels are at their lowest throughout a sunspot cycle. Sunspot maximum is a time that sunspot activity reaches a peak, and then starts its decline. When this decline hits the bottom and sunspots start increasing again, this bottom is known as Sunspot Minimum. A sunspot cycle averages 11 years. An example of a long term range of sunspot activity is the Modern Maximum (Sunspot maximum) and Dalton Minimum (Sunspot Minimum). In summary, Sunspots simply have 2 cycles. These are known as Sunspot Maximum and Sunspot Minimum.

What is the Cervix?

The Cervix is the narrow neck like passage forming the lower end of the uterus.

Sunspots affect Influenza and Cancer

Now let's take another look at solar activity and health. In a study

published in September 1940 titled: The Periodicity of Sun-spots, Influenza and Cancer and conducted by J.H. Douglas Webster, the study found that there existed an increase in Influenza, Cancer and Neoplastic Diseases during the period when sunspot activity was winding down and headed towards sunspot minimum.

A more recent study published in June 2006 titled: A hypothesis: Sunspot cycles may detect pandemic influenza A in 1700-2000 A.D and conducted by J.W. Yeung, also reached the same conclusions stating that sunspot activity may be used as a predictor for large scale influenza outbreaks.

One of the more recent studies published in September 2016 titled: Extremes of sunspot activity to within plus or minus 1 year may precipitate influenza pandemics and conducted by J. Qu, concluded that influenza pandemics occur within 1 to 2 years of a sunspot maximum. Cuba had its first major cholera outbreak in half a century during 2012, which was at the peak of a sunspot cycle.

So we can clearly see that solar activity affects our health, most notably our immune system. We could further say that solar activity may be affecting our perception of our environment, perhaps creating more confidence, which creates a stronger economy. There are many scientific studies showing that the mind can affect the immune system and exercises such as Yoga and Meditation have been scientifically proven to affect the immune system. Now let's take a look at how solar activity affects our environment.

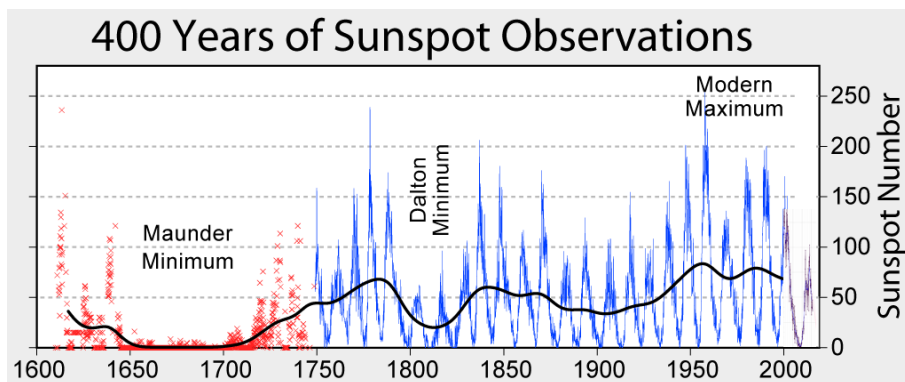
Climate Change and Sunspots

A research study published in May 2013 titled: Deep solar minimum and global climate changes and conducted by Ahmed A. Hady, examined the deep minimum of solar cycle 23 and its potential impact on climate change. His published paper stated that variations in solar activity may play a role in present climate change, and that in the past solar activity played a major role in palaeoclimatic changes.

What is Palaeoclimatology ?

Palaeoclimatology is the study of changes of climate taken on the scale of the entire history of Earth. This allows for a clearer

perspective of changes over long eons of time.



So in simple summary, sunspots have played a major role in climate change in earth's past, and because in the coming decades solar activity is forecast to hit its lowest point since the mid 1600's, we can expect major climate change in the coming decades. Because climate is a key element to life on earth, would sunspots affect how long people live? Let's take a look at the facts.

Sunspots Affect Lifespan at Time of Birth

A study published in January 2015 titled: Solar activity at birth predicted infant survival and women's fertility in Norway and conducted by Gine Roll Skjaervo and colleagues, found that people born during periods of solar maximum lived shorter lives, compared to people born during solar minimums. This means the most recent generation of people born during solar maximum (2000) are those today called “millennials”. Millennials should keep an extra eye on their health, as this research proves this group is liable to die sooner than other age groups born during lower sunspot activity.

Effect of Sunspots on Birth Weight and Height

A study titled: Fetal Growth in Periods of Extreme Solar Activity, and conducted by P. Merlob and colleagues, examined 1,171 infants born during solar sunspot maximum #21 (September 1st, 1979 to January 31st 1980) and the period of sunspot minimum (#22) (September 1st to December 31st 1986). The study showed that

infants born during sunspot maximums, weighed more and were taller. During solar minimums, males were more likely to be born with a lower birth weight compared to females. This is due to the fact that studies have shown that there is a greater secretion of hormones when there are more sunspots and elevated geomagnetic activity (1).

Another study titled: Solar activity cycle and the incidence of fetal chromosome abnormalities detected at prenatal diagnosis, and conducted by Gabrielle J. Halpern and colleagues that was published in April 1995, found that babies born during sunspot maximum exhibited chromosomal abnormalities. This would account for the study shown earlier that people born at sunspot maximums have shorter lifespans.

And a study titled: Solar activity at birth predicted infant survival and women's fertility in historical Norway that was conducted by Gine Roll Skjaervo and colleagues, which was published in February 2015, found that the lifespans of people born during solar maximum were 5.2 years shorter compared to people born during solar minimum. And in closing, another study showed that the number of newborns of male and females is related to the monthly levels of cosmic rays, which is related to the amount of solar activity 9 months before the baby is born (2). The following image shows the findings in graph format and is courtesy of the study conducted by the Foundation for the Study of Cycles

<http://foundationmember.org/>

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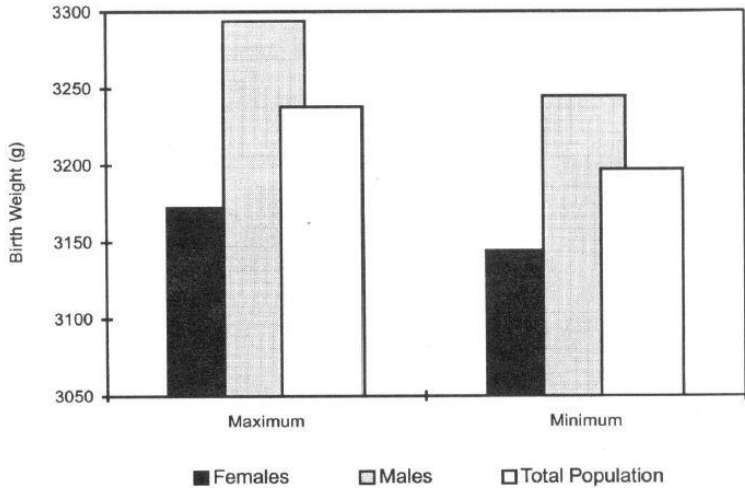


Figure 2. Comparison of birth weight of infants born during periods of maximum and minimum solar activity.

In Summary, we now have published scientific studies proving solar activity affects 3 main factors of our civilization.

Economy

Weather

Health

Is it any wonder the world's longest civilizations such as the Egyptian and the Inca worshipped our sun?

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April 2000

24. *Global solar wind variations over the last four centuries. M.J. Owens et al. January 2017.*

Chapter 3. Circadian Rhythms and Solar Activity

The cycles of solar activity are closely related to the field of Chronobiology.

What is Chronobiology?

Chronobiology is the cyclic phenomena in living organisms and how they adapt to solar and lunar- related rhythms.

Getting to the Core that Causes Healing

Because solar activity influences life to such a large extent on earth, by understanding its influence, we can get to the core energy responsible for healing. Any health professional will tell you there is no "*one-size fits all*" magic pill that heals or prevents any type of disease. However, we can change the way we think and the food we eat, as lack of proper nutrition and a negative attitude towards life have been proven to cause illness. By being aware of the proper solar conditions, then applying the right diet, and the right state of mind, you hold in your hands a one-size fits all universal healing method that I think we will ever get. **Emotion=Spirit=Sunspots**

A Simple Tool for Health and Well Being

The sun's solar wind is one of the deciding factors in health and well-being. It is a fact that when the weather gets windy, more positive ions are in the air. If the strong winds persist, it causes people to behave more oddly. The sun's solar wind also affects the mind of the body the most, with numerous research studies showing that above average solar wind speeds cause an increased rate of mental disturbances. We shall show the scientific studies confirming this in greater detail later on. First however let's take a look at how solar activity affects the aging process.

Solar Weather and Anti-aging

The most notable effect of solar activity on the body is the human heart. It has been my personal experience from the past 7+ years of researching aging and solar weather, that the body goes through a period of rapid aging the first 2 to 4 days after above average geomagnetic activity, especially during spring. This could be because

the sun's higher energies are affecting the DNA in such a way the body cannot make enough anti-oxidants to defeat the aging process.

A study titled: Mechanisms of Geomagnetic Field Influence on Gene Expression Using Influenza as a Model System: Basics of Physical Epidemiology, that was published in March 2010 and conducted by Valeriy Zaporozhan and Andriy Ponomarenko concluded that changes in earth's geomagnetic field caused by solar activity alterations can cause cyclic modulation in gene expression patterns of living beings. This solar activity regulation of gene expression leads to epidemiological, immunological and other consequences.

What is a Geomagnetic Storm?

A geomagnetic storm is the result of earth's magnetic field becoming bombarded by higher solar protons and electrons being emitted from our sun by Solar Flares. These protons and electrons impacts earth's magnetic field, creating stronger than average magnetic currents.

Now let's get back to topic. I than decided to review the scientific literature for any information regarding the effect of stronger geomagnetic activity and the cell's mitochondria, which plays a large role in the aging process. A research study published in 1995 titled: Biological effects of a planetary magnetic storm and conducted by S.M. Chisbisov and colleagues, concluded that higher than average geomagnetic activity affected the mitochondria of the cell and caused a loss the circadian rhythmicity in the heart rate of rabbits.

So we can see that higher than average solar geomagnetic activity affects circadian rhythms in the hearts of rabbits. The study further found that at the very peak of the geomagnetic storm, it caused degradation and destruction in the muscle cells of the heart. As the geomagnetic storm began to die down, the impacts from the geomagnetic storms were still prevalent.

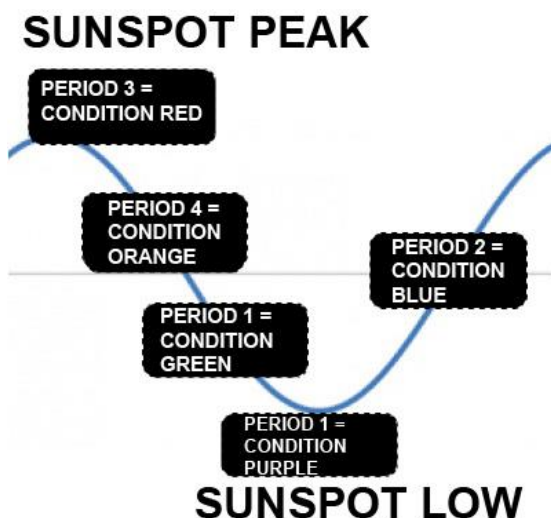
This coincides with another study showing that the effects of geomagnetic storms on the body can linger for a few days afterwards. A study published in September 2004 titled: Influence of local geomagnetic storms on arterial blood pressure. and conducted by S. Simitrova and colleagues looked at blood pressure levels in 86

volunteers. Their measurements found that their blood pressure increased significantly from the day before a geomagnetic storm until the second day after the geomagnetic storm. So we can see that the effects of higher than average geomagnetic activity affect not only rabbits, but also people as well and the effects can last a few days after the geomagnetic storm has ended.

This would mean one of the key components to extending lifespan would be to take herbs or nutraceuticals that protect the heart before a major geomagnetic storm approaches. Considering that geomagnetic storms have a seasonal pattern, with the strongest geomagnetic storms peaking in Spring, followed by Fall, these would be the 2 key seasons to keep the heart in good health.

To understand the effects caused by solar activity we have to divide its levels of energy into 4 main sections. The chart on the following page shows these sections, which we shall discuss in greater depth later on in this book.

Chapter 4. How Geomagnetic Storms Affect Aging



The chart below shows the cycle of a solar flare from start to finish.

27-day Space Weather Outlook Table				
Issued 2017-04-10				
#	UTC	Radio Flux	Planetary	Largest
#	Date	10.7 cm	A Index	Kp Index
2017	Apr 10	72	12	4
2017	Apr 11	72	8	3
2017	Apr 12	72	8	3
2017	Apr 13	72	8	3
2017	Apr 14	72	5	2
2017	Apr 15	72	5	2
2017	Apr 16	75	5	2
2017	Apr 17	85	20	5
2017	Apr 18	88	18	4
2017	Apr 19	88	10	3
2017	Apr 20	95	5	2
2017	Apr 21	95	5	2

This cycle lasts approximately 5 days

Source: NOAA Solar Weather Forecasting

<http://www.swpc.noaa.gov/products/27-day-outlook-107-cm-radio-flux-and-geomagnetic-indices>

The chart shows the energy starting at low levels, reaching a peak the descending. If we were to look at this energy over the course of an 11 year period, we would divide the sections into 4 Periods, which is shown in the very first chart.

It is my hypothesis that just after the peak of a geomagnetic storm, the effects of aging on the body are strongest. This would be a Period 4, which is also a Condition Orange. This makes sense because people born during periods of low solar activity (Sunspot Low) , which is a Period 1, have a longer lifespan. Period 1 is also a condition green

This would also mean that the mind can affect the body. It would mean that the period after a condition orange (Condition Green) would be the best time to use the mind to do mindfulness exercises because the effects of the geomagnetic storm have worn off. Can the mind reverse aging? Let's take a look at the scientific literature and see what it has to say.

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Stem cells, mitochondria and aging. K.J. Ahlqvist et al. Nov 2015

Telomeres can be lengthened by Practicing Meditation or Yoga

Meditation and Yoga practices improve telomerase activity and telomere length.

A study involving volunteers who meditated 6 hours daily for 6 months showed significantly greater Telomerase activity compared to the control group.

Reference:

Intensive meditation training, immune cell telomerase activity, and psychological mediators. T.L. Jacobs et al. June 2011

A study investigating the effect of meditation on the aging process showed that long-term meditators have a significantly younger biological age compared to short-term meditators and controls. The study involved people with an average age of 53 years of age (cross-sectional group (N = 84) who practiced Transcendental Meditation. These people showed a biological age of up to 12 years younger than the general population. Major factors in the study included diet and the length of time they practiced Transcendental Meditation. The study concluded that Transcendental Meditation affects certain neural mechanisms which influence age correlated physiological variables. The study used 11 controls involving 33 short-term Transcendental Meditators and 40 long-term Transcendental Meditators.

In Summary, mediation can lengthen your Telomeres. Numerous scientific studies exist confirming the link between longer Telomeres and lifespan. (Telomeres and aging. G. Aubert and P.M. Lansdorp. April 2008). These studies conclude that the mind can in fact prolong lifespan, when it is used in a meaningful manner.

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Calcium Homeostasis and Aging

In a study titled: Calcium homeostasis in aging neurons, published in October 2012 and conducted by Vassiliki Nikolettou and Nektarios Tavernarakis, found that aged neurons in elderly people showed a multitude of defects of calcium homeostasis. Cherry (2002) claims that ELF environmental electromagnetic fields have been shown to significantly alter cellular calcium ion fluxes and 'brain-waves' There has been some investigation into the role of calcium ions as a potential link between geomagnetic variations and human health issues. Blackman et al. (1990) suggested that the evidence indicates that **electric and magnetic fields can alter normal calcium ion homeostasis** (maintenance of equilibrium) and lead to changes in the response of biological response of cells. The

health implications of alterations in the cell's cellular calcium ion homeostasis are wide ranging. This can cause a reduced nocturnal production of melatonin in the pineal gland (Walleczek 1992). Melatonin enters the brain via the pineal gland. It is generally believed that the cell's membrane and Ca^{2+} activity is involved in the bioactive ELF field coupled to living systems (Walleczek 1992). Cleary (1993) gives an excellent review of other biophysical mechanisms of interaction between magnetic and electric fields and their impact upon the human body. These mechanisms include nuclear-magnetic resonance (NMR), ion-molecular orbital precession and the effects of magnetic fields on free radicals. This has major anti-aging implications. If indeed stronger magnetic fields caused by geomagnetic storms are increasing the rate that the body ages, it may be due to more free radicals being generated during the geomagnetic storm, or the body has a reduced ability to fight the free radicals.

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What are Calcium Ions?

Your cells use calcium so they can activate certain enzymes to make ions. The calcium transports these ions across the cell's cellular membrane. This allows them to send and receive information with other cells in the body.

What is Circadian Rhythmicity?

The word circadian originates from the Latin meaning "around" and dies, meaning "day". It is the study of biological temporal rhythms which include, tidal, weekly, daily, seasonal, and annual rhythms. It is related to the branch of science of chronobiology.

Mental Disorders and Geomagnetic Storms

Higher geomagnetic activity has also been shown to cause increased mental disturbances among some people, especially seniors and those living at high altitudes. In a September 1998 study titled: Medico-biological effect of natural electromagnetic variations that was conducted by V.N. Oraevskiĭ and colleagues, the study concluded that during at least 75% of geomagnetic storms, it caused increases in hospitalization of patients with mental disorders.

A study published in January 2004 titled Schizophrenia and season of birth: relationship to geomagnetic storms. and conducted by R.W. Kay, concluded that people born during winter and spring are more likely to suffer from Schizophrenia.

The Berg Timer Method

The Berg Timer method is another method used to predict solar activity. It uses an "index" called harmonic days. Einstein spent the last 25 years of his life trying to combine gravity and electromagnetism into a unified field theory. Perhaps the Berg Timer Method may contribute to that effort, acting as a catalyst for new studies in celestial physics. The Berg Timer Method is showing us the way to understanding a new, subtle combination force. The Berg Timer method is partly based on the positions of when Mercury and Venus are between 2 different planets, such as earth and the sun. You can find out more about the Berg Timer by visiting the inventor at

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

Are some illnesses Psychosomatic?

It is my belief that illness is part belief and part biological. If you are feeling slightly “off” and you believe that you may have a serious illness, you will manifest that illness through your sustained belief. Because research studies have shown that solar activity can affect our emotional state, over the years I have found that when I am recovering from the flu or minor cold, that the effects may still linger mentally, existing as a type of “template” of the past illness. When I would look at the solar activity, I would find that when solar activity was at a certain point that I was able to effectively remove the psychological aspect that the cold was still present. This in turn greatly accelerated the healing, reducing the recovery time. We shall explore this “illness template” and the solar conditions to remove it in the next few paragraphs.

My research also lead me to discover that when I performed a form of meditation known as the **Emerald Tablets Exercise** (A form of Qi Gong), which is a way to clear and reset the mind, during this specific solar window, that healing is also greatly accelerated.

Dissolving a Psychosomatic Template

If you practice Tai-Chi or Qi Gong, you will find this exercise extremely easy to do. The solar doorway we are about to explore can be used for extremely rapid and accelerated healing. The reason this is possible is because the energy experienced during meditation or from Tai-Chi or Qi Gong exercises is called “CHI”. Chi is a universal force and is channeled by the sun and moon into the earth. Let’s look for the healing doorway using the following image. The doorway that relieves psychosomatic illness occurs when the sun’s X-ray Background Flux levels are declining especially for the very first 48 hours in a row. This is the best time to “dismiss” any thought that your recovering illness is getting worse or may be spreading. It is a time to use your mind for positive visualization for healing, instead of dwelling on a dark future. It is a time to reduce internal conflict or stress. By doing this your healing will become rapidly accelerated. Now if you are seriously ill, this may not work, but I have found it to be of tremendous benefit when recovering from a cold or flu. We

shall get into the specifics of how to read the sun's X-ray background levels later on in this book, but first, let's summarize what we have covered so far, the 3 main solar influences that affect life on earth are the following:

- **Earth's Geomagnetism**
- **Sunspots**
- **The Solar Wind**

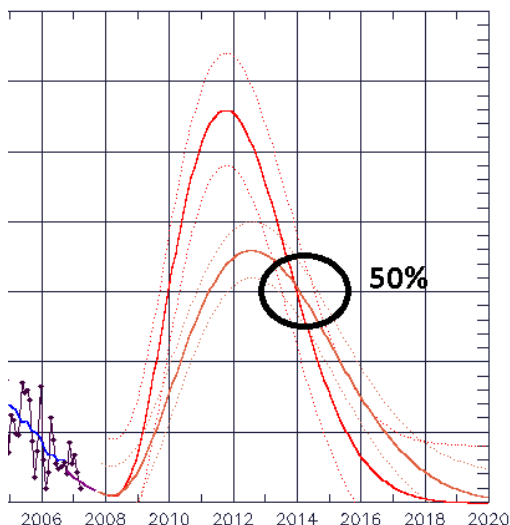
Additional influences include the 4 seasons and how close the moon or sun is to our earth. These influences vary throughout the year, much like the weather. If any of you are familiar with the weak and strong force in nuclear physics there exist 2 forces.

1 – The Strong Force

2 – The Weak Force

When we use solar cycles for healing, we are using the Weak Force. When we look at the destructive effects solar activity has upon the earth and life, we are looking at the strong force.

Because solar cycles follow a predictable pattern, we can plot when the weak force will manifest. Simply put, **Solar Maximum = the Strong Force** and as Solar Maximum winds down, as it approaches the 50% mark when winding down, it turns into the weak force, the doorway to healing.



Solar Minimum = the Weak Force.

Now that we have a clearer understanding of the effects the sun has on life, what about the moon? We can use the strong and weak force analogy of solar cycles and apply it to the moon. When the moon orbits closer to earth, which is known as Perigee, it is exhibiting the strong force, as it rotates further away from earth, it begins exhibiting the weak force. Speaking from personal experience, I have found that doing HeartMath exercises when the moon is 50% past perigee and headed towards apogee that I experience tremendous anti-aging benefits doing the HeartMath Rejuvenitivity exercise. We cover HeartMath in more detail in a later chapter. Let's now explore the scientific literature of the moon's distance to earth and its effects on health.

The Apogee Moon and Emergency Surgery

A research study titled: Effect of the moon on general practitioners' on call work load, that was published in the Journal of Epidemiology and Community Health in 1994 and conducted by Linda Macdonald, Peter Perkins and Ruth Pickering, examined the number of calls received by nursing staff at a private nursing home. The study looked at calls covering all hours and included surgery calls. The study found that when the moon was at apogee, there were far less calls received by the nursing staff. This study was conducted at a seaside nursing home near the ocean, so perhaps the tide of the ocean may have been having an effect. Gravity may be affecting heart rate or other aspect of the patients. An apogee moon is when the gravitational pull of the moon is at its lowest. So in summary, during an apogee moon, the body may be less susceptible to a medical emergency.

Mental Health and Solar Activity

In a research study published in March 1994 titled: Geomagnetic storms: association with incidence of depression as measured by hospital admission, and conducted by R.W. Kay, the study concluded that during times of higher than average geomagnetic activity, there was a **significant 36.2% increase** in males admitted to hospital with manic-depressive illness. Most admissions occurred **during the second week following the storm** compared to periods when geomagnetic activity was normal or at quiet levels. So we can see that

manic depression will take longer to manifest in the body, compared to higher blood pressure after stronger than average geomagnetic activity. Another similar study conducted in Japan also found that males were more prone to suicide compared to females during periods of higher than average geomagnetic activity ⁽¹⁾. April is also the month that the body ages the most rapidly. This is because geomagnetic storms are strongest during April. We discuss this anomaly in further detail later on in this book.

These findings are good news, because if we are prone to depression, we can be aware of the geomagnetic activity levels and season and avoid exposing ourselves to situations that may increase the risk of depression. One fact is excessive computer use and improper nutrition can increase the risk depression. There are some excellent research studies showing that sitting in front of a computer screen for five or more hours a day can dramatically increase the risk of depression ⁽²⁾. And excessive cell phone use has been shown to cause an increased rate of depression ⁽³⁾. Suicides occur more often in Micropolitan cities and towns and Rural areas with less occurring in Large Central and Large fringe regions (Reference: NCH).

References:

(1) Computer use and stress, sleep disturbances, and symptoms of depression among young adults. Sara Thomee et al. October 2012.

(2) Computer use at work is associated with self-reported depressive and anxiety disorder. Taeshik Kim et al. October 2016.

(3) Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults - a prospective cohort study. Sara Thomée et al. January 2011.

Summary

I wanted to connect the dots in this short simple summary using the information from ancient Taoist texts. The chart shown in the summary is taken from my book **Eternal Youth via Tao Te Ching. Longevity Secrets via Universal Energy.**

Depression peaks during the Spring Season

Ancient Taoist texts state that emotions of anger manifest more often during spring.

Ancient Taoist texts state that Spring = the liver. The liver = the eyes. In order to keep our eyes healthy, one should refrain from emotions of anger during spring.

Yin Organ	Liver	Heart	Spleen	Lung	Kidney
Season	Spring	Summer	In between	Autumn	Winter
Climate	Wind	Heat	Damp	Dry	Cold
Emotion	Anger	Joy/ Surpris	Worry/ Concern	Sadness / Grief	Fear
Taste	Sour	Bitter	Sweet	Spicy/ Pungen	Salty
Planet	Jupiter	Mars	Saturn	Venus	Mercury
Tissues	Sinews	Blood Vessel	Muscles	Skin	Bone
Sensory Organs	Eyes	Tongue	Mouth	Nose	Ears

How Geomagnetic Storms Impact Human Creativity

Because higher than average geomagnetic storms have been scientifically shown to impact our mental and emotional health, and our state of mind represents how productive we can be, higher than average geomagnetic activity must also be affecting our productivity. Let's take a look at the data and see what it says.

In a June 2013 study titled: Geomagnetic storm decreases the coherence of electric oscillations in the human brain while working at the computer, which was conducted by O.B. Novik and F.A. Smirnov, the study found that persons performing tasks using a computer during a moderate geomagnetic storm and **up to 24 thereafter** showed **a decrease in their theta** rhythm oscillations by a factor of two or more, at times reaching zero. So we can see that creativity is affected almost in real time and up to approximately 1 day after a major geomagnetic storm.

In another study titled: Geomagnetic Storms and their Influence on the Human Brain Functional State, published by S. Elchin and associates, the study concluded that during severe geomagnetic storms the volunteers tested **showed a reduction of theta** brain wave rhythms.

And in a 2014 study titled: Reduction of coherence of the human brain electric potentials, published by Oleg Novik and Fedor Smirnov, the study concluded that alternations of brainwaves lasted up until about **48 hours after** the geomagnetic storm.

Another study published in September/October 2001 titled: Biotropic effects of geomagnetic storms and their seasonal variations, which was conducted by V.P. Kuleshova and colleagues, found that the effects of higher than average geomagnetic storms were stronger at the equinoxes. The effects from the geomagnetic storms affected both the mental and the cardiovascular portions of the body. So it appears that the equinoxes have a more profound impact on the body when geomagnetic storms are present.

Long Term Solar Cycles and Creativity

Published reports have suggested a link between creativity and the 11 year solar cycle. Examining the years AD600 to AD1800 and looking at science, literature, and painting, a study found the following:

- 1. During secular solar excursions, flourish curves show bursts of activity in Europe and China;**
- 2. During extended solar excursions, bursts of creativity in science, painting and literature occurred. These were distanced**

approximately 10 to 15 years apart from one another.

3. Regularities of cultural output occur with eminent creators. This cultural output decreases with ordinary professionals.

Reference - Ertel, Suibert; "Synchronous Bursts of Creativity in Independent Cultures; Evidence for an Extraterrestrial Connection," The Explorer, 5:12, Fall 1989.

Stronger than average geomagnetic activity has 2 main peaks each year. Earth's geomagnetic activity peaks each spring and fall, which also happens to be the time depression/suicide rates peak (Seasonality of Suicidal Behavior. Jong Min Woo et al. February 20120).

A study published in September 2014 titled: Widespread seasonal gene expression reveals annual differences in human immunity and physiology and conducted by Xaquín Castro Dopico and colleagues, discovered the following:

A quarter of human genes (5,136 out of 22,822 genes) showed seasonal variation. Some genes were more active in the summer, and others more active in winter. The biggest changes were observed in **white blood cells** and adipose tissue, which affect the immune system. A six month shift existed between European and Australian patterns, due to the opposition of seasons. The variation of genetic activity also **varied by latitude**. This is an interesting finding because the strength of geomagnetic activity vary according to the latitude the person is residing in. We will cover this in greater detail later on.

The study also showed that people's genes in the UK showed **peaks in April or October** and people's genes in Gambia peaked during June and October (the rainy season and October is the equinox). Gambia is noted for its high infectious disease burden, showing that white blood cells come alive to fight infection during the rainy season which lasts from June to mid-October. White blood cells were not the only substrate showing a seasonal peak, peaks were also observed in summer and winter (the winter equinox) and genetic changes were also observed in adipose tissue. Adipose tissue is composed of adipocytes, whose primary function is to store energy

in the form of fat. This is not unlike the end of the rainy season in North America which occurs around spring time. Perhaps the white blood cells become more active when long term rainfall has ended.

Suicides and Spring

As the sun matures in march at the spring equinox, we can refer to this phase of the sun as its “teen period”. Spring also happens to be the time of year that teen suicides peak. Below is a quote from the study titled: School and seasonality in youth suicide: evidence from Japan, conducted by T. Matsubayashi and colleagues and published in November 2016.

“We found that suicide by middle school students (ages 12-15 years) and high school students (ages 15-18 years) showed a **sharp increase around the dates when a school session began in April**”

This has since been confirmed in other studies (Seasonality of Suicidal Behavior. Jong-Min Woo et al. Feb 2012). In a study titled: Effect of month of birth on the risk of suicide, that was published in June 2006 and conducted by Emad Salib and Mario Cortina Borja, the study found that people **born during the months of April**, May and June were on average 17% more likely to commit suicide compared to people born during fall and early winter. For women the risk was 29.6% and men 13.7%. This is interesting because the Rosicrucian Tradition teaches that the last 4 to 6 weeks before your birthday, life presents you with more challenges than usual, and then the first 4 to 6 weeks after your birthday life challenges occurs much less often. In another large scale study involving 26,915 suicides between the years 1979 and 2001 in England and Wales looking at people born between 1955 and 1966, the study found the following: People **born during the months of April**, May and June showed higher rates of suicide compared to all the other months combined.

Another study found that people who were depressed were more prone to allergies and that these people were more at risk of committing suicide (Allergies and suicidal behaviors: a systematic literature review. K. Kølveset al. November 2015). The second season that depression manifests is in the winter. In a research study titled: Seasonal variation in affective and other clinical symptoms

among high-risk families for bipolar disorders in an Arctic population, the study found that during winter and spring incidents of bipolar disorder were more common (Sami Pirkola et al. November 2015). While all this information may sound a little depressing, it makes it a great way to identify seasons and conditions when depression is more likely to occur. Now, let's next explore the sun's role in healing.

References:

Effect of month of birth on the risk of suicide. Emad Salib and Mario Cortina Borja. June 2006.

The spring peak in suicides: A cross-national analysis. Kenneth S.Y. Chew and Richard Mcleary. Feb 1995

Allergy: A Risk Factor for Suicide? Teodor T. Postolache et al. September 2008.

It is a fact that solar flares can affect satellite systems in earth's orbit and pose a danger to people in airplanes flying at high altitudes as well as people who live in space (Radiation environment at aviation altitudes and in space. L. Sihver et al. June 2015.). This is due to the electromagnetic radiation from the high energy particles being emitted by the sun. Nicola Tesla had a name for a particular type of energy being emitted from our sun. He called this force **radiant energy** or **solar rays**. He believed that the particles responsible for radiant energy included neutron particles.

Reference: Patent US685957 Apparatus for the utilization of radiant energy

The Solar Healing Clinics of Dr. Auguste Rollier

The sun not only can create chaos upon the body, it can also heal and strengthen. One common example is sunlight produces Vitamin D in our bodies. An interesting fact is when you take white button mushrooms and place them in the sun with their gills facing upwards towards the sunlight, it boosts the Vitamin D in the mushrooms by up to 869% ⁽¹⁾. The most notable effect from sunlight we gain is the natural increase of Vitamin D in our bodies. In the summertime, just 30 minutes of sun exposure produces about 20,000 IUs of vitamin D in your body. This is as much as drinking 200 glasses of milk, or the equivalent of swallowing about 50 typical multivitamins. The only reason we don't overdose from the Vitamin D from sunlight is because not all of it is completely absorbed.

A perfect example of the uncontrolled energies from our sun, is when you hold a glass lens outside in the sun, and if you hold it too close to an object, it will burn or catch fire, however, if you hold it just the right distance, the radiation from the sun can warm the surface or create a coherent beam of light. The same goes for a few minutes before the sun dips over or rises over the horizon (sunrise and sunset), this is the only time you can stare directly at the sun safely.

Dr. Auguste Rollier used light to heal thousands of patients with tuberculosis. He coined the name heliotherapeutic therapy. His clinic was situated at a high elevation in clear mountain air. As we showed earlier, the effects of geomagnetic storms on the body can vary according to the type of organ in the body. And when we look at long term solar activity and its effects on lifespan, we see that solar maximums and solar minimums play a major role in the health of individuals.

(1) Photobiology of vitamin D in mushrooms and its bioavailability in humans. Raphael-John H. Keegan et al. January 2013.

Peppermint Oil protects against Gamma Radiation

In mice exposed to whole-body gamma irradiation, 17% of mice fed peppermint oil died. However 100% of the mice who did not receive the peppermint oil died. The study also discovered mice pre-fed peppermint oil showed a swifter return to normal blood cell levels after 30 days compared to controls. This suggests a stimulating or protective effect of peppermint oil on blood stem cells (Samarth et al., 2004). Another study found that Peppermint essential oil demonstrated strong antioxidant activity

Reference: Chemical Composition, Olfactory Evaluation and Antioxidant Effects of Essential Oil From Mentha X Piperita. E Schmidt et al. 2009

Chapter 5. Miracles in the Bible attributed to Solar Activity

If Jesus was indeed a person, we can learn a lot from him by looking at the seasons the miracles were performed. When we do so, we find that the majority of miracles performed by Jesus took place from the December Solstice to the summer Solstice. This is a time that the sun's light is increasing. We shall first begin with documented miracles shown in the bible. 11 miracles occur when the sun is in Aries. This period occurs after our sun crosses the vernal equinox. It is a time when earth's daylight hours begin exceeding nighttime hours.

Miracles can't occur without intention or belief. Once again we ask the question, was Jesus an actual person or a persona of the Sun? If he represented the energetic archetype of our sun, than the logical error Christians make is to attribute biblical miracles to an actual person.

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