

Solar Visualization Tools for Health and Prosperity

February 2014 Copyright © by Scott Rauvers

Library of Congress Catalog

ISBN-10: 148109937X

ISBN-13: 978-1481099370

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Printed in the United States of America



Published by the Institute **for Solar Studies on Human Behavior and Health**

1507 7th St, Santa Monica, CA 90401

Website: **www.ez3dbiz.com**

This book is also available in Paperback,
Nook and Kindle Versions. Just enter the title into any Internet
search box to locate these versions

Additional Books published by the Institute for Solar Studies on Human Behavior and Health include;

- Foods, Herbs and Pharmaceuticals that Extend Lifespan. A Summary Of Over 200 Research Studies Proven To Lengthen Lifespan. ---- This book has a special section on using Nutraceutical combinations to create stem cell longevity formulas that extend lifespan and includes scientific references and studies confirming this. It also gives instructions on how you can make your own herbal formulas for extending lifespan based on generating new stem cells.
- Anti Aging Nutrition Secrets. The Fountain of Youth Seekers Guide to Longevity - Released August 2013.
- A Centurion's Toolbox for Longevity Living Beyond 120 - 2nd Edition - Released Late-December 2012.
- How to Make and Sell Your Own Aromatherapy and Herbal Products - Released Mid-December 2012.
- How to Sell Your Homemade Products Online - Released November 2012.
- Living Healthy Beyond 120, A Centurion's Plan for Longevity - Released June 2012.
- Solar Flares and Their Effects Upon Human Behavior and Health - Released July 2012.
- The Emerald Tablets: The Keys of Life and Death by Thoth the Atlantean - 2nd Printing February 2014

We are leaving the age of mind, and entering the age of awareness and frequency. Today what we would define as major miracles would be everyday occurrences manifested through our new awareness. This book is about how to learn to work with and use these new energies for healing and self-fulfillment.

This book also contains hyperlinks to YouTube videos as well as their titles and referenced articles. I am doing this because this book is also being sold in Nook format, which means that if you are reading this book with the Nook and you have live Internet connection, you can watch the videos or learn more about a topic in the references cited just by clicking on the link. If you are reading the hardcover paperback version, than you can manually enter the website address to watch the videos or view the referenced sources of information. You will also find many of the more in-depth technical research available as hyperlinks at some of the articles located at **<http://www.ez3dbiz.com>**.



Scott Rauvers, ***Author***

Thousands of years ago, people possessed the knowledge to manifest health and wellness utilizing solar and lunar conditions. Today with new scientific tools, especially thanks to SOHO, the sun telescope administered by NASA, we can examine these energies emitting from the sun and their effects on living organisms and our environment in far greater detail than ever before. I have advanced my research studies to the point I can now find the best type of nutrition at the best time to keep my body in extremely good shape. This emerging science is known as Chiro-Nutrition. I am a raw foods vegetarian, and using the science of Chiro-Nutrition greatly boosts the effects of the beneficial live enzymes in food, as well as using the mind to heal the body and for disease prevention.

Take a journey through the halls of self-discovery and discover the most powerful tools ever assembled into a single book on how to effectively alter the reality you exist in.

From altering reality through Quantum Photonics, to unlocking the power of your subconscious using planetary and constellational energies, you'll discover a unique tool for just about any situation. This book is a simplified summary from over 10 years of cutting edge research conducted by Solar Health Institute founder Scott Rauvers.

There exists no other book like it, with such powerful tools for self-transformation. Reserve your copy now, and don't miss this new release of exciting, life changing information.

Written by the author of 2 previous books on how to use the sun for health and well-ness, this book covers the latest groundbreaking research into Chriobiology and how you can use the sun's power to make some of the most powerful changes in your life you never thought possible. The sun has been worshiped by countless cultures throughout history due to its strange powers. Now for the first time, the sun's spectrum of light has been scientifically broken down into 5 main frequencies, which can be used for a number of purposes. In this book you will learn how to:

- Know when your body is susceptible to disease and illness and what steps to take to remain healthy.
- How to amplify your lucid dreams to unlock the power of your unconscious mind.
- Use the power of the sun to multiply food or money.
- Know when SuperCell thunder storms are going to appear, so you can stave off physical injury or property damage.
- Accelerate research projects, taking them beyond research stage to achieve more scientific breakthroughs and make award winning discoveries.
- Understand the new science of Quantization and use its power of observation to bring desires into reality.
- Learn how to predict special condition color periods up to 4 days in advance so you can succeed in a project or avoid illness and disease.

Chapters

Chapter 1

The Frequencies Emitted by our Sun, and How to use them for Healing, Wellness and Prosperity – Page 19

- How Cycles of the Sun Influence Human Behavior and Life
- An In-Depth Explanation of the Condition Colors
- Creating Peace by Predicating Future Acts of Terror and Violence
- The Art of Forecasting Solar Health Conditions. How to Correctly Predict Condition Colors
- Visualization Exercises to Release the Power of the Condition Colors using the Sun's Energy
- Invisible Energy Fields and Their Effect on Reality
- The Icosahedron
- The Dodecahedron
- How to Perform the ESP Enhancement Exercise

Chapter 2

Time. Using it to boost Productivity, Efficiency and Reverse Aging – Page 125

- The Looping Effect Of Time and its Effect Upon our Awareness
- Using Photons of Light to Make Time Fluid
Photons and Illusion
- A Formula for Slowing Down Time
- Solar Radiation Levels and Time
- Could Gravity Be Helping Some People Alter Gravity?
- Recording Events from the Future
- Human Pre-Cognition
- Self Confidence and Intuition
- The Miracle of Time Compression and How to Break World Records by "Freezing Space/Time
- The Body and How Time Affects Aging
- The Emotional Connection to Time Slips

Chapter 3

Multiplication of Matter, Intention and Rebirth – Page 188

- Using Energies of the Re-born Sun At the December Solstice
- How to Apply Intention to Multiply Money and Matter

- How Money is Created Through the Power of Awareness
- The Dueling Forces of Light and Dark
- **How Stress and Anxiety Create Cravings for Junk Food**

Chapter 4

Longevity, Healing and Wellness using the Sun, Seasons and Celestial Alignments – Page - 211

- Tapping Into The Magical Power of Sirius
- How to Perform The Condition Yellow Exercise
- Other Individuals Tapping the Energy from the Orion Constellation
- The Original Research Notes of the Condition Yellow Exercise
- Using Earth's Seasons to Maintain Longevity
- Anti-Aging Celestial Alignments
- Constellation Alignments and their Connection to Longevity and Health
- Simple Methods to Stay Healthy Using Solar and Lunar Conditions
- The Ophiuchus constellation and the miracle of creation
- Using Radionics or the 2 Point Technique to Manifest

- A Simple Tool for Miracles

Chapter 5

How to Tap Into and Use the Golden Light of the Sun for Healing, Prosperity and Other Advantages Uses – Page 275

- The Hidden Math in a Sun Square
- Using the Sun Square with a Mantra
- Planetary Hours of the Day and Night
- How Mantras/Chants Work
- Using Mantras and Chants to their Full Potential to Affect Change

Chapter 6

Planetary Influences and Stock Market Activity – Page 316

- The Solar Ingress and the Stock Exchanges
- Celestial Influences that Cause the Dow Jones to Rise
- Celestial Influences that cause the Dow Jones to Fall
- Why does the Dow Jones rise when there is no Solar Activity?
- Why does the Dow Jones rise when there are no C Class Flares?
- Profiting From Predicting the Dow Jones. How to find low priced

stocks that rise with the Dow Jones

- The Next 2 Major Upcoming Market Crashes

Chapter 7

Profiting and Adapting to the Emerging Social, Spiritual and Technological Changes in the Coming Decades – Page 358

- When Does The Aquarian Age Fully Begin?
- The Planet Related to Aquarius
- The Emerging Technological Discoveries of Science
- The 33 Year Solar Cycle
- The Cycle of Venus
- The Cycles of Saturn
- Personal Awakening. The Oneness Blessing
- The Emerging Technologies Related to the Dawning of Aquarius

Chapter 8

Increased Solar Activity and Its Effects Upon Earth – Page 368

- Mass Fish Deaths and High Levels of Solar X Radiation
- Evidence Supporting Oceanic Drive in Evolution Via Rising Cosmic Rays

- The Power of S Class Flares and how They Create Super Thunderstorms (SuperCells)
- What is a Supercell?
- The Power of Infrasonic Waves on Human Consciousness
- What Is a Natural Source of Infrasonic Waves?
- The Stimulation of the Pineal Gland and Outbreaks of Violence
- Changing the World around us by Quantum Coherence. What we Focus on Becomes our Reality

Chapter 9

Using the Right Solar Conditions for Healing – Page 482

- Beneficial Solar Weather Conditions for Healing
- Using our Hearts to Influence Local, Regional and Planetary Magnetic Fields
- How Human Consciousness is Stimulated by Our Sun

Chapter 10

How to use Celestial Alignments for Healing and Longevity – Page 502

- What Are Deltrons?
- Celestial Alignments and Emerging Energy
- The Sirius Star System and DNA

- The Power of the Unconscious Mind at Halloween
- How To Bring More Energy to Your Mantras or Chants to Fuel Change Faster
- What are Archetypes, and how are they used? The 10 Planetary Archetypes
- The Main Asteroids and their Effects on Human Awareness

Chapter 11

Anti-Aging Herbal Formulas and Longevity Techniques – Page 561

- Amino acids and Anti-Aging
- Biophotons. How they Influence Healing by Increasing the Communication of DNA
- The 2 Point Quantum Healing Technique
- The Regenerative Healing Power of Bacteria
- The Anti-Aging Yogurt Mix
- Using Distilled Water Properly to Detoxify the Body and Remove Grey Hair
- How The Right Foods can Relieve Depression
- No More Surgery for Heart Disease
- How Emotional Circulation Affects Health

- Understanding Where Fear Comes From and Eliminating It
- Fear and Illness
- Planetary and Celestial Influences Causing Collective Fear
- Predicting Future Fears of the Collective Unconscious
- Trust Dissolves Fear
- Confirmed Scientific Evidence
GMO Foods are Dangerous

Chapter 12

How to Amplify Prayer – Page 601

- Concentration
- The Mars Effect

Chapter 13

Utilizing the Energy of Ursa Major as a Portal to Wealth and Fortune. Based on the Portal at Mount Canigou and Rennes le Chateau in Girona. – Page 606

- UFO's Utilizing the Energy of Ursa Major as a Portal
- The Mars Effect
- My Research Results
- Starting Your Journey
- Beginning the Journey
- The Points
- A Look At The Pattern In Business

- A Special Note on Forgiveness
- How to Perform the Grounding Exercise

Chapter 14

The Real Meaning of the Art of Success – Page 626

- Fear of Succeeding. Fear of Failure
- Intelligence, Money and Longevity

Chapter 15

Timing with the Stars. How to Choose the Best Time to Start New Projects – Page 639

- Exercises to Connect with the Sun and Solar Energy

Chapter 16

How to Manifest Your Goals into Reality Using Intuition - Page 651

- How to Integrate Cycles of Emotional, Physical and Intellectual Biorhythms into the Daily Health Forecast
- Calculating Your Personal Biorhythms
- Earth Biorhythms

Chapter 17

How to Apply Intention to Multiply Money and Matter – Page 660

- Using the Sun to Generate Wealth
- Expansion of Spirit/Matter
- How Money is Created Through the Power of Awareness

- The Power of Multiplying

Chapter 18

The Quantum Entrainment Exercise

– Page 673

- An In-Depth View of How Quantum Entrainment Works (also called QE)
- What is a EU Feeling?
- How to Do Quantum Entrainment (In-Depth Version)
- Remote QE
- Use QE to Grow Your Limbs
- Quantum Entrainment and Sales

Chapter 1

The Frequencies Emitted by our Sun, and How to use them for Healing, Wellness and Prosperity

How Cycles of the Sun Influence Human Behavior and Life

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. He divided the eleven year sunspot cycle into four periods:

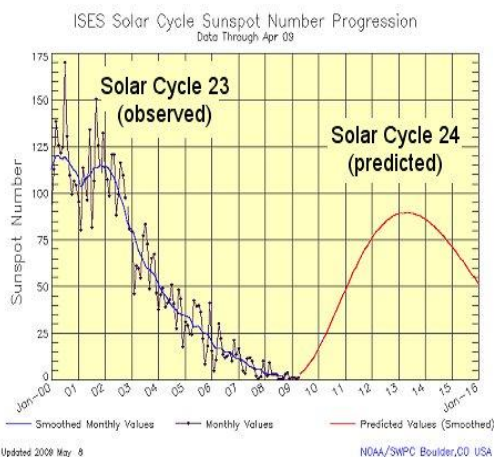
Period 1 : - (approximately 3 years, minimum sunspot activity). Peace, lack of unity among the masses, election of conservatives, autocratic, minority rule.

Period 2:- (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 2012.

Period 4 - (Approximately 3 years, decreasing sunspot activity). Decrease in excitability, masses become apathetic,

seek peace. This cycle is due to arrive between early 2014 and 2017. The EZ3DBIZ.com "miniature" cycles that occur within the 11 year Tchihevsky event cycle can be broken down into 4 conditions, known as the "condition colors".



If we look at the chart above, the solar cycle peak lasts 11 years from peak to peak and contains within it approximately 2.7 years per Activity Cycle.

Next there are the seasons of the year. Period 1 represents Winter. Period 2 represents Spring. Period 3 represents Summer. Period 4 represents Fall.

When a period enters a season, we get an overlap of energies and a maximum of activity. In 2012, we are in period 3. So this past summer we saw lots of activity (Maximum excitability, election of liberals or radicals, mass demonstrations, riots, revolutions, wars and resolution of most pressing demands) because the period overlapped with the season. The next maximum cycle period is Period 4 between 2014 and 2017 during winter.

Because the solar cycle lasts 11 years, and contains within it Activity Cycles lasting approximately 2.7 years, we can match these to the seasons of the year.

Period 1 represents Winter. Things to Watch Out for During Winter: Exposure to Cold, Excessive Salts, Excessive Water, Overeating, Lack of Exercise. Mental Components - Greed, Posseviness, Lack of Compassion. Period 2 represents Spring. Things to Watch Out for During Spring: Excessive Sweet Foods, Excessive Yogurt, Cheese, Milk and similar dairy, Meat, Oversleeping, Mental Components - Doubts, Fear. Period 3 represents Summer. Excessive Red Meat, Excessive Proteins, Excessive Salts, Excess Spicy Foods, Excess Midday Exercise, Excessive Antibiotics, Alcohol, Indigestion, Too much mental activity, Fatigue. Mental Components - Anger, Repression of Emotions. Period 4 represents Fall. Exposure to Cold,

Disorganization, and Excessive dry or bitter foods, Excessive fasting, excessive travel, excess exercise, excess sex, excess overuse of senses, lack of sleep, overwork, dried skin. Mental Components - Worry, Fear, Anxiety, Grief, Suppressing natural urges/emotions. When these overlap, we get a maximum of activity, especially those related to the mental components. In 2012, we are in period 3. So this past summer, we saw lots of activity (Maximum excitability, election of liberals or radicals, mass demonstrations, riots, revolutions, wars and resolution of most pressing demands) because the period overlapped with the season. The rising of this new energy will carry on with momentive force until entering Period 4 between 2014 and 2017 during winter which will contain the mental components containing Worry, Fear, Anxiety and Grief. A more quiet period.

As mentioned earlier, a solar flare cycles through the following colors in this order. Purple, Blue, Red, Orange and then Green. During some periods a condition yellow may occur, which is more common during Period 2 cycles, which is a time of increased solar activity.

A condition blue begins the cycle, building up energy, followed by a condition red, which is a peak of the energy, which is then sometimes followed by a condition yellow, which is a period where this energy manifests itself, it is then followed by a condition orange, a "waning" of the energy and finally ending at a condition green, which is a period of peace and harmony.

Using Professor L. Tchijevsky's cycles mentioned earlier at the start of this chapter, we get the following results. Period 1 is condition red, period 2 is a condition blue, period 3 is condition orange, 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". This is known as a condition orange and also manifests itself as random outbreaks of violence.

We at EZ3DBIZ.com have done much research on this period and discovered that it is a period of a release of energy, much like solar energy at the end of the 11 year solar cycle also shoots out stronger solar flares than usual. So this energy can be used to create or other people use it to destroy.

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 2011, we are in Period 2, so when the condition color blue occurs, more miracles, mental power and advanced technology manifest. Because we are in Period #3, whenever there is a condition Orange Forecast, the results are greatly amplified, which is why we see more mass shootings occurring during this period.

Between early 2014 and 2017 when a condition green is forecast, it will result in an increase in peace, calm and harmony, and the destructive condition oranges will end.

These cycles can also be used to bring healing, longevity and prosperity into one's life.

Around the Spring Equinox. Condition Reds and Greens are maximized and the condition Blue is just starting to gain strength. This is the best time to Detoxify the liver with Grapefruit or Pomelo. Toning using sound also works best during this time. More Spirulina, green tea and herbal allergy cure mixes high in natural antioxidants also work well. It is also the best time of year to set long term monetary goals into action.

Taking psyllium husk along with bentonite clay is another good way to detox the body at the first condition green after a solar flare (condition red period). I have also had much success taking Distilled water with a little Himalayan Salt in it. Or 1 gallon of distilled water to 1 tablespoon of Himalayan Salt. This gives the water trace minerals, which distilled water can remove from your body if you don't take trace minerals with it at the same time you drink it. Taking Distilled water with Himalayan salt 2 hrs apart from meals works as a great detoxer. This is because Distilled water leaches minerals from the body. If you take it with Himalayan salt, which is full of trace minerals, it detoxes your body and you don't lose valuable minerals from your body.

I use 1 tablespoon of Himalayan salt per 1 Gallon of Distilled water. This also works fast to recover from exercise or a hard day of labor or outdoor work. This is because the electrolytes in the salt replenish the cells with trace minerals. Taking this water during late afternoon and before going to bed is the best time to take this, as these are the times the body naturally assimilated trace minerals and detoxes itself.

Some of the benefits of taking Distilled water include hair color returning from grey to original color and a relief or in some cases cure for arthritis.

This is due to the proper trace minerals present in the Himalayan Salt. If you do a Internet search **TRACE MINERALS + ARTHRITIS CURE** you will discover leading research on how trace minerals may be a cure for arthritis.

I strongly recommend drinking distilled water only for short periods of time and if you do take it for long periods of time, be sure to include proper trace minerals in your diet. Everyone is different and it is best to follow your intuition.

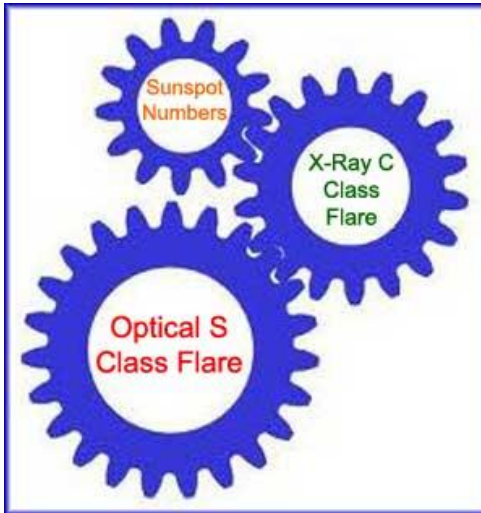
Around the June Solstice, the condition Blue becomes maximized and the condition Orange begins. More cancer fighting and anti-aging foods such as Superoxide Dismutase, yellow egg yolk, cod and/or anchovy oils, butter from grass fed cows work best during this cycle. Detoxification of the body's cells with edible benodite clay also works well during this time.

Around the September Equinox, the condition Orange becomes maximized and the condition yellow starts to gain its strength. This is the time that Tablet #13, The Emerald Tablet exercise rejuvenation energy becomes maximized. It is a good time to take more Spirulina during this time.

Around the December Solstice, the Yellow becomes maximized and the condition Purple begins with the condition Green starting to gain strength. Foods highest in the 9 essential amino acids, such as Cottage Cheese, Spirulina, Apple Cider Vinegar and fat burning foods work best during this cycle.

During condition yellows and greens, which are periods of magnetic reconnection, the cell will always return to its original state of health and well-being, when nurtured with the right foods and nutrients.

Each condition period becomes "stimulated" or receives more energy and becomes amplified when there are between 4 and 8 C class solar flares, and when 80 or 160 sunspots are present or when the S Class flares number 8 or higher. On the following page is an outline of the perfect period.



When any of these conditions overlap each other they cause a "synergy", which amplifies the condition to extreme maximum. This synergy could apply to any condition resulting in a more negative condition or a more positive condition.

We can visualize this as a giant gearbox with wheels. The S Flares are the Larger Gear, followed by the C Class Flares which is a smaller gear followed by the Sunspots, which are the smallest gear. When the large gear gains more energy, it also adds more to the lower gears, thus adding more "stimulative energy".

The more S class optical flares, the more intense or concentrated or more power it gives the condition color. Also if the sun's x-ray background radiation levels are above 6.0 or more, and the S class optical flares are 12 or more, energy from the past to the present seems to flow more strongly. This is like the light from the more concentrated photons reaches such intense levels that it creates enough micro wormhole energy to pull information from the past to the present. This is a good time to study history or deal with events related to the past.

S Class Optical Flares are most common and stronger from June to August each year. The time the sun's energy is at matured levels. This is the best time of year to eat more yogurt than usual, but most of all the best time of year to take the cod liver oil and vitamin combination 1.5 hours after eating yogurt. This will be discussed later in the book.

Quarterly Daily Solar Data

#	#	#	#	#	#	#	Sunspot		Stanford GOSIS		X-Ray		Flare		#			
							Radio	SSSC	Solar	Mean	Max	Class	Optical					
							Flux	Sunspot	10E-6	New	Regions	Field	Flux	C	X	S	Flare	Optical
							10.7cm	Number	Remis.									
2012	07	01	133	137					1320	1	-999	B6.3	7	1	0	16	0	0
2012	07	02	166	165					1130	0	-999	B8.4	17	4	0	24	7	2
2012	07	03	146	136					1000	0	-999	C1.0	16	0	0	22	0	0
2012	07	04	163	129					990	2	-999	C2.0	11	7	0	16	5	2
2012	07	05	165	122					1050	0	-999	C2.6	12	10	0	24	5	2
2012	07	06	158	131					1240	0	-999	C2.3	11	6	1	24	3	0
2012	07	07	158	127					1590	1	-999	C1.5	9	3	0	18	0	0
2012	07	08	178	113					1910	0	-999	C2.0	12	4	0	17	4	0
2012	07	09	174	137					1860	1	-999	C2.0	15	1	0	22	0	0
2012	07	10	173	122					1640	0	-999	C1.4	10	2	0	19	3	0
2012	07	11	162	94					1510	0	-999	B9.0	3	0	0	11	2	0
2012	07	12	165	132					1750	2	-999	B7.0	4	0	1	10	3	1
2012	07	13	147	112					1270	0	-999	B8.2	6	0	0	19	0	0
2012	07	14	168	120					1390	0	-999	B9.7	5	1	0	12	2	0
2012	07	15	141	134					1440	0	-999	B6.5	8	0	0	9	4	0
2012	07	16	138	99					840	0	-999	C1.0	5	0	0	9	4	1
2012	07	17	128	87					920	2	-999	C1.0	2	1	0	15	1	0

As shown in the image on the previous page, the blue circles represent the Optical S Class Flares and the Red the X-Ray C Class Flares. The sunspot number is on the far left column. You can get real time data on this page courtesy of NOAA at:
http://www.swpc.noaa.gov/ftpdir/indices/old_indices/

As for seasonal energies, during February and March, Condition Reds are stronger because the sun's strength is just starting to return to full power. This is experienced as a "shock" to the immune system of the body.

As stated earlier, during April, May and June, Condition Blues are stronger because the sun's activity is gaining in activity. From August until November and early January, condition Purples are stronger because the Sun's Activity has Died Down.

November and December condition yellows are stronger because the cosmic energy entering earth that is becoming beneficially ionized is stronger.

We can visualize these periods as a circle with inner rings.

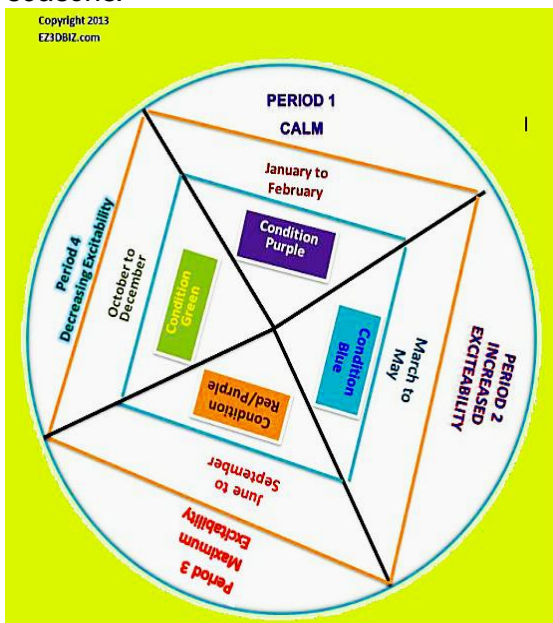
Ring 1. The 11 year solar cycle

Ring 2. The yearly cycle.

Ring 3: 11 Day solar cycle.

Spring - Condition Blue.
Summer - Condition Red.
Fall - Condition Yellow.
Winter - Condition Green and Purple.

On the following page I show an approximate yearly chart of these condition colors according to the seasons.



This chart can be viewed in greater detail at:
http://www.ez3dbiz.com/in_depth.html

If any of these overlap, such as a condition blue, at a period 2, during Spring, the condition color energy for that day(s) becomes super amplified. If there are a high number of S Class Flares occurring, that condition becomes amplified even further. One key discovery is that when a recent condition purple enters a condition green period, major peace and harmony occur and when a recent condition yellow enters a condition orange, major disharmony and higher outbreaks of violence occur.

The main key to using the energy during a stimulation phase is to recognize this form of energy, much like religion recognizes God or other deities. Perhaps this is where classical physics discovered the term "observation creates reality".

What could be more powerful than observing the light of our sun and acknowledging it? Another way to use this energy is to project a healing intention into foods that contain Probiotic bacteria, such as yogurt or cottage cheese.

The Health and Longevity Forecasting page located at:
http://www.ez3dbiz.com/1A_health_forecast.html

contains the links used to make a condition forecast for that day.

It is called the Longevity Forecast Page. The Longevity Forecast page is divided into 6 sections representing the effects on the body from various solar and geomagnetic conditions. These 6 sections show what spectrums of energies are being emitted by the sun, which affect mood and health.

Each condition color that changes, results in a 'refresh rate' of our reality. This refresh rate is reflected in the changing of the tidal frequency and rising cosmic rays. The reason I choose Hawaii to view the changes in the tidal frequency is because it sits on a Platonic Earth Grid Point. I believe that as this energy manifests, just like a release of energy from an earthquake causes the plates to shift. it comes through at these points, changing or altering our sense of perception, and inducing a change in our awareness, which then affects social and biological systems on earth.

"It has been suggested that both the Curry grids and Hartmann Net are earthling grids for cosmic rays that are constantly bombarding Earth, and that they can be distorted by other things, such as geological fault lines and underground mining"

Source: **CrystalLinks.com**

When there are more cosmic rays the Emerald Tablets exercise is stronger and more beneficial. Cosmic rays are electrified particles that come from deep space, as well as our sun, so they emit varying frequencies. There is a certain group of cosmic rays that work together with earth's magnetic field, which I believe stimulates amino acids and is responsible for the tremendous healing effects associated with the Emerald Tablets exercise.

Some cosmic rays emit large amounts of radiation, which have a low atomic weight. The miracle of cosmic rays is they have the potential to emit extremely large amounts of energy. It takes 2 electron volts to 1 hydrogen atom to create energy. When radium emits one alpha particle, it creates 2 million of these electron volts, just from that one particle, however a single cosmic ray requires the energy of ten thousand million electron volts. This makes cosmic rays one of the most powerful forms of radiation in the universe. It also explains why when the **2mev levels are at levels of 7 or above**, the refreshing white light energy from the emerald tablets is stronger. My other book titled The Emerald Tablets goes into more detail about this. Because cosmic rays are guided by earth's magnetic field, there are 15% more cosmic rays at the north and south poles compared to those occurring at the equator.

“A basic fact is that 37 eV is usually needed to make an ion pair, so only a 2 MeV proton makes about 54,000 ions”.

Source: Cosmic Rays and Ionization

Ref:

<http://astro.berkeley.edu/~ay216/05/NOTES/Lecture14.pdf>

Daily 2mev Electron Levels courtesy of NOAA:

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

Condition colors can also interact with each other causing problems. For example a condition blue longer than 3 days will turn into a condition red, accelerating the rate of disease and bad bacteria in the body. If a condition yellow occurs mixed with a condition green, it may result in violence or mental imbalances in mentally disturbed individuals.

The power behind condition colors lies in their repetitive nature. Just as the repetition of a mantra or chant achieves results so to do the condition colors work along the same principle.

Perhaps these energetic particles repeat themselves to come to life, just as we use a chant to achieve results.

If you repeat a mantra or chant at a condition purple, when the sun's solar flux is flat, the results will be far less compared to performing a mantra at a condition blue. The sun's solar flux stimulates our mind, just as the KP energy motivates our hearts.

When the sun's solar flux is above 4.0 and rising, it reaches what I call a "hyper-time" time compressed dimension. You will usually find that projects you have been continuously working on will "all come together" and are easily summarized at this time. You will be able to do more in less time. One other key discovery is after doing the Emerald Tablets exercise (as covered in my book "The Emerald Tablets" reflexes are greatly enhanced and much, much faster than usual).

I have found the most powerful way to stay healthy is during a condition green is to get out in nature, and take anti-aging foods etc. If you keep eating junk or sugary foods and a condition red appears, it will cause problems. For some reason condition green periods amplify the beneficial feelings of nature. This could be why sometimes going on a forest walk leaves us feeling refreshed and at other times fatigued.

I find that at the very first period of the sun's X-Ray background radiation levels rising above 4.0, when doing the Emerald Tablets exercise that my body moves so much faster than usual, but if I keep doing the Emerald Tablets exercise for more than three days with the sun's X-Ray Background Radiation levels continuing to climb above 4.0, I start to have health issues. I usually take the super flare mix to handle this. So to stay healthy, you want to avoid being in the wrong frame of mind or eating excessive sugar or over exercising at the wrong times. If you want to prove to yourself the destructive effects of a condition color, take lots of artificial sugar during a major condition red and add more stress to your day, and you will see that your immune system is affected tremendously.

The effects of the sun on Consciousness and Living Organisms

The Sun Represents: Healing, Charisma, Power, Vitality, Confidence, Protection, Success and Fame.

The parts of the body most influenced by the sun include: The Heart, Eyes, Veins, Spine, Diaphragm and associated areas, and Circulation through the arteries.

These are also the areas that can be most easily healed through sun gazing and are the area's most easily affected by high energy solar flare activity, especially when the x-ray background radiation levels are above 4.0 and rising.

Professions and Trades that Resonate with Sun Energies: Persons who manage or supervise others such as Employers, Judges, Kings, Person to Person Salespeople, Police Officials, Magistrates, Money Lenders and those who work with Gold.

The personality traits that the sun influences include: Self-Esteem, The Ego, Leadership Ability, Courage and Fame and Ability to Handle Wealth. These traits are most stimulated when the sun's solar flux levels become active again after being quiet for a while.

The Sun Powers: Ambition, the 3rd or Orange Chakra, Self-Expression, Will and Intent, Influences from Your Father and the power of the wealthy. These types of influences manifest themselves strongest when the sun is at high condition blue periods, especially when the sun's solar flux levels are above 4.0 and rising.

An In-Depth Explanation of the Condition Colors

When the sun's solar wind first approaches 350, and the sun's X-Ray background radiation levels are below 4.0, solutions to problems clarify themselves and complex research projects "all come together". In other words, solutions present themselves much more readily during this time. When the sun's solar wind has been at high levels for 2 days or more, scientific research breakthroughs come easily.

At the start of the earth's KP activity, stimulation of motivation comes easily. 3 or more days of high KP causes this same motivative energy to over suddenly "disperse" and lose its effectiveness. During a condition yellow we focus on the meaning behind the information of wellness, flood our soul with it and ask the information to heal.

During a condition blue it is the power of intention, rather than the power of observation that gets results. This implies that the quantization effect requires intention for it to work. This intention charges the Deltrons and during condition reds, these Deltrons charge until the condition green, whereupon they are then ready for activation, by our awareness/observation.

Deltrons are a substance which can travel both faster than light. The term Deltron came from Bill Tiller of Stanford University who discovered them while doing consciousness coherence research.

During a condition yellow, what you have been focusing on, reading or listening to until the last previous condition yellow, manifests itself in a peak of intentional energy, just as the Deltrons become activated by our consciousness during condition Greens, the same occurs with condition yellows. This is why we call it a "stimulation" period, because all the intention behind the information your mind has absorbed over the days, it's intention is made manifest. If you were reading health and fitness, and you take physical action towards health during a condition yellow, you will feel the results the next morning. If you are a mentally unstable individual, having listened to negative information, this will possibly trigger you to take actions that could endanger you or your community.

Condition Oranges are a result of the effects occurring from a condition yellow. It is a period when the motivation arises from the information that was received during a condition yellow.

Think of a condition orange as the fuel behind the motivating force that achieves results. This explains why when the KP levels are higher that the Emerald Tablets energy is stronger, because it is the information/awareness that is creating the healing. This motivational energy also affects our cells, causing healing to occur.

Because proteins multiply at condition blue periods, what you have been working on accelerates, giving you more insights during a condition blue. It seems that if most of us are studying the same subject or topic each day, the condition blue "charges" or provides fuel for what we are studying to increase our understanding of that topic on this day. The longer and more focused you have been studying the topic or subject, the more powerful its effects on this day. During condition green the opposite occurs, instead of focus, you use the power of observation and allow a new awareness to enter your surroundings, especially if you are trying to find a solution to a problem, it will all fall into place via the act of observation and awareness during this time. This is similar to the science of quantization.

During condition Orange, the mind is vulnerable to a form of what we might call "mental overload ", We've all heard the saying "I don't know what came over me". During these times, it is best to use this extra energy for creative purposes. I like to use it to solve complicated or challenging research problems.

During condition Red, I believe the immune system and emotions of the body are affected more than the mind of the body. This I believe is due to the increased anxiety that occurs with extreme high periods of continued solar flux activity. This is a good time to watch stress on the body and take foods that are high in Prebiotics such as Yogurt or Kefir.

A condition Purple I believe stimulates the part of our mind related to the deep unconscious. This is a time dreams become more lucid, and our unconscious mind gives our conscious mind signals through our dreams. It can also be a period of major change, when things that used to get results for us no longer work, so new methods and techniques need to be developed to start getting results again.

When there are 80 or 160 sunspots and 4-8 flares the condition green is maximized, above this number the condition red is maximized and when the sunspot activity is completely flat, the condition purple becomes maximized. A condition orange occurs when there has been a high number of sunspots, and then they suddenly rapidly begin to drop.

These condition colors are at their peak power within the first 6 to 12 hours of their entering the condition color. Like anything in nature or our life, problems arise when these condition colors remain at the same levels for excessive periods of time. This would lead to the conclusion that a habitable planet, somewhere in our galaxy or universe may have a sun that always went from condition blue to green without any major fluctuations people on that planet would age far less or maybe not at all. There are also stories of people who have gone through "star gates" to areas either in another part of the universe or in another dimension close to earth and their bodies do not age. This story needs more research and fact finding, but if true, would prove this theory. In other words because photons do not age and are immortal, there may be sun that only emits a spectrum of light in the condition green and yellow ranges, which are the conditions for peak health.

The energies emitted from the sun, moon and earth fall into 4 major categories and have the following effects associated with them.

KP Activity (also known as geomagnetic energy) - This energy is emitted by our earth - It stimulates and absorbs - Most powerful during condition Orange.

Increasing/Rising Solar Sunspot Activity - This energy is emitted by our sun - It amplifies our mental thought process. Most powerful during condition Blues.

The Solar Wind - This is a form of ionized plasma emitted from our sun - It creates general healing. Most powerful during condition Yellow.

Increasing Cosmic Rays for 3 days or more. This is a form of gamma rays emitted from our sun, and distant parts of our galaxy - this creates healing and new awareness in our consciousness. In all my years of researching Chirobiology, one sequence of energy patterns has tremendous power. This is known as the perigee moon. This is the time the moon is closest to earth. The perigee moon has 2 noticeable effects: 1: During a perigee full moon, what you have emotionally been dwelling on the most will manifest itself in your local surroundings.

2: During a perigee new moon, information and knowledge that you have been searching for reveals itself, **especially just as the moon is approaching 50% apogee.** I find perigee new moons excellent times to research advanced topics and clarify research projects I'm working on. I find perigee full moons an excellent time for clearing out old emotions via the Emotional Freedom Technique and for performing positive mental visualizations, this than manifests in our outer surroundings as a reflection of our current mental state of mind.

During these condition periods, I believe that the sun is emitting what are known as Deltrons. A term coined by Stanford Researcher Dr. Tiller. These are forms of energy just waiting for activation by the human consciousness. As an example, think of a condition green occurring and the sun. During this time particles of superfine "seeds" are emitting themselves from the sun. Now for a seed to grow, we must water it. In this case these seeds are Deltrons, and the water to make them grow requires 2 elements. 1: Identifying the type of seed (the condition color). 2: Our intention for the Deltron to manifest itself and express the properties of the condition color. So when a condition green is occurring, we make sure we know what attributes a condition green has, than meditate on those attributes with the intention that they make themselves manifest in our

surroundings or at a a other geographic location.

An inherent danger is relying in the results of an anti-aging diet too much that you stray from the requirements to remain such. For example eating lots of sugary foods, which are one of the fastest ways to deplete the immune system, or neglecting the Emerald Tablets exercises, because your body may feel energized all the time. The reality is that the effects of aging will rapidly catch up with you, if you stop the anti-aging routine and taking the right foods.

I believe all disease is based on an existing belief system built up over time. This belief can linger in the mind even during periods where the body has the chance to heal itself. As an example, I know from research that condition reds cause allergies and bad health if I eat a lot of sugary or other immune depleting foods at this time. Now if a condition green occurs, and I still feel like my immune system is depleted, I know the feeling I am getting is purely psychological because there is no condition red occurring. It is like an invisible memory is occurring in the cells of the body that are still registering a condition red is taking place. The best way to rid the mind/body of this influence is to do a healing visualization exercise after the condition red has just ended.

This could involve visualizing your body surrounded in a halo of healing white light energy. This than "flushes" your cells clean if any remaining condition red residue that may remain in the body from when the condition red last occurred. I will usually do a mini-detox such as eating Bentonite clay or taking more Spirulina, which remove toxic metals from the body.

I can eat a large sugary candy bar once in four days without any ill effects, but any more than that and I get a sore throat, due to the immune system being interrupted.

The fastest way I have found to burn the sugar out of my body is via exercise, drinking lots of alkaline spring water and eating yogurt, an alkaline food, and taking vitamin C and Cod Liver Oil. By making the body alkaline again after the acidity of the sugar, immune system functioning is restored.

When we keep ourselves healthy and learn how to heal ourselves from within by prevention. we are creating more self-responsibility for our wellbeing. This in turn leads to us listening to and following our inner guidance, which shows us new ways of doing things or developing technologies that don't harm the planet.

It is like tapping into and living in a form of universal harmony and wellbeing. We become courageous leaders and teachers, blazing the path towards sustainable technologies and a responsible way of looking after our health.

Next I will go into detail about the different spectrums energies emitted by our sun, dividing them up into beneficial periods and danger periods.

**Condition: Red
Period: Danger**

Solar/Geomagnetic Conditions: 3 or more X category solar flares. Sunspots rising. X-Ray background flux levels at 4.0 or higher (also known as the suns solar flux). Solar winds at 380 or higher. Sudden decrease 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. It is like even if you kick up a small amount of dirt, the dust flies high into the air.

Effects Upon the Body: Emotional Moods Stimulated. Stress and Anxiety. The Immune System will undergo radical shift/change. This is the only time large amounts of herbal antioxidants should be

taken, to "wind down this energy", otherwise they just contribute to fatigue. Large Numbers of Fish Die Offs can 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". In most cases, the most recent 24 to 48 hours after the condition red event, 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. Odors,. If the X-Ray Background Flux rises above 7.0, during this time, odors and scents become amplified and stronger. Scientific breakthroughs happen more easily. Public Speakers will appear to "run out of time" during thier presentations due to time "speeding up". The sunrise will appear to have a deep pale red, dim orange. Long distance travel can drain the body more. Foods highest in polyphenols, especially organic apples are best taken during this time. Reduce foods high in iron is recommended. Recent condition reds have time compression properties, meaning more mental tasks can be accomplished in less

time.

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. For maximum protection, take the super flare herbal mix formula shown in this book.

We are dealing with new incoming photons. These photons affect every part of our being. This new frequency of light along with the incredible energies generated during the suns solar flux during this period causes our immune systems to become "unbalanced". This is due to the higher than normal energies being emitted by the suns X-Ray Background Flux.

From researching periods of higher X-Ray emissions from the sun, also known as the "condition red" periods, I found that the body would get allergic to certain foods and substances when eaten in excessive amounts during condition red periods. The common substances being proteins

in Raw Peanuts and Peanut Butter (which is a potential aflatoxin inhibitor), and Wheat and even Ormus. It is possible, although yet unproven, that if these foods were GMO, the effects could be even worse. Because Aloe Vera is high in Ormus, research shows that Aloe is a food highest in Ormus, and Aloe contains protein, Ormus must have collagen protein properties. I also discovered that eating lots of chocolate during a condition red period would make my immune system weaker in the form of a sore throat, which I would quickly cure through exercise and alkaline spring water. After further research I discovered 2 methods that help reduce these "allergic reactions" quickly and naturally. These are from foods high in Quercetin such as Onion and Apple. I tried using the Quercetin supplement form, but the results are better using foods high in Quercetin.

So I mixed some Onion Powder in Water mixed with Ormus (or Aloe) and ate an Apple, during a higher X-Ray Background Flux Period. This stopped the allergic reaction substantially. Further research showed that Quercetin inhibits collagen growth.

For those of you unfamiliar with Ormus, it can be found in foods grown in volcanic soil or made from volcanic rich seawater or celtic sea salt.

This means that during these high X-Ray Background Flux periods, if you can get your body to not become allergic to these foods, you can use these higher periods of energy to actually increase the energy in your body, thus stimulating healing. Mental healing using visualization becomes "supercharged" just as the X-ray background flux levels are starting to drop from high levels. This makes it a great time to use the energy for mental healing visualizations.

The Phantom DNA Template Effect

A Condition Red manifests in the body in 2 main stages. 1: Inflammation. 2: A mysterious "cough" that comes out of nowhere. If you work with large numbers of people or the public on a daily basis, you are most at risk. I believe this is because our bodies are like the sun, and a "resonance" occurs when we are in contact with large numbers of people. Being around large numbers of people is like being around many stars emitting radiation. The energy we put out during these times comes back to us stronger than at other times, and it can either benefit our health or negatively impact it.

During condition red periods, when the solar flux is above 4.0 and has been rising for some time, some people get a "mysterious cough" or allergy or have a depleted immune system.

This usually goes away after the background flux has fallen to below 4.0 or so. Now you may still "feel ill or sick" but it is only psychological, because the flux is below 4.0.

This template remaining can create an "emotional toxicity" based on pure belief alone, instead of the actual solar condition. So it is key that if you may feel your immune system is not up to par, to see what the current x-ray background flux levels are, than do exercises such as the emotional freedom technique, forgiveness or similar to remove blocked emotions or psychological feelings that still remain which are being caused by the DNA template that still remains. It is this phantom DNA template that can manifest itself as physical illness from belief, if you harbor the emotions long enough.

Healing visualizations or chants or affirmations will remove this negative DNA template that is still in your mind.

The positive DNA temple is condition greens. When a condition green appears, you can do visualizations to boost the healing effects of the condition green. Also condition greens naturally instill a healing template in all living organisms.

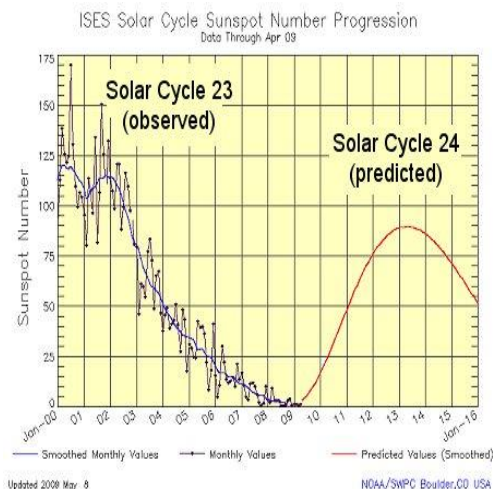
I have designed a herbal formula that keeps the body in excellent health. I call this the Super flare mix, and it uses the following herbal combination:

Between 4 and 8 Cod Liver Oil Capsules
2 Vitamin C Capsules
A Pinch of Granulated Lecithin
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
3/4 Teaspoon of Chili Powder
3 Bromelin Enzymes
1 Teaspoon of Garlic Powder
3/4 Teaspoon of Coriander
1/2 Teaspoon of Clove Powder
3/4 Teaspoon of Rosemary Powder
1 Teaspoon of Basil Herb Powder
1.5 Tablespoons of Clover Honey (honey from a local source is preferred).

I have also used the above mix to instantly remove allergies from eating wheat. So it may also work for other dairy type allergies such as soy, or dairy. I have found that doing mild exercise after the herbal mix (shown above) has also helped boost the results effects. This is because exercise increases circulation. Growing evidence seems to support the benefits of exercise as a possible treatment for cancer. Several studies have examined the relationship between exercise, rehabilitation and quality of life in cancer patients and reported positive findings. When the X-Ray Background Flux is rising above 4.0 or higher, there is a “negative phantom DNA template of disease and illness” more prevalent in the air all around us. When this X-Ray Background Flux has been dropping for 3 or more days or if it is below 4.0, and your body has the proper nutrition, if you “feel sick” or illness, it is only psychological, because the template of disease cannot manifest illness when the X-ray Background Flux has been falling for 3 or more days or if it is below 4.0.

The field that exists around our bodies contains within it a phantom DNA template which is affected by solar and lunar forces. During condition greens this phantom template contributes to healing, during a condition red period, just as the x-ray background radiation levels begin dropping, the template can turn negative, if we think we still have an allergic reaction in our bodies.

A classic example of the positive and negative Phantom DNA templates are reflected in the stock market. During the **year 2000, the stock market reached all-time high levels**, as the solar cycle peaked and drew to a close so did the massive surges and gains in Stock Market activity. It was during this surge phase that a **powerful mental template** was instilled in the general market and the general consciousness of the population and general stock investors. Now when the solar activity **picked up again in 2010**, there was still the **mental template remaining** from the 2000 stock market boom.



Now if we compare the 2 cycles, as shown in the image above, we can easily see that the 2000 surge of solar activity is far less than the 2012 surge. So the general population at large still thinks that the market or things that they do to make the market rise to the same level it did in 2000 is going to work in 2012. The fact is, a new awareness is emerging, of doing things differently and working with this new energy that is going to be the only way to get the markets to rise to pre year 2000 levels again.

So people in 2008 and even today in 2011 are still living with the mental template of 2000. We have what is called a Phantom DNA Template effect occurring in the stock markets and industry today.

This quite simply means that what worked in 2000, is no longer going to work anymore, because overall solar activity is predicted to decline, and not reach 2000 levels for quite some time, and even if it does, the economy will be far different than it was in 2000. We will have adjusted to the new ways of doing things to get better results faster and more efficiently.

This negative DNA template needs to be purged by visualization of prosperity and following guidance coming from insights received from visualizing that and embracing the new flows of energy to work with so we can do things differently to get better results. When you visualize the intended outcome in your mind you open a gateway of new energy flowing into your mind. It then takes courage to do things differently, but if you follow your guidance it is better than using the old template from 2000.

So if you are an investor or trade the markets, you would use visualization, just as in healing to dissolve the built up mental template imprint left over from 2000. You would simply visualize your financial life surrounded by a green light.

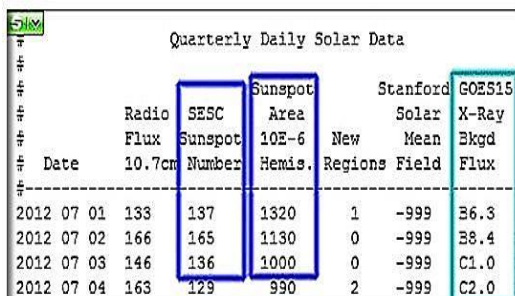
Than picture your lack of money or drop in income being healed by this beautiful green light, than listen to any insights or impulses you receive after the visualization, because they will be a new way of doing things. This is the same way we destroy the negative phantom DNA template that can build up during condition red periods. In other words through visualization and imagination, we open ourselves and embrace the new flow of energy that is occurring, which than heals us.

Starting on the next page, let's review the condition colors in greater detail.

Solar Conditions: This is known as a maximized Period 2. 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.

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

Below is another image showing the X-Ray background flux levels at C levels. 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	SE5C Sunspot Number	Sunspot Area 10E-6 Hemis.	New Regions	Stanford Solar Mean Field	GOES15 X-Ray Ekgd 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 mosquitos 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: 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

Bernhard Düll developed tests of human visual and auditory reaction time to study the effects of the weather and on solar activity. His finding of an increased incidence of airplane crashes with higher solar activity was validated shortly after his death. This finding was repeated by Tatiana Zenchenko and A. M. Merzlyi. Bernhard Düll who

spent over 10 years evaluating numerous airplane crashes with their relation to solar activity. (Zenchenko and Merzlyi, 2008). The full scientific study can be found at:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3819124/>

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, if it is, then take the "super antioxidant" mix. 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 is 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 SuperMix 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 or Bromelain Powder

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

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 a condition green

interacts with a recent condition purple, it is a time of major peace and harmony.

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.

Effects upon the Body: Appetite changes. Usually cravings for Junk Foods Begin. Could this mean that junk foods tastes good because of the result of clever advertising, which manifests it results during condition green periods? 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.

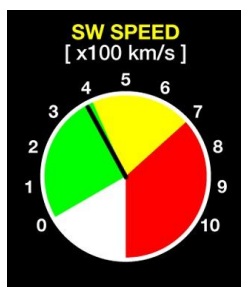
Overall Outcome: Increased Health and well-being.

Suggestions: Working with archetypal 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.

Finding the window of Prayer Power

The Power of Prayer is maximized when there have been 2 to 3 days of increasing sunspots, a C class or S Class Optical Flare, the X-ray Background Flux is dropping and the Solar Wind Speed is near 350.



The best way to find this "power window" is to keep any eye on the solar wind speed and if the above parameters come into focus, than you have one of the most powerful times for prayer and intention.

Condition Green periods are a time to celebrate and to hold positive social gatherings.

There are 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 a condition orange.

The second solar wind, which is twice as dense and twice as hot as the first wind, is emitted from approximately mid equator latitude of the sun. This dense, slow 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 condition green. On the left is a picture of what a solar wind speed gauge looks like. Here we can see it is at almost 400.

Condition: Stage 1 Condition Orange Period

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.

The Stage 1 Condition Orange : 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 image on the following page shows the sunspot area in decline over a 3 day period.

Quarterly Daily Solar Data							
Date	Radio	SESC	Sunspot	New	Stanford	GOES15	
	Flux	Sunspot	Area		Solar	X-Ray	
	10.7cm	Number	10E-6	Regions	Mean	Bkgd	
			Hemis.		Field	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	

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 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 bad energy. While we can only speculate, I believe that proteins are playing a part. Proteins express themselves through human behaviour at Stage 2 Condition Orange high KP levels. If you eat lots of meat, it may express itself through violence and low vibration thoughts. If you get your protein through plant based foods, it expresses itself through thoughts of a higher

vibration such as peace, kindness and progress, rather than destructive violence.

Because oxidative stress has been shown to increase itself in the body during higher solar flux periods, especially when the xray 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.

Meat Eating and Violence

“Recent studies show that trace levels of multiple pesticides cause increased aggression. At least seven studies have demonstrated that violent criminals have elevated levels of steroids, pesticides, antibiotics and other toxic chemicals in their bodies, compared with prisoners who are not violent. In a Harvard Study conducted in 1998 rats receiving natural food and hotdogs became violent and fought aggressively.”

<http://www.celestialhealing.net/mentalveg2.htm>

“They easily cheat, tell lies, they forget promises, they are dishonest and tell bad words, steal, fight and turn to violence and sex crimes,” the book states on page 56

http://www.huffingtonpost.com/2012/11/17/indian-textbook-meat-eaters-violent-dishonest-sex-criminals_n_2150611.html

“Electrical activity in the brain as shown by EEGs has shown that the vegetarian diet induces alpha waves, which indicate a state of neuromuscular relaxation not just of the brain but of the whole body. Meat eating leads to a phosphorus excess which is not natural for humans, whose milk has a 1:2 phosphorus-calcium ratio. Sirtori comments that this fact leads to a fall in calcium levels, leading to irritable and aggressive behavior. During the Gulf War in 1992, US marines getting ready to go into action were supplied with 50,000 turkeys in addition to the normal, abundant meat rations.”

<http://www.purifymind.com/MeatProtein.htm>

Stage 2 condition oranges are unique, in that when the conditions are right, they have a tendency to manifest as acts of violence that can impact large numbers of people. A stage 2 condition orange is a period where there is an increased tendency for violence, physical danger and terrorism. These acts of violence will impact 7 or more people in a single event. Examples include 911 and the Boston Marathon bombings. As previously mentioned, for a stage 2 condition orange to occur, there must be solar wind speeds of 350 above with sunspots dropping for 3 or more days in a row. Incidences of Depression and Suicide Significantly Increase.

A risk of "hallucinations" and other unstable behavior may occur in mentally unstable individuals.

Additional factors that boost the stage 2 condition periods include a condition yellow 3 days previously. When this merges with X-Ray background Flux levels having been at high levels for the past 10 days, which is usually a period when there have been a higher number of S Optical or C Flares and there is a peak in KP levels, it creates a peak period of energy necessary for a strong Stage 2 Condition Orange. Stage 2 Condition Orange periods also happen to be stronger when the Planetary A index is at higher than average levels and during the period just after a solar maximum.

A Stage 2 condition orange is maximized from September to October

A Stage 2 condition blue is maximized from February to March

WHAT IS THE PLANETARY A INDEX? WHAT DOES IT MEAN?

The Planetary A index is a measurement of just how disturbed Earth's magnetic field can get. These values vary from about 0 to about 400. The deviations are computed from real time deviations measured at a number of geomagnetic observatories that are based at mid-latitude regions around our earth. The value of 30 represents minor storm conditions, and values over 50 represent very major storm conditions.

Values greater than 100 represent dangerous and severe storm conditions. The A Values come from the planetary KP indices. An A index is a summary of daily geomagnetic values. However the KP index is refreshed every 3 hours. The KP values can vary from 0 to 9, with the number 5 showing a minor storm and number 6 representing a major storm. Values of 7 or higher represent severe storms.

Real Time AP Levels and forecast:

<http://www.swpc.noaa.gov/ftpdir/latest/45DF.txt>

Visual AP Levels with Database:

<http://www.swpc.noaa.gov/alerts/a-index.html>

Effects upon the Body for Stage 1: Muscles are stimulated. Effects of Jet Lag Increase. Earthquakes More Common. Like Condition Reds cause bacterial destruction of the body, condition Oranges cause physical deterioration of the body and early fatigue, as well as the increased chance for mental disturbances and unbalanced mental behaviour. Moderately favourable time for scientific research and breakthroughs. The ability to perform psychic feats such as seeing into the future/predicting future results is more accurate during these times due to the increased geomagnetic energy from the earth. Aches and Pains in body are felt more during this time. Performing the HeartMath exercise during stage 1 condition oranges, experiencing the energy of unconditional love is very, very beneficial for health. I have

received vivid lucid dreams and excellent health during this time.

Overall Outcome: A time to avoid excessive physical activity.

Suggestions: Drink more liquids. Avoid foods high in Trans-Fats and Sugar. Watch stress levels. Avoid excessive physical exercise. Take more Vitamin E and Vitamin A than usual before bed.

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.

Suggestions: An excellent time to meditate and reflect on our thoughts, words, deeds and actions.

Stage 2 condition Oranges are maximized from September to October

Stage 2 condition Blues are maximized from February to March

View the Solar Flux Levels Real Time at:
http://www.swpc.noaa.gov/rt_plots/xray_5m.html

Below is the suns solar flux at the start of a condition blue.



#	#	#	#	#	#	Stanford GOES15										Flares												
						Sunspot					Solar X-Ray					X-Ray					Optical							
						Radio	SESC	Area	New	Mean	Bkgd	Flux		C	M	X	S		C	M	X	S		C	M	X	S	
						10.7cm	Number	10E-6	Hemis.	Regions	Field																	

2012	02	24	109	47				300		1		-999	B2.7	0	0	0	0	0	0	0	0	0	0	0	0			
2012	02	25	108	47				310		0		-999	B2.5	0	0	0	0	0	0	0	0	0	0	0	0			
2012	02	26	107	58				290		2		-999	B2.3	2	0	0	0	1	0	0	0	0	0	0	0			
2012	02	27	106	45				130		0		-999	B2.0	0	0	0	0	1	0	0	0	0	0	0	0			
2012	02	28	103	35				130		0		-999	B1.6	0	0	0	0	0	0	0	0	0	0	0	0			
2012	02	29	102	22				130		0		-999	B1.5	0	0	0	0	0	3	0	0	0	0	0	0			
2012	03	01	103	24				110		1		-999	B1.7	1	0	0	0	1	0	0	0	0	0	0	0			
2012	03	02	108	24				100		0		-999	B3.0	0	1	0	0	1	0	0	0	0	0	0	0			
2012	03	03	116	52				430		2		-999	B2.6	6	0	0	0	3	0	0	0	0	0	0	0			
2012	03	04	120	70				870		1		-999	B4.5	4	1	0	14	1	0	0	0	0	0	0	0			
2012	03	05	132	105				1240		1		-999	C1.0	15	3	1	21	2	1	0	0	0	0	0	0			
2012	03	06	138	109				1540		0		-999	B7.7	12	7	0	10	3	0	0	0	0	0	0	0			
2012	03	07	136	102				1800		0		-999	C1.1	1	0	2	11	0	0	0	0	0	0	0	1			
2012	03	08	140	86				1330		0		-999	B6.5	6	0	0	4	0	0	0	0	0	0	0	0			
2012	03	09	146	96				1240		1		-999	B8.8	10	1	0	1	0	0	0	0	0	0	0	0			
2012	03	10	149	89				1120		0		-999	B7.0	9	1	0	4	0	0	0	0	0	0	0	0			
2012	03	11	131	103				1260		2		-999	B5.6	4	0	0	1	0	0	0	0	0	0	0	0			
2012	03	12	115	89				650		0		-999	B4.7	4	0	0	2	0	0	0	0	0	0	0	0			
2012	03	13	141	80				650		0		-999	B4.4	2	1	0	1	0	0	0	0	0	0	0	0			
2012	03	14	119	75				530		0		-999	B7.6	0	1	0	3	1	0	0	0	0	0	0	0			
2012	03	15	111	85				370		1		-999	B4.7	2	1	0	2	1	0	0	0	0	0	0	0			

In the image shown on the previous page, I have outlined a perfect condition blue in progress. You will see that on March 1st and March 3rd, there were new regions. After these dates the sunspot number climbed dramatically, giving us a perfect condition blue period.

You can more accurately learn how to predict condition blue periods on the How to Predict A Condition Blue page located at:
http://www.ez3dbiz.com/predict_blue.html

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 is amplified. While further research is necessary, I believe this energy is so strong it may be sending energy from the future to the present. An example is when there is a condition yellow and the sun's solar flux is declining, we know a condition purple will occur during the next 24 hours. 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.

Period: Extreme Health. Overnight Removal of Aches/Pains. During the evening of a condition

yellow period the body responds more favourably to natural herbs, exercise and regenerative techniques. It is a time the pituitary gland produces 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.

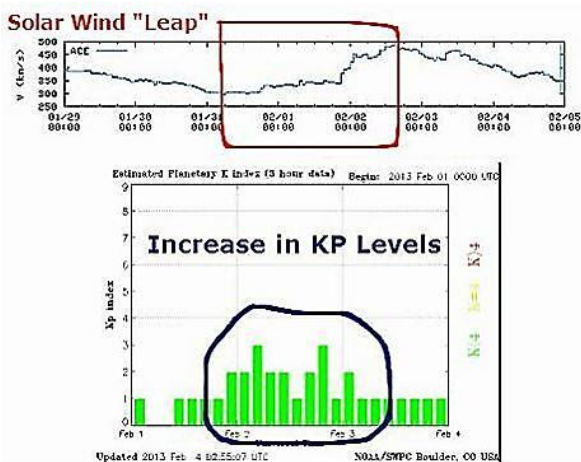
Solar Conditions: A strong condition yellow occurs when the suns solar flux is more active, the solar wind has suddenly "jumped" from 350, and earths KP levels have suddenly risen or jumped. All 3 of these must occur at the same time for a decent condition yellow. Condition yellows are strongest from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

Events that take place during condition yellow periods have a lasting effect on the future, than at other periods. It is as if energy or events return from the future to the present, resulting in a compacted mass of energy manifesting itself during the condition yellow period. This makes condition yellows excellent reference points to predict future condition colors. As an example, if the sunspots are declining and a condition yellow occurs, than we can be pretty sure that a condition purple is about to occur during the next 24 hours.

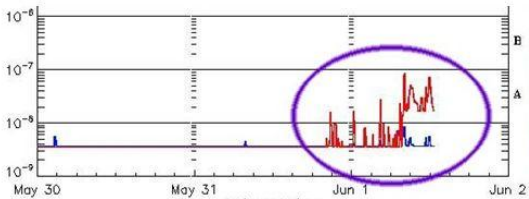
Effects Upon the Body: A super charge from cosmic and earthbound forces fill the cells of the body with information relating to health, harmony and enhanced strength.

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. Below is a picture of 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. On the next page are graphical details of a condition yellow period.



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

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

View a 3 day Forecast of KP Levels

http://www.swpc.noaa.gov/ftpd/rt/latest/three_day_forecast.txt

View Solar Wind Speed Real Time (yellow line)

http://www.swpc.noaa.gov/ace/MAG_SWEP_AM_3d.html

View the Solar Wind Forecast at:

<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.

Learn more about Cosmic Magnetism at:
<http://www.cosmosmagazine.com/features/the-magnetic-universe/>

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.

Sunspot																	Stanford GOES15																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
Radio SESC Area																	Solar X-Ray ----- Flares -----																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
Flux Sunspot 10E-6 New																	Mean Bkgd X-Ray Optical																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
10.7cm Number Hemis. Regions Field																	Flux C M X S 1 2 3																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
Date																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
2012 06 20	104	29	520	0	-999	B2.9	5	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

View the above image real time at the <http://www.swpc.noaa.gov/ftplib/latest/SD.txt>

Overall Outcome: Nervous System is Stimulated. An excellent time to obtain information and strengthen the body.

Suggestions: On the day the solar wind has jumped, perform 40 minutes of resistance exercise, taking spring water afterwards. Before bed taking Vitamin E, Potassium Glutamate, Sesame Seeds, Spirulina and a pinch of Garlic and Guar Gum Powder helps the body feel good the next morning.

Foods to take: Brewer's Yeast. Foods that Boost HGH and are high in Vitamin E. Sunflower Seeds are the key seeds to take during this time. Other seeds include *Pumpkin Seeds*, Sesame Seeds and Pine Nuts.

Solar Forecasting Resources:

Forecasting Tools 1 -

http://www.ez3dbiz.com/forecasting_tools.html

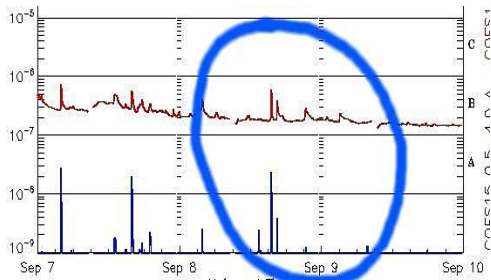
Forecasting Tools 2 -

http://www.ez3dbiz.com/long_range_forecasting.html

Condition: Purple

Period: Non-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 concealed are now exposed for all to see.

Suggestions: A good time to sit back, reflect and slow down activity. 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 (SEE CHAPTER *Foods that Induce Lucid Dreams* FOR FURTHER DETAILS).

Psychological Effects: Prolonged condition purple periods have been shown to lead to violent outbursts of behaviour, 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 can result in some mentally unstable individuals exhibiting sudden violent behaviour.

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, fuelling 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.

View the Forecasting Tools Page for more In-Depth Forecasting Tools at:
http://www.ez3dbiz.com/forecasting_tools.html

Creating Peace by Predicating Future Acts of Terror and Violence

After analyzing terrorist and attacks in which 7 or more people were killed in the year 2013, a pattern has been discovered. This means that if you meditate on worldwide peace and want to reduce conflict, these are the best times to do so. If you are entering or work in an area where this danger is present, it means that you are safer or less likely to be fatally wounded during certain times. Condition Colors were obtained from the EZ3DBIZ solar archives. For your convenience and to make matching easier, the colors have been highlighted.

The fiercest attacks were during condition yellows and the most peace during Green with lower purple. More Red than Green yielded both attacks and peace, however a higher KP level maybe what triggers the attack phase. More research on this is needed.

Condition yellows always contain a sudden increase in KP energy as well as a "jump" in the sun's solar wind.

The exact opposite of a condition yellow is when the solar wind is decreasing and enters the speed of 350 with the sun's solar flux starting to go quiet.

KP stands for Earth's Geomagnetic Energy. KP rises and falls in peaks and cycles. KP Activity rises and falls in cycles with peaks. Both the Boston Marathon Bombings and World Trade Center Attacks occurred when KP activity peak, which we clearly show in our report: *How Excessive Geomagnetic Energy Causes Psychological Outbreaks of Violence*

Higher solar winds, which can come from more sunspot activity (condition blue periods), influence our perception and how we see things.

During these higher KP periods, perception is distorted or tainted. This results in how we perceive the situation. For some it may result in a reduction of overall awareness, for others an increase in their positive vibrations.

Because we can forecast condition yellows with accuracy, this would mean perception is related to Time, which the field of study known as Time Perception used by psychologists examined to explore the unfolding of events. Because we know the biggest attacks occur during condition yellow periods, perhaps when these can be negated the smaller events will also cease. Further research is required to explore this further.

Here is a rough summary of the findings done in early 2014 showing condition colors and violence:

Increased Chance of Major Terrorist Attacks:

More Purple than Green
Stronger Oranges
Stronger Blues
More Greens with Orange
More Orange with Greens
During Yellows more attacks within a 24 hour period
Just after a period of More Green and Less Purple

No Terrorist Attacks or Reduced Violence:

More Green and Less Purple - - unless yellow is present

More Blue than Red - - unless yellow is present

More Purple than Green

All research data is available at:

http://www.ez3dbiz.com/solar_activity_and_terrorism.html

Databases used were the Global Terrorism Incident Database and Wikipedia

<http://www.start.umd.edu/gtd/>

http://en.wikipedia.org/wiki/List_of_terrorist_incidents,_January%E2%80%93June_2013

http://en.wikipedia.org/wiki/List_of_terrorist_incidents,_July%E2%80%93December_2013

KP Historical:

http://www.swpc.noaa.gov/ftpdir/indices/old_indices/2013Q1_DGD.txt

http://www.swpc.noaa.gov/ftpdir/indices/old_indices/2013Q2_DGD.txt

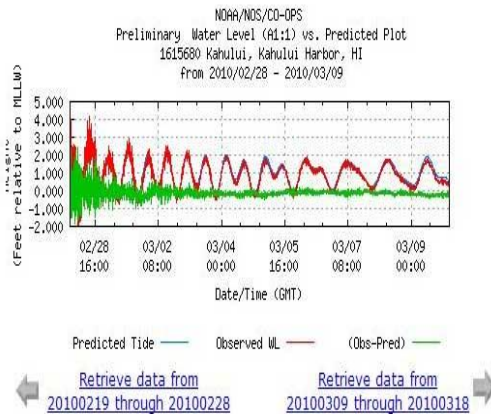
http://www.swpc.noaa.gov/ftpdir/indices/old_indices/2013Q3_DGD.txt

http://www.swpc.noaa.gov/ftpdir/indices/old_indices/2013Q4_DGD.txt

The Art of Forecasting Solar Health Conditions. How to Correctly Predict Condition Colors

In this chapter we will be discussing the correct means to forecast a condition color. This method is based on years of researching and testing by the Institute for Solar Studies on Behavior and Human Health in Santa Monica, CA.

Tide Data



When a condition color "switches" from one color to the next, the Hawaiian ocean tidal frequency will show a change in its frequency, and the cosmic rays may also show a rise or increase in the number of cosmic rays entering earth's atmosphere. Another feature to look for is the number of S class optical flares may show an increase or decrease, which can also create enough energy to solidify a condition color.

Whenever the solar wind “leaps upwards” causing a ripple in the solar wind, it will always cause an amplification of the condition color, especially if the solar flux is active. So if you have a condition red occurring with 8 or more C class Solar Flare occurring and the solar wind “jumps” all of a sudden, the condition red becomes between 3 to 10 times stronger. Another amplifier of a condition color is when more 8 or more S Class Optical Solar Flares occur during a condition. When both of these overlap, they energy is even more amplified.

Solar Events the Last 5 days:
http://www.lmsal.com/solarsoft/last_events/

Here are the basic forecasting parameters used:

Condition Orange:

A few days before a new moon

During a solar eclipse

Condition Blue:

3 to 4 days after a new moon

3 to 4 days before a full moon

3 to 4 days after a full moon

Condition Green:

Higher 2mev levels

The moon at just over 50% past apogee

Now a condition color can undergo "shielding effects" depending on the amount of solar flux or KP energy present.

For example if the KP Levels are dropping or flat, motivational behavior, common in condition greens and blues also fades and the suns solar flux energies can become stronger upon the environment.

One example is if there is a new moon, with high speed solar winds, coupled with higher KP activity, this can increase the Condition Orange effects.

If the suns solar flux energies become flat, this can boost the results of a condition purple, possibly because higher solar flux energy shields the earth from cosmic rays and cosmic rays have been known to create more rain when they occur.

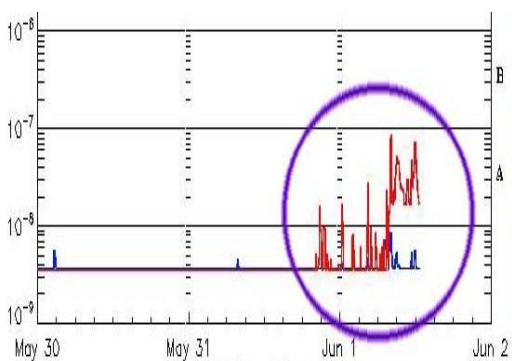
A new moon will cause high solar wind speeds to remain higher for longer periods.

A full moon will cause the solar wind speeds to drop quicker than usual.

When the Solar Flux first starts to become more active. Below is an image of the sun's solar flux just starting to become active again.

An increasing solar flux indicates a rise in the sunspots, heading towards a condition Blue. This effect is strongest at the start of Spring. Just after the September equinox, this effect is at its weakest, which is when condition purples are most common.

Below is a photo of the sun's solar flux just starting to increase.



The Planetary A index

Just what is the Planetary A index and what does it mean?

The planetary index is a measure of how disturbed Earth's magnetic field is. The value varies in value from 0 to about 400, in linear steps.

This computed from the actual deviations (non-quiet-time deviations) measured at a number of geomagnetic observatories (mostly mid-latitude ones) around the world. The value of 30 represents minor storm conditions and values of 50 represent major storm conditions and values greater than 100 represent severe storm conditions. The value is derived from the planetary K indices (Kp). The A index is a planetary daily value, while A KP index is a planetary measurement taken every 3 hours. A KP index is a semi-logarithmic index that varies from 0 to 9, where a 5 represents minor storm conditions, and a 6 represents major storm conditions, and values of 7 or greater represent stronger storm conditions.

Condition Color Forecasting in Detail

Condition Red

3 or more days of the suns x-ray background radiation rising above 4.0 for 3 days or more, especially after the sun has been quiet for some time and it all of a sudden "jumps" to this level.

Around the 20th of these months.

September, March, June, December - Solstice, Equinoxes.

Rising cosmic rays + ocean frequency change + extreme high solar winds + declining sunspots for more than 3 days in a row.

A completely flat KP with are 8 or more "C" Class solar flares and high X-ray levels.

Flat solar flux with increased x-ray background radiation levels.

Perigee Moon with solar x-ray background levels above 4.0, especially for 3 or more days.
Sudden changes or "switches" from north to south in the sun's BZ or polarity.

In many cases, a rise in allergy pollen forecasts will usually coincide with a condition red
<http://www.pollen.com/allergy-forecast.asp>

Condition Orange

If there is a long term drop forecast for the sun's solar flux, and it starts dropping after being active for a while, it can result in an emotional unwilling period. This lower solar flux will amplify the effects of the condition orange or red. Less cosmic rays and higher solar flux values, especially if the solar flux is about to wind down its activity.

From the summer solstice to the winter solstice condition greens are less strong.

From the September Equinox to the December Solstice the condition yellows are maximized.

Out of all the condition periods, condition yellows are the shortest lived, but contain the most power, and condition purples are the longest lived.

Condition Yellow

A rise or "ripple" in the sun's solar wind speed and a jump or sudden rise in the KP index. This effect is strongest is the solar wind jumps after being at 350 or below for a long period of time, or the KP energy is about to start a longer term rise, which is most common from October to November. A rise in the long range solar flux forecasting can also show when a condition yellow will occur.

Long term KP rise prediction:

<http://www.spaceweather.gc.ca/sflt-1-eng.php>

The lower solar flux or after the peak of a lower solar flux, and condition red or orange is occurring,

Higher solar flux values

Boosts condition greens

Higher Humidity Levels. Humidity levels will boost the effects of a condition yellow substantially. Humidity Levels

http://www.tititudorancea.com/z/weather_hawaii_united_states.htm#past_observations

Current pollen Counts:

When pollen counts are at high levels, this will also coincide with a condition red period.

<http://www.pollen.com/allergy-forecast.asp>

Condition Green

More cosmic rays

The sun's BZ polarity changes from north to south on average every 11 days.

http://www.swpc.noaa.gov/ftpdir/indices/old_indices/2011_DPD.txt

A change in the Ocean's Tidal Frequency

Higher 2mev's. These higher levels occur usually approximately once every 33 days, reaching a maximum value of 9. Daily 2mev levels with forecast.

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

Real time 2mev's in a graphical format

<http://www.swpc.noaa.gov/refm/>

2mev Predictions up to 3 days in advance

<http://www.swpc.noaa.gov/refm/datafiles/refm.txt>

Condition Blue

The best way to forecast an upcoming condition blue is to look for a sudden leap in the solar wind, then cross check this with a forecasted increase in the sun's solar flux.

Additional Forecasting Links Courtesy of NOAA:

Solar Wind Prediction/Forecast Courtesy of LMSAL:

[**http://www.lmsal.com/forecast/wind.html**](http://www.lmsal.com/forecast/wind.html)

Solar Flux Forecast

[**http://www.spacew.com/www/dailyrpt.html**](http://www.spacew.com/www/dailyrpt.html)

Proton Flux

[**http://www.swpc.noaa.gov/ftpdir/warehouse/2012/2012_plots/satenv/**](http://www.swpc.noaa.gov/ftpdir/warehouse/2012/2012_plots/satenv/)

KP Forecast

[**http://www.swpc.noaa.gov/ftpdir/latest/27DO.txt**](http://www.swpc.noaa.gov/ftpdir/latest/27DO.txt)

KP forecast #2:

[**http://www.swpc.noaa.gov/ftpdir/latest/daypre.txt**](http://www.swpc.noaa.gov/ftpdir/latest/daypre.txt)

KP forecast #3:

[**http://www.swpc.noaa.gov/ftpdir/latest/45DF.txt**](http://www.swpc.noaa.gov/ftpdir/latest/45DF.txt)

Current Sunspot Count

[**http://www.swpc.noaa.gov/ftpdir/latest/DSD.txt**](http://www.swpc.noaa.gov/ftpdir/latest/DSD.txt)

NOAA Future Geomagnetic Forecasts
(use the Fredericksburg and Planetary Columns:

[**http://www.swpc.noaa.gov/ftpdir/forecasts/daypre/**](http://www.swpc.noaa.gov/ftpdir/forecasts/daypre/)

Higher KP or Geomagnetic Storm
Forecasting weeks ahead

[**http://www.nwra.com/spawx/27do.html**](http://www.nwra.com/spawx/27do.html)

BZ Forecast and prediction Courtesy of NOAA

[**http://www.swpc.noaa.gov/ws/index.html**](http://www.swpc.noaa.gov/ws/index.html)

Long Term KP Activity Forecast:

Courtesy of Space Weather Canada

<http://www.spaceweather.gc.ca/sflt-1-eng.php>

KP Real Time

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

Courtesy of NOAA

http://www.swpc.noaa.gov/ws/predvel_7d.html

Solar Wind Real Time - courtesy of the Swedish Institute of Space Physics you can see in real time where the wind currently is.

<http://rwc.lund.irf.se/rwc/dst/last24h.php>

Solar Weather Forecast Link Courtesy of NOAA

<http://www.swpc.noaa.gov/ftpdir/weekly/WKHF.txt>

This is key to the life stream energies.

These vary in frequency and their unique frequencies change in accordance with the body at the electron/atomic level.

Real Time Forecasting, courtesy of the Swedish Institute of Space Physics

<http://rwc.lund.irf.se/rwc/dst/last24h.php>

Long Term Forecasting Courtesy of NOAA

http://www.swpc.noaa.gov/ws/predvel_7d.html

Future Solar Flux X-Ray Background Forecasts:

<http://www.swpc.noaa.gov/ftpmenu/forecasts/45DF.html>

Real Time Solar Flux Plot Courtesy of NOAA

http://www.swpc.noaa.gov/rt_plots/xray_5m.html

Solar Flux by 1 minute

http://www.swpc.noaa.gov/rt_plots/xray_1m.html

Real Time Cosmic Ray Readings

Courtesy of the Moscow Neutron Monitor

<http://helios.izmiran.rssi.ru/cosray/main.htm>

Real Time Cosmic Rays

<http://www.ips.gov.au/Geophysical/1/4>

University of Delaware Real Time Cosmic Rays:

<http://neutronm.bartol.udel.edu/spaceweather/welcome.html>

<http://www.wcflunatall.com/nz4o1.htm>

Solar Archives

<http://www.wcflunatall.com/nz4o1.htm>

Major Condition Red Periods

This event occurs on average every 3 months and is known as the "killer" event.

These events may breed bacteria in the body, causing pneumonia, allergies and other upper respiratory infections.

Because they occur on average 4 times yearly, if the immune system is not ready to undergo this "shift" it can result for some people in sickness and ill health.

This period is strongest during spring.

Solar Wind Speeds - If 10 or more C class flares are present, this period will result in illness. This cycle happens on average every 3 months. The "jump" in the solar wind amplifies the solar flux effects. It is the higher number of C class flares that the body has not had time to adjust to that causes the bad bacteria to multiply.

The Sun's BZ will show "blips" or rugged activity, instead of a smooth normal line.
<http://www.swpc.noaa.gov/ws/index.html>

Predicted solar flux shows increase -
<http://www.spacew.com/www/dailyrpt.html>

LamI forecasted solar wind "jump" -
<http://www.lmsal.com/forecast/wind.html>

X ray background flux will be above 4.0 and rising:
<http://www.swpc.noaa.gov/ftpdir/latest/DSD.txt>

Along with growing Sunspots
<http://www.swpc.noaa.gov/ftpdir/latest/DSD.txt>

The Solar flux will have resonated, or begin changing frequency to high to extremely high levels days beforehand - it may even go "quiet" again for a few hours every now and then
http://www.swpc.noaa.gov/rt_plots/xray_5m.html

Humidity levels will be higher

http://www.tititudorancea.com/z/weather_hawaii_united_states.htm#past_observations

Historical Solar Data

http://www.swpc.noaa.gov/ftpmenu/warehouse/2011/2011_plots/xray.html

Long term KP activity will show a "higher" instead of "flat" period

<http://www.spaceweather.gc.ca/current-actuelle/long/sflt-1-eng.php>

http://www.nswp.gov/lwsscience/lwsscience_resources_swlink.htm#flares

Solar Wind Plot:

<http://gse.gi.alaska.edu/recent/vdp.html>

Historical daily sunspot data:

http://www.swpc.noaa.gov/ftpdir/indices/old_indices/2011_DSD.txt

General historical data:

http://www.swpc.noaa.gov/ftpmenu/indices/old_indices.html

Flux Historical:

<http://www.swpc.noaa.gov/ftpmenu/plots/xray.html>

Recent KP historical Graphical Archive:

<http://www.swpc.noaa.gov/ftpmenu/plots/proton.html>

Visualization Exercises to Release the Power of the Condition Colors using the Sun's Energy

Because each spectrum of energy coming from the sun is unique, I have assigned different condition colors that represent different characteristics of energy that come from the sun called the condition colors.

Here are a few methods that work for me and from information I have read that others have used with success.

If you sungaze, staring at the sunrise or sunset when the sun is on the horizon during condition greens and yellows while visualizing health works well.

When you work with condition colors and you want to know how to work with their energy, one method that works is while visualizing the attributes of the condition color look at the side of the sun using a solid object. See yourself becoming part of the CONDITON color expressing the attributes the condition color has, and then will or intend the attributes of that condition color to manifest into your surroundings.



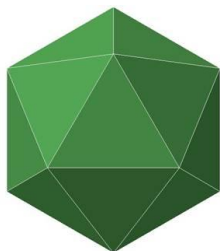
Another universal method that works well is to look towards the sun, using a protective surface, while you are looking at the outside surface or corona of the sun. An excellent example is using the edge of a roof that shields your eyes from the direct rays of the sun, but enables you to see the side of the sun. While doing this, visualize the attributes of the condition color, and see yourself becoming part of the condition color that is present on that day. The image above is an excellent example.

For example, if a condition green was forecast, visualize the attributes of the condition green consisting of health and wellness manifesting into your surroundings with the rays of the sun fueling the attributes of the condition green.

Invisible Energy Fields and Their Effect on Reality

From my research, I believe that the new rejuvenative energy that I call "self-healing mechanisms" occurs through geometric shapes and structures and at the right numbers of sunspots, with geomagnetic energy stimulating these organisms, creating re-newel and re-harmony to living cells and our environment. I believe that the earth is emitting some sort of energy through the Platonic Grid Points on our earth, which is affecting the local environment. One of the most powerful shapes is the dodecahedron shape. I believe that dodecahedron shapes provide beneficial energy to living biological systems as well as restore harmony and natural perfection, and icosahedron shapes contain a higher energy density, thus providing energy to more dense forms of matter. This explains why diamonds can shoot up from below earth at over 40 miles per hour.

The Icosahedron



"How do diamonds the size of potatoes shoot up at 40 miles per hour from their birthplace 100 miles below Earth's surface? Does a secret realm of life exist inside the Earth?"

Large Deposits of oil, uranium, and diamonds are found at icosahedron ribs and nodes on the earth. So it seems that living at icosahedron node points for long periods of time, is not healthy. However, because of these high energies, they do have a purpose, such as providing uranium, as well as diamonds. Another interesting facet is that because uranium becomes "supercharged" after it is enriched, when you enrich diamonds you get interesting effects, one of them being superconductivity. And superconductivity has been linked to the zero point energy field.

Reference Source:

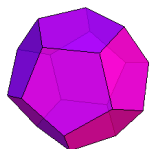
<http://phys.org/news/2011-08-tackling-mysteries-carbon-oil-formation.html>

For example viruses that cause illness have icosahedron shapes, including the common cold virus. When you place a icosahedron "map" over the earth, you end up with the corners intersecting with the Bermuda triangle, which is a location where ship and plane navigation equipment has malfunctioned.

So we can see that whatever minerals that come from icosahedronal node locations and we enrich them, have powerful scientific uses, enriched uranium for atomic explosives is just one example. It is also possible that nature is performing a natural "enrichment" process of her own, causing space-time distortions at certain periods. What we perceive as space-time distortion is really a re-emergence of new matter being created via a "slit" in space-time at these locations. One fact that proves this is the number of extinct animals and plants "reappearing" at icosahedron node points, which is known as the science of **Cryptozoology**. The Bermuda Triangle happens to be at one of these "node points". Just enter the search term **extinct animals + Bermuda** into a Google search, and you get a whole list of animals and plants "reappearing" after being extinct for some time at these locations.

I believe that because icodenehderal shapes are concentrated points of earth energy, some people have used to levitate large stones. The icodenehderal structure around the earth called the Vile Vortices, happens to be on the location where Coral Castle was built. Researchers have speculated that Edward Leedskalnin, the builder of Coral Castle, learned the secret of levitation by knowing where the earth power grid points are located, These grid points can become stimulated using the right machinery at the right lunar and cosmic times.

The Dodecahedron



A Dodecahedron is composed of 12 pentagons, it looks a little like a soccer ball. It has 20 corners and 30 edges. Plato believed it to be the atomic shape of cosmic spirit. If you place a "grid" over the earth in a dodecahedron shape, you

find the world's biggest Iron, Nickel, Copper and Oil deposits. **THESE ARE THE SAME MINERALS THAT EXIST IN OUR BODY, AND REQUIRE NO ENRICHMENT.** Therefore this shape is a naturally healthy shape when it occurs in nature. Unlike the dangerous minerals found at icosahedron points such as Uranium. Dodecahedron shapes have been shown to clear entire swimming pools of algae and moss, just by placing the structure in dirty water.

You can view the research of how the Dodecahedron cleans water at this link:
<http://www.8ung.at/mhotwagner/researchforum/forum/viewtopic.php?f=8&p=52>

or by visiting the article at:
<http://www.ez3dbiz.com/harmonic.html>

The dodecahedron is a space-filler, meaning it fills space without gaps. The octahedron fills space in complement (by working together with gaps). This explains why our universe is expanding because it is always filling space and the dodecahedron does not have an expansion effect, but rather creates a “charging” effect. Many scientists now agree that our universe is dodecahedron shaped. Galaxies which are stationary

clumps of mass, form in super clusters of form octahedron shapes. The great scientist Johannes Kepler discovered that the spacing of the orbits of Mars and Earth corresponded to a dodecahedron, and the spacing of Venus and Earth orbits corresponded with an icosahedron. Uranus, Neptune, and Pluto have a very straightforward relationship with the Golden Mean -- Pluto and Neptune's outer orbits to 99.5% accuracy, and Pluto and Uranus' inner orbits to over 99.9% accuracy. Chiron and Pluto's outer orbits are in a proportion similar to the Golden Mean nested twice (to 99.7% accuracy).

The formula works as follows:

- Take the Earth's sphere and put a dodecahedron around it.
- Put a sphere around this dodecahedron, Mars will move on it.
- Put a tetrahedron around Mars' sphere and surround it by a sphere, Jupiter will move on it.
- Put a cube around Jupiter's sphere and surround it by a sphere, Saturn will move on it.
- Put an icosahedron inside the Earth's sphere, then Venus will move on a sphere contained in it.
- Put an octahedron inside Venus sphere, then Mercury will move on a sphere just contained in it.
- Therefore the ordering is octahedron, icosahedron, dodecahedron, tetrahedron, cube (8-faces, 20-faces, 12-faces, 4-faces, 6-faces).

Although not 100% accurate, these dimensions are within 90% accuracy.

So in conclusion, we can see that certain shapes are emitting certain types of energy. This energy causes interesting effects, especially when they leave the earth at certain locations.

How to Perform the ESP Enhancement Exercise

- 1: First I allow my body to go into a deep relaxed state
- 2: Next I choose an event no further than 4 days out.
- 3: An example would be purchasing a stock to rise high enough to make a good profit and selling it 3 or 4 days later.
- 5: I call this part "alternate reality formation" I see myself having already sold the stock, than "listen" to the emotions returning back from the future to the present. If the emotions feel light, happy and "good" and the energy flows freely through you and does not feel blocked, than I know I can purchase that stock and it will successfully rise in that 4 day time period. If the emotions that return feel dark, dingy and "low" than I know not to trade that stock.

I like to use a scale between 1 and 10, with 10 representing the darkest or most "drudge" type emotion. I use the term such as "***On a scale between 1 and 10, with 10 representing the darkest emotion, how does this emotion feel?***"

With the word feel, meaning the emotion coming from the future. Don't consider the dark emotion "bad", all this emotion is, is just a matter of a lesson being pre-emptively learned, just as if you had lived through the event and were experiencing the emotions. This exercise just allows you to see what the outcome would be based on the decision you make.

If you have trouble interpreting emotions or feel blocked from experiencing them, than imagine yourself having already purchased a stock in the future and let the feeling of what it feels like having made money from that stock flow through you until you feel a "click" or until the truth behind the emotion has revealed enough of itself to you. It's important that you allow your body to express and freely express this emotion as freely as possible, until you feel a "flow" established. This makes it far easier to feel the emotions from the future returning to you. It creates a type of "magnetic" polarity around your body that attracts similar emotions when you "scan" for them later on.

After this exercise pay careful attention to what synchronicities "pop up" during the coming hours and days, revealing clues to your question. You will also notice clues to what your dreams are revealing to you, as guidance during this period becomes stronger and more "solidified". See also what insights reveal themselves to you. This could be why certain people make such major discoveries when writing down information received from dreams.

Another method that works very well is to hold out both your arms with your fists closed. Visualize yes being the left fist and no being the right fist, then ask a question like "Should I take my umbrella out today?" the arm that rises will usually be the correct answer.

Conditions Necessary to Perform the ESP Enhancement Exercise

This method is accurate but has its drawbacks, you need a decent condition red with the moon headed towards perigee and the X-ray background flux headed above 4.0 and higher for 3 or more days in a row (increased solar radiation) If the KP index (earth's geomagnetic energy increases) or the solar wind "jumps" in speed, this will boost the energies. Along with this rising X-Ray Background Flux, the 10.7cm Radio Solar Flux should also be increasing, especially for 3 days in a row. However these are great windows of opportunity when they present themselves and I've yet to test it on lottery numbers.

You can find the 10.7cm Radio Solar Flux and X-Ray Background Flux at [**http://www.swpc.noaa.gov/ftpdir/indices/old_indices/**](http://www.swpc.noaa.gov/ftpdir/indices/old_indices/)

Another exercise that is simple and that I have found very beneficial during 2 periods of the sun's activity . The first is when the sun's x-Ray background flux is at high levels, or during a condition red period. During this time I visualize a **"time field"** around my body adjusting itself to the current flow of time flowing from the sun's higher solar radiation levels, so that I may get more done. This seems to cause a re-stabilization of the flow of time around my body.

The 2nd time to do the same above visualization is during a condition green or as the sun's x-Ray background levels have been dropping for a number of days and are approaching 4.0 or less. I do the same exercise, but instead visualize the time field around my body adjusting itself to the lower solar radiation levels as they are coming from the sun.

This must mean that photons are related to time. Perhaps in the future we will be able to design a room that emits photons at a specific frequency that we can enter and the flow of time in this photon enhanced environment will be slower or faster depending on the frequency of the photonic radiation emitted.

If you use this to trade stocks, I have found from experience that after doing the intuitive stock scan exercise, I would receive a "tugging" sensation when the stock was going to rise. So this can be a valuable clue to use when increasing your intuition.

When the moon is perigee and the x-ray background flux has been rising for 2 or more days the emotion detection through time becomes easier to detect. Another good method to sharpen your ESP Dow Jones Index prediction skills is to visualize yourself having already sold the stock, than "listen" to the emotions returning back from the future to the present. If the emotions feel light, happy and "good" and the energy flows freely through you and does not feel blocked, especially if a light "tugging" sensation is felt, than it will be a successful trade. If the returning emotions feel dark, dingy and "low" than do not to trade that stock.

By visualizing a scale between 1 and 10, with 1 representing the darkest or most "drudge" type emotion, and with 10 representing the darkest emotion, how does this emotion feel?" Honestly understand the meaning of the emotion

coming from the future. Don't consider the dark emotion "bad", all it is, is a matter of a lesson being pre-emptively learned, just as if you had lived through the event and were experiencing the emotions afterward. This exercise just allows you to see what the outcome would be based on the decision you make.

Once you have created a scale or measurement, you have already completed the exercise in your subconscious mind. It is identifying awareness and emotion that can be used to travel through time using emotions.

This method works because your subconscious mind is tapping into an event about to occur within the next 24 to 48 hours and you are actually living the event as it unfolds. The most common way we can understand what is happening is through the language of emotion. As long as we can clearly identify the emotions, the better chance we can detect future events. These emotions also cause psychological changes in your body, which can drain our energy if we do the exercise too much. Therefore in most cases the first emotion received from the process, is usually the right emotion. The more increased the suns solar flux, the easier it is to access the emotional energy.

If the oceans tidal frequency changes over a weekend or holiday, in some rare cases it will cause the Dow to rise the following trading day, but not always.

So in conclusion, time flows differently at different locations during certain times, and we have the power to control this flow of energy using the right exercises to make major changes in our lives. This is similar to quantum mechanics, where the art of observation creates reality. By understating the energy of time more, we no longer have to be slaves to its essence, but instead can use it to our advantage.

Chapter 2

**Time. Using it to boost Productivity, Efficiency
and Reverse Aging**

The Looping Effect of Time and its Effect Upon our Awareness

Because our awareness is based on information and our awareness is increased through condition green and yellow periods, there must be a period that this information comes through stronger than at other times. We already know that it is the change in the ocean waves that switches the condition colors from one color to the next.

This chapter is based on my own research over the years regarding information and time. I believe that information flows through into our awareness at certain times from other points in time. This chapter is purely based on my own observations, and a working model has yet to be created. I only included it in this book because the results and effects are so fascinating. Here is what I've found:

Many solar storms are broken into 2 sections. The first solar storm, than a few days later what is known as the "RECURRENT CHHS" which is a form of recombination. Recombination is related to magnetic reconnection and it is like if I take a giant rubber band and stretch it, than release it, the resulting effect "snaps" the rubber band back to its original shape.

One of the easiest ways to understand the recombination/magnetic reconnection effect is to understand it through the power of acoustics. If any of you have had the chance to shout or scream at the top of your voice into a large canyon, you will know that the sound waves are reflected back and return to you in the space of a few seconds of what we call an "echo".

Now, what if we had a canyon with the right acoustical properties thousands of miles long and shouted out loud? It would take days for the echo to return, but when it does return, the energetic effects would be altered, because they arrive back to us altered by the distance and time. These reconnection events create a massive energy wave affecting or "charging" a part within us, or a part of our being. Think of the effect of walking across a room of carpet barefoot and your body develops an electrostatic charge known as static electricity, which is discharged by touching a metal object such as a doorknob or other metal surface.

This "charge" that builds up within/around us during a magnetic re-connective event can then be "discharged" via consciousness that is coupled with directed will and intention.

Magnetic reconnection/combination events caused by solar energy disruptions work along similar principals. The "snapping" back of earth's magnetic field consists of a huge energetic "echo" arriving in a new form of charged particles that we can activate via our consciousness. It is like alternate/new forms of energy existing in the forms of multiple echoes, which have a multiplicative and replicative effect. We can then use this synergy of energies for healing and other good works. The sun square uses similar principles based on mathematics and complex geometry, I believe that the energy that is felt building when working with a sun square is the energy coming back from the future to the present, creating this huge "energy wave" effect felt working with it.

I have found that the recurrent CHHS, as the particles re-align themselves again from the solar storm, may be dragging energy particles of energy from the future to the present, which comes through as forms of information.

This is because during a full solar storm with high KP activity you can send intentional energy to affect the future very easily. This is known as a condition blue.

The recurring CHHS, which usually includes higher KP energy, I believe consists of energy particles coming back from our future. This energy affects our pituitary gland, which in effect is affecting our present.

Two reasons for discovering this came from when practicing the Emerald Tablets exercise, the energies were always stronger when the KP levels were higher, and the Emerald Tablets exercise at times can have time distortion effects, such as receiving information from the future. Second the recurrent CHHS periods, are usually strongest from October to December, the same periods the condition yellow exercises are strongest. So perhaps information and awareness coming back from the future to the present plays a huge role in anti-aging. If our cells respond to information, and information is really a form of white light, which is stronger during recurrent CHHS periods, than perhaps this is causing a beneficial time loop of some kind.

Here's an experimental method I have been trying:

During a powerful solar flare storm, that would include high KP levels, I would send with intention informational energy into the future. This could even consist of reading the material, allowing my awareness to become stimulated. Because high KP levels are occurring at the peak of the solar flare and again approximately 4 days later, the higher KP is the engine for sending the energy between these 2 points in time.

Next a few days later, which leads up to the 2nd KP storm, which is known as the recurring CHHS (which you can use the NOAA KP forecast to look for, as it is identified by a rise in KP VALUES), new information will appear and come back to the present from the future **ONLY IF YOU ALLOW YOUR AWARENESS TO RECEICVE IT**. This is accomplished by a few methods, one is performing the Emerald Tablets exercise, another by physical exercise, or by boosting your psychic intuition or other methods that boost hour awareness. Does this mean that time travel into the future can be accomplished by speaking and understanding a specific language of information that exists in the form of particles.

This is why the Emerald Tablets exercise is so powerful at these times because the future consists of new things being born/created. When you perform the Emerald Tablets exercise, you are tapping into this new birthing energy of creation, before it manifests in the future and are slowing down time just enough to cause a powerful rejuvenative surge of energy to manifest in your body, causing healing and tremendous revitalization.

It may be an illusion that information we receive in the present has come from the past because time consists of energy of the past, present and future combined. What may really be happening is the energy coming back at a recurrent CHHS, is a changed form of matter, which is creating the present, and has come from the future.

The above information is based solely on my current research observations, and I yet have to be able to develop a working model that can be effectively used to create larger results in the physical world. If it is possible to scale up the size of these particles manifesting themselves during the recurrent CHHS phase, than a working life-size time machine may become reality by using the KP energy of the earth as the fuel source or as a focal point between the two dates.

Because geomagnetic storms occur in the 40hz range, we can see studies when 40hz is induced that it causes changes to occur.

“At 40hz, the focus of attention sharpens integrative activity of the thalamic system and increases through the action of 40 Hz activity. There is a report showing increased 40HZ EEG activity associated with clairvoyance in an exceptional psychic. In another study recorded EEGs from 11 members of the Brazilian shamanistic religion ayahuasca showed increases in power in the 40 HZ region”

Reference:

Inducing artificial geomagnetic storms:

<http://www.ncbi.nlm.nih.gov/pubmed/1018304>

Research Paper Studying 40hz on Consciousness

http://www.psi-researchcentre.co.uk/article_1.html

Using Photons of Light to Make Time Fluid

In this chapter we take a look at the mystery behind Time Slips. These are natural events where people were thrust back in time to another era. Sometimes they may be thrust back 100 years or as recent as 10 years. But all the events follow 3 similar patterns. That is they occurred in rural areas, there was some type of emotion involved and they were moving from a location that was "charged" or had the potential to store a lot of energy, and they arrived at a location where time had changed.

Because there is a lot of scientific data to present in this chapter, you may find the hyperlinks to related information located at:

http://www.ez3dbiz.com/time_portal.html

From observation over the past couple of years during condition reds, I have noticed that emotions from the future seem to travel more clearly from the future to the present. This is because emotion is not bound by time. Emotions from the past are

responsible for trauma and post dramatic stress syndrome, as a person relives the event. Emotions from the future come back to us as "gut" feelings, which we either pay attention to, or ignore at our own peril. I have nicknamed the technique outlined on this page as "time storms", which occur only during certain periods.

Photons and Illusion

So people may think computers are delivering information resulting in a way to solve a problem, but it is only due to the photonic effect. The information is useless without action if you want to have a change occur. This action can be via consciousness or physical. If you want healing, you would use healing visualizations, if you wanted health, you would go jogging etc.

INFORMATION IS USELESS WITHOUT BELIEF OR ACTION

There are still millions of people every day who sit down, use a computer and fail in a goal. The reason for this is 2 fold. The first is information overload. When you can summarize all the information you received into a simple term, phrase or archetype, the brain can process the information much more clearly and faster.

The 2nd is belief. When you have too much information, you may think you have the answer to all of your problems, but this is only an illusion being played upon you by your mind.

You need to whittle down all the information and get the general meaning and truth behind it, and then apply faith and belief to the information you have gathered. This is why some people still write out ideas and information on paper first, than input the information into the computer. This simplifies the information overload, allowing you to absorb the simplicity of its structure, and see the true meaning behind it.

Combined with higher photons and belief, the results can be dramatic, such as happened in the case of Emma. This is partly the reason the success is occurring behind the EZ3DBIZ condition behavior and health forecasting page because computer screens and IPOD's emit photons of light.

The energy of belief is fueled by the right energy level of photons, which transform the world our imagination exists in, bringing it into the reality we exist in, through the quantum effect. This is the hidden message behind the Kabbalah, which uses the sun and moon in its structure.

A Formula for Slowing Down Time

Any good research scientist can tell you the tools used to measure a result or reaction can also be used to create the reaction. Let's look at a possibly way of harnessing time and making it stand still. Strontium is used to make the world's most accurate clock, which is accurate to one second in 675 million years. This mineral is also present in large solar flares, and we know that during large solar flares, time will compress on itself, as this chapter will show later on that the "blips" in the red line for the solar flux represent more sunspot activity.

Strontium reduces dental cavities and also behaves in the same way as calcium does in the body. It rapidly builds bones and is used as a rapid cure for osteoporosis. The bones of the body are what are most affected during solar flares, which are experienced as "aches". So if we wanted to build a machine that mimicked the freezing of time in order to compress it, Strontium, would be a key component, as well as getting it to emit its energy in a form of photonic radiation in the gigawatt range, which is close to the x-ray spectrum. A special safety suit may be required to shield us from the radiation, but the best part is that everything would appear to "slow down" and you could move around at a

super rapid speed. Dangerous, but thrilling. Another theory is that during these "time blips" in the sun's solar flux, perhaps more memories are being pumped into the amygdala part of our brain, giving us more time to do things as this research shows:

"Instead time warping seems to be a trick played by the person's memory. When people are scared, there is a brain area called the amygdala that becomes active. It lays down an extra set of memories which go along with those that are normally taken care of by other parts of the human brain. This way the frightening events become richer and more thicker memories."

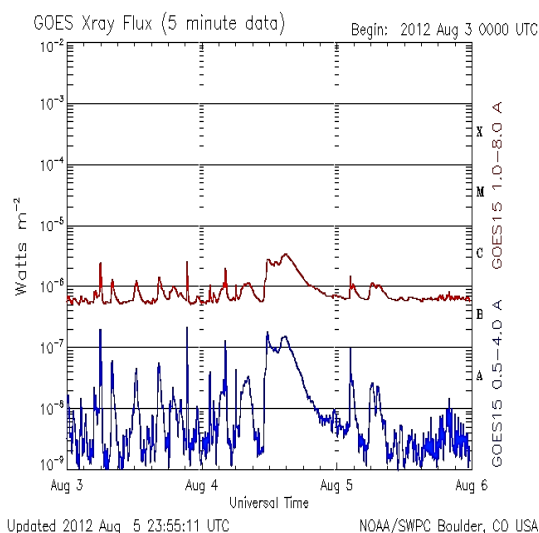
Resource: Article at LiveScience titled
"Why Does Time Appear to "stop" during
Emergencies?"
<http://www.livescience.com/2117-time-slow-emergencies.html>

This could be why some people like roller coasters and horror movies due to the enhanced visual effect the fear creates.

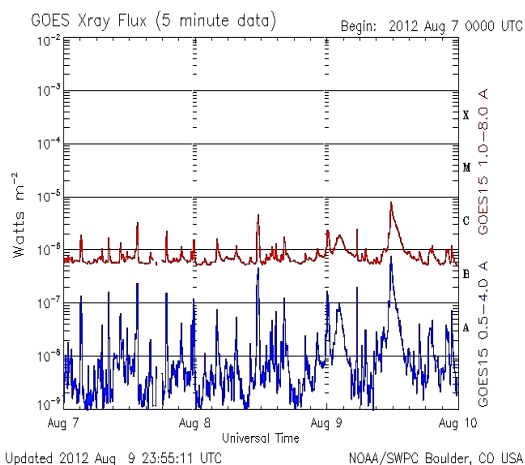
Let's take a look at people focused on physical activity at the very start of increased solar activity during the 2012 Olympic Games. You can get all the X-Ray background flux levels courtesy of NOAA at this link:

http://www.swpc.noaa.gov/ftpd/indices/old_indices/2012Q3_DSD.txt

August 5th, 2012 - Record Broken - 100 meters Usain Bolt. The Sun's X-Ray Solar Flux was at B6.2 on this date.

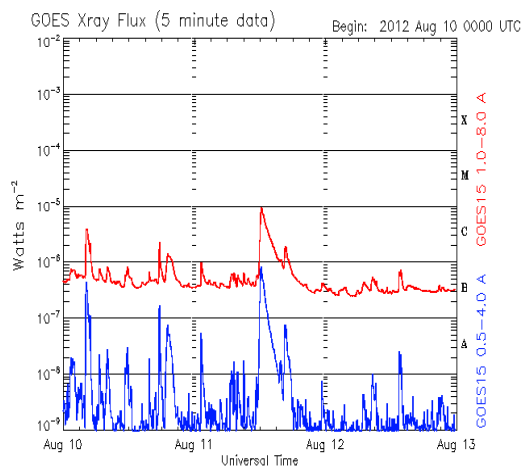


August 9th, 2012 - Record Broken - 200 meters Usain Bolt. Sun's X-Ray Solar Flux at B6.1 on this date



Climbing Records

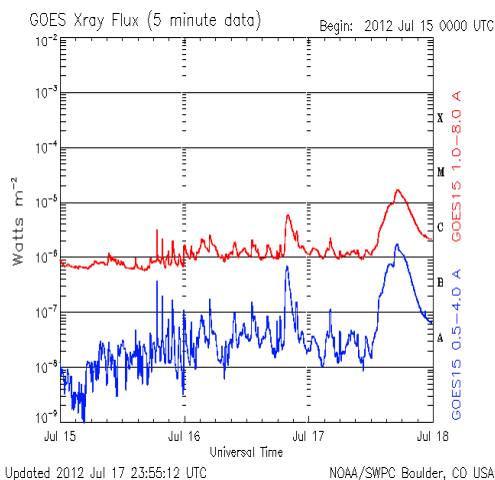
August 12, 2012 - Record Broken -
Racing up and down Garnet Canyon and
the Owen-Spalding Route in 2 hours, 54
minutes. Sun's X-Ray Solar Flux at B2.9
on this date



Updated 2012 Aug 12 23:55:12 UTC

NOAA/SWPC Boulder, CO USA

June 17, 2012 - Record Broken - Record Broken - Ascent of The Nose of El Capitan in Yosemite Valley in 2 hours, 23 minutes, and 46 seconds. Sun's X-Ray Solar Flux at C1.0 on this date.



You can view the Solar Flux archives courtesy of NOAA at:
<http://www.swpc.noaa.gov/ftpmenu/plots/xray.html>

If you look closely at the X-Ray Flux Photographs, you will always notice a **"spike"** or **"peak"** in the line. This is where time is compressed enough, so whatever you are focused on at the given

moment will give you more time to complete the task and "time stands still" so you get more done in less time. It could be the people with a stronger or higher biorhythm during that period have better success during these spikes, although more research is needed to confirm this.

Okay so you may ask yourself, why don't all the athletes in that race break records during these solar flux "blips". This is because when a group of number of people are focused on a situation a synergy occurs. The person who has put the most effort and preparation combined with belief and emotion will win that race. The universe always gives birth to singular events, whether it be a supernova, or the birth of a new living organism, in rare cases twins occur, which is why during some events we see two world records broken in the same race. This also explains when independent scientists in different parts of the world focused on the same experiment can both make breakthroughs at the same time.

There may be other events in human social behavior and progress that can show progress or evolution occurring during these cycle periods. So it appears that when there is a "line" in the sun's solar flux, a new period is starting. This

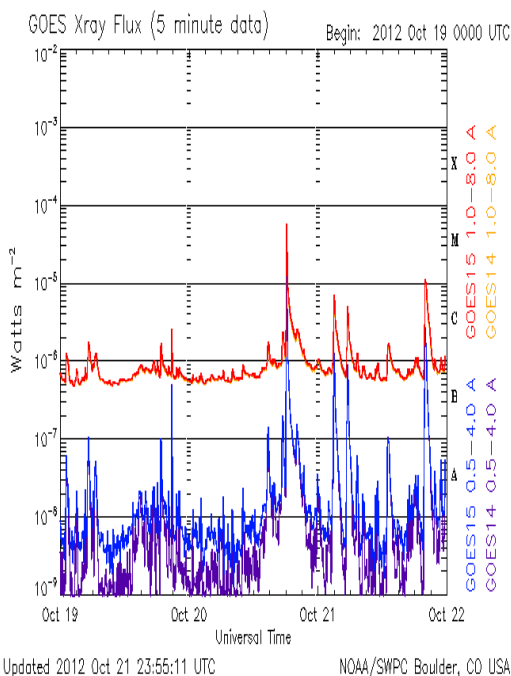
new period heralds in new Olympic records being broken, as well as other changes. This is most interesting because it proves that the suns energy is occurring in cycles that are driving evolutionary force and change, which can be measured starting at these "blips" or lines that are occurring.

This is a form of evolution unfolding, and why world records will always never cease to be broken. This does not just apply to world records.

You can be doing any task that you find meaningful and bring it to maximum perfection, or "being the best" by practicing up until that point. This would be a great time to make new computer chips or speed related items. If you write computer code, you would be able to program better and so on. The implications of this are only limited by your imagination. I personally use it for exercise, to keep my body feeling refreshed and recharged, as well as to boost my sales, because any good salesman knows that the more information you can cram into a presentation, the easier it is to make the sale.

So at certain times, what you focus on most is what you get. Even Einstein stated that particles have a separate reality that cannot be measured, it's only the observation that creates the measurement. In this case measuring the breaking of a world record is observation of a compression of space/time.

Also if you look closely the Olympic records broken on August 5th and August 9th, 2012, these occurred at similar X-Ray Background levels of around 6.1.



These records occurred 2 days apart. We see this same effect occurring in sudden outbreaks of violent human behavior.

Sunday October 21st, 2012 - Milwaukee Shooting Incident leaves 4 dead, and 4 injured.

The sun's X-Ray Background Flux Levels were at high levels around 6.7.

On October 21st, there was another "spike" as shown on the image on the left.

On the 3rd of September 2012 - Four South African miners shot as strikes spread after Marikana massacre
The sun's X-Ray Background Flux Levels were at high levels around 6.7.

Our studies page for this data is located at:
http://www.ez3dbiz.com/earth_behavior.html

So there may be some "doorway" occurring at around the sun's **X-Ray background flux level of between 6.1 and 6.8**. This may repeat itself at 12.0 and 3.0, although further research is needed.

I have on many occasions, when inside a stone circle, visualized a circle of white light around me, with the stones being part of the white light when these X-Ray background levels were higher. When I did this, it was a like the world between my imagination and the stones in "reality" "faded away and the energy from the stones fueled or powered my visualization with more energy.

Many Physics Engineers believe that if you can build the perfect computer, especially a quantum computer, it should be able to transcend space/time. It will also be the last computer you will ever need to build, as it can not only replicate itself, but replicate the entire world of reality around us. We already have the perfect computer in existence; it is called the earth and her nature. By observing closely how the universe operates, we can find "doorways" that open at certain times and use the universe as the engine to see or experience past events.

We know from our research that extreme depression is related to high KP Storms (also called geomagnetic storms), as well as during bad periods of Infrasonic Waves. So we can conclude that at the time of some Time slips, a KP storm may have occurred, or within a few days of a KP Storm, as KP storms leave a "residual

charge" which can last for a few days after the KP Storm, or in some cases 24hrs just before. The type of energy wave proven to cause depression and sadness are Infrasound Waves. Learn more about these effects at: <http://www.lowertheboom.org/trice/infrasound.htm>

"Some organ pipes in large cathedrals are producing infrasound waves. This may lead people into very weird experiences within the church and then attributing these experiences to God."

Source: The Guardian
<http://www.guardian.co.uk/science/2003/sep/08/sciencenews.science>

I believe that the emotional energy created in a geographic location creates an "imprint" in the local geographic surroundings, much like the Phantom DNA Template effect, which allows the body to heal itself. DNA Templates occur in healing all the time when the person believes themselves to get well, as the body was meant to live in perfect harmony. We see these Phantom DNA Templates occurring all the time in nature such as in Resurrection Ecology, especially when the **extinct coelacanth returned** after having one been thought extinct.

I believe that because positive and optimistic emotions are present in those who live extremely long lives that the positive emotion is keeping the cells healthy.

I have also noticed an effect when the moon is just over the 51% mark of Apogee or Perigee, that an “energy gateway” seems to occur. This is a period when you maximize what you intend for the future to occur, this gateway of energy sends that energy forward into the future until the maximum apogee or perigee moon has been reached. Although more research on this is needed, it is an interesting observation nonetheless.

Another interesting observation is German physicist Günter Nimtz made a recording of Mozart's 40th at 4.7 times the speed of light. He then made it into an audible recording.

Source: Wikipedia

http://en.wikipedia.org/wiki/G%C3%BCnter_Nimtz

So this proves that audible sounds and frequencies are probably the most flexible tool to work with if we want to move information back in time.

More information on sending information
back in time can be found at:

**Tunneling through the Light speed
Barrier by John G. Cramer**

Reference:

<http://www.npl.washington.edu/av/altvw75.html>

Solar Radiation Levels and Time

During times of higher solar radiation, the magnetic fields of our sun are at higher levels and are stronger, which makes accessing emotions from the future much easier. Our emotions are more easier able to "latch on" to these magnetic fields. Does that mean our emotions are magnetic based?



We know from experience that when the moon is closer to the earth, which is during perigee or when the moon is headed towards perigee, emotions are intensified, or a "welling up" of emotions occurs. This explains the clarity of the emotions from the future, when the sun is headed closer towards our earth, which is closest from August to January.

It is interesting to note that increased 10.7cm solar flux values, along with rising X-Ray Background Flux Levels for 3 or more days are key to accessing this "emotion portal". If you have watched the Back to the Future Movies, you will see that in the very first movie scientist Doc Brown says that the "flux capacitor" is what makes time travel possible. Was that a coincidence?

Quote from Wikipedia:

“The flux capacitor is a regularly squared compartment with three flashing Geissler style-tubes and is described by Doc as what makes time travel possible. This device happens to be the core component of a time machine.”

Ref Source: The DeLorean time machine. What is even more interesting is in the opening shots of one of the back to the future movies it says "**October 27th**", and from researching the Emerald Tablets exercise over the years, late October is when the time/space rejuvenative energies are at their peak. It is also the time that one of the most powerful cosmic ray emitters in our galaxy, Cygnus, is directly overhead at sunset in California.

Time: At 2 minutes into this video:
http://www.youtube.com/watch?v=Olb8-hCz3Ys&feature=player_embedded

The title for this video is: **Instant Manifestation: How to Get Things Fast**
(Just enter this into the You Tube search box to locate the video)

Pillai Center Director Dattatreya Siva Baba shows how the sun and moon "freeze" time to create manifestations into our reality. From this we can conclude that under the right conditions, you could use a kp storm to alter the past, and explains why during certain kp storms, after taking certain foods (especially Vitamin A) the body feels extremely refreshed the following morning. Star Trek even uses this example when they use the sun as a time machine to send their spaceship forward in time.

I have had much success performing the following exercise to choose which timeline to follow during condition reds. I have also noticed that putting ideas into action goes better during these times. This exercise only works during conditions if you want a desired "solidified future". The emotions are felt more clearly as the sun heads closer to earth which is from August to January. You must be "emotionally neutral" when doing this exercise. This means you cannot have negative emotions clouding your judgment. You can do the EFT Freedom Technique to "purge" your body

if you feel your current emotional state is going to block you from receiving emotions from the future.

This exercise I have named the ESP Exercise because it greatly enhances your powers of ESP or precognition, so you can more easily preview events from the future before they happen. The results work best at the start of a condition red, just as the X-Ray background flux levels have risen for 3 or more consecutive days above 4.0, and the moon is headed towards perigee. The moon does not have to be in perigee, but it does help.

Could Gravity Be Helping Some People Alter Gravity?

So what can we use to determine the influence of gravity affecting space time locally? Let's take the world of weight lifting, which is a large mass that generates pressure that at the microscopic level may be affecting space time. Because we know that August is the month where earth's biorhythm peaks and that emotion is not limited by space and time, therefore, if a weight lifters emotional biorhythm is at their peak, they should experience positive results

Because August is the month where earth's biorhythm peaks, there should be world records set during this month. Which this research also confirms:

The greatest weight lifted with a human tongue is 12.5 kg (27 lb 8.96 oz) by Thomas Blackthorne (UK) who lifted the weight hooked through his tongue on the set of El Show Olímpico, in Mexico City, Mexico, on 1 August 2008
<http://www.guinnessworldrecords.com/heaviest-weight-lifted-by-tongue/>

This **anomaly** has also been scientifically confirmed:

"Average variability in Earth's gravity field in August 2002 compared to the yearly average of 2001."

Source: Earth Observatory

<http://earthobservatory.nasa.gov/Features/GRACE/page3.php>

Therefore because our time space is personal and each person experiences time differently (known as the temporal experience.), than during a favorable emotional biorythm period, we could possibly induce a time slip much easier or use this period to build a framework to accomplish a future goal.

Perhaps world records are set because this emotional energy builds up and becomes imprinted in the localized space/time environment, releasing itself at the right time through emotion, helping to achieve positive results according to the biorhythm of the person and their surroundings.

Stronger solar flux and KP levels may also be of help, just as they have proven during the condition yellow exercises.

Additional Reading:

Biorhythms Ride Your Way to Success

IronMan Magazine

<http://www.ironmanmagazine.com/biorhythms-ride-your-strength-wave-to-success/>

Defying Gravity: How to Win at Weightlifting

http://aasgaardco.com/store/store.php?crn=199&rn=294&action=show_detail

The Emerald Tablets Exercise and Time Bending

Throughout the years from practicing the Emerald Tablets exercise, the rejuvenative energies are strongest during condition green periods, which occur just after condition orange periods. Because the exercise involves time related energy (imprints from the future) and condition orange and green periods are times when the sun's radiation is declining, I believe that energy is coming from the past to the present. Condition green periods are also periods of extreme peace and harmony, as this book has shown.

So if in the past, earth was a period of harmony and peace (garden of Eden or extinct species returning or re-appearing, especially ocean related species), then this energy is coming through to the present during condition orange and green periods.

We know that when nuclear radiation decays, the particles go back in time, and we know that just after a strong solar flare period the sun's radiation also declines (also known as Solar Forcing), which heads into a condition orange than green period and because condition green periods rejuvenate the body strongest, the energy of longevity or particles of youth are coming from the past to the future and entering the body when you do the Emerald Tablets Exercise. I have also noticed that during condition orange periods, doing more physical exercises, but not overdoing it is beneficial.

During the Emerald Tablets exercise a piece of medium granite is placed upon the chest, which amplifies the rejuvenative energies. I have used natural stones of black granite as well as slabs of fabricated granite for the past 8 years and found that it amplifies the effects remarkably. Granite also contains a source of healthy background radiation. Many studies have shown that low dose radiation can be used to enhance health, and is also used to help people recover from cancer.

Much like overdosing on anti-aging herbs causes problems, the right amount of low dose radiation is healthy, much like the natural radiation we get from the sun. Salt substitutes (Potassium Chloride of which 0.01 is found in nature) are one example of a food that is mildly radioactive and does not kill you when you eat it.

The period just after the peak of the 11 year sunspot cycle is another period of major declining solar activity. Our article titled: U.S. Markets and Solar Influences prove that during this time the markets crash more often, resulting in a major decline in the overall Dow Jones Industrial Average. This could be the markets returning to their original state, a natural progress of evolution taking place, "going back in time" to where it all began.

Another interesting fact is many science fiction stories and movies use solar flares or the mass of the sun to travel through time.

References:

Time travel and nuclear decay

<http://physics.stackexchange.com/questions/2468/time-travel-and-nuclear-decay>

Dr. Mark Silverman at Trinity College suggested a way to see evidence of time bending:. By using two identical samples of radioactive substances they would be prepared with complete identical half-lives. One of them would be introduced into a time machine circulating in the same direction as light, and the other in the opposite direction. If at the end of the experiment, the one sample had decayed further than the other sample, than Mallett's theories of time travel would be supported.

<http://www.andersoninstitute.com/circulating-light-beams.html>

Scientific Paper: The Study of the Terrestrial Corpuscular Radiation and Cosmic Rays during the Flight of a Cosmic Rocket

Vernov, S. N.; Chudakov, A. E.; Vakulov, P. V.; Logachev, Yu. I.

Soviet Physics Doklady, Vol. 4, p.338

<http://adsabs.harvard.edu/abs/1935PhRv...48..641S>

Recording Events from the Future

Because the Emerald Tablets Exercise works with the Geomagnetic Energy of the Earth, when the Time Imprints from the Future are felt, it is because the earth feels these events before they occur, and if you are doing the exercise, these events manifest themselves as future events occurring in the "Time Stream". The Princeton Global Consciousness Project is already actively plotting these events before they happen. You can view their website and data at the following address:

http://noosphere.princeton.edu/pred_formal.html

Human Pre-Cognition

Not only does the earth react before an event, showing it has a type of nervous system, but the human nervous system does so as well. As Dr. Dean Radin proved that our body 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 body 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 paper is available for viewing at:
<http://www.deanradin.com/evidence/Parker2013.pdf>

Additional Research

<http://www.deanradin.com/evidence/Radin2011NonDualMed.pdf>

Dr. Deans Homepage is:

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

Self Confidence and Intuition

A series of small successes creates steps leading to growing self-confidence. When we have a negative setback it causes a shock to our self-confidence. Rather than try and struggle to regain control, we should float freely and go with the flow, much like if you want to survive being swallowed up by quicksand or dragged underwater when pulled by an undertow.

Condition Blue Periods boost intention. When we get results from our intentions, it gives us renewed self-confidence. The opposite occurs during condition orange periods, which are periods the sun does not give us extra power to fuel our intentions. This is why self-confidence fuels our dreams and goals.

When our daily routine is impacted, our super conscious takes notice. This is why animals can sense an approaching Tsunami and take action. Our super conscious is fed by our self-confidence, and it is this that warns us instinctively of changes ahead, especially when we are at an intuitive peak period, which is when we are more connected to our super conscious.

Therefore if we listen to our intuition when we have self confidence in something, and we get return feelings of good, light and joy, then the decision is a good one. If on the other hand we get feelings of dread, darkness and pain, than the decision is a bad one.

These are signals that our super conscious picks up and warns us about, based on how much confidence we have in ourselves and our projects.

The Miracle of Time Compression and How to Break World Records by "Freezing Space/Time"

When there is a "spike" in the sun's solar flux, or after the sun's solar flux has been quiet for some period of time, you are able to get more done in this time. The start of the sun's solar flux, especially if the X-Ray Background flux levels are at 4.0 or higher causes this "Time Compression". This occurs most often at the start of Spring and again during the end of Summer. It gives you more that you can do in less amount of time. This energy is boosted even further if there are more than 8 "S" Class Solar flares.

This is usually the time speed records will be broken during Olympic games. It gives you an advantage if you are in a competition, or competitive sport, as your opponent is still stuck in the "old slower time", but you can be in the "new compressed" time when you know when it occurs. This is how world records are broken, it is the ability to get more done in less time, because our galactic universal frequency is always making things appear faster. On the following page is an image showing Orion, Taurus and Sirius rising at early dawn, July 4th, 4 a.m. 2013.

In the below image, the line represents the eastern horizon. Taurus is at the very bottom, just rising in the east, followed by Orion in the center and Sirius at the very



top.

During spring and late summer this energy is strongest. This is why things appear to be getting faster, or we are doing more with less time. During the spring equinox, because time is more compressed, this could be why it is used as a marker point for the 2,000 year zodiacal changes such as the coming of Aquarius which always begins at the Spring Equinox as it rises on the eastern horizon. All stars and constellations always rise in the eastern horizon, especially the higher energy constellations Sirius, Orion and Taurus, which **rise at dawn in July.**

If you look closely at a star chart you will see that the constellations Orion and Cygnus are almost completely separate from each other or 180 degrees apart. This is like the polarities of a magnet, having both north and south polarities.

In the below image, Aquarius is at the far right and the sun to the left.



Because the Egyptian pyramids were aligned to Orion and Sirius, perhaps this energy represents thought and consciousness and because when the constellation Cygnus is direct overhead it represents physical health and wellbeing through consciousness. The above image is 6:00 a.m. March 22nd, 1900 – with Aquarius rising in the east over 100 years ago.



In the image above at 6:00 a.m. March 22nd, 2099 - The Aquarian Constellation (**on the far right**) has moved only a few degrees further to the right. These few degrees take approximately 2,200 years for the constellation to complete its cycle, at which time Aquarius will stop rising in the east and be replaced by Capricorn rising in the east during approximately the year **4210**.

When you can do more in a compressed space of time, the photons of light speed up, which sends the language of information back in time, which affects the present. So these "flux spikes" are access points to the past. When more is done in a compressed space and the compression "releases" much like letting go of a rubber band, an expansion occurs. This is how the universe is expanding. Perhaps the presence of quasars or pulsars also have these "flux" surges and are driving the expansion of our universe.

A very interesting feature about the Orion constellation is that when the NASA Pathfinder Mission landed on Mars, as well as some other missions, they would land on Mars when the belt stars of Orion were aligned at either 19.5 or 33 degrees above, on or below the horizon or on the meridian.

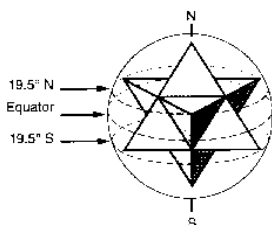
The date one of these alignments occurred that was very close was when Pathfinder landed was on July 4th, 1997, and the Orion constellation alignment occurred on July 20th, 1997. The Pathfinder also landed at approximately 19.5 degrees north and 33 degrees east mars latitude.

When the very first lunar landing took place, it occurred 33 minutes before Sirius was 19.5 degrees above the moons horizon. 33 minutes later, Armstrong and Aldridge celebrated their lunar landing.

Images of this are available at
<http://www.enterprisemission.com/ken2k.html>

The strange Tycho anomaly on the moon taken by the satellite Clementine, was photographed when the Orion Constellation was at 19.5 degrees above the moons horizon. The face of Mars photos were taken when Sirius was 19.5 degrees above Mars horizon.

The lines of a hexagram when drawn in a circle with a human figure will cross the heart of a person at 19.5 degrees, and the heart emits an electric field 60 times stronger than our brain.

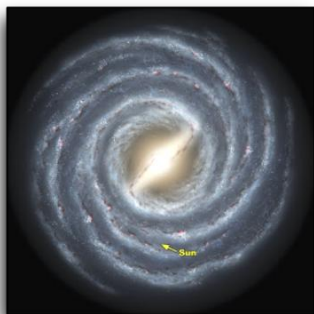


Other Interesting Facts:

- At 19.5 degrees north and south are the exact latitudes where an apex point of a double star tetrahedra positioned within a sphere contacts that sphere's surface. This means one apex is positioned at the north and the other at the south pole.
- The Great Pyramid of Egypt was built in Egypt at a location not far south of 30 degrees latitude.
- Many of Earth's six billion people live south of the 33rd Parallel.
- Sunspot activity and the region of peak temperatures is limited to 19.5 degrees north and south latitudes.
- On the planet Venus the active major volcano complexes Alpha and Beta Region are near 19.5 degrees.
- On Saturn there are dark bands of clouds located at 19.5 degrees North and South of its equator
- Our Sun's Speed relative to the background stars , according to NASA is 19.4 Kms.
- On Earth at Mauna Loa, Hawaii (19 degrees 28 minutes N, 155 degrees 37 minutes W) The largest volcano is at 19.6 degrees north. This is Mauna-Kea volcano on the island of Hawaii.

- In Mexico City, Mexico (19 degrees 23 minutes N, 99 degrees 10 minutes W) The Pyramid of the Sun located at Teotihuacan is at 19.6 degrees north.
- Other cities near the 19.5 latitude degree mark include:
- Dzibalchen, (Yucatan), Mexico (19 degrees 28 minutes N, 89 degrees 46 minutes W)
- Georgetown, Grand Cayman Island (19 degrees 18 minutes N, 81 degrees 26 minutes W)
- On Mars: the "vast" Olympus Mons shield cone volcano is at 19.5 degrees.
- On Jupiter the great red spot is at 19.5 degrees.
- On Neptune Voyager II discovered another spot of energy at 19.5 degrees north.

Other interesting observations include the solar ingress occurs around the 20th of each month and the solstices and equinoxes occur on or near the 20th of each month. So the angle of 19.5 degrees is a period of intense/high energy.



This latitude of 19.5 degrees has been called the "degree of where life comes from" as our **sun is at 19.5 degrees from the horizon of our Milky Way**. It appears that out of any large mass of energy, when you can plot the 19.5 degree angles above or below its horizon you find a new sort of energy present.

The emphasis on 19.5 degrees has been found to be associated with various ancient structures here on earth, such as the Giza pyramids and Avebury (the largest stone circle in the world, near Stonehenge), and Pyramids of the Sun and Moon at Teotihuacan. Of further interest is that the Egyptian hieroglyph for Sirius, the brightest star in the sky consists of an equilateral triangle which is viewed as a 2-dimensional representation of a tetrahedron. The Egyptian translation for this means a doorway or 'star gate'.

The movie the Phantom Menace, a star wars sequel by Lucas Productions was released on the date of May 19th. On this date, at the Skywalker Ranch where the movie was produced, at 12:00 pm happens to be 19.5 days into the month of May. At exactly 12:00 in the afternoon o this date, Orion, with its middle sister star Alnilam, happened to be 33 degrees above the south eastern horizon. The sun was also aligned with Jupiter during this time, which is a good time to do wealth exercises. This is explained in further detail in the Sirius Star System and DNA chapter.

From my research, May is the time of year mental visualization energy is strongest, and it is 8 weeks before the suns Optical S Class flares are at their peak.

The great pyramid of Giza and other pyramids contain shafts which also align with Sirius and Orion as they move through the sky.

The Ford auto dealership in the San Fernando valley in Los Angeles, where they are the number 1 in Ford sales in the world, has a street named Orion at the entrance to its location.

So it seems that just as the large amounts of energy emitted by Cygnus-X can be used for anti-aging and healing, the large amounts of energy being emitted by the Orion star cluster are used as a quantum energy source to manifest goals and dreams into reality.

This means when you put energy into a goal constantly and over time, when Orion is at, on or near the eastern horizon, it re-fuels and makes the goal supercharged through quantum like effects. We can use the following analogy below to visualize this concept more clearly;

Think of a giant Ferris wheel with one seat filled with gold coins so bright, it emits an intense golden light. As you stand watching this seat going round in circles whenever the seat filled with gold approaches you, the light is so bright, it turns any metal coins in your pocket into pure gold.

In other words, we on earth have Orion rising and setting each and every day. When we can acknowledge the presence and energy of Orion at the right times, especially when it is at 19.5 degrees above the eastern horizon at the location we are in, it super energizes our goals, turning them into reality via the quantum effect.

This process is very similar to the energetic effect of magnetic re-connection/re-combination. This is where you leave a location where a high amount of energy exists, and when you begin your return to that location, your original stating out intention becomes supercharged and stronger the closer you return to your point of departure.

This means that the wealth generation exercises that use the asteroid Europa to generate wealth, shown in the Sirius Chapter can also be used when Orion is at the right critical points on or near the eastern horizon.

Many traveling traders used a similar concept before setting out on a long journey to trade their goods with surrounding towns and villages. Before leaving, they would give a financial offering at a large temple or church, asking in return for a safe and prosperous journey, especially on their return journey. This created an "energetic" field around them, guiding them along the way.

The best way to learn more about using and working with the energy coming from Orion and Sirius would be to study the Ancient Egyptian texts and heliographs that discuss the Orion and Sirius constellations.

The Body and How Time Affects Aging

If people can Time Slip into the past and experience it, why can't the cells do the same to re-nourish themselves? Because it is impossible to make an anti-aging pill, and because our cells are stimulated by the right magnetic presence and the magnetic reconnection event brings energy and forms from the past to the present, this would make it the ultimate anti-aging tool. We believe this happens when the right foods and proper exercises are taken during the condition yellow periods, which are naturally periods of stronger magnetic reconnection events.

If it is the process of magnetic connection that is bringing extinct plants back to the present - and in some cases animals and even bacterial spores, then it must be possible to bring back the necessary nutrients needed to restore the body's cells and return them to their perfect state of health and harmony. We believe that by increasing the proper amount of amino acids and minerals the body needs during the **condition yellow period**, that it does just that.

We believe that it is the amino acids and exercises that create a template of health from the past bringing it to the present. Amino acids are the precursor to the building blocks of life. It is a well-known fact that people who eat lots of cottage cheese and Kefir, live for a very long time and these are both foods high in Amino Acids. Cottage cheese contains all nine of the essential amino acids, as well as the nonessential amino acids that help form protein. Current Proof of accessing genetics from the past is already available for reference. This has all been achieved via direct current, the same current that occurs during Solar Flare Storms, which increases earth's geomagnetic energy and because during geomagnetic storms, the restorative energies from the Emerald Tablet Exercise are stronger, this means that energy from the past is coming back to the present to not only restore our cells, but to re-harmonize the species of life on this planet. So in theory we can conclude that it would be impossible to catalog every single plant or animal species on earth at the same time.

"On average 2 new species of new fish are discovered each week. It is thought that all the jungles of the world contain much more amphibians and reptiles that have yet to be discovered. Every now and then we still get new bird species discovered each year. Amazingly, new species of mammals are also still found occasionally."

Reference Source: Wildlife Extra
http://www.wildlifeextra.com/go/news/*:newspecies&template=new_species

I believe that there is a **Groundhog Day effect** occurring, where parts of the universe are repeating itself. We know from research that the energy from the sun works best with multiplication or repetitive acts, so perhaps the universe at large is returning animals or similar matter to the present.

"Can our global food problem be solved without using genetic engineering? In his latest book called The Primeval Code, Swiss journalist Mr. Luc Bürgin released the secret of a biological discovery at a local pharmaceutical company called Ciba (now called Novartis). The technology has been ignored by many experts. In numerous experiments Dr. Guido Ebner and Heinz

Schürch exposed cereal seeds and fish eggs to a special electrostatic field frequency, similar to the energy emitted from our sun. Unexpectedly primeval organisms grew out of the seeds and eggs that were exposed. Life forms included a fern no botanist could identify and primeval corn that had twelve ears per stalk. There was wheat ready to be harvested in only four weeks and giant trout, extinct in Europe for 130 years or more. It was like these organisms accessed their own genetic memories in the electrostatic field and returned back in time to the present"

This means that life is constantly re-creating itself and evolving based on direct current energy, possibly through forces that operate through Geomagnetic Storms. I believe this is why being out in nature during condition green periods is so powerful, because this frequency is naturally occurring in nature and is maximized during the March Spring equinox.

Reference Source: **The "Primeval Code" – The Ecological Alternative To Controversial Genetic Engineering!**

View Website at:

<http://www.urzeit-code.com/index.php?id=23>

Another powerful method that works is the emerald tablets exercise, which we believe greatly conducts the magnetic re-connective energies, which explains why it helps the body feel extremely refreshed after practicing the exercise. And emotion which is a key element during Time Slips has been shown to boost the anti-aging enzyme Superoxide Dismutase.

"Cu/Zn SOD levels of anxiety in individuals were shown to be significantly higher than the age and gender control data. These results prove an association between Cu/Zn SOD serum levels and Anxiety Disorder."

Research Paper: **Increased Serum Cu/Zn Superoxide Dismutase in Individuals with Anxiety Paper**

Published by A.J. Russo Research
Director, Health Research
Institute/Pfeiffer Treatment Center

Because emotions are affected by magnetic fields, and emotions are not ruled by time, this would explain the strange violent behavior occurring during condition Oranges when the sunspot levels suddenly drop, as higher sunspot activity levels create higher magnetic field

levels, which occur on the surface of the sun. It would also explain the "collective fear" that can occur in certain widespread populations at certain times, such as the "run on the banks" in the 1930's. It also explains the poltergeist, hauntings and ghost type events that occurs during stronger magnetic re-connective periods, as this energy is returning from the past to the present in a magnetically generated loop. Also science is showing that Infrasound may be responsible for some ghost sightings, poltergeists and hauntings. This means that Infrasound and Geomagnetic Energy may be linked somehow.

The Phantom DNA template related to the past is energized during times of higher geomagnetic activity. The phantom DNA is the DNA that is a perfect replicate of our own DNA. It is this DNA template that the body uses to heal itself from. If the body is under stress or filled with toxins, the DNA cannot access this DNA template to restore itself back to health.

DNA templates work via "energy fields", affecting the localized region. Just like an event which occurred in the past, which has left its DNA imprint in that geographic region, it could explain why ghosts and hauntings are so common during higher KP periods.

KP Activity is further amplified at higher elevations. Because KP Activity is related to Telluric Current, perhaps this energy is why the Bristlecone Pine Trees live well over 4,000 years at high elevations and why people in the State of Colorado have the longest lifespan out of people from other states. Perhaps the higher KP levels are "compressing time" just a fraction, allowing the cells to not age as much normally, or creating beneficial conditions for the cells of the body.

"A recent Harvard University longevity study showed that seven high-country Colorado counties that are in the top 10 in the nation have an average lifespan of 81.3 years".

Resource:

<http://www.impactlab.net/2006/09/12/people-live-longer-in-colorado/>

The soil of the Bristlecone Pine is high in Dolomite Soil, which really is just a form of calcium and magnesium. And yogurt happens to be one of the foods highest in calcium and magnesium that allows people to live extremely long lives.

We know that October is horror movie season and a time that Halloween is celebrated. This is obviously a time of intensified emotion. We also know from research that the refreshing energy of white light is strongest during this time of year. This would mean it would be the

time of year the "fuel" necessary for Time slips would be the strongest, and almost 6 months later is when the money multiplication exercise occurs, which uses the sun to amplify intention and create the future is strongest. Because the tools to measure time are based on quantization, this means that time must exist as an independent source of charged particles not yet made manifest into our current space/time reality. Our reality does not unfold itself until we observe it through the act of observation and intention.

One way to verify this is to locate a point in the past you wish to access and count backwards via 5 year increments. 20, 15, 10 etc.... as you approach the point in time you wish to access, an emotional or physical "charge" will be experienced. This creates a "change wave" resulting in an uprising or release of energy.

This same feeling is exactly how a perigee moon operates when it is closest to earth; it causes an upwelling of our emotions. This proves that a larger moving mass coming towards us causes these particles to "eject" themselves, as Einstein proved that mass and time are both interrelated and one affects the other. When the sun is close to earth, which is during January, the emotional time of Christmas is only 3 weeks from December.

Perigee moons, which is when the moon is closest to earth are a time when these emotional peaks occur, especially during supermoons, which have been responsible for increased super tides and sometimes earthquakes.

Scientific Paper:

Can Causal Influence Propagate Backwards in Time? - a Simple Experiment in Markov Chains and Causality

Now that we know the right times the "fuel" for Time slips are present, where do we get the engine to put the fuel in? By observing nature we already know that areas of intense emotion are present in cemeteries and churches, of which many are built around or upon Ley Lines - And Ley lines are a form of Telluric Current. We know from experience that by connecting with the sun we can create our future. So by connecting with an emotional event in the past, while in a specific location, during a period of higher geomagnetic energy can possibly trigger a change in the time/space of that location. Also many people have experienced time slips during periods of higher solar radiation, which usually occurs when the sun's X-Ray background flux levels are above 4.0..

In some cases, timeslips may be caused by visiting a church tomb, which is an area of repeated emotion. These are locations that contain a lot of stone. So if we connect ourselves to buried objects at the right time periods, and allow our minds to be open, this is what may be changing the surroundings.

Another interesting observation involving circles, is people who have been around stone circles have reported Time Slips. I myself have built a stone circle, and at various times with the sun's solar flux is at higher than usual levels, can feel a strange energy emanating from it. This book *The Eagle's Quest: A Physicist Finds the Scientific Truth at the Heart of ...* By Fred Alan Wolf, shows increased solar radiation has strange properties.

This article titled "**Missing Time Inside a Stone Circle**" located at:
<http://www.theparanomalist.com/1966/missing-time-inside-a-stone-circle/>

also shows how the circular shape is causing time warps to occur. The time of year solar radiation is most intense is from May to August. Therefore this would be the time of year Timeslips would be most common or easiest to induce.

Ms. Joan Ocean, MSc, who is an expert dolphin communicator has this to say about The Sasquatch using Stone Circles: "***The Sasquatch stated these rock and shell and wood circles describe four directions and serve as special Portals. You may go through them, however be aware, because you may not be able to come back! The Sasquatch name this the other world, or the Sometimes Place***"

Article Source:

<http://www.joanocean.com/sasquatch.html>

Here is another story of someone who also encountered a Timeslip, titled Train Ride to a Parallel Dimension

<http://www.theparanomalist.com/2332/parallel-dimension/>

At 9:30 minutes into this video:
<http://www.youtube.com/watch?v=1PvxJVj2-do>

The title for this video is: **Paul Davies on time travel: Can it really be done? ---**
(Just enter this into the You Tube search box to locate the video)

Time Travel Physics Researcher Paul Davies shows that travel is possible.

The Emotional Connection to Time Slips

Because emotion multiplies itself during higher KP periods, or in areas of strong infrasound energy, this could be the reason some mentally disturbed people go crazy during higher KP Storm periods. To a crazy person these emotions would manifest as an "echo" of repetitive emotion in their mind, and if they did not have a healthy outlet, could aggravate their mental condition. Maybe this is where the idea for the movie 12 Monkeys came from, which shows a person who travelled through time and the effects mentally impaired him.

So because protein is the fuel for the heart, surely it must also affect the local geomagnetic region we are in. Because Tryptophan, which is a form of protein,

has been found to make people with mental illness worse, and people who are mentally ill are affected by higher levels of geomagnetic activity, perhaps we need to 'seed' the air with a type of protein to trigger a time vortex to open into the past.

However, a more realistic model to build on would be to generate an intense emotional field in a combined space during a geomagnetic KP storm (or increase in the earth's geomagnetic field). Churches and temples are perfect for this. Once this "critical mass" has been achieved, it should create a wave of particles that are responsible for time slips occurring.

Perhaps this explains the recent sightings of dinosaurs over the years, leading to the field of crypto-zoology.

Source: Dinopedia

http://dinosaurs.wikia.com/wiki/Modern_dinosaur_sightings

So where does the evidence for this exist?. Why in crop circles of course. So which crop is highest in Tryptophan? Wheat of course. Wheat just happens to be one of the grains most sensitive to magnetic fields. And guess what else is cool? Crop Circles have been found to contain time/space anomalies.

"Two separate groups of experiments have been performed showing that clocks inside crop circle formations loose or gain time compared to those outside"

Reference Source:

<http://www.diagnosis2012.co.uk/anom.htm>

One very common characteristic of Time Slips is people have been in motion going from point A to point B. When they arrive at point B, the Time Slip occurs. Perhaps as they are moving, a type of magnetic charge is building up, which releases itself upon the persons arrival.

Below is a quote from an article talking about this charge in the form of an EIF."

An interesting source of EIFs is human movement! When you move through reasonably strong, complex static fields in your home, it produces an EIF in your brain , due to the moving relationship between two areas of high magnetic fields. This occurs more often in workplace environments. A example of this is a 'haunted bed' (where some people lying in it may experience strange ghostly sounds of a child in distress). What our research showed is that the area is slightly magnetic. This means anyone tossing and turning in it would be exposing themselves to EIFs."

Reference Source:

<http://www.assap.ac.uk/newsite/articles/Magnetic%20ghosts.html>

The reason I believe the once extinct coelacanth came back to the present was because telluric current and infrasound exist at extremely high levels in the ocean. This could explain the strange time anomalies taking place in the Bermuda triangle. Perhaps a long time ago a civilization once existed, and there was intense emotion connected to it, and at certain times such as high KP periods and perigee moons, the Phantom Template comes to life, affecting all biological organisms in that location.

There is an excellent study by Elizabeth W. Dunn and Simon M. Laham of the University of New South Wales in Australia. It shows clearly that experiencing an event with emotion causes the actual event to occur.

Published Scientific Paper:

A User's Guide to Emotional Time Travel: Progress on Key Issues in Affective Forecasting

Chapter 3

Multiplication Of Matter, Intention and Rebirth

Using Energies of the Re-born Sun At the December Solstice

We as a global society are moving towards a period where everything is becoming based on frequency. The sooner we can allow our frequency to adjust, the easier things flow for us. For wealth, allow your frequency to rise by intending your wealth vibration multiply and increase, than do the money multiplication exercise. For overall wellness and health, if you feel low frequency waves of bitterness, anger, regret and hate entering your presence, change your frequency to love, compassion, contentment and generosity by willing and allowing this vibration to multiply and increase in your presence. You can face the sun and repeat the statement for better results or you can listen to inspirational music, or take a walk outdoors in nature to raise your frequency to positive levels.

Because the sun's energy is just starting to be "re-born" after the December winter solstice, or the time the sun's light starts growing, with the days becoming longer and the sun starting its northward journey again, this is the best time of year to "re-set" your internal vibration and consciousness. The best ways to do this are to do the following:

Read books with a positive spiritual vibration/message that fill you with inspiration and positive expectations, than sit down and meditate and connect the universe to ground those energies. Make a decision that the future is going to be filled with Joy and Abundance, and Health.

Consciously call forth the vibration of pure unconditional love, as it flows into you and through you, and see you passing it onto others, and then seeing others passing further on down the line. Dwell on these emotions and images up to a few hours each day, allowing them to well up inside and reach a peak. This works best if the moon is in perigee, and you can use the simple HeartMath exercise to boost the flow of unconditional love. After you have ceased this exercise, within a few days or weeks, you will receive a boost in income or sales.

You could also use various asteroids that represent the archetypes related to your goal or ambition to fuel positive change and growth and when they align with the Sun choose this as the time to accept the new seasonal energies as they emerge this time of year.

Here is another prosperity booster exercise that has been tried and proven over the years by many people who have gotten results.

Go outdoors and make sure you are in direct sunlight. If you are in the city, than go to a park or rooftop. This exercise works best during condition Blues and Yellows.

Using your imagination, picture a stunning deep vibrant rich green emerald in the sky above you. See a flow of beams of **emerald green light** begin to flow down and around you. Know that this light represents abundance, prosperity, safety and harmony. Feel it warming your shoulders and caressing your body in a comforting manner. Feel yourself being financially secure and blessed by the emerald green light.

You may have to do the exercise a few times ringer results, but when you feel a "click" in your consciousness, than you need go no further. Overdoing it lessens the results. You can also boost the results of this exercise by taking foods high in Ormus beforehand such as Aloe Vera, or Himalayan Salt.

How to Apply Intention to Multiply Money and Matter

This chapter deals with multiplying Money, Food and Other Pieces of Matter using the Power of Aquarius and our Sun.

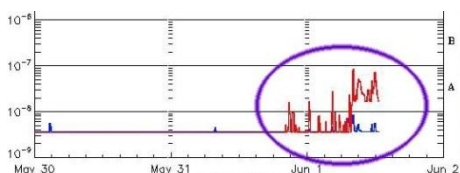
Now, I don't want this chapter to give the intention of greed or a "shortcut" to financial prosperity, but what is occurring at this moment in time is a transition from the age of Pisces to the Age of Aquarius. What this means is that the Aquarian age is going to include a new form of awareness and substance that will make you prosperous if you want to develop a business or have more money in your life. Examples are the age of communication, where people are working together in groups, and green sustainable products and services. These are technologies and concepts that are here to stay, and when you understand the awareness that is emerging and that this awareness is what affects buying behavior, you can understand why the current system we have in place is starting to move towards this new concept and way of doing things. What this chapter does is show you the periods of energy when this awareness is unfolding and specific exercises that work and will multiply the current money you have into your life substantially.

There are 3 periods that cause an amplification of intention or manifestation of money. The first is an increase in condition blue or the sunspot count, the second is the rising of the constellations Aquarius or Taurus over the eastern horizon, and the 3rd is the crescent and perigee moons. See chapter titled "The Power of the Unconscious at Halloween" on how to use the Taurus constellation for manifesting goals.

True wealth and the flow of money into our lives is based purely on awareness. Human awareness at this time is undergoing a radical shift into a more sustainable and green lifestyle, which is representing the age of Aquarius. So any product that is green and sustainable or any type of awareness related to this, will get immediate attention and sell extremely well when the energy of Aquarius is present.

This awareness is based on a change of frequency and the frequency is stronger at certain times of the day and is boosted when the solar flux of the sun is stronger, with a peak at the spring equinox or when a perigee moon is present. These 2 periods are when the power of the money multiplication exercise is strongest. Below are the 3 main "energized" periods that this energy flows strongest:

1: Spring. 2: Aquarius rising. 3: The first rise in the sun's solar flux.



The effects of the Money Multiply Exercise are strongest at dawn March through May. When these periods overlap, the energies are maximized.

When I first began doing this over 3 years ago, I decided, to try this same experiment with multiplying pieces of paper called money. I have had repeated success using 2 spectrums of the sun. The first period I have been using is when the sun's solar flux has been quiet for some period of time than starts rising again and the constellation is rising over the eastern horizon. During this "window" I hold a dollar bill in my hands and face east at sunrise while rubbing the dollar bill and visualize that it multiply, grow and increase. I don't overdo it, but only until I feel the right energy level has been reached. Overdoing it seems to "short circuit" the results. From experience sales in my business are

always increased, it has never, ever failed, and is repeatable, as long as you follow the right steps. Maybe this is where the term "stretching your dollar" came from. From March to April this power to multiply is strongest. As an example of the daily rising of Aquarius in the east, in California it rises at 2:00 p.m.. I find the exercise the strongest when performed about 20 minutes before the constellation Aquarius starts to rise over the horizon. During the spring equinox, when this energy is at maximum it rises at dawn in longitudinal alignment with the sun. Perhaps when the Aquarian constellation is aligned with the sun, it is why the energy is strongest.

The power of longitude waves and gamma waves lay in their ability to invoke powerful states of resonance. The surface waves on the ocean are a combination of two types of mechanical waves: transverse and longitudinal.

Another interesting feature about the sun's solar flux is that I have noticed that if I break routine for a while, then get back into my routine, if the solar flux is high, re-starting routine is much easier. It is like the sun's solar flux has a memory and when we tap into our previous activity, our environment remembers this energy, and so the resonance returns more easily. It is like when you take a vacation from work, and you return and it

takes a while to rebuild your momentum, if the solar flux is higher it takes less time to reestablish your routine.

The money multiplication exercise works the same way. You start with a dollar bill, then intend it multiply. I hold the dollar bill facing the sun and visualize the dollar bill growing like the leaves on the dollar bill. If you look closely, you will find that every currency denomination from \$1, \$5, \$10, \$20, \$50 all have leaves or trees of them. This makes it an excellent focal point to multiply its presence.

Another exercise I have had success with is at dawn, especially during the first active period of the sun in March, placing your goal written down on paper at the eastern edge of a rose garden. The best day of the week to do this would be Saturday morning at dawn and again around the September equinox. This works best when done during a condition blue. This is because roses carry with them one of the highest frequencies out of all plant life in nature. It is like the roses amplify your intention.

After multiplying intention for the dollar to multiply, **spending it immediately within 3 hours after the exercise**, will boost the effects of it returning to you multiplied.

Performing the Money Multiplication Exercise in Greater Detail

Use this exercise before asking for money. This could be in the forms of loans, financing a venture or other methods where you are asking for money. You can also use it if you are in person to person sales settings. I have always found best results at when the moon is in perigee, especially when it has passed its halfway or 50% mark, it is like the energy becomes significantly magnified. Other favorable periods are during condition blue periods **when the sunspot numbers have been rising for 3 or more days in a row**, this is also usually the period the suns solar flux becomes more active.

It is important that your intention is clear and charged with emotion for the money to multiply. The more clear and focused you can make the intention, the better the results will be

What will happen after you do this exercise is that people respond differently towards you and react to you differently. This means if you had projects in the past that you gave presentations to investors to complete a business plan and they rejected your proposal, or thought your

plan was boring, instead, as long as you have done the multiplication exercise correctly, the response will instead be more favorable and one of intense interest, because they are responding to the new awareness that is emerging.

I usually use this method for good results: In the morning as the sun is rising at dawn from March to May, I face east and say "I open and invite prosperity and abundance to flow into my life." Then rub the \$1 bill or other note, visualizing the leaves that are on the note growing like the leaves of a tree.

After this is done, face into the position the Sun will be at the time Aquarius is just coming up over the horizon. In California during early November, this is approximately 2 p.m. Next repeat **"I open and invite prosperity and abundance to flow into my life."** Then rub the \$1 bill or other note, **visualizing the leaves that are on the note growing like the leaves of a tree.**

When you visualize you doing that at 2pm, you are in essence already moving forward in time and the energy has 'set' itself in motion. Throughout the day if you want, you can always face the 2 p.m. position and repeat the above phrase.

When you do this, new ideas, insights and other ideas related to wealth will flow into your consciousness. Also if you are already in business, your sales will increase.

If your city is located in Los Angeles, on November 19th, 2012, the Aquarius constellation rises in the east, while the position of the sun while Aquarius rises will be high in the sky and heading towards its western sunset.

When you use intention to multiply the money or other type of matter in the morning when the sun is on the eastern horizon, and then after the exercise, face where the sun will be shining at 1:30 pm (as Aquarius is rising) and repeat the visualization / intention exercise, you are performing what is known as magnetic reconnection or generating a recombination effect, which is a form of time looping. This generates the necessary energy to multiply what you focus on. When you use intention to multiply the money or other type of matter in the morning when the sun is on the eastern horizon, and then after the exercise, face where the sun will be shining at 1:30 pm (as Aquarius is rising) and repeat the visualization / intention exercise, you are performing what is known as **magnetic reconnection or generating a recombination effect**, which is a form of time looping. This generates the necessary energy to

multiply what you focus on.

If we use the moon. A waxing crescent moon or perigee moon periods with the constellation Aquarius rising in the east is a powerful gateway to generate wealth through the power of intention.

Another good exercise is when Aquarius is rising, especially at dawn in late March, place your goal or intention written down on paper and plant it into the soil at the eastern edge of a rose garden. The best day of the week to do this would be Saturday morning at dawn and again around the September equinox. Roses magnify intention significantly. I have done this and it works very well.

Listening to a money mantra or chant as Aquarius is coming over the eastern horizon also helps boost the results also.

One mantra I have had great success with is a You Tube video titled: Magic Mantra Reverse Negative to Positive located at:

<http://www.youtube.com/watch?v=B2XkzZR4R0U>

The title for this video is: **Magic Mantra-reverse negative to positive - Ek Ong Kar Satgur Pras (Lightness of Being) --- *(Just enter this into the You Tube search box to locate the video)***

You can find thousands of such mantras, but I personally found this one worked well for me and it has a 99% thumbs up user like rating so it must be doing something for others as well. For general intention in our everyday lives to help manifest our goals and dreams visualizing our dreams with desire are the basic fundamentals. You must sustain your heartfelt emotion and feel like your goal has already manifested in order for your finger the results you are seeking. The longer you repeat this process over time, the more it starts creating a "lattice frame". This is a sort of consciousness constructed grid created by coherence that has been built in the higher levels of reality, that works to pull your goal towards you. If you apply daily visualization and intention towards your goal, this invisible "lattice scaffold" will continue to hold on, building the reality you are intending.

Once your intuition starts becoming clearer about what you are intending, you are closing in fast to your goal. It is this invisible lattice grid that psychics and mystics, as well as those seeking information tap into when they are using psychic or enhanced mental skills to research something. Emotions and belief are the fuel for a goal and intention and observation are the scaffolding or "imprinters" that are the glue for the emotional belief energy to cling to. When these both occur often enough, your goal manifests into reality.

The Dueling Forces of Light and Dark

You can find numerous cases where shootings resulted in the deaths of usually 2 to 3 individuals such as in this wall mart case, which occurred on Sunday, August 19th, 2012.

Reference Source:

<http://www.cnn.com/2012/08/19/us/texas-walmart-shooting/index.html>

If you look at the sunspot numbers (or the Sunspot Area 10E-6 Hemis) for this day, there is no major decline, so the impact is much less. This is because the more powerful or sharper and rapid the decline, the more substantial the damage, because when these public massacres occur during this decline, it is the sudden decrease in the energy of the sun creating more dramatic results, in this case in the deaths of more people.

The opposite is also true, if you are used to getting large results from minimal effort, which occurs most often during condition blue periods, when a condition purple occurs, which is a time of quiet sun activity, you have to put in more effort to achieve the same results. From my experience in sales, I know when condition purples occur, I need to put forth almost 3 times more effort to make a sale, compared to the ease they occur when a condition blue is present.

Rising sunspots or an increasing sunspot area yields what we call a condition blue. This condition is so powerful that the past effort you have put into a project multiplies itself many times over during this time, creating miracles.

We believe because this energy can affect the population at large, just as declining sunspots do, that rising sunspots or an increased Sunspot area is responsible for the "miracles" mentioned in the bible, which were performed by various prophets and even today by various saints, who unconsciously tap into these rising sunspot periods. Many saints lead a lifestyle of repetitive acts, so during condition blue periods, miracles come easily to them.

Quote from U.S Bible.com "***Just one miracle occurs when the sun is in Gemini. It occurs just before the summer solstice. We have twelve miracles occurring at the time of the year when the daylight is increasing and when it exceeds nighttime hours. In early times, this period was seen as the battle between the sun and the negative dark forces.***"

Source Courtesy of U.S. Bible.com
http://www.usbible.com/Astrology/sun_miracles.htm

I believe this same effect is also occurring with the positions of the constellation Cygnus X, as it is gaining in strength from March until October. More about this is discussed in the condition yellow exercise chapter.

Anyone can use the energy of a condition blue period of the sun to bring good energy to large populations of people. It brings out the best in people. Some people have even used it to summon "UFOS" as we show on our Summoning UFO's research page on EZ3DBIZ.com at:

<http://www.ez3dbiz.com/summonufos.html>

We believe that the more powerful condition blue periods causes a change in the oceans tidal wave frequency which is reflected in the rising of the Dow Jones Industrial Average. Waves derive their power from sunshine. This occurs because the sun gives up approximately 100th of its photons to heat air molecules, due to the existing temperature gradients in our atmosphere which create rolling air currents that affect large masses of water.

This transfer of energy roughly calculates out to approximately 100th of its energy onto the surface of the sea. As a result of this reaction, rolling waves can be visualized as the release of concentrated solar energy. And because the moving mass of ocean waves creates a change in geomagnetic energy, of which some people are sensitive to, we can see this is why a change in the oceans tidal frequency creates change, either in the Dow Jones index or Human Behavior. Because KP is a motivational force, this explains why people feel "recharged" after visiting the beach, because the KP energy from the waves has a motivational effect on people.

As far as human safety goes, the most dangerous period is when sunspot activity has been at high levels, and then just suddenly "deflates", and is heading into a quiet period. Our research has shown that when this occurs after the peak of a sunspot cycle, which occurs every 3 to 4 years, a pandemic such as polio or influenza occurs. The next decline in our current cycle is 2013 to 2014.

A book written by Strauss and Howe called **Children of the New Millennium**, gives an excellent timeline of future historical cycles. They especially highlighted the period between 2013 and 2029 as a time when America would face the greatest challenge in its history.

Another way to interpret the coming changes is by studying **Hindu Yuga cycles**. These are of cycles within cycles. One Yuga cycle lasts 4,320,000 years. You can learn plenty about Yuga cycles by doing a Google search for them. When a "ripple effect" in the solar wind occurs, as in the case of the solar wind jumping which will usually coincide with a peak in the geomagnetic activity, this is the trigger point, which will usually cause an event that will affect a larger segment of the population. We call this period a Condition Yellow. The opposite is true also, when sunspots increase and there is a ripple in the solar wind, the Dow Jones rises. We call this a condition blue.

As mentioned elsewhere in this book, we will see the next major long term decline between 2013 and early 2014. After late 2014, we should see the energy of the sun start a new cycle of peace and calm as shown in the Tchihevsky Event Cycle Model.

So the good news is these are just temporary cycles, and having the information when they start and end makes a powerful tool for knowing how to understand various events and situations more clearly. This model does not predict well for small, random outbreaks of violence, but works well for large scale massacre type outbreaks of violence,

which result in the unfortunate deaths of a large number of people. If these events are affecting such a large number of people, perhaps an evolutionary shift is also occurring, causing a change in awareness.

From years of research, I have come to the conclusion that that proper nutrition of the body (a diet with the proper minerals and vitamins) is key to keeping a calm state of mind during these periods when the sun causes a "ripple" effect in the sun's solar wind. Because condition yellows have been shown to bring extreme health to the body, I believe that the pituitary or pineal gland is stimulated during this time, and then a few days later the results of exercise or nutrition show themselves strongest. In the case of bad nutrition or being in a corrupt environment or surroundings,

when the condition yellow manifests itself, it can result in the direct opposite. Could this mean that an underlying cause of illness is based on negative emotions and improper nutrition and when this "energy wave" from the condition yellow manifests itself, can cause either a positive or negative effect, depending on the persons state of mind and nutrition?

Research is also showing that our intestines contain their own brain and intelligence system that affects our consciousness and awareness. This is known as the science of

Neurogastroenterology.

Quote from Scientific American Article:

How the Gut's "Second Brain" Influences Mood and Well-Being

“The emerging view of how our enteric nervous system in our stomach goes far beyond just processing the food we eat. Although gastrointestinal (GI) turmoil sours our moods, emotional well-being may well rely on messages from our brain below going to the brain above. In 1998 Gershon published his manifesto of this new science, called: *The Second Brain*.”

He has named this response, the **ENS reaction**. Gershon states it sends signals north to the brain that directly affect our feelings of sadness and stress. It even influences memory, learning, and decision-making. He discovered it manufactures more than 30 neurotransmitters, which include serotonin, that are identical to those in our brain.

Reference Source:

<http://www.scientificamerican.com/article.cfm?id=gut-second-brain>

“The nervous system actually started out in the gut,” states Emeran Mayer, director of the UCLA Center for Neuro-visceral Sciences and Women's Health as well as of the UCLA Center for Neurobiology of Stress.

How Stress and Anxiety Create Cravings for Junk Food

Studies have shown that that when mice are stressed-out they have a craving for high-fat, energy-dense foods. They will prefer peanut butter to healthy chow and gain much more weight than their less-stressed counterparts. The study also showed that the stomach tells the brain what to look for in the junk food when things get tough. This is why a mac 'n' cheese appears to look better than a healthy nutritious apple during times of extreme high stress and anxiety. It occurs because our body turns on the production of **ghrelin**, a special hormone manufactured by our stomach that stimulates the hunger in the first brain.

Thank you so much for reading this book. It is available for immediate purchase in paperback from [Amazon.com](https://www.amazon.com). You may also download it in [Nook and Kindle](https://www.amazon.com) editions by visiting [Amazon.com](https://www.amazon.com).

Thank you again and I wish you love and happiness in all your goals and dreams.

Scott Rauvers