

# The Relationship between 13:30 LST and Enhanced Remote Viewing Accuracy

*Revised November 5h, 2015*

All research has now been summarized and made into a book: **Wormhole Theories, Sunspot Activity and Remote Viewing Stocks**  
[View Book Chapters](#)



[Read the first 3 Chapters Free](#)

*This research report is published by Scott Rauvers of the [Institute for Solar Studies on Behavior and Human Health](#)*

*Related Articles published by the Solar Institute:*

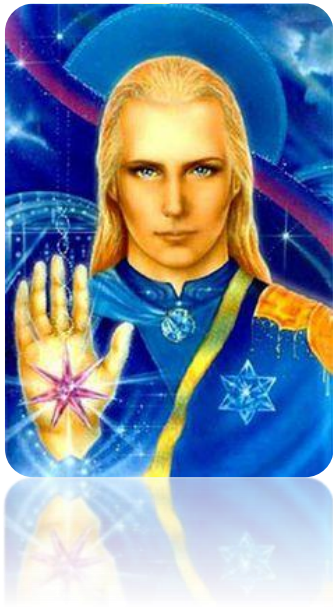
## Solar and Lunar Influences that Increase ESP and Intuition

## Confirmed Relationship Between the Dow Jones Industrial Average and our Sun's Solar Wind Speed

## U.S. Markets and Solar Influences

## 1 Year Summary of ARV sessions involving the Dow Jones

## The Dow Jones Industrial Average and Solar Activity



The mysteries of time are too valuable to be in the hands of a few or an organization therefore this information is being made public, so that it can be used for the benefit of all.

This report is based on the increased accuracy of Remote Viewing sessions that occur at the time of [13:30 LST](#). It is based on [Associative Remote Viewing](#) or the ability to see out into the future, rather than real time remote viewing of the present or past. Before reading this document it is key to understand the discovered formula ([also known as the ARV clarity index](#)) that enhances ARV sessions. It is a period where barometric air pressure in the region the ARV session is conducted has been dropping for a number of days. This combined with increasing humidity and a decline in solar radiation creates the ideal conditions for ARV sessions. The ARV clarity index chart is shown on the following page.

A research project [conducted by the University of Boulder](#) showed that the future position of the Dow Jones can be obtained through associative remote viewing (ARV). [The institute for Solar Studies](#) in Santa Monica, CA then decided to expand on this creating the Dow Jones forecasting project at <http://www.ParadiseExcursion.com>.

## **Solar and Terrestrial Weather Conditions governing TimeSlips**

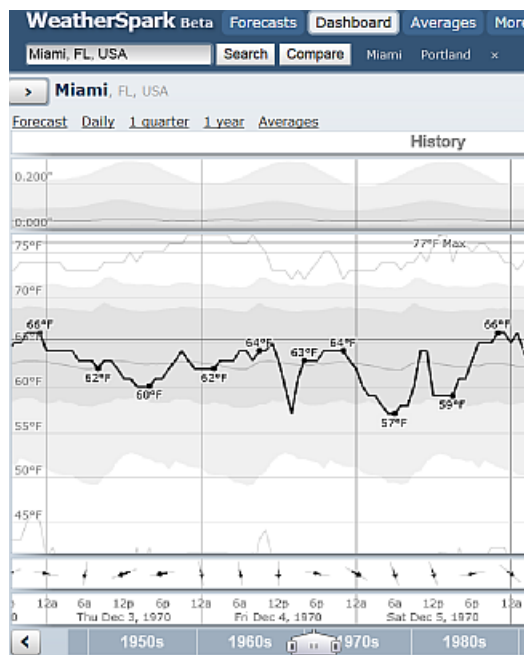
Heading into our 2nd year of ARV research (2015) we have discovered some interesting things. The first major discovery is that the same terrestrial and solar weather conditions that enhanced our ARV sessions are the same conditions that have been creating time slips for people. [Time slips](#) are environments where time speeds up or slows down. Let's take a look at one example.

On December 4, 1970 after 3 p.m., a brand new brand new Beechcraft Bonanza A36 left Andros town Airport in the Bahamas headed for Miami airport after 3 p.m.. En-route to Miami pilot Bruce Gernon noticed a typical lenticular cloud formation directly head of him. However this one was very low to the ocean surface. After entering the lenticular cloud formation, he noticed a "green fog", today known as electronic fog, and discovered that the aircraft was flying in a sort of "horizontal tunnel". Upon exiting the tunnel, he saw Miami airport directly in front of him. Calculations revealed the plane had travelled through 100 miles of space and 30 minutes of time in a little more than three minutes (distance covered: 100 miles in 3 minutes). To cover that distance, the Beechcraft Bonanza A36 would have to have been travelling at over 2000 mph, when its top speed is 200mph. This proves that there was a space/time discrepancy occurring.

*"Not long after leaving Andros, Bruce Gernon noticed a low-lying lenticular cloud"*

Source: [Itchyfish. What is electronic fog?](#)

According to [Weather Sparks](#) on this date, humidity levels increased to 97% on December 4th, 1970 in Miami (we will cover why humidity is so important later in this document). Barometric Pressure data was not available, but we can assume it was dropping, or a low air pressure system was forming or was occurring. According to the U.S. Naval Observatory, the star Arcturus was setting on the western horizon at 4:24 p.m. on December 4th, 1970. (*we shall go further into detail on this star later in this document.*)



### ***What was the dew point at this time?***

As shown in the image on the left on Dec 4<sup>th</sup>, 1970 there was a sharp drop in the Dew Point.

From my own Timeslip Experience on Tuesday January 20th, 2015, while hiking in Topanga, California, there was dense fog, as well as higher humidity and dropping barometric air pressure, ideal conditions for rifts in time to occur.

### **What's Inside Lenticular Clouds?**

Unexpected wind gusts and severe turbulence, which is why pilots try to avoid flying into lenticular clouds. This region of concentrated energy may just have been the properties that caused Bruce's timeslip.

## **Investigating pilot Bruce Gernon's Accelerated Time Slip into the future**

A team of scientists headed by Dr. David Pares decided to investigate this effect more closely. They waited until the earth and sun's weather matched perfectly. When they approached the clouds, one of Dr. Pares devices (one to measure frequency and the other, a compass) burst into a frenzy. It is interesting that the readings Dr. Pares received from his research are very close to the readings of the electrical ranges of the solar wind when it enters the speed of 350. Quote from his study:

*"It wasn't until we had encountered some clouds near the approach to Bimini Island that the measuring equipment began to pick up significant readings of electric fields of 100,000 Volts per Meter."* Source: [Space Warp Research](#)

According to NASA, the solar wind particles act like a field generator generating electric potentials of as much as 100,000 volts. Source: [NASA](#).

It is very interesting to note that the pilot Bruce who encountered the green fog that caused a space time slip noticed a lenticular cloud low to the ground. As we shall cover later in this document, lenticular clouds form when there is higher humidity.

Fog normally occurs at a relative humidity near 100%. This occurs from either added moisture in the air, or falling ambient air temperature. Lenticular clouds form when the air cools as it rises and there is an increase in humidity. When the humidity is high, the lenticular clouds will be seen closer to the ground.

So this shows that higher humidity, the right solar wind speed, combined with the right humidity levels and cloud formations create the ideal conditions for enhanced accuracy of ARV sessions, which we can use the ARV Clarity Index to look for these "windows". Let's look into this a little further.

So this shows that higher humidity, the right solar wind speed, combined with the right humidity levels and cloud formations create the ideal conditions for enhanced accuracy of ARV sessions, which we can use the [ARV Clarity Index](#) to look for these "windows"

### **Further Reading Resources on Green Electronic Fog**

The Bermuda Triangle Green Fog  
<http://www.labyrinthina.com/the-bermuda-triangle-fog.html>

Bruce Gernon's Electronic Fog Page  
<http://www.electronicfog.com/>

Electronic Fog and the Bermuda Triangle  
[http://www.bermuda-triangle.org/\\_electronic\\_fog\\_.html](http://www.bermuda-triangle.org/_electronic_fog_.html)

The Electronic Fog: A Strange Trip Through Time, Space, and Tailwinds  
<http://mysteriousuniverse.org/2015/07/the-electronic-fog-a-strange-trip-through-time-space-and-tailwinds/>

Artificial Generation of Electronic Fog via the Hutchinson Effect  
[http://www.bermuda-attractions.com/bermuda2\\_0000b3.htm](http://www.bermuda-attractions.com/bermuda2_0000b3.htm)

### **Conditions Conductive to Physical Time Travel**

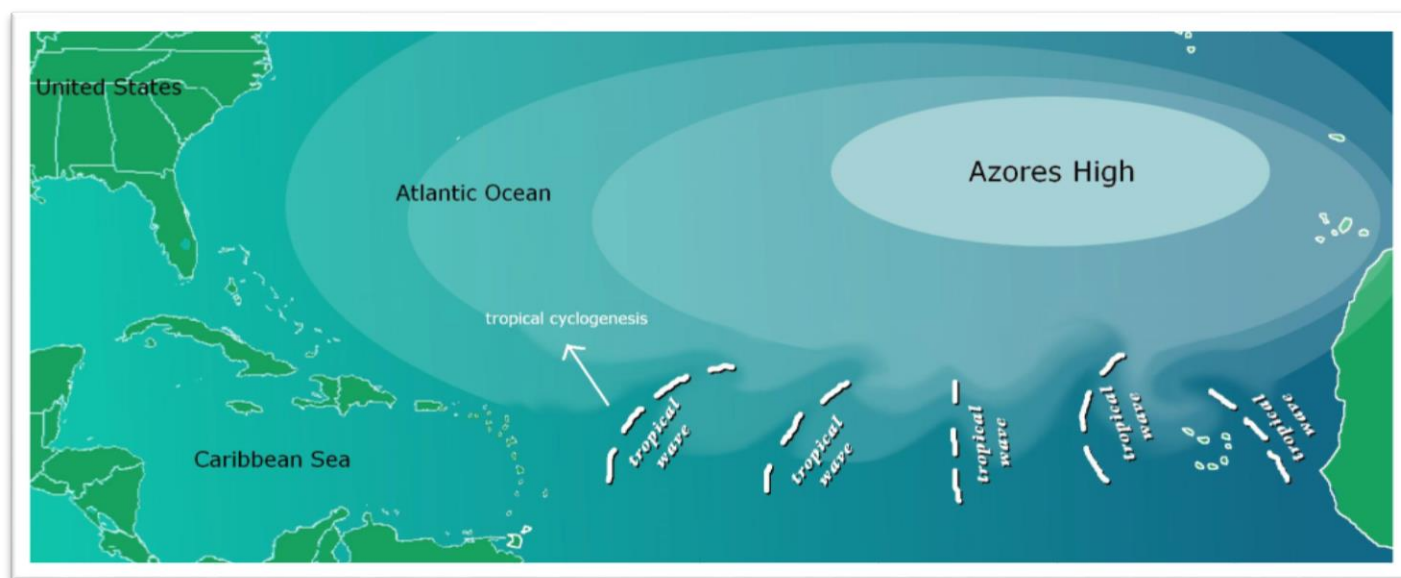
Perhaps these "**windows in time**" occur all over the country in the proper region when the solar and terrestrial weather conditions are right, enhancing the accuracy of ARV sessions. However, if they occur over an [earth ley line](#) and that ley line is in a region of higher than usual barometric

air pressure perhaps physical timeslips occur. The experience of pilot Bruce Gernon may have occurred because the region he was in happens to be in a region of extra high barometric air pressure.

### ***The Bermuda high (Azores high)***

In the location of Bermuda, there exists a semi-permanent area of high pressure in the North Atlantic Ocean, just beyond the East Coast of the United States. This system migrates east and west with its varying central pressure. The name of this system changes depending on what season it is. When it flows westward, during the summer and fall, its center is located in the western North Atlantic, near Bermuda. As winter and early spring arrive, it gathers near the Azores in the eastern part of the North Atlantic. This is when it is called the Azores High.

Source: [NOAA-NWS SRH](#).



If these conditions (higher humidity etc,) occur over an earth ley line as they did with Bruce, it may have caused his physical experience of forward time travel into the future. If the weather and solar conditions occur over general regions, than the accuracy of ARV sessions is enhanced.

### ***The Hartmann Grid***

The Hartmann Grid was described by Dr Ernst Hartmann (*a dowser who discovered a radiation grid around earth*) in the 1960's. These are a network of invisible radiations that rise vertically from the soil. Dr. Ernst discovered that north – south rays are linked to humidity, cramps and all forms of rheumatism and that the east – west rays are linked to inflammation. He discovered that the intensity of these lines **increases three to four-fold at night and twenty-four hours before the arrival of atmospheric low pressure** there is a 100% increase of gamma rays and that this increase was found to be up to 300% on volcanic soil. Also twelve hours before an earthquake the thickness of these rays would triples.

## Echoes From the Future

Research has shown a significant increase in ARV accuracy during times of higher humidity. During times the humidity is at higher levels, the excessive water vapor in the air causes a "stretching wave" type effect to occur. This stretching effect causes a "bubble to form" when the barometric air pressure is lower. This traps the moisture in the location. This bubble acts as a resonating chamber. This then forms a radar type "echo" that returns the intention and emotions directed toward a future date, causing emotions powered by intention to return from the future via the "echo/radar effect."

When a barometric low pressure has formed over the course of a few days, it traps the humidity/water vapor in the location. Experience has shown that ARV accuracy is greatly enhanced when barometric air pressure in the region has been in decline the previous 3 days and the last 24 hours before there is a rise in barometric air pressure is the ARV sweet spot.

This effect is highly similar to the effect where messages are sent back from the future to the present in the [Quantum Tunneling Experiment](#).

[The Wingmakers Project](#) (which has time travel aspects) also speaks of Chambers and that the technology is a form of time travel.

## Is a Super Refracted Region of our Atmosphere Bending Light Enough to Cause a Rift in Space / Time?

It is a scientific fact that when you can bend light, you can create a tear or rip in the fabric of space and time, as [experiments by scientists has already proven](#).

Extreme stratification can cause light to bend, or the droplets of water in clouds to become super refracting. [Lenticular Clouds form when the atmosphere becomes stratified](#). This severe bending of the rays of light, can [make a runway appear further away than it actually is](#) when a pilot is about to land on a runway.

This stretching effect of observable reality may be related to the discovery that Russian Time Travel Researcher Nikolai Kozyrev made that there would be an [increase in the density of time after an elastic or rubber band had been stretched](#).

When the conditions are right, this stretching effect causes a "bubble to form" in regions of higher humidity, which traps the moisture from the lower barometric low. This bubble acts as a resonating chamber compressing the water moisture that is in the air, this then forms a radar type "echo" that returns the intention that is directed toward a future date. This intention then returns from the future via the "echo/radar effect." This effect has been demonstrated in a graphic by the [Anderson Time Travel Institute](#).

### SOLAR RADIATIONS

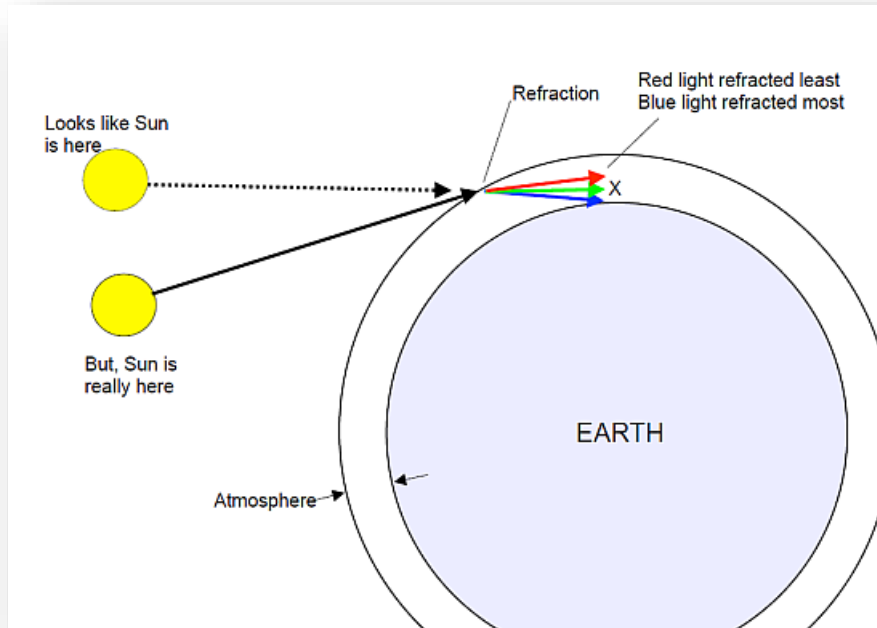
#### EFFECT OF ATMOSPHERE ON SOLAR RADIATIONS

##### 4. Refraction

- When light moves from one material to another with a slower speed of light, the light is refracted toward the normal.

If light is moving slowly due to higher vapor or water moisture or smoke in the air, than the **regional lightwaves become refracted.**





## Consciousness and Refraction

Physicist David Deutsch states in his book, *The Fabric of Reality*, that the double-slit experiment is good evidence for the many-worlds interpretation. In 140 AD, the great scientist Ptolemy discovered from measuring the positions of stars, that light is refracted, or bent, as it passes through the atmosphere.

In Young's double slit experiment, in order for the effects of the two portions of light to be re-combined, it is key that come from the same point of origin, so they arrive at the same point by different paths. This deviation can be produced refraction.

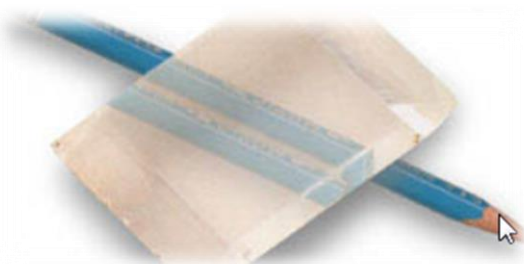
Source: Wikipedia

[https://en.wikipedia.org/wiki/Young's\\_interference\\_experiment](https://en.wikipedia.org/wiki/Young's_interference_experiment)

Does the intensity of the refraction in our environment assist in the collapse of the particle wave function caused by our consciousness observing something create a more solid timeline of the future up to 4 days in advance? This effect is commonly known as the Copenhagen interpretation

[https://en.wikipedia.org/wiki/Copenhagen\\_interpretation](https://en.wikipedia.org/wiki/Copenhagen_interpretation)

## **Refraction and dual polarity**



Refraction always consists of 2 parts, as we can see calcite crystal where the reflected light is broken into 2 distinct images.

Remote viewing the future or our universe in general always consists of 2 parts. A positive emotion and a negative emotion, a future event and the present moment.

Timeslips involve going from one point in time to another point in time. There always exists 2 points in time or 2 parts, which mirror the process or the law of refraction.

The more an environment becomes concentrated with refractive waves, such as when lenticular clouds form during higher humidity, or from radiation fog, the more intense the particle wave collapse function when an observation takes place. The famous double slit experiment always contains an outcome from dual opposites. The end result does not occur until observation, or the power of consciousness has interacted with the event. This therefore proves that ARV remote viewing relies on the particle wave collapse function, as a part of the process for a successful ARV session.

*In summary -*

Refraction occurs naturally in our environment and is dependent upon the focus or observation from an observer to create the end result. That is why visualizing something or practicing it over and over in your mind before doing it gets positive results.

Weather conditions that have high refractive environments greatly assist this observation into reality process. If you are focused on running a marathon and intent on besting your rivals or breaking the world record you will, not because you actually run faster, but because the power of observing you being faster than your rivals is what breaks the recede. Observing yourself finishing first, rather than being beat by the clock is what gets the results. This proves time is an illusion and explains why every year new marathon records are broken, just a little bit faster than previous records. As a matter of fact the list below shows that records are broken almost each year.

[https://en.wikipedia.org/wiki/Marathon\\_world\\_record\\_progression](https://en.wikipedia.org/wiki/Marathon_world_record_progression)

		Kingdom	1984		ARRS <sup>[42]</sup>
2:07:12	Carlos Lopes	 Portugal	April 20, 1985	Rotterdam Marathon	IAAF <sup>[41]</sup> ARRS <sup>[42]</sup>
2:06:50	Belayneh Dinsamo	 Ethiopia	April 17, 1988	Rotterdam Marathon	IAAF <sup>[41]</sup> ARRS <sup>[42]</sup>
2:06:05	Ronaldo da Costa	 Brazil	September 20, 1998	Berlin Marathon	IAAF <sup>[41]</sup> ARRS <sup>[42]</sup>
2:05:42	Khalid Khannouchi	 Morocco	October 24, 1999	Chicago Marathon	IAAF <sup>[41]</sup> ARRS <sup>[42]</sup>
2:05:38	Khalid Khannouchi	 United States	April 14, 2002	London Marathon	IAAF <sup>[41]</sup> ARRS <sup>[42]</sup>
2:04:55	Paul Tergat	 Kenya	September 28, 2003	Berlin Marathon	IAAF <sup>[41]</sup> ARRS <sup>[42]</sup>
2:04:26	Haile Gebrselassie	 Ethiopia	September 30, 2007	Berlin Marathon	IAAF <sup>[41]</sup> ARRS <sup>[42]</sup>
2:03:59	Haile Gebrselassie	 Ethiopia	September 28, 2008	Berlin Marathon	IAAF <sup>[41]</sup> ARRS <sup>[42]</sup>
2:03:38	Patrick Makau	 Kenya	September 25, 2011	Berlin Marathon	IAAF <sup>[68]</sup> IAAF <sup>[69]</sup>
2:03:23	Wilson Kipsang	 Kenya	September 29, 2013	Berlin Marathon	IAAF <sup>[70]</sup> IAAF <sup>[71]</sup>
2:02:57	Dennis Kimetto	 Kenya	September 28, 2014	Berlin Marathon	IAAF <sup>[72]</sup> IAAF <sup>[73]</sup>

Now let's examine influences of the star Arcturius and its influence in ARV.



**Calculations in this report are published based on the location of Portland, Oregon U.S.A**

**Star Rising Times are courtesy of USNO**

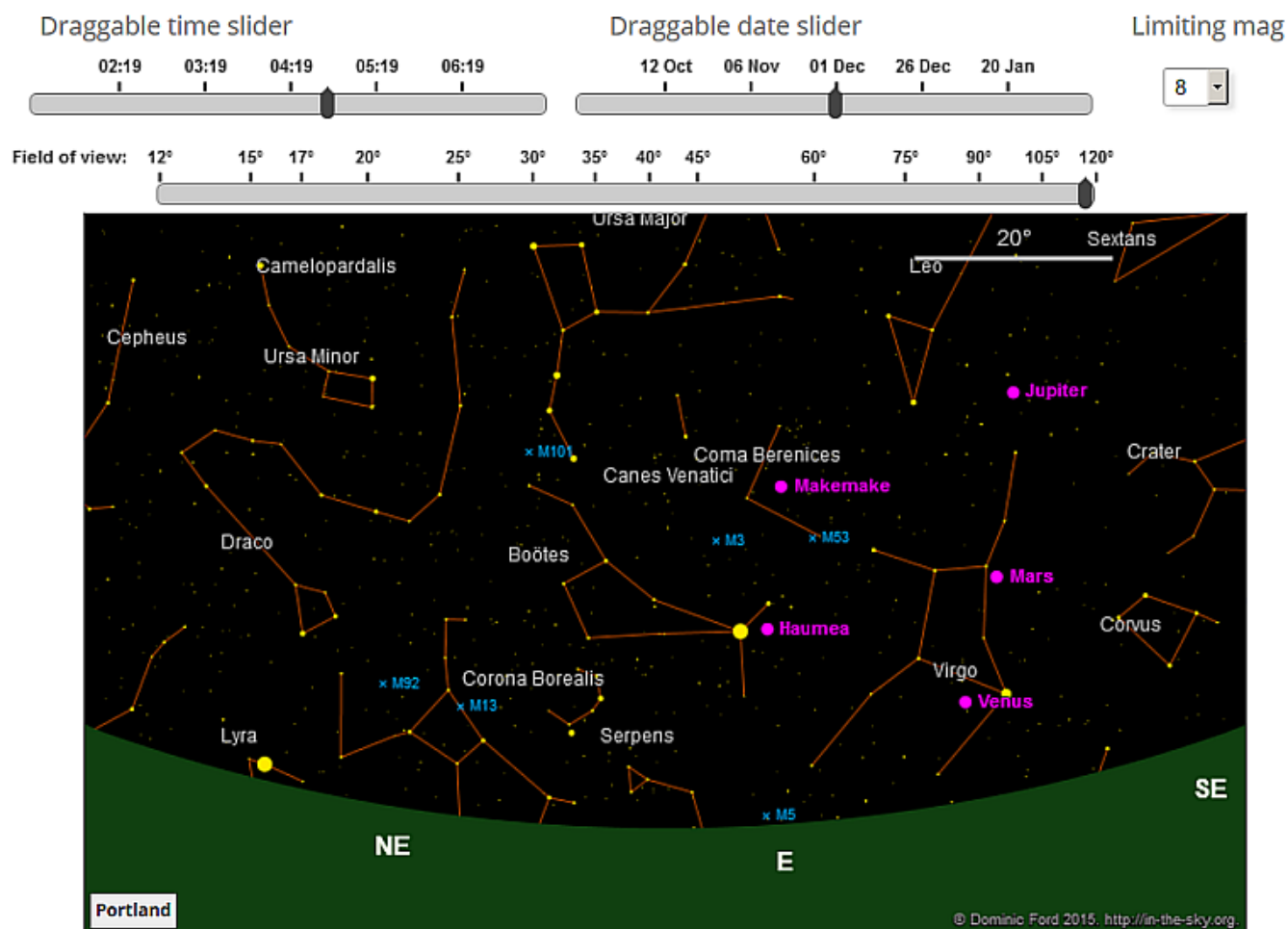
[http://aa.usno.navy.mil/data/docs/RS\\_OneYear.php](http://aa.usno.navy.mil/data/docs/RS_OneYear.php)

**Star Maps are courtesy of SKY MAP**

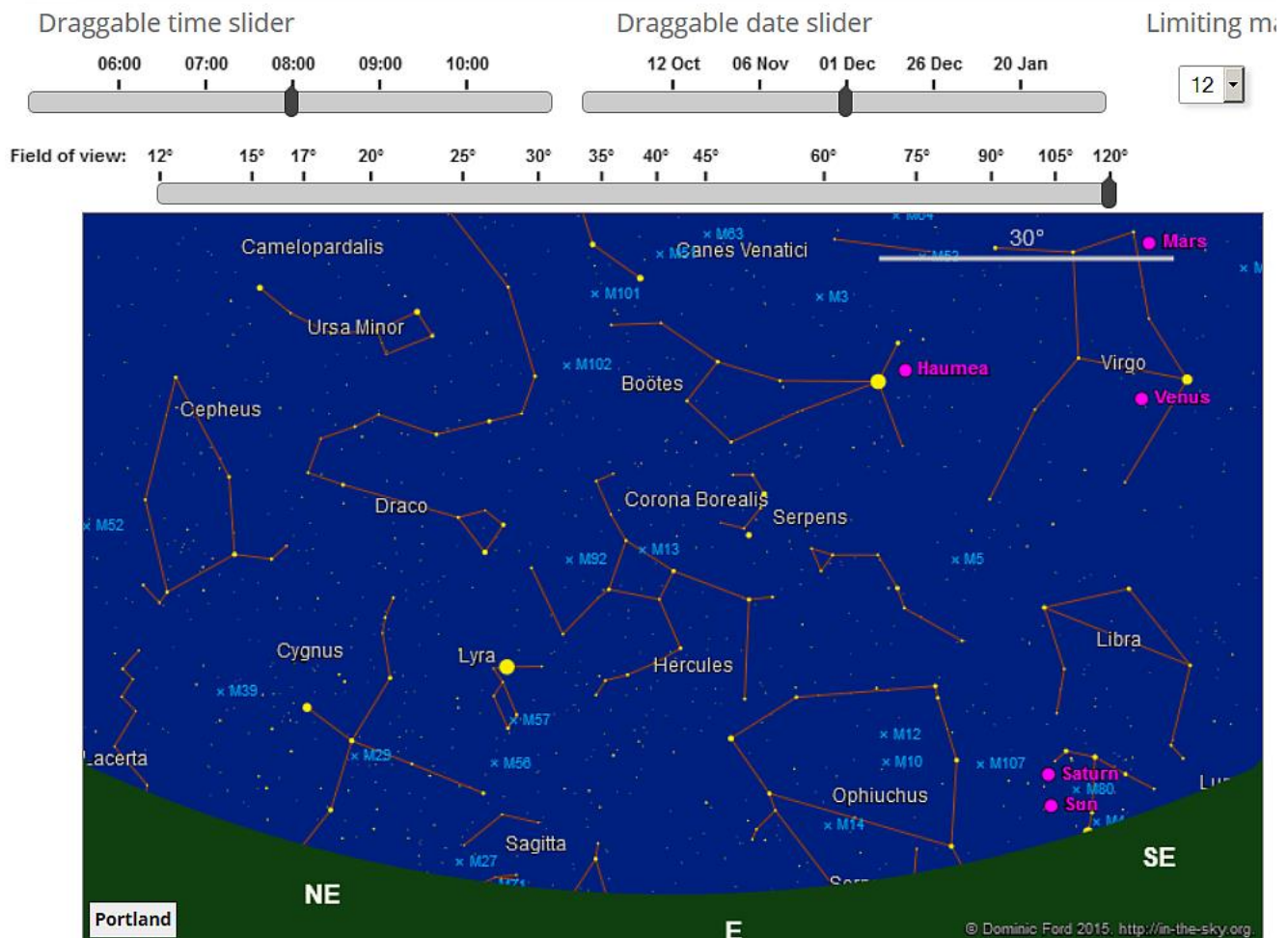
<https://in-the-sky.org/skymap.php>

13:30 LST is based on the data that this time is the period just before the [Milky Way rises in the east](#). So instead of trying to find the center of where the Milky Way is going to be every day and look for it on a sky map, instead the best way to get an approximate position of 13:30 LST is to look for stars that are just above the Milky Way. In this case the star [Arcturus](#) just happens to be in the perfect position .

If we look at a sky map below, on the date of December 1<sup>st</sup> at around 4:19 a.m. [Arcturus](#) is the yellow dot in the photo, to the far right of the Bootes Constellation. [Arcturus](#) is the fourth brightest star in the night sky.



Above image courtesy of [Online Sky Map](#).



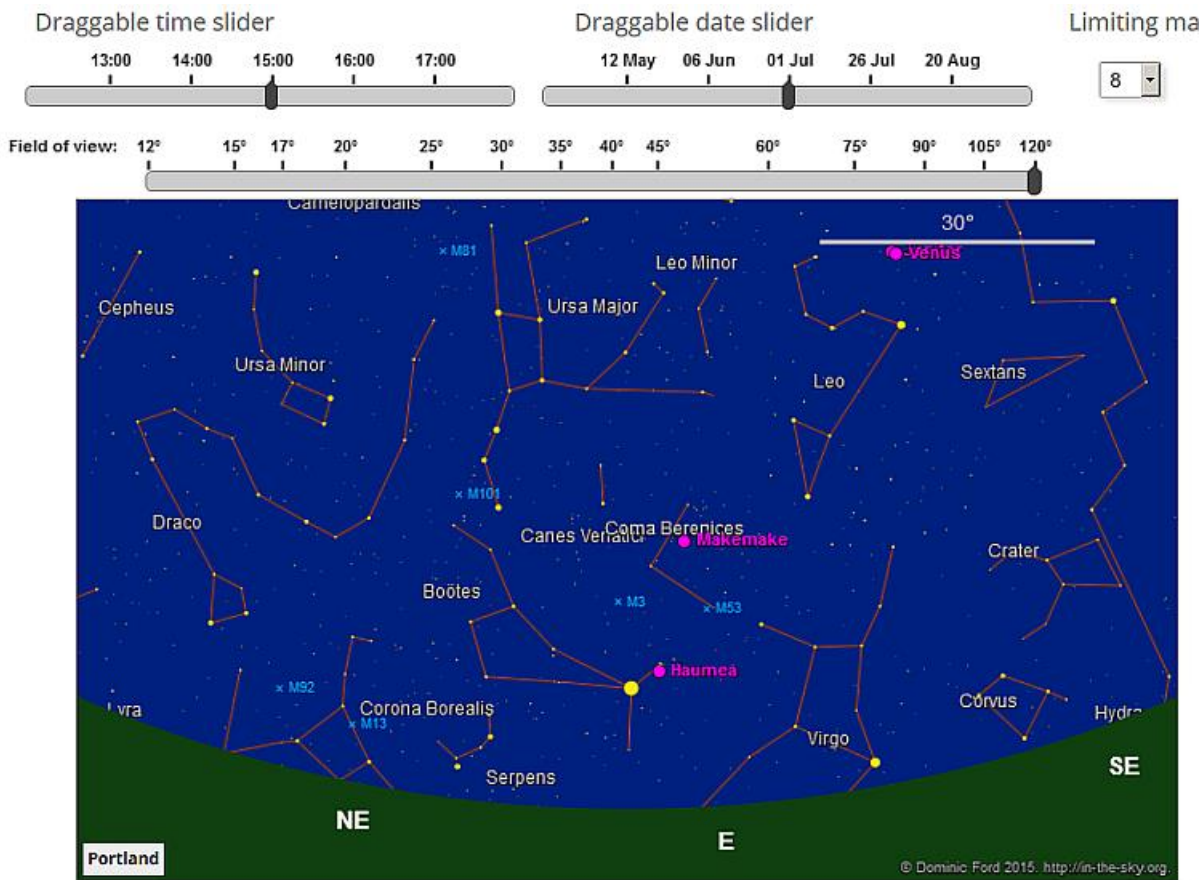
Now if we wait a few hours later, say 8 a.m. we can see Sagittarius coming up in the east (*on the very bottom*), and [Arcturus](#) rising to about 25% above the eastern (*the yellow dot at the far right of Boötes*).

### Quote from Freemasonry.bcy

*Pierre Charles L'Enfant (b. 1754/08/02, d. 1825/06/14) and Major Ellicott (b. 1754/01/24, d. 1820) intended Pennsylvania Avenue to provide a view of the setting sun from the Capitol building annually on August 10th. The reason for this was because on that day the sun is in 17 degrees of Leo and the star Regulus sets over the White House just over half an hour after sunset, leaving the stars "Spica, in Virgo, and Arcturus in Boötes."*

[http://www.freemasonry.bcy.ca/anti-masonry/washington\\_dc/ovason.html](http://www.freemasonry.bcy.ca/anti-masonry/washington_dc/ovason.html)

Now let's take a look 6 months later on the first of July at 3 p.m. The star is still in the same position at approximately 13:30 LST.



As we can see again, the star Arcturus is rising in the east. So now that we know the star position, let's take a closer look at the meanings of the stars.

Now the star that is almost in the middle of the milky way is the star Antares, which happens to

rise [approximately 5 hours after](#) Arcturus rises in the east.



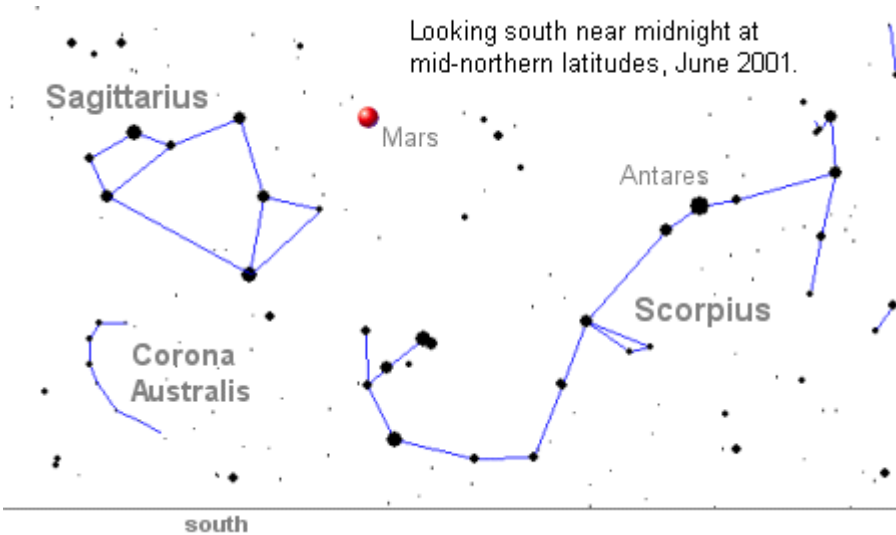
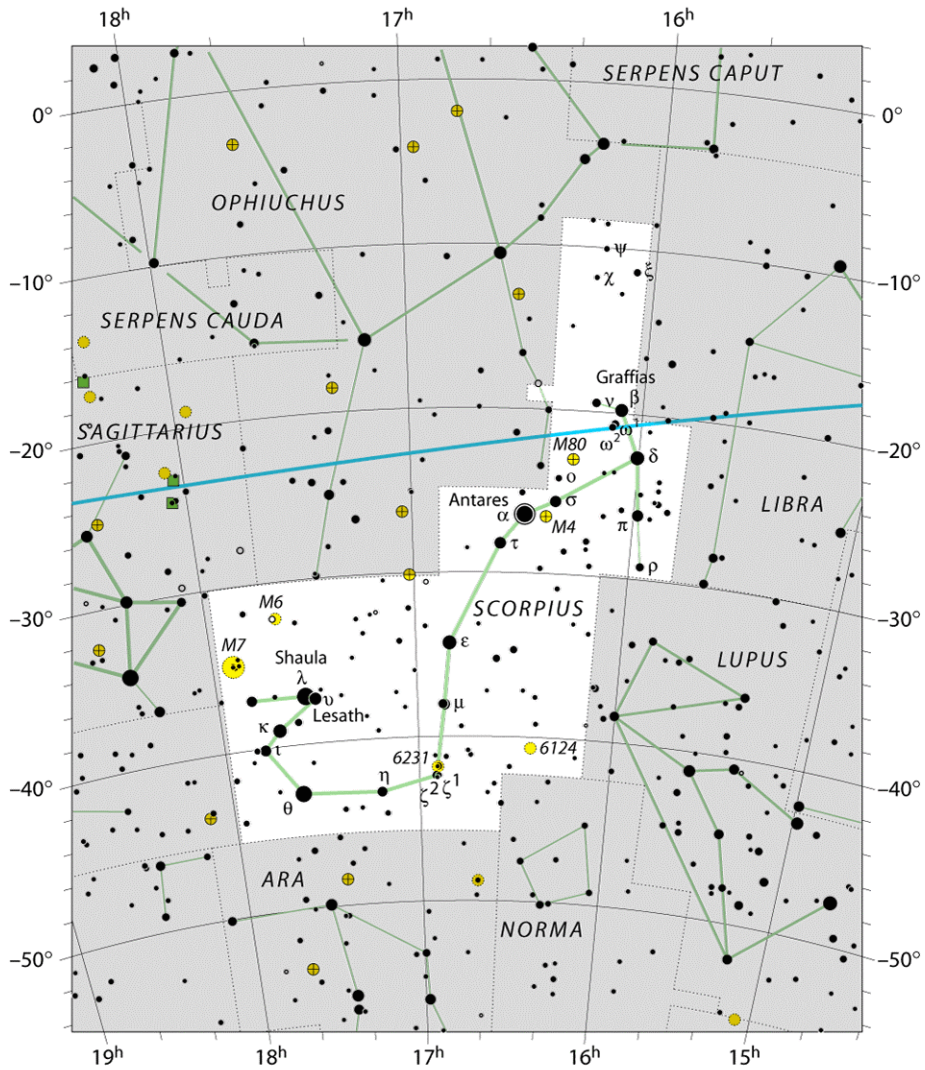
So because Antares (or the center of the Milky Way) is a time where remote viewing accuracy is not as accurate, what is the historical mythology of the star Antares?

### Antares Mythology

In many mythologies Antares means "heart of the scorpion" because it is associated with the Scorpio constellation. In Sumerian mythology Antares was seen as the breast of the scorpion and as the deity Lisi, a goddess who was closely related to



fire and the brazier. god's name bears epithets like 'he who burns with fire' and 'he who burns an offering'.



As we can see as Antares rises/sets, it does so with the constellation Sagittarius.

Because the location of Sagittarius is the Center of a Black Hole in the center of our Milky Way, it causes the accuracy of Remote Viewing to Decrease.

## Anares in Astrology

[In Astrology](#) the Star Antares rules cosmopolitan views, pride, grandly liberal and commanding. If it happens to be rising, or culminating, destructiveness, liberality, military honor and preferment, malevolence, broad-mindedness, evil presages and danger of fatality and makes its natives rash, ravenous, headstrong and destructive by their own obstinacy. Now doesn't this sound a lot like "noise" to a person that would be remote viewing, compared to the harmony of Arcturus as we shall explore next? Antares also happens to lay just below the Scorpio constellation. [Many ancient myths](#) depict the constellation Scorpio as a Scorpion or "one that stings" giving it a painful significance.



Now what about the mythology of the star Arcturus? [According to Wikipedia](#) the light from the star Arcturus was rumored to be the mechanism to open the 1933 Chicago World's Fair. This is because the star's light had begun its journey at about the time of the previous Chicago World's Fair in 1893. There are also numerous Arabic, Aboriginal, Chinese, Inuit, Indonesian and Polynesian myths about this star. Most of these myths are positive. Such as the Indian myth calling it "**very beneficent**", or the Japanese who call it the star of wheat, and in Arabic terms, "the uplifted one", and in ancient Greece "[He cometh](#)". Edgar Cayce also stated in his teachings that Arcturus is one of the most advanced civilizations in this galaxy that it is [a prototype of Earth's future](#). Now how could he have known years ago that this part of the sky is related to earth's future before the [13:30 LST time discovery](#)?

Read More (*shows an image of Western Union and General Electric with the photocell used to illuminate the opening of the world's fair in Chicago in 1933*)

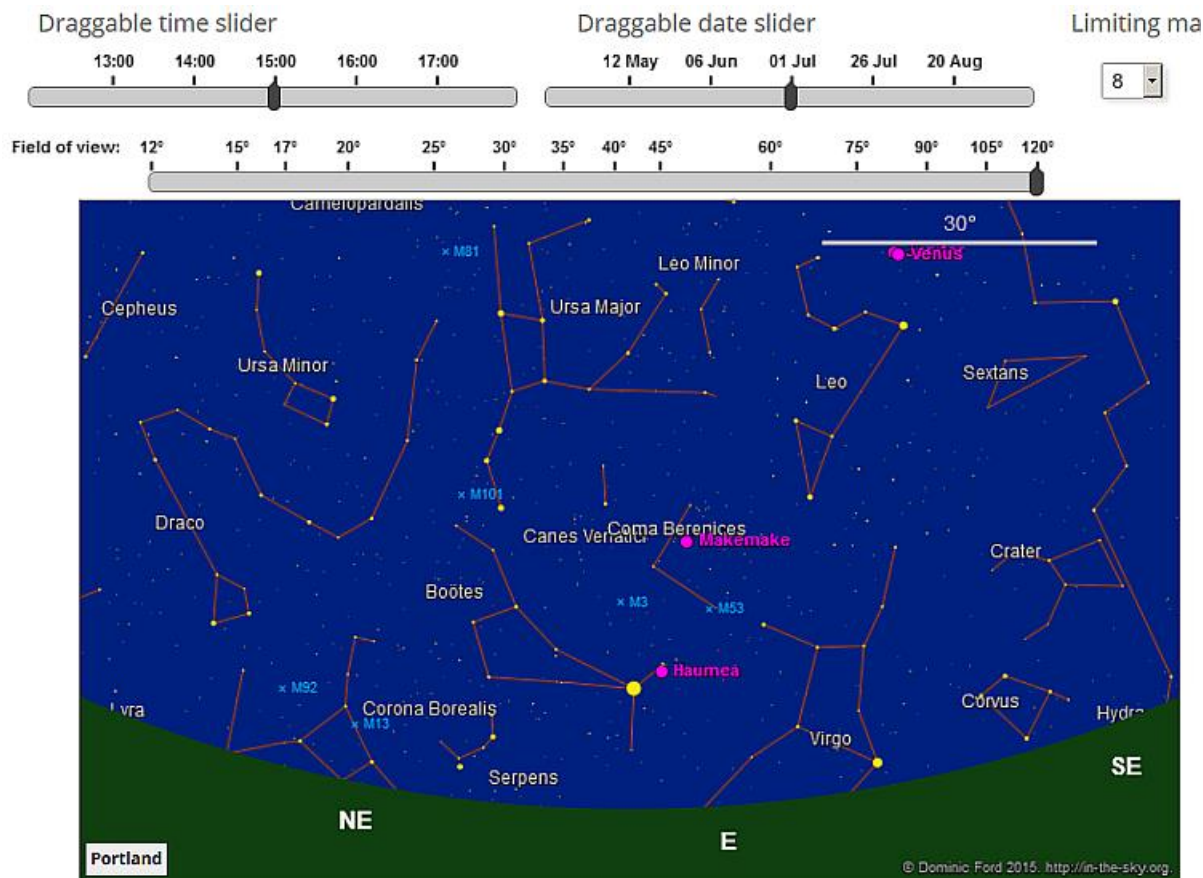
[The Curious and Confounding Story Of How Arcturus Electrified Chicago](#)

## Arcturus in Astrology

[In Astrology](#) the star Arcturus is known for riches, honors, high renown and prosperity. Especially favorable for undertaking journeys. If someone is remote viewing something that has not happened yet, and Arcturus is known for being favorable or undertaking long journeys (*the future about to happen*) than this would be why it is a favorable time to remote view.

## The Story of Girona

If we return to our Sky Map again ([shown below](#)), if we look at the far left we can see the Draco Constellation. The book called [The Portal: An Initiate's Journey into the Secret of Rennes-le-Château](#), which happens to be about a physical journey undertaken that causes emotional release and renewal, and some people who have undertaken this journey have become wealthy afterwards. The interesting thing about this journey is that the rest point periods along the route (*at each rest period an exercise to release emotions is performed*) resemble the Draco constellation we have shown in [our research article](#). It is interesting to observe that both Draco and Arcturus deal with future journeys.



What would be interesting to do is to do a summary of events where people take journeys and to see if there is a reduction in accidents during the first 3 hours Arcturus rises in the east. Considering most planes depart in the morning hours from the busiest airports and Arcturus is in the east from August to October each year on the west coast of the U.S.A., it would be interesting to summarize this data and see if this is the safest time to fly or ride a similar means of transportation.

The [seasonal peak ARV accuracy](#) each year occurs during December of each year. This is when ARV sessions are most accurate. The peak hourly time of ARV viewing in December happens to



be just before dawn (*a time water moisture is peaking*). From November 23rd to December 20th of every year the [Sun / Earth is aligned with the constellation Sagittarius](#).

### **The Hidden Power of Moisture and Water Vapor**

*(These dates and times mentioned are configured for North America)*

The Science of [Nauscopie](#) uses careful observation of disturbances in water vapor to detect ships up to 4 days before their arrival in port. And in some cases it can be used [to detect land](#) from a ship. Water Vapor undergoes a daily cycle, reaching [peak values near sunrise each day](#). If humidity is higher, than the air can hold more water vapor.

### **Peaking Cycles of Humidity**

The period just around dawn each day is when humidity levels are highest or the time of day when water vapor in the air is at its highest levels. The [statue of Memnon in Egypt](#) is reported to emit a "singing" sound just before dawn of each day. This sound is strongest during February to March of each year. Additional Egyptian monuments such as Karnak also emit these pre-dawn sounds. Scientists believe that these sounds come from ***the evaporation of dew*** by rising temperatures inside the sandstone, which is a diamagnetic rock.

I have always noted that the best solar weather conditions for ARV sessions always coincide with increased foggy conditions. Therefore because December is the peak time of year for ARV session accuracy, than it would make sense that fog would be more common in December.

Below is a quote from: "[The Foggy Season in the San Joaquin Valley](#)"

*"Forecasting Fog is difficult to predict but is easier during the months of December and January. It becomes harder to predict just before and near the end of winter. The difficulty lies with predicting widespread or patchy dense fog. "*

The thick radiation fog frequently forms in the late fall and winter (*the rainy season*) **after the first significant rainfall**. This fog often forms over a large area of the Central Valley bounded by the mountains of the Coast Ranges in the west and the Sierra Nevada to the east.

This same effect of peak fog in December also [occurs in Lima Peru](#)

## The Back from the Future Resonating Chamber

***“The Valley has the various coastal ranges to the west and the Sierra Nevada to the east. In conjunction with the Sacramento Valley the Great Valley of California is essentially a closed air basin”***

Quoted from: "[The Foggy Season in the San Joaquin Valley](#)"

### **Radiation Fog**

The term "**Radiation Fog**" means that the surface cools down quickly. This type of fog occurs most often during fall and winter and is the [main fog that forms in the San Joaquin Valley](#). This type of fog also [occurs in the Columbia Basin](#) in the Pacific Northwest. Radiation Fog [also forms by thermal radiation](#).



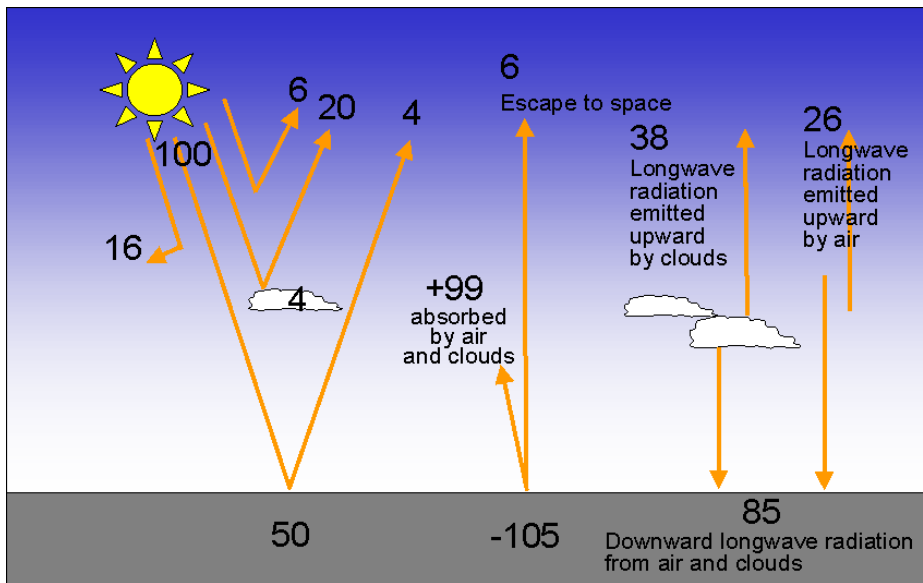
### **How Radiation Fog Forms**

During the day, the ground warms and then it cools down at night. This cooling happens because the ground is radiating heat. The effect is even more pronounced when the sky is clear at night (because clouds reflect radiated heat, acting like a blanket) and the air is calm & humid.

Radiation or ground fog - in mountain areas and cold pools often seen as valley fog. Radiation fog might be

rather shallow over damp and wet ground after a rainy night and is sometimes called precipitation fog. Radiation fog might also form as a low stratus cloud forming just underneath an inversion, gradually expanding and descending towards the ground surface.

***From our research, our most accurate ARV sessions occurred in December (between 3 a.m and 4. a.m) and again during the month of April (between 7 and 8 a.m). These are both times of the year (preceding or near sunrise) that water moisture remains longer in the air for longer periods. Please note these sessions were always done at the 13:30 LST time, when the star Arcturus is rising in the east.***



### Re-Radiating Energy back into Space

During radiation fog, as the ground cools rapidly it emits longwave radiation to space.

This cooling of the air near the soil creates a thermally stable layer ceasing all turbulence above the soil.

Next excess water vapor begins to form into Fog droplets.

When the Fog becomes deep and thick enough, (some tens of meters), the upper part of the fog will become the effective interface to space. Radiation fog can be deep yellow or even brownish in color.

**When a low pressure system occurs**, earth's atmosphere becomes cloudy and it may rain. This adds more moisture to the ground, as **the high pressure system kicks in**, just after the low pressure period, the moisture on the ground gets condensed due to the radiative cooling of earth's surface.

This would mean areas / regions that trap moisture create the resonating chamber effect shown in the [Quantum Tunneling scientific experiment](#).

This explains why during certain periods as air pressure is falling, and humidity is above 75% and climbing, the lowering air pressure traps the denser than usual water moisture in the air creating the "bubble". Doing ARV sessions when this bubble forms creates greatly enhanced ARV accuracy. The next type of fog, shown below is **Advection Fog** and occurs during higher humidity. Ongoing research is going to determine which fog gets the best results, radiation or advection fog.



Advection fog is also called sea fog and occurs when warm air flows over a relatively cold sea surface, but is just as common over land. Advection fog is often associated with the passage of cold and warm fronts and thus is also known as frontal fog.

Factors contributing to advection fog occur when moist and warm air collides with wind, it causes turbulent mixing, moistening the air from below. This causes advection stratus clouds. When these Stratus clouds encounter cool water (sea surface temperatures lower than air dewpoint temperature) or regions of snow, the turbulence and the thermal convection will decrease, however the water vapour-driven convection will mix with the overlying air. This causes cooling of the unsaturated air and a lowering of the cloud base, causing Advection Fog. During winter, the warm section of the middle and upper troposphere is dry. This will increase the rate Advection Fog forms.

### ***In Summary***

**Advection Fog** occurs when warm air flows over a cool surface (snow, cool moist soil).

**Radiation Fog** occurs on nights when humidity is high and there is lots of radiational cooling. This then radiates the heat up into the atmosphere, and the cloud cover traps this heat in forming a "bubble" or dome. The effects of this are strongest during night time.

[https://en.wikipedia.org/wiki/Radiative\\_cooling](https://en.wikipedia.org/wiki/Radiative_cooling)

Radiation fog does not form over oceans. However in Southern California, the fogs known as "May Gray" and "June Gloom" form near the coast.

**Does this mean increased car accidents during fog occur because people's perception of the flow of time has changed influencing their rate of reflexes?**

### **The Humidity and Barometric Pressure and its Effects on ARV**

Barometric pressure has been proven to intensify the energy of charged particles in the air, this is because Barometric pressure affects the rate at which air molecules in the air collide with each other. This collision of molecules in the air produces electromagnetic energy (of which infrared absorbs). When the barometric pressure is rising, the faster and more intensely the air molecules collide with each other, producing higher amounts of electromagnetic energy.

Humidity absorbs thermal radiation from the air. This causes the air to become more dense. This then enhances the conductivity of the current electromagnetic, thermal and geomagnetic energy. More of this energy in the air means more energy available for mental activity, thereby creating increased ARV accuracy.

### ***Low Pressure Increases Speed.***

**Bernoulli's Principle** proves that when a fluid flows horizontally (*the air flow similar to lenticular cloud formation*), its highest speed occurs where the pressure is lowest, and the lowest speed occurs where the pressure is highest.

## Declining Atmospheric Pressure and Declining Solar Radiation

If we [look at the suns radiation / sunspot period in 1970](#) (during Bruce's Timeslip), we can see it was a sunspot cycle period when the suns radiation was declining. What is most interesting of all is that radiation fog occurs as a result of the heated earth cooling down. Radiation fog occurs more often during late fall into early winter, as temperatures start falling. Now if we look at our [ARV clarity index](#), we can see that **2 or more days of a decline in the suns x-ray background flux radiation** (*which is otherwise known as a decline in sunspot activity*) is part of the window period enhancing the accuracy of ARV.

A decline in Barometric Air Pressure, may also follow the same rule. After a 3 or more day period of a decline in barometric air pressure, the air molecules begin to "increase their speed" again just before the barometric air pressure begins increasing.

So in summary what this means is that a decline in solar thermal radiation may be causing the conditions causing a low pressure system in the pacific northwest of the United States, and perhaps other areas.

This has [already been scientifically confirmed](#). Short-term weather patterns studied by Walter Orr Roberts of the University Corporation for Atmospheric Research and Roger H. Olson of NOAA showed that as the spiral-shaped interplanetary magnetic field rotates past the Earth, **about 24 hours later there is a decrease in the number of low pressure weather systems** forming in the Pacific Ocean off the western United States and Canada causing an increase in storms.

## Cooling Masses Create Ideal ARV Conditions

Now that we see the effect a cooling mass such as the ground of earth has on ARV sessions, what about other environmental masses that cook or lose energy?

As a large mass that has been heated previously begins to cool by cooler temperatures, it radiates heat back outwards. If radiation clouds form by the cooling of earth, which then re-radiate this energy upwards back into space, as the suns x-ray background flux "cools", does this radiation also re-radiate itself back into space?

It is interesting to note that there has been some speculation that decaying nuclear radiation from nuclear waste [creates particles that travel back in time](#).

Russian Time Travel Researcher Nikolai Kozyrev always found his greatest success in bending time would occur [from fall into early winter](#), a time where earth's soil and atmosphere are cooling or "declining in radiation". From fall into early winter is also a peak period of ARV viewing as shown on [our ARV clarity index](#).

## Infrared and Water Moisture

Quote from Wikipedia:

*"Infrared and Microwave spectrum absorb large quantities of water vapor. "As well as absorbing radiation, water vapour occasionally emits radiation in all directions, according to the Black Body Emission curve for its current temperature overlaid on the water absorption spectrum. Liquid water and ice emit radiation at a higher rate than water vapour"*

Source: [https://en.wikipedia.org/wiki/Electromagnetic\\_absorption\\_by\\_water](https://en.wikipedia.org/wiki/Electromagnetic_absorption_by_water)

Could the increased water vapor in the air (higher humidity) be "trapping" infrared radiations, acting as an "information receiver"? If this is true, than infrared may be a way to send messages faster than the speed of light.

Infrared Light absorbs moisture readily much like a sponge. The Star Arcturus, due to its massive size, puts out more infrared light than usual [as shown by Dr. Jim Kaler of the University of Illinois](#). This is because the star Arcturus is the second brightest star close to earth and is roughly 25 times the diameter of our sun. Also because it is a dying star, instead of fusing hydrogen like our sun, Arcturus is now fusing helium in its core, causing it to expand even more.

## The "Green Fog" and Timeslips

Many people who have experienced Timeslips (which is a moment where time anomalies occur) report a "fog" manifesting in the general locality of the timeslip. In some cases this fog happens to be green. This fog is known as electric or "electronic fog". This fog has been reported in the Versailles's Timeslip Incident and the Bermuda Triangle Project. This fog disrupts the locality of the space/time continuum. It can cause a timeslip to the past or to the future, or if doing ARV sessions, can be used to retrieve information from the future back to the present.

### ***So in weather reporting what type of fog is green?***

According to the [Metrology Weather Center](#)

"Green-tinted fog is rare and occurs as rain falls on air that is warm and humid. This causes the air to chill the air to saturation, forming a shallow layer of fog to form. The layer is not more than a few hundred feet in depth. If this fog forms where the green foliage of trees is damp, it creates the greenish tint." Is it the foliage of the trees that is causing this "time gap effect" or the color green? Either way, these conditions are perfect for enhanced accuracy of ARV sessions.

### ***Dense Fog Transmits More Light***

In a scientific study done by Rudolph in 1904 he discovered that [dense simulated fog transmits green and yellow light better than orange and yellow](#).

The last words of flight 19 were "We are entering white water, nothing seems right. We don't know where we are, the water is green, no white."



So this green fog can also occur near water or turn the water green or it is a layer of green fog above the water causing the water to appear green. [Yellow Light has also been reported in Timeslips](#)

### Water and Our Emotions

Some people enjoy spending time near or on water. Water relaxes, invigorates and soothes our emotions. Haven't you noticed that spending time in a relaxing bath or pool changes your attitude? Water is also used to relieve stressful emotions, such as using a water fountain to create emotions of tranquility.

### Thoughts Affect Water

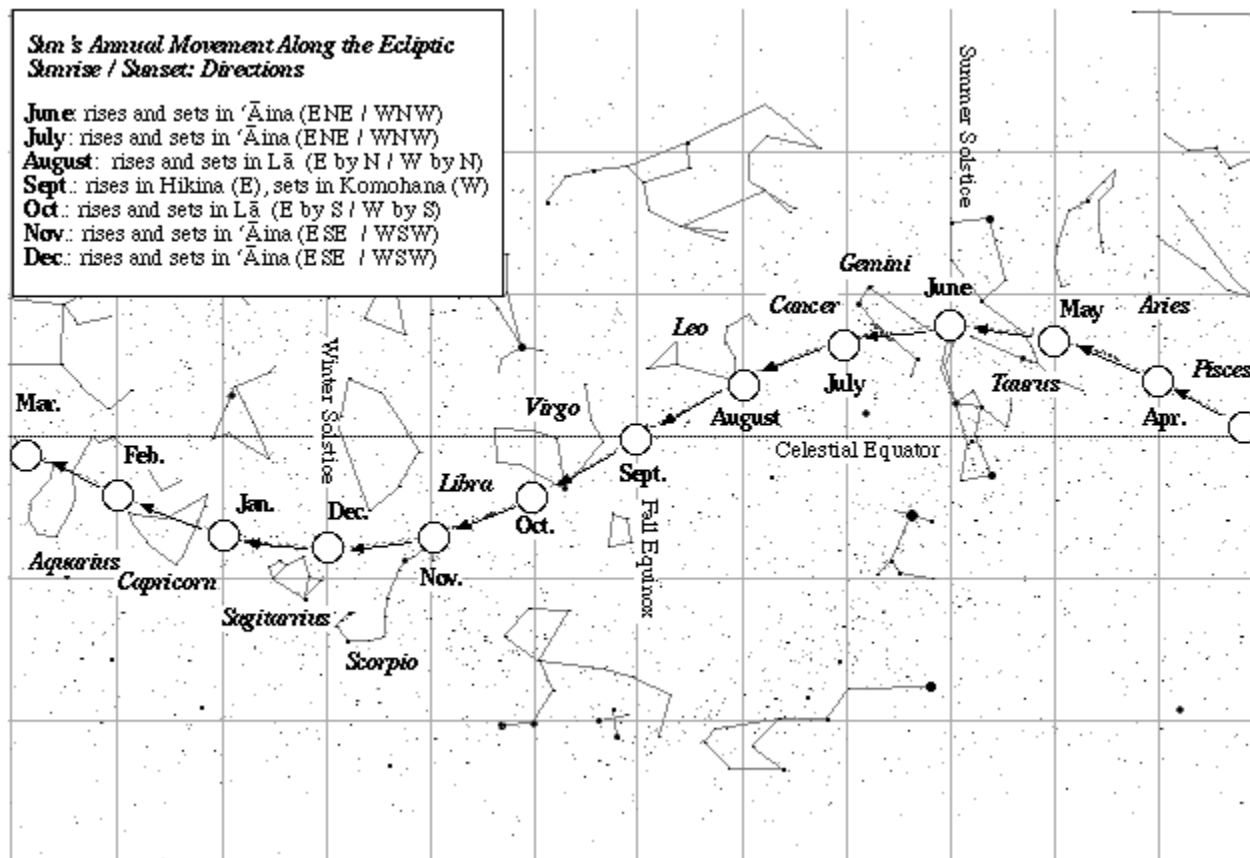
Dr. Masaru Emoto has proven that thoughts can affect water. He has done numerous experiments showing that human [intention can be planted into ice crystals](#) as well as grains of rice.

***UFO Shaped Clouds and Humid Air (note: The cloud below is the same cloud type Bruce Gernon encountered when he experienced his time slip)***



Remote viewing accuracy peaks in December, the time of year water moisture is greatest in the air in North America. One interesting and curious phenomena is that if stable humid air blows over the top of a mountain range and the temperature on the downward side is low enough, than the moisture in the air will form [Lenticular shaped clouds](#) (which resemble the appearance of a UFO). These clouds will usually form on the downwind side of the mountain. So we can see that humid air as

interesting properties. Also research has shown that humidity levels of between [60 and 70%](#) [boost intuition](#)



Also the constellation Scorpio happens to be before Sagittarius rises. Scorpio, happens to be a [‘moist’ sign](#) in astrology.

### Interesting Facts about the Star Arcturus

- The Surface Temperature of Arcturus is 4,000 C
- The closest approach of Arcturus will happen in about 4,000 years, when the star will be a few hundredths of a light-year closer to Earth than it is today, and over the long term it is continuing to move away from earth.
- Arcturus was the first star to be discovered in the daytime and was thought to be 40 light years from earth, however it is in fact 37 light years from earth.
- Arcturus shines approximately 114 times more brightly than our own sun.
- Arcturus releases more than 215 times more x-ray background radiation than our own sun.

## The Months from October to November and Time Travel

If any of you are time travel science fiction movie buffs, you will know that many movies list the months October and November as the months that the characters travel through time. It is also interesting to note that the seasonal accuracy of ARV sessions is from November to December.

## Meteor Showers

An interesting fact is that from approximately October 22nd to December 14th of every year the earth experiences the majority of its meteor showers, in the aforementioned span of time. These are the [Orionids, The Southern and Northern Taurids, the Leonids and the Geminids](#). Meteors also have naturally formed [Quasi Crystals](#).

## The Mars Effect

Because we are dealing with energies arriving in from the east, it is interesting to note that research has been done showing that when the planet mars is rising in the east, that a person born during this time is likely to be a person of athletic build and likely to take up sports. This is known as the [Mars Effect](#).

## The Condition Pink Period

The [condition pink period](#), happens to match the same conditions as the behavior forecast called a "[condition orange](#)". Our in-depth research has shown that condition orange periods are times [where emotion is intensified](#). The requirements for a condition orange to take place are 3 or more days of decreasing sunspots (*also the same as a declining solar flux*) and a peak in KP activity. These are the prime conditions for ARV.

So if emotion is more intensive during condition orange periods, especially on a worldwide collective level, and remote viewing uses emotion to detect changes in future events, than it would make sense that the times more emotion is present (**condition oranges**), the greater the accuracy of the ARV remote viewing session. On the other hand, the 350 solar wind speed known as a "[condition green](#)" is also a time of more intense emotion. In this case the emotion is one of harmony and well being on a worldwide collective level, the complete opposite of a condition green period.

## Locating the ARV "sweet spot"

I have personally found that the "sweet spot" is when Archytus has risen or is approaching 25 degrees above the eastern horizon. This sweet spot is between 2.5 and 3 hours after Arcturus rises in the east.

## Hypothesis

***Here is my theory as to why ARV sessions are enhanced at certain times and conditions:***

As the sun's solar radiation and solar wind levels begin to decline the "**screen**" of solar particles shielding light-waves from stars starts to fade. This gives rise to faster than light waves of energy. When ARV sessions are done during this favorable period of solar weather the results are enhanced. This is because of the "**light waves effect**" shown on the [Anderson Time Travel Institute page](#). It also occurs due to the effect where as a [person travels in a rocket in outer space away from earth at the speed of light time slows down](#) yet time speeds up to people on earth. In the case of favorable ARV solar weather periods, the earth's atmosphere is the rocket ship speeding up (*due to less particles/friction*), and the declining solar x-ray background radiation and solar wind speed is the stationary object. Because [Arcturus](#) also emits more far infrared light than usual, it is also possible that the infrared light has something to do with the accuracy.

This is because as the mass of solar particles decreases, earth's mass "*speeds up*", causing a faster flow of energy to take place, much like a ship has been going upstream against the current, then suddenly turns around and goes faster with the current because there is less pressure and drag on the ship's hull. This "sling shot" effect is what gives rise to faster than light particles. The ocean of solar particles around earth act an independent planetary object, having effects on human consciousness. This is just a theory and more research needs to be done to confirm this.

## Solar and Terrestrial Influences

As the air pressure starts dropping and the air fills with more moisture, it creates a "compression zone" of energy. If fog is occurring, than in certain areas of higher than normal barometric air pressure and possibly on an earth ley line, it will turn the fog green. It is interesting that [green skies are seen before a tornado occurs](#), which is a period of intense atmospheric energy.

Perhaps increased geomagnetic energy further adds energy to these conditions, as the aurora borealis (which occurs during higher geomagnetic energy) consists of a green sky.

## ***Scientific Researching Proving Increased Humidity Associated with Geomagnetic Storms***

*"The results of the study showed that the atmospheric electric field and meteorological parameters were associated with geomagnetic storms with  $A_p > 100$ . Surface pressure dips and surface temperatures increase after a geomagnetic storm. Wind velocity shows an decreasing trend and relative humidity shows an increasing trend after the geomagnetic storm."*

Study Name: Association among Geomagnetic Activity, Atmospheric Electric Field and Selected Meteorological Parameters. Poonam Mehra. Published by Indian Institute of Tropical Meteorology, Pune 411 005, India  
Changes in Weather Cause Changes in Emotions. Emotions are not bound by space nor time.

"During the last 24 to 48 hours of a barometric air pressure low, just before it changes to a barometric high air pressure, the weather will undergo a change. It may go from dry to wet, cool to warm, windy to calm etc. etc.

### **Changes In Weather Affect Human Emotion**

Howard and Hoffman (1984) surveyed 24 college over 11 consecutive days and found a significant effect on their moods, especially with regards to humidity. The Humidity, temperature, and hours of sunshine had the greatest effect on their moods.

A study conducted by Sanders and Brizzolara (1982) which involved 30 college students discovered that high humidity influenced vigor, elation, and affection.

Because human emotions are not bound by space nor time, and we know in advance the future change in the weather and that this weather will affect emotion, than ARV sessions involving the detection of future emotion can yield good results.

For example during an ARV session you could visualize yourself putting up the future result of the Dow Jones on a webpage and as you do so listen / be aware for the emotion as it occurs at that future point in time, than gauge the strength of it on a scale. Once you can interpret and gauge the emotion, you have recorded an image of the future using emotion as the carrier wave of information.

#### *References:*

<http://psycnet.apa.org/journals/psp/37/11/1947.pdf>

<http://archpsyc.ama-assn.org/cgi/content/abstract/55/10/883>

<http://www.bbc.co.uk/news/magazine-14801688>

### **Pressure Waves and Time**

It is a fact that lower atmospheric air pressure enhances ARV sessions. There has also been research done showing that increased [atmospheric waves occur when geomagnetic activity levels are higher](#). It is also a fact that gravity waves ripple through our earth's atmosphere.

### **Could Higher Geomagnetic Activity be merging with/distorting or influencing gravity waves?**

It is interesting to note that Observation of gravity waves have been observed occurring in our atmosphere only during the **winter months**. This is a relevant discovery because Russian Time Travel Researcher Nikolai Kozyrev always found his greatest success in bending / influencing time would always occur from fall into early winter.

<http://www.divinecosmos.com/start-here/books-free-online/20-the-divine-cosmos/95-the-divine-cosmos-chapter-01-the-breakthroughs-of-dr-na-kozyrev>

In another study, scientists found a correlation between gravity waves and geomagnetic activity. The study also found that earthquakes were also associated with gravity waves. This could be why ARV sessions are enhanced when near earthquake fault lines and possibly why Dan Zanger, the world's best stock picker for the stock markets lives in the San Fernando Valley, CA, one of America's most active earthquake areas.

<http://www.sciencemag.org/content/180/4091/1161.extract>

So this means that periods when gravity waves occur are increasing ARV accuracy. Another time gravity waves are generated are when there is a solar eclipse, and our research has shown increased ARV accuracy sessions during solar eclipses.

Another period gravity waves are exerted by an outside force on earth is during the full moon, which is another period people are naturally more intuitive. When our earth, sun and moon are at right angles to each other (occurs when the moon is at the first quarter or last quarter phase) they will form tides called NEAP TIDES. Neap tides are generally weak tides. However, when our Sun and Moon are lined up on opposite sides of our Earth (during the full moon) or on the same side (the new moon phase) and it is a spring tide period, you will notice higher and/or lower tides than normal.

Because our ARV sessions have also been increased during times of lower air pressure, especially just before the air pressure starts to increase after it has been low for a few days, there is also a connection between gravity waves and barometric air pressure.

"The gravity wave resulted from dramatic changes in air pressure that"

[http://blog.al.com/spotnews/2013/01/birmingham\\_metro\\_hit\\_by\\_high\\_w.html](http://blog.al.com/spotnews/2013/01/birmingham_metro_hit_by_high_w.html)

*"Strongest upward motions with Gravity Waves occur just following the surface pressure trough and lead to maximum precipitation rates just ahead of the ridge."*

*"Gravity waves typically form within or near the back edge of a precipitation shield."*

*"Recent studies indicate that Gravity Waves may occur as frequently as 34% of the time in the Central US during the Winter months. "*

The above text is from:

<http://www.erh.noaa.gov/er/akq/GWave.htm>

Lee Waves

[https://en.wikipedia.org/wiki/Lee\\_wave](https://en.wikipedia.org/wiki/Lee_wave)

### **Summary:**

Because consciousness and awareness are influenced by geomagnetic activity, and gravity waves are associated with geomagnetic activity and gravity is connected to space and time, perhaps as our awareness expands and increases while doing ARV sessions during periods of high geomagnetic activity, it taps into these gravity waves, allowing our consciousness to "ride" on the gravity waves into the future time and date. It could also be that periods of higher



geomagnetic activity "lock in" the future timeline when viewed during the ARV session. This would mean that during periods of higher geomagnetic activity events that occur are more "solidified" or made more firm in the coming days.

References:

***"The dominating vertical wavelengths found are between 10 and 20 km and do not show any seasonal variation. In contrast the temperature fluctuations due to gravity waves experience a clear annual cycle with a **maximum in winter**. The most significant differences exist around 60 km where the fluctuations in winter are more than two times larger than they are in summer."***

The above text is from: "Seasonal changes in gravity wave activity measured by lidars at mid-latitudes"

<http://www.atmos-chem-phys.net/8/6775/2008/acp-8-6775-2008.pdf>

Watch gravity waves ripple through Earth's atmosphere

<http://www.engadget.com/2015/05/13/gravity-wave-atmospheric-model/>

The ionospheric effect of atmospheric gravity waves excited prior to strong earthquake

<http://www.ss.ncu.edu.tw/~jyliu/paper/2006071.pdf>

Planetary and gravity wave signatures in the F-region ionosphere with impact on radio propagation predictions and variability

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.509.5498&rep=rep1&type=pdf>

Can Earthquakes be Predicted via Ionospheric Disturbances

<http://agreenroad.blogspot.com/2013/02/earthquakes-gravity-waves-and.html>

A review of Atmospheric Gravity Waves and Travelling Ionospheric Disturbances

[http://www.iapmw.unibe.ch/staff/hocke/hocke\\_schlegel96.pdf](http://www.iapmw.unibe.ch/staff/hocke/hocke_schlegel96.pdf)

Atmospheric gravity waves generated during a solar eclipse

<http://www.nature.com/nature/journal/v275/n5676/abs/275109a0.html>

The ionospheric effect of atmospheric gravity waves excited prior to strong earthquake.

<http://www.sciencedirect.com/science/article/pii/S0273117705000256>

Observation of gravity waves in the high-latitude F-layer by using fixed frequency sounding

<http://www.sciencedirect.com/science/article/pii/002191697890082X>

[Traveling pressure waves associated with geomagnetic activity](#)

Authors: Peter Chrzanowski, Gary Greene, K. T. Lemmon, J. M. Young

## **Water Vapor and ARV**

The nature of this weather pattern behaves in such a way that it traps and holds in water vapor in the air in a given location, causing one to be able to see through time, creating a "gap" in time. Now what else in nature draws in matter and retains it in a single location and has space time

distortion properties. A black hole. Does this mean that the water moisture in these types of fog have fusion or molecules capable of generating tremendous amounts of power or electricity? Can this also mean that our universe is infinite because in certain regions at certain times the properties of time are flexible,, allowing for rebirth and restoration?

Please note that for those who have found their personal best ARV viewing time, these times may supersede your own personal best time. This report is only a guide and summary of the 13:30 LST time.

## **Healing and Self-Awareness**

I have also noted during Remote Viewing Sessions that an acceleration of healing occurs. This may be if I am sore from a workout or recovering from other pains and aches. I believe that this has to do with the increased self-awareness that takes place during remote viewing sessions. If physical healing via increased awareness can occur during these "windows", perhaps nature uses these windows to heal and restore itself. Successful remote viewing involves expanding one's self awareness.

*"Stanford Research Institute (SRI) conducted investigations into the human mind's capacity for "expanded awareness, also called remote viewing, in which people are able to envision distant places and future events and activities. For two decades SRI's research was supported by the CIA and other government agencies."* Quoted from [ESPresearch.com](http://ESPresearch.com)

## **Self Awareness and Healing**

[http://lifespringarts.com/selfhelp\\_awareness.shtml](http://lifespringarts.com/selfhelp_awareness.shtml)

<http://tinybuddha.com/blog/mind-melodrama-5-lessons-self-awareness-healing/>

## **Additional Resources**

Article: [Arcturians and space travel](#)

Article: [The Arcturian explanation of time](#)

Article: [Navigating Timelines by Arcturian Tools](#)

Book: [We The Arcturians: A True Experience](#)

Book: [How Arcturians Are Healing Planet Earth](#)

YouTube Video: [How to connect with the beings of Arcturius](#)

Published by *Scott Rauvers of the [Institute for Solar Studies on Behavior and Human Health](#)*

***Related Articles published by the Solar Institute:***

[The Best Times to Remote View the Future Position of the Dow Jones Industrial Average](#)

[Sunspot Minimums and Market Crashes: The Future of the U.S. Financial Markets up to the Year 2030](#)

[Solar and Lunar Influences that Increase ESP and Intuition](#)

[Confirmed Relationship Between the Dow Jones Industrial Average and our Sun's Solar Wind Speed](#)

***References:***

*Geophysical and Geospatial Resources*

[http://www.ez3dbiz.com/geospatial\\_resources\\_master\\_page.html](http://www.ez3dbiz.com/geospatial_resources_master_page.html)

Revisiting Psychokinesis: Time, Ether, and Kozyrev

<http://www.fountainmagazine.com/Issue/detail/revisiting-november-2014>

Optical Activity

<http://hyperphysics.phy-astr.gsu.edu/hbase/phyopt/optact.html>

CHAPTER 01: THE BREAKTHROUGHS OF DR. N.A. KOZYREV

<http://www.divinecosmos.com/start-here/books-free-online/20-the-divine-cosmos/95-the-divine-cosmos-chapter-01-the-breakthroughs-of-dr-na-kozyrev>

What is interesting is that the amino acid Theanine enhances alpha waves in the brain, which are the right brainwave amplitude for remote viewing and life uses only left-handed amino acids in the construction of proteins that lead to its basic RNA and DNA building blocks.

<http://www.forbes.com/sites/brucedorminey/2013/06/29/lifes-left-handed-amino-acids-remain-astrobiological-head-scratcher/>

"The instruments, when set up in a complex arrangement, react showing a change in time density near a mechanical action (like stretching elastic) or a chemical action (like burning sugar)."

<http://www.fountainmagazine.com/Issue/detail/revisiting-november-2014>

In a 1977 issue of the Vancouver Sun Times, Toronto Inventor Sid Hurwich was able to change the rate at which time flowed in a given localized area. The original newspaper article can be read

here:<http://www.cheniere.org/references/Hurwich1.jpg>

<http://www.keelynet.com/energy/entebbe.htm>

The Anderson Time Travel Institute

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

Listen to an interview of the President of the Time Travel Institute

<https://www.youtube.com/watch?v=Yy6J2jYuc8Y>

Feeling the future: experimental evidence for anomalous retroactive influences on cognition and affect.

<http://www.ncbi.nlm.nih.gov/pubmed/21280961>

"An increase in skin conductance 2 to 3 seconds before emotional stimuli are presented"

In this study it shows that the person's body reacted ahead of time before the person was shown a disturbing image.

<http://www.lfr.org/lfr/csl/library/SCpsr.pdf>

