

Using Sunspot Cycles to Change Your Destiny and Empower Personal Growth

*Stories of Self Transformation and
Personal Growth using Solar
Sunspot Cycles*

Copyright © by Scott Rauvers

September 2016

Library of Congress Catalog

ISBN-13: 978-1539167396

ISBN-10: 1539167399

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, Nook and Kindle Versions. Just enter the title into any Internet search box to locate these versions

***Other titles published by the Institute
of Solar Studies on Behavior and
Human Health include:***

- 1. Revised June 2016 - Living Healthy Beyond 120, A Centurion's Plan for Longevity**
- 2. Published Late-December 2012 - How to Make and Sell Your Own Aromatherapy and Herbal Products**
- 3. Published Mid-December 2012 - How to Sell Your Homemade Products Online**
- 4. Published November 2012 - Solar Visualization Tools for Health and Prosperity**
- 5. Published May 2014. - Solar Flares and Their Effects upon Human Behavior and Health**
- 6. Published December 2016. The Complete Guide to Natural Toothache Remedies and Re-mineralization**
- 7. Published October 2015. - The Official Guidebook of How to Make Tinctures and Alchemy Spagyric Formulas.**

8. Published April 2015. - The Any Climate Survival Guidebook. Maintain Resilience in Rain, Snow or Desert

9. Published November 2015 – My Book of Stem Cell Longevity Formulas and Nutraceutical AntiAging Combinations. Based on scientific research studies of foods, herbs and extracts proven to grow stem cells that extend lifespan

10. Revised March 2013 - Foods, Herbs and Pharmaceuticals that Extend Lifespan. An in-depth research title covering more than 200 herbs and Nutraceuticals proven to extend lifespan.

11. Published - Aug 2016 - Secrets to Creating Money Effortlessly using Lucid Dreaming

12. Published June 2015 - A Pod Publishing Manual. Free Marketing Strategies for Experienced Amazon Authors

**13. Published March 2016.
Wormhole Theories, Sunspot Activity
and Remote Viewing Stocks**

**14. Published May 2016 -
Deciphering Tablet Number XIII the
Keys of Life and Death by Thoth the
Atlantean**

**15. Published July 2016 - Eternal
Youth via Tao Te Ching. Longevity
Secrets via Universal Energy.**

**16. Published August 2016 -
Reversing Osteoporosis/Insomnia
using newly uncovered Secrets of
Bone Breathing**

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

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



Scott Rauvers, ***Author***

A Harvard Study released in March of 2011 titled: ***Sunspot Dynamics Are Reflected in Human Physiology and Pathophysiology*** concluded that excessive solar activity affects the health of people. If solar activity is affecting the physical health of people, than surely it must be affecting our emotional, spiritual and our potential for self-growth and transformation.

The energy of the Sun was utilized for thousands of years by the Inca (*known as the Inca Sun God Apupunchau*) and Egyptian Cultures (*known as the Egyptian Sun God RA*), providing solid stability and prosperity to their civilizations for generations. By working with the cycles of the sun, we can use these same tools provided in this book to utilize life to the fullest.

Introduction

**Introduction to the Condition
Colors – Page 1**

**Can Events from the Future Affecting the Present?.
Page 4**

**Using Solar Predictive Technology to Usher in
Worldwide Peace and Harmony. Page 9**

**Diffusing Future Outbreaks of Violence by using
Predictive Solar Patterns – Page 11**

Chapters

**Chapter 1 - Using the Cycles of
the Moon to Create and Retrieve
Information. Page 17**

Peak Periods of Information Harvesting. Page 17

Dissolving the Cosmic Firewall. Page 18

**Accessing the Information Matrix Through A Back
Door. Page 20**

**A Dual Peak in the Sun and Moon Energy. Page 6
How to Use The Moon and Solar Activity to
Accompany Your Intentions. Page 21**

**My Personal Commercial Experiences with
Essential Oils and Moon Phases. Page 26**

**Levels of Energy released via Solar Activity and
Moon Phases. Page 28**

**Chapter 2 - How to Find Changes
in Your Local Weather Using the
Sun's Solar Flux. Page 33**

**Chapter 3 - How to Tap into
Universal Feedback. Page 37**

**Chapter 4 - How to Use the
Energy of the Sun for Healing and
Positive Vibrational Change. Page
40**

Chapter 5 - Planetary Forces, Alchemy and the Strengthening Power of Recombination and Renewed Strength. Page 41

**The Possible Link of How Potassium Transmutates
into Calcium. Page 42**

**The Restorative Power of Magnetic Reconnection.
Page 44**

The New Moon and Re-Connection. Page 45

**Transmutation of Elements Occurring in Biological
Organisms. Page 46**

**Ancient Temples, Mica and The Mayan Calendar.
Page 50**

The City of Izapa. Page 51

**Photosynthesis, Hemoglobin and Transmutation.
Page 54**

**Additional Researchers and their Experimenters
with Transmutation. Page 56**

Alchemical Transmutation. Page 59

**Planetary Conjunctions and Recombination. Page
61**

Photosynthesis and Recombination. Page 61

**How Celestial Forces of the Moon and Saturn
cause Biochemical Processes. Page 62**

**The 4 Elements and their Relationship to the
Constellations. Page 64**

**Effects on Plants during the Moon Saturn
Conjunction. Page 65**

Sulphur and its Effect in Recombination. Page 68

**Making Herbal Tinctures Related to the Planet
Mercury. Page 74**

Biological Organisms and Moon Cycles. Page 74

The Mars Effect. Page 77

**Exercises to Feel the Effects of Planetary Energy.
Page 77**

**Scientific Evidence Planetary Energy Affects
Metals. Page 79**

**The Venus Elongation, A time of Extreme
Polarities. Page 84**

**The Amazing Research Discoveries of Lili Kolisko.
Page 88**

**The Solar Eclipse in Astrology and Alchemy. Page
89**

How Less Creates More. Page 91

How to Perform your Own Capillary Dynamolysis Experiments. Page 95

Locating Moon Saturn Conjunction Dates. Page 96

Some Interesting Facts about Jupiter. Page 100

Planetary Resonance and Vibrations. Page 102

Evidence that the Energy from Constellations Affects Longevity. Page 103

Linking the Alchemical Planets to Herbs that Rejuvenate. Page 106

The Conduction of Planetary Energies. Page 110

The Year 10,500 BC and the Fate of Planet Earth. Page 111

Angkor Wat. Page 111

The Pyramids of Giza. Page 112

Times of Day the Salt Essence is most active. Page 115

Times of the day Sulphur is Most Active. Page 116

Gold Grows on Eucalyptus Tree Leaves. Page 117

Chapter 6 - Where Creativity Comes From and How to Ignite Your Own Creativity Spark. Page 118

Creative People. Page 118

The Process from Which Creativity Emerges. Page 119

Why the Unconscious Holds the Answers and our Waking Consciousness Cannot Find the Answers. Page 123

Original Goals May Change While Experiencing Creativity. Page 123

Special Attention Showered on Groups Enhances Worker Output. Page 124

How to Effectively Ignite the Fire of Creativity Within. Page 126

Some Methods to Induce Creativity. Page 126

Creativity Is Sometimes Embraced as Public Opinion Changes Over Time. Page 129

Routine Artificial Creativity. Page 130

The Ah Ha Moment of Illumination. Page 130

Creativity Traits. Page 131

Creativity Peaks in Middle Age. Page 131

Field Dependence Studies and Creativity. Page 132

Categorization. Page 132

Traits of Highly Creative People. Page 133

Using Analogy as a Path to Creativity. Page 134

Experts. Page 136

The Conscious Mind and Creativity. Page 139

The Types of Creativity. Page 141

Chapter 7 – How to Change Reality by Altering Your Belief System. Page 143

Belief and Reality. Page 148

Self Confidence and Intuition. Page 153

**An Exercise to Access Alternate Timelines. Page
155**

**Knowing when KP levels are going to be higher.
Page 158**

**Using Asteroids To Create and Explore Potential.
Page 158**

**Other Important Information Regarding Assistive
Tools to Create. Page 164**

Using Spirit to Create. Page 172

**The grounding exercise to Help Aid Manifestation.
Page 173**

Chapter 8 - Utilizing the Energy of Ursa Major as a Portal to Wealth and Fortune. Page 176

**UFO's Utilizing the Energy of Ursa Major as a
Portal. Page 179**

The Mars Effect. Page 180

My Experience and General Discussion Page 181

Starting Your Journey. Page 182

Forgiveness. Page 192

Chapter 9 - Accepting the New Forces Contributing to a More Efficient New System. Page 193

The Future of Currency – Bitcoin. Page 197

What is Peer to Peer?. Page 199

The Founders of BitCoin. Page 201

Bit Coin Security Basics. Page 202

Managing Your Bit Coin Collection. Page 203

Chapter 10 - How to Amplify Prayer. Page 204

Concentration. Page 204

The Star Sirius, Additional Prayer Window Periods. Page 204

The Mars Effect. Page 205

The Abundance Prayer. Page 206

Chapter 11 - Achieving True Financial Freedom. Page 209

**Where do feelings of unworthiness come from?.
Page 211**

Fear of Succeeding. Fear of Failure. Page 211

**The Root Cause of Fears and Money Blockages.
Page 212**

Chapter 12 - How to Never be Broke and Always Have a Constant Flow of Money. Page 221

How Money Flow Works. Page 221

Trusting in your Intuition. Page 222

Fear. Page 223

**Removing Blocks to the Stream of Flowing Money.
Page 224**

The “Just Getting By Mindset”. Page 227

Connecting to the Source. Page 228

How to Connect with your Intuition. Page 229

The Right Balances Restores Flow. Page 229

Positive Pressure. Page 230

**Learning the Art Learning to Nurture Yourself At
the Right Time. Page 232**

Clues to Nurturing. Page 233

Selling and Money Flow. Page 235

Responsibility and Courage. Page 236

**Raising Your Wealth Vibration Too Quickly. Page
237**

Don't Sell Your Soul. Page 238

**Focused Short Term Stress Raises Your wealth
Vibration. Page 239**

Contribution Leads to Income. Page 240

Keeping What You've Earned. Page 241

Excess Comfort Leads to Decline. Page 241

Fear of Success. Page 242

Chapter 13 - How to Lose Weight by Expressing Your True Feelings. Page 243

Re-Learning to Follow Your Intuition. Page 244

Choices Create our Reality. Page 245

Learning to Trust Again. Page 245

**How to Take Action Based on Your Feelings of
Aliveness. Page 247**

Resistance and Imbalances. Page 248

**The 3 stages that lead to Long Term Debilitating
Illness. Page 249**

How to Heal. Page 250

**Addiction to Foods, Drugs and Sex. Page 311 How
Coffee is used to Steal away our True
Awareness. Page 251**

**False Beliefs Related to Excessive Dieting. Page
252**

Chapter 14 - Why Our Earth is Getting Cooler, Rather than Warmer. Page 254

The Period of Cycles. Page 254

How the Cycles Occur. Page 255

The Planet Related to Aquarius. Page 260

The Future of Earth's Weather. Page 263

How does this Aquarian Shift Affect Me?. Page 266

Chapter 15 - Creating Miracles. Page 268

When Miracles Occur. Page 269

A Simple Tool for Miracles. Page 276

Chapter 16 - Intelligence, Money and Longevity. Page 278

**Human Pre-Cognition and the Nervous System.
Page 279**

**Suicidal Behavior and the Sun's Solar Wind. Page
281**

**Chapter 17 - How Solar Cycles
Move the Gears of History. Page
284**

Introduction to the Condition Colors

The Color Conditions of our Sun Briefly Examined in Detail

Throughout this book you will hear the terms “**Condition Green**” or “**Condition Red**”. These are a meaning for the energy output by the sun and how it affects human health and behavior. You can see a more in-depth of the condition colors by visiting the address below: http://www.ez3dbiz.com/in_depth.html

The condition colors are a gauge of the social temperature of humanity on earth and its technological progress. Think of it as a type of weather forecast. Sometimes there are days filled with more harmony, and are favorable periods for asking for favors, signing contracts etc., and at other times there is more tension or fear in the air.

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

What you Focus On Creates Your Reality

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

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

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

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

Condition Purple Effects: The gap between our thoughts that creates our everyday waking existence can be thought of as the condition purple period where the

sun goes quiet for a short period of time. When the suns energy picks up again (condition blue), what we focused on during the quiet time will become multiplied or enhance our current experience.

Here is a general compilation of how condition colors relate to emotions

Orange: Humiliation, Grief, Violent Retaliation, Foolish

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

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

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

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

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

Disgust and Anger = Contempt ---

Joy and Acceptance = Love --- Fear and
Acceptance = Submission --- Sadness and
Surprise = Disappointment ---

Surprise and Fear = Awe --- Sadness and Disgust =
Remorse --- Anger and Anticipation = Aggressiveness

Anticipation and Joy = Optimism

The change in condition colors produces a departure from normal expected behavior causing events to occur. These events can be positive or negative.

Because observation creates reality, if enough people know in advance the condition color, a quantum mechanical entanglement (which operates in a quasi-macroscopic realm) occurs, due to the "new information" that causes changes (a conceptual structure in David Bohm's physics.). Because we are now aware of what is going to happen, it causes a change in the overall awareness, and in some cases, can cause a negative event to not occur.

Can Events from the Future Affecting the Present?

When we change our future using intention, we are changing the present and impacting others via a shift in universal consciousness. Are there intentions from the past affecting the present here and now?

Scent happens to be the most commonly reported feature at haunted locations, and hauntings occur more often during higher KP activity (earth geomagnetic energy). If this is true, than the localized environment has "learned" how to replicate not only events from the past, but also molecules of perfumes and fragrances using

earth's geomagnetic activity. There is an excellent scientific paper proving that hauntings are more common during periods when earth's geomagnetic energy is stronger. The scientific research paper is titled:

"Magnetic Variances Associated with 'Haunttype' Experiences: A Comparison Using TimeSynchronised Baseline Measurements" .

I believe that for a haunting to take place, the person's presence and the environment must co-exist together. This then activates the resonant background memory of that location, causing it to re-live events that took place in the past. Much like a CD plays music when the laser strikes the CD or a cassette plays music when the tape passes over the head. In this case we can think of the cassette head representing the person, the higher KP energy the battery and the cassette tape the location, which plays over and over.

This follows the same principle that if we are having a down time, or a bad period, the first thing many life coaches will ask "What steps or action did you take the last time you were successful at achieving something?" and by repeating these same actions from the past the last time we were successful, solves the problem of failures in the present. We need only allow our memory to relive that experience from the past, to re-charge our present for future success.

People's memories are more easily stimulated during higher KP periods. Below is a quote from a scientific study on human memory and geomagnetic storms (higher KP activity)

"These results suggest that these experiences may be influenced by global geomagnetic activity that affects the neuroelectrical processes associated with memory or the attribution of the serial order of experiences during retrieval."

Study Name:

Geophysical variables and behavior: XCVIII. Ambient geomagnetic activity and experiences of "memories": interactions with sex and implications for receptive psi experiences.

<http://www.ncbi.nlm.nih.gov/pubmed/12186249>

Higher KP affects memory as has been scientifically verified as just shown above. Major Events both good and bad occur at cross point periods which are periods of higher kp (earth geomagnetic energy).

This is why we remember major events and can associate them more easily with the date of the event they occurred, because the higher KP period on that date makes recalling the event easier. Does this mean that during higher KP periods it would be a good time to learn new material because recall later would be easier?

Einstein's Theory of Relativity shows that "wormholes" are connected by two points in space by a straight line through a shorter dimension. Physics also shows that it is possible for ends of a wormhole to move. This means

you could go to new places via the wormhole. Physics also states that if you move one end of the wormhole and speed it up to the speed of light, time would slow down. This means less time would pass at the other end. This means a person entering the end of the wormhole that is standing still, would travel backwards in time and the person at the other end would travel into the future. This means that you could not travel into the past before the wormhole was formed.

Source: The Current Science of Time Travel

<http://www.mjyoung.net/time/science.html>

If this is true, than perhaps another explanation for scents appearing at haunted locations would be high speed solar particles creating a type of wormhole allowing the memory of scent particles to pass through and during higher KP activity the localized environment is repeating events and scents that occurred in the past. If molecules of scent are occurring, than perhaps bacteria, which are also roughly the same size as scent molecules, (some slightly smaller) are doing the same. This could explain why Cuba was battling first major cholera outbreak in half a century in 2012, which was at the peak of a sunspot cycle. For 50 years people thought Cholera was extinct or completely cured. If this is true, than diseases from the past such as Polio etc. could come back if the conditions are right based on this theory.

The science of Magnetic Re-connection is very similar to a wormhole opening in our local region of space. When we study the process of magnetic re connection, we see that the process takes place just after increased solar activity, which is during condition

orange and greens. Some condition orange periods are times of increased violence and terrorist attacks. Could condition orange periods be times where past events are relived based on primitive human behavior?

Using Solar Predictive Technology to Usher in Worldwide Peace and Harmony

It is now a scientifically confirmed fact that in 1993, 4000 people went to Washington DC with the intention of reducing crime by meditating about peace. This is proof that a collective intention can alter and change the timeline. If it worked then, and with all our new technology and knowledge now, why can't it work to prevent future terrorist disasters from happening? You can read the full scientific report on how a collective intention reduced crime in Washington DC by visiting the address below: http://istpp.org/crime_prevention/

Another method to stop terror attacks would be to monitor the global coherence system.

Quote from their website:

"The largest change in the generators occurred during the terrorists attacks on the World Trade Center on September 11, 2001. Even more intriguing was that the random number generators showed significant changes four to five hours before the attack."

This suggests a worldwide collective intuition about an impending event.

If we can use solar conditions to detect future conditions oranges than combine it with the Global Coherence network and if an event is detected by the global coherence system a few hours before it happens, we may be able to use intention to alter a major attack.

The Global coherence network has proven itself to be able detect events before they happen. And at ez3dbiz.com we already know that during strong negative condition orange periods terrorist attacks occur. So when we combine these 2 we may have a pretty good way to prevent future terrorist attacks from occurring. You could create an "intention emergency kit" to be activated/used when the global coherence project signals that a negative event is about to take place, especially if it occurs during a condition orange to prevent a future crises from occurring. Below are the data sets used by the global coherence network showing advance warning of Terrorist Attacks from a few hours to days before the event took place:

Attacks on Shiite Sacred Sites in Baghdad

<http://noosphere.princeton.edu/shiiteattacks.html>

911 World Trade Center Attack

<http://noosphere.princeton.edu/exploratory.analysis.html>

London Olympic Bombing

<http://noosphere.princeton.edu/london.olymp.html>

Five people (other reports say eight) were killed and more than a dozen wounded on Thursday, "Queensday" <http://noosphere.princeton.edu/queensday.2009.html>

Terrorist Attacks in Kenya

<http://noosphere.princeton.edu/kenyabomb.html>

Attacks in Gaza

<http://noosphere.princeton.edu/gaza.080301.html>

Additional Research Results

<http://noosphere.princeton.edu/results.html>

Diffusing Future Outbreaks of Violence by using Predictive Solar Patterns

After analyzing terrorists attacks in which 7 or more people were killed in the year 2013, a pattern has been discovered. The fiercest attacks were during condition yellows (the condition yellow conditions will be shown later on in this book), and the least number of violent attacks took place during condition greens with lower condition purples. More Red than Green yielded both attacks and peace, however a higher KP level may be what triggers the attack phase. Condition yellows always contain a sudden increase in KP energy much like the energy of a cross point period occurring.

This means that if you meditate on worldwide peace and want to reduce conflict, condition greens, especially headed towards lower condition purples are the best times to do so, especially if you can send that energy ahead to the next condition yellow and reds.

This also means if you want to tour a war strife area, than it would be safer to do so at the start of a green/purple period, which is most common from late November into late December each year. Let's take a look at the Summary Findings posted at ez3dbiz.com:

No Terrorist Attacks or Much Less Attacks:

More Green and Less Purple - - unless yellow is present

More Blue than Red - - unless yellow is present

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

By using the meanings below and matching them with condition colors we can see how these energies intertwine with each other. For example, the path to peace involves emotions of Joy, Health and Acceptance with no emotions of Humiliation, Revenge or Disgust.

Condition Orange: Humiliation, Grief, Violent Retaliation, Foolish

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

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

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

Condition Yellow: Interest, Anticipation, Vigilance---

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

Disgust and Anger = Contempt ---

Joy and Acceptance = Love ---

Fear and Acceptance = Submission ---

**Sadness and Surprise = Disappointment --- Surprise
and Fear = Awe ---**

Sadness and Disgust = Remorse ---

Anger and Anticipation = Aggressiveness -

Anticipation and Joy = Optimism ---

The complete research study with all findings in color format, making the pattern easier to recognize is available for free access at:

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

The condition colors used in this study were obtained from the EZ3DBIZ solar archives located at:

http://www.ez3dbiz.com/solar_archive.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%20%93June_2013

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

So in closing, because there appears to be a collective immune system, there must also be a collective consciousness that is related to peace and calm and harmony, which also acts on a global level.

Scientific Confirmation linking stronger geomagnetic activity to terrorist attacks

The following scientific studies confirm the theory that not only stronger geomagnetic activity creates an enhanced risk of terrorist attack but also confirms our theory that higher solar speeds are also responsible.

The below excerpts are from the scientific paper titled: **Cycles Tipping the Scale between Death and Survival.** Authors: Franz Halberg, Germaine Corn´elissen, Robert B. Sothern, George S. Katinas, Othild Schwartzkopff1 and Kuniaki Otsuka.

Halberg Chronobiology Center, University of Minnesota, Minneapolis, MN 55455, USA and the Department of Medicine, Tokyo Women’s Medical University, Medical Center East, Tokyo 116-8567, Japan.

Page 170 from the published paper: **Do unseen, very weak magnetic mechanisms contribute to terrorism?**

Page 174 from the published paper: "*with an intensified amplitude during the years when not only terrorist activity but solar wind speed and the geomagnetic index were all amplified. This result (Halberg et al., in preparation) awaits further scrutiny,*"

Chapter 1

Using the Cycles of the Moon to Create and Retrieve Information

Biodynamics has scientifically proven that the moon and Saturn, when in conjunction elevate plant growth. (The Opposite of a conjunction (new moon) is a square or 90 degrees or full moon) There are also periods of when the moons energy reaches a peak, much like the sun's solar cycle peaks and falls during the 11 year solar cycle. It is at these peaks that we have more energy than at other times available to create and invent new things. We all know the feeling of higher stress felt from a full moon, which is partly due to the increase in positive ions in the air, which contribute to moodiness, well we can use this stress to create and invent.

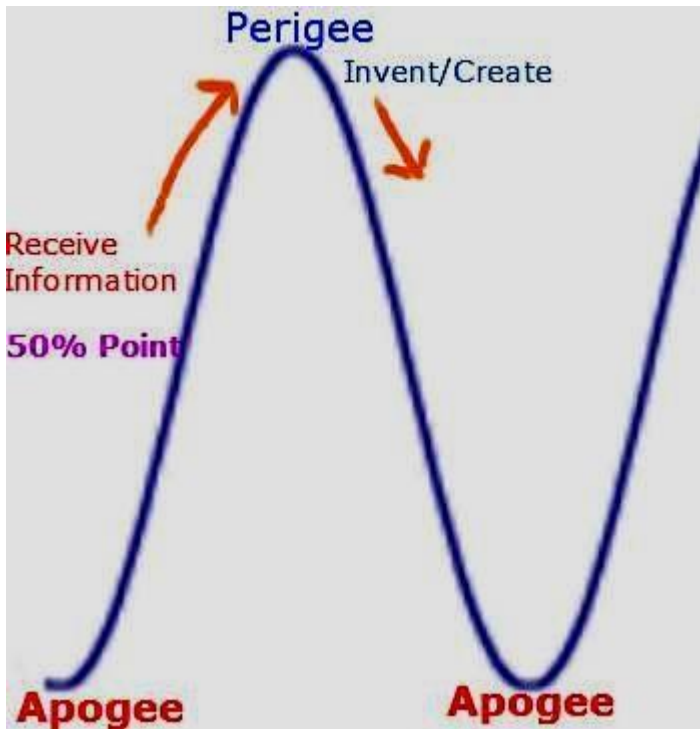
Peak Periods of Information Harvesting

As we will cover later in this chapter, there is a period at just past the 50% phase of when the moon is headed towards perigee where the information comes from to create / invent new things. This 50% point is prevalent in the stock market, where when a moving stock that is growing, rises past its previous high (or 50%) and it will continue to rise. This is known as the **50% Retracement Rule**. We can think of a perigee moon or solar peak as a time when the energy has charged itself up like a battery or capacitor. The air holds a "charge" within it. And after this peak has been reached, the energy slowly fades and then begins again at the next cycle which is called the moons apogee.

Peaks of this energy also occur at solar periods. One is the 11 year sunspot cycle and the other is the cross point periods. Other peak periods of energy occur in our daily lives and are known as biorhythms. However, in this chapter we are going to explore how to use the peak power of the moon to help fuel and utilize our creative energies to our fullest potential. There are periods where the moon reaches a super peak of its point closest to earth and these periods are known as "Supermoons". It is during these supermoons that earthquakes and tsunamis are more prevalent, probably due to the earth also experiencing these stronger energies during this time.

Dissolving the Cosmic Firewall

Mr. David Icke mentions that there exists a spiritual firewall that exists between the moon and humanity's consciousness. This firewall blocks us from our true creativity and potential, which also blocks our awareness and information that we receive from the moon which is used to create and further humanities evolution on a positive level.



David states our world was created by an advanced being for experiencing a force beyond the oneness-one consciousness existence we all originated from and that when we have experienced this physical reality, we go back to the one source when we die. This means all laws of what we call "physics" are a form of software created by this advanced being. By knowing where the holes or "back doors" in this firewall lay, (*as we will show later in this chapter*) we can create incredible things and change our world. Besides the moon Matrix, David also talks about the Saturn Matrix, so a Saturn that is closer to earth, may also have similar effects, although I have not researched this. The "back doors" to this firewall are shown in the image on the left.

It is at these peaks that we have the energy available to create and invent new things. Also at just past the 50% Phase when the moon is headed towards Perigee is where the information comes from to create / invent new things. At the 50% point we do receiving exercises to receive this new information, than at the perigee peak we use physical action to create based on the information received. This must mean at 50% into apogee the information is going **back to the moon matrix and vice versa**.

Accessing the Information Matrix Through A Back Door

One exercise that works to access this information (at 50% towards perigee) is to go to a library or bookstore, and at the section .551 (*which is the geology or gemstone section*), hold a book in your hands and visualize emeralds and diamonds flowing down from cosmic realms, and the information being received as good as valuable stones than go and study a topic you want more information on. After a few minutes or hours, you will receive valuable insights and information and ideas towards your goals/projects. This is just one method used to access the backdoor of the firewall existing between us and the moon and using that energy to create and further ones potential. You may come up with some others that work for you, however I have got best results using this method. Perhaps libraries and bookstores act as a repository of memory storage for this matrix.

As far as using the energy from solar cycles, condition blue periods which are times the suns solar flux becomes more active, is the time to gather information and ideas, than at just after the sun's peak which is usually a condition red/orange go to work and use the information received to build/create/invent. This energy than bottoms out and goes into the same energy force field as an apogee moon called the condition purple.

A Dual Peak in the Sun and Moon Energy

If both a perigee moon and a peak in solar activity occur together during a perigee moon, it contributes to a more stressful, energetic period, a period where we can create more, and then after this peak wave, more relaxation occurs. When we get a massage, meditate or allow ourselves to go into deep relaxation periods. It is like a release occurs, which helps fuel our creative energies even more. This deeper relaxation can be experienced when doing the emerald tablets exercise when the exercise is done during the period just after a perigee moon or peak of solar activity, when you face north and relax your body, the body will go into a deeper state of relaxation than usual, which lasts for hours afterwards, making it great to do before going to sleep at night. This would also be an excellent time to get a massage to remove all built up stress and tension.

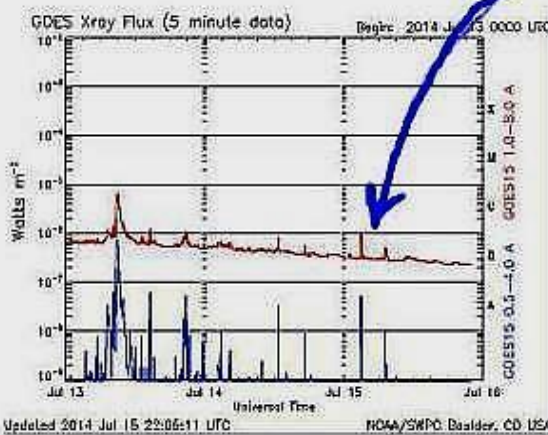
A reduction in the sun's energy can always be measured by watching the end of a cross point cycle as shown in the next image:

Solar Data Courtesy of NOAA

2014 06 28	115	89	239	3	-999	B6.2	11	0	0	2	0	0	0
2014 06 29	126	112	660	3	-999	B6.8	14	0	0	9	0	0	0
2014 06 30	141	124	750	3	-999	B7.7	6	0	0	8	0	0	0
2014 07 01	152	154	850	1	-999	B5.6	9	1	0	14	1	0	0
2014 07 02	169	180	1260	1	-999	B5.9	1	0	0	24	1	0	0
2014 07 03	178	179	1430	1	-999	B8.8	2	0	0	23	0	0	0
2014 07 04	188	199	1830	1	-999	C1.0	2	0	0	27	1	0	0
2014 07 05	193	213	2090	1	-999	B9.6	3	0	0	11	0	0	0
2014 07 06	201	256	2230	1	-999	C1.2	5	0	0	14	0	0	0
2014 07 07	198	197	1980	0	-999	B9.8	5	0	0	17	0	0	0
2014 07 08	201	209	2280	2	-999	C1.0	4	1	0	15	1	1	0
2014 07 09	198	183	2230	0	-999	C1.0	5	1	0	29	2	0	0
2014 07 10	177	159	1790	1	-999	B9.2	3	1	0	12	1	0	0
2014 07 11	166	166	1490	1	-999	B9.5	3	0	0	16	0	0	0
2014 07 12	145	145	1420	0	-999	B8.0	4	0	0	22	0	0	0
2014 07 13	127	102	660	0	-999	B4.0	1	0	0	3	1	0	0
2014 07 14	109	70	370	0	-999	B4.0	1	0	0	1	0	0	0

Solar Activity Begins

Solar Activity Ends



According to the image above, the Optical Spectrum of solar activity **starts at 14, then peaks at 29 and declines to 1** on the 14th of July of 2014.

Data Resources for above images; Sun's solar flux:
http://www.swpc.noaa.gov/rt_plots/xray_5m.html

Daily Sunspot Levels:

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

It is interesting that during the year 2001 there was a peak in the sunspot cycle which was a time the IPOD was released, after years of researching and receiving information on how to make it work. If we take a look at the sunspot cycle, the next peak is around the year 2013, when the first TABLETS were released, once again after a period of information gathering from the previous solar cycle. This means around the next sunspot peak during the years 2023 to 2025, we will see another device surpassing the TABLET. Though we can invent and receive information at any stage of a solar cycle or moon phase, the results and success of our ideas are accelerated when we time them to the cycles of the moon and sun. The moon is slowly moving further and further away from earth, so millions of years from now we will be on another planet or galaxy using the forces of that home world's moon to create and invent.

Additional Info:

Perigee/Apogee Calendar:

<http://www.basicastro.com/apogee-perigee-2014.html> <https://www.fourmilab.ch/earthview/pacalc.html>

How to Use The Moon and Solar Activity to Accompany Your Intentions

After working with essential oils for the past 8 years, both in the commercial sector and private sectors, I started noticing their ability to affect intentions and their ability to speed up my creative talents. I believe this is because certain essential oils become "alive" or more active during certain moon phases and solar activity.

The effects from higher solar activity affects primarily 3 groups. Those with sensitive nervous systems due to the body being genetically unable to tolerate these stronger solar energies, people who work around or with essential oils, which usually include people in day and beauty spas and massage salons. This is because during higher solar activity, the essential oils resonate and reflect the higher energies of solar energy especially when the essential oils are inhaled, and people who work with large numbers of people such as public speakers, musicians etc, This is because declining solar activity affects the moods of some people, as we demonstrate in the condition orange periods where violence becomes more common as the solar activity declines after being at high levels for a period of time.

For the past 8 years I worked primarily with Lemongrass and Lavender Essential Oils and their blends. I also noticed that the Thai Culture treats Lemongrass as a sacred plant and that Lavender is recommended for use around the full moon as a way to restore balance, induce sleep and create harmony in the environment. Lavender naturally promotes stress relief, relaxation and is used as a detoxer to help remove toxins from the body. It also

helps boost concentration and to bring balance to the body's immune system.

I then decided to test using Essential Oils according to solar activity and moon phases and found that they induced a longer period of intention. This could be either using Lemongrass to repel insects when I go hiking, or Lavender to help induce peaceful sleep.

Next I experimented with solar activity and discovered that Lemongrass was especially powerful around declining solar activity. When I tested Lemongrass Essential Oil Spritzers around the New Moon and Waning Moon, I discovered that its power peaked during the first 2 to 5 days of the new moon, especially when using intention for healing.

Lavender Essential Oil showed the best results around the Full Moon and during periods of very high solar activity.

After going through this phase of research, I then devised a system where an Essential oil, or when dominant in a blend is used during particular solar activity or phases of the moon. This is because moon phases and solar activity both follow the same pattern. A full moon causes more physical discomfort, which is the same thing as higher solar activity. A new moon helps healing, which is the same thing as flat or declining solar activity.

By understanding these cycles and then using Essential Oils according to the corresponding cycle, it results in a major increase of turning our dreams and goes into reality via intention.

All you do is spray the Essential Oil mist on your feet, or before doing yoga, meditation or other work that involves intention. This could involve solving engineering challenges or problems or maybe you are an artist and need more creativity.

You will find that you have increased concentration, focus and are more able to achieve your goals with less effort and in less time. The essential oils dissolve blocks, allowing your true spirit and creativity to flourish and flow through.

Essential Oils also increase the positive frequency around you. This is because getting out in nature is one of the fastest and most powerful ways to increase your positive frequency. Essential oils are distilled or directly pressed from plants (squeezing out their juices), so there is no artificial manufacturing or preservatives. This makes them extremely natural and pure, preserving their high natural frequency.

My Personal Commercial Experiences with Essential Oils and Moon Phases

I have noticed over the past 7 years that when my customers try my Lemongrass Essential Oil blends, they purchase much more often during the phase just after a new moon. Because business is much like doing battle against market forces and competitors, I decided to research what successful military commander in the past may have used scent in battle and if the scent helped him win his victories. Napoleon is an excellent subject. There are historical records showing that Napoleon used up to 60 bottles of Jasmine a month.

Now when we see what moon phase is associated with the scent of Jasmine we see that a full moon to disseminating are related to Jasmine. The disseminating moon is the 14 day period going from full to just after a full moon.

Now if we examine the dates of Napoleon's victories we see that many of his victories occurred during a full moon and just after a full moon. Let's take a closer look:

January 14, 1797, victory at the battle of Rivoli which was 8 days after a full moon.

July 24th 1798, Napoleon ends the thousands of years Egypt reigned, and enters Cairo on this date, which is the date of a full moon.

October 21, 1805, Napoleon wins The Battle of Trafalgar, which occurred 3 days after a full moon.

Now relating to my own personal experiences in business, when we see what the herb Lemon or Lemongrass (an bitter scent) represents according to the moon phase it represents the new moon. Bitter scents cause a tightening sensation, and bitter herbs/foods are used to detox the body, and new moons are recommended for the best time to detox.

So this explains that people will find the scent lemon/or lemongrass (a bitter scent) more attractive and appealing during this phase of the moon, which now explains why sales were so good during this moon phase. Also the opposite of bitter is sweet, and Jasmine is a sweet smelling scent, which is opposite the new moon. This

means sweet scents do better at full moons and bitter scents at new moons.

So this synergy of scents and moon phases seems to have the same synergy exhibited by preparing or taking herbs during the planetary hours of the day or week. A complete planetary hours chart can be downloaded at: http://www.crucible.org/PDF_Files/Planetary_Charts.pdf

Much of this makes sense, because if the moon is responsible for the tides, perhaps the liquids in essential oil blends also have an effect when used in synergy with appropriate moon phases. Perhaps taking certain essential oil blends with the proper moon phase may result in healing or stress reduction or allergy reduction. Although this is just a general observation of a possible trend occurring, further research needs to be done to verify this.

Levels of Energy released via Solar Activity and Moon Phases

New Moon - Condition Blue/Oranges

Waxing Moon - Condition Yellows/Greens

Full Moon - Condition Reds/Oranges

Waning Moon - Condition Purples/Greens

The list of Essentials Oils that are compatible with Moon Phases.

New Moon/Condition Blue/Oranges

Myrrh

Nutmeg

Sage

Pine (works extremely well at new moons)

Waxing Moon/Condition Yellows/Greens Sandalwood

Lavender

Tangerine

Full Moon/Condition Reds/Oranges

Rose (works extremely well at full moon)

Waning Moon/Condition Purples/Oranges

Lemongrass

Rosemary

Jasmine

The period leading up to the new moon or the last 5 days before a new moon, I like to give the essential oil blends a rest and instead use Heart Math for healing, as well as meditation and other mental exercises to bring healing and wellness to my environment. It is a time to express gratitude and thankfulness for all things.

New Moon: New beginnings, fresh start, blank page.

Crescent Moon: Intention, hopes, and wishes

First Quarter Moon: Challenges, decisions, action.

Gibbous Moon: Adjust, refine, edit.

Full Moon: Signed, sealed, and stamped.

Disseminating Moon: Gratitude, sharing, enthusiasm.

Last Quarter Moon: Release, let go, forgive.

Balsamic Moon: Surrender, rest, recuperate.

Crescent Moon

The Crescent Moon is the time to announce our intentions, wishes and hopes for the upcoming Lunar Month. This is a time to write down either on paper or in a Journal your intentions.

First Quarter Moon

This is the half moon. It is a time to be prepared for unexpected challenges. A time to make on-the-spot decisions about how to proceed, including what needs to be done.

Gibbous Moon

The period to refine or edit our intentions. It is the period to adjust/edit our written intentions.

It is a time to adjust and accommodate.

Full Moon

This is a period of completion where intentions are sealed, signed and stamped. Even though our intentions may not have manifested at this time, don't be discouraged. Your intention has been broadcast to the

universe. It is gathering the proper circumstances to make it into reality for all concerned. Supermoons have a cumulative effect which start at the ending of the last apogee moon. Supermoons can help speed the manifestation of intentions, so time your long term / challenging intentions to manifest at a supermoon for success.

Disseminating Moon

This is a period to be grateful and to discuss your intentions to associates who are edging you along. Give yourself enthusiastic pep talks so that your intentions are completed. Live this period like they have already occurred.

Last Quarter Moon

A period to release, let go and forgive anything and everyone which you may feel hurt and pain. This is a time of surrender, rest, to accept peace and recuperate. Empty your fears to allow the universe to re-start a new flow of creativity and intention in the coming days ahead.

Feelings that can come through during a Full Moon: Fear, Apprehension, Grief, Sadness, Despair, Pensiveness

Feelings that can come through during a Waning Moon: Loathing, Boredom, Disgust. Routines are changed and things that got results before require readjustment.

Associated Emotions and their Outcomes:

Feelings that can come through during a New Moon: Trust, Gratitude, Pride, Trust, Acceptance, Admiration

Feelings that can come through during a Waxing Moon: Peace, Health, Clarity, Happiness, Serenity, Joy, Ecstasy

Associated Emotions and their Outcomes:

Fear and Acceptance = Submission ---

Anticipation and Joy = Optimism

Disgust and Anger = Contempt ---

Associated Emotions and their Outcomes:

Sadness and Disgust = Remorse ---

Sadness and Surprise = Disappointment ---

Joy and Acceptance = Love ---

Surprise and Fear = Awe ---

Chapter 2

How to Find Changes in Your Local Weather Using the Sun's Solar Flux

Sometimes it can be frustrating when the weatherman is wrong or off by a few hours or even days. One way to increase the accuracy of knowing when it is going to rain, stop raining or become cooler or drier or even winder or other change, is to watch the activity of our sun. When there is a change in the sun's solar flux, which is a measurement of the activity of our sun, changes in our local weather, known as microclimates, occur. When there are more sunspots, the weather changes faster and quicker than usual.

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

changed to a strong increase or decrease, during this time, than local weather changes would be imminent. And because there are a lot of Optical S Class Flares, the weather changes would ***happen more suddenly***. This could explain the erratic weather changes that occurred around the year 2000, when there was a solar cycle sunspot high, as the peak of the sunspot cycle synergizes with the higher Optical numbers. And in the coming years because the sunspot cycle is declining, we should see a decrease in sudden weather extremes over the long term.

Visit Sunspot Activity real Time Courtesy of NOAA

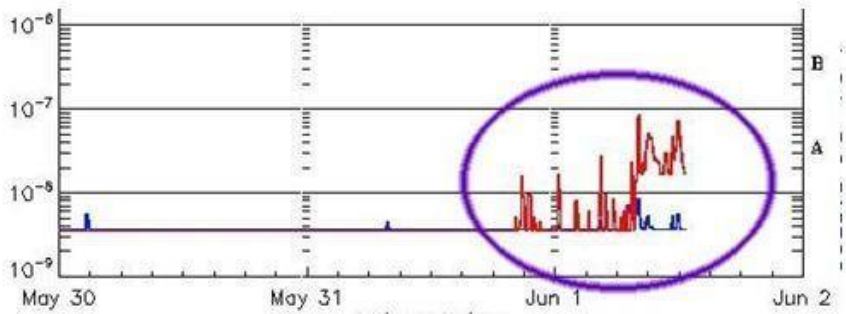
<http://www.swpc.noaa.gov/ftpdir/latest/DSD.txt>

Live Solar Flux Activity

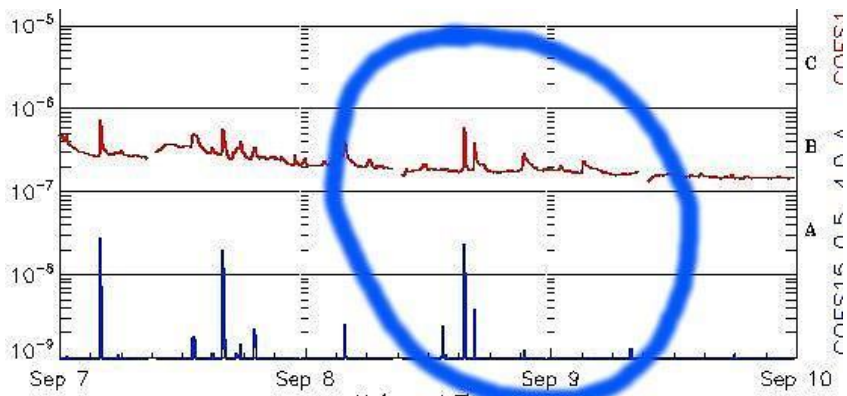
http://www.swpc.noaa.gov/rt_plots/xray_5m.html

The reverse is also true, when the weatherman/woman forecasts a change in the weather a few days ahead, than you can use this as a rough gauge to know when the activity of the sun is going to change. At EZ3DBIZ.com we group this into 2 conditions. Condition Blue, which is a period when the sun's activity starts to increase as shown below, and the Condition Purple, when the sun's activity starts to become quiet again after an active period, which is shown in the image on the far bottom.

Below is a snapshot of the condition blue period



Below is a snapshot of a condition purple.



Chapter 3

How to Tap into Universal Feedback

We all know that information composed of truth is virtually indestructible, which is why the Bible and Qur'an have been around so long. That is why people are drawn to books that reflect truth, because it is a source of strength. I have found throughout the years that when a condition yellow occurs, and when I am researching a food or formula, or topic and I am trying to sift through all the information to find the one that is getting the best results, when I review the information, or take a food the night of a condition yellow, my body feels extremely refreshed the following morning when I have hit upon the right answer.

What I believe is happening is a form of universal feedback is occurring, or the universe, or a part thereof, is sending the answer in an emotional matrix, which is experienced as a form of lightness and strength throughout our mind and bodies. I have successfully been using this to get excellent results when data mining information or testing new longevity extracts and herbal formulas.

A way you can experience this for yourself right now, is if you have trouble making a decision or want to get an answer to a question, is to hold out both your arms straight out in front of you, and allow your hands to form a fist. Close your eyes, and with your left hand, imagine the answer to your question as a yes being experienced in your left and with your right hand imagine the answer to your question being no in the right. Next silently in your

mind, ask a simple question ,something like Should I take the long way home tonight? Next you will experience a slight tugging sensation in one of either of your arms. Allow the arm with the correct answer to naturally rise. The left being yes, and the right being no. In the majority of cases, the correct arm that rises will be the right one. But what is more important is feeling associated behind the answer. The right answer will always feel light, truthful and of strength.

Another method is to write down on a piece of paper Yes and No, than visualize the words entering your body one at a time. Which one feels more lighter and energized? Usually it will be Yes.

This is just a small example of how universal feedback works to provide information to questions. So perhaps during the condition yellow periods this emotional matrix informational flow is much more clearer, much like the reception of a radio is better at some times than others. What is most interesting is condition yellows are maximized from October to January, the time of year, most major scientific breakthroughs occur and they may be related to cross points, which are periods of energy the suns solar flux and KP values peak.

Watch the video below for a person who grew a new tooth via Faith Healing.

Video Title: **Man Grows a tooth in the Name of Jesus INSTANTLY**

<https://www.youtube.com/watch?v=hfrH8Hf4R T0>

Todd White has also stated that some peoples silver fillings have turned to gold after a faith healing and an Internet Search for “**Silver Fillings turned to Gold**” also yields many interesting results, including Mr. Dr. Willard Fuller, which you can learn more at the address below:
<http://www.willardfuller.com/fills.html>

It is interesting how Todd’s faith ministry is located in Las Vegas, a place with year round sunshine. Is the extra light assisting in the creating of miracles such as these?

Another YouTube video titled: **Las Vegas Man can Summon UFOs on a Whim** is also responsible for a man who creates miracles in Las Vegas. The video is at:
<https://www.youtube.com/watch?v=wU3urx8vh vM>

*Thank you for your interest in
this unique book.*

You may purchase it at any time
from [Amazon](#) in hardcover or
Book or hardcover from
[CreateSpace](#).

Scott Rauvers

Author