Solar Flares and Their Effects upon Human Behavior and Health
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Welcome to one of the most informative and up to date books on Solar Health and Healing available today. The purpose of this book is to use our Sun to identify the right times to bring healing, prosperity and health into your life. By doing this, you can ward off disease and misfortune before it starts, saving medical bills and enhancing productivity.
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Chapter 13. - PAGE 241 - Can Events from the Future Affecting the Present?. How Excessive Geomagnetic Energy Causes Psychological Outbreaks of Violence - What causes a Condition Orange - What are the Effects of a Condition Orange? - What Causes this Sort of Violent Behavior to Occur?


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Now Let’s Begin the Journey
Chapter 1. - Introduction

This book is dedicated to the study of Chronobiology, which examines periodic (cyclic) phenomena in living organisms and their adaptation to solar and lunar-related rhythms. This book gives examples on how to use these cycles that occur in living organisms to bring wellness and lengthen lifespan based on these solar and lunar rhythms. These energies have displayed themselves to produce healing, amplification of intent and can be used to identify periods of illness, disease and turbulence in the stock market.

This book combines raw food nutrition with the Science of Chronobiology. If you want maximum health, well being and want to retard the aging process, and you want to do it organically, rather than become a machine, you have to eat right, and know the conditions that create aging, which my research is showing is a combination of foods rich in enzymes, and using the mind to stay healthy via Chronobiology. This is known as the science of Chrio-Nutrition, which is a combination of Chronobiology and Nutrition.

Any Health professional will tell you there is no "one-size fits all" magic pill that heals every one of every disease. However, we can change the way we think and the food we eat as lack of proper nutrition and a continuous negative attitude towards life have been proven to cause illness. There is now confirmed scientific evidence that Lunar, Solar and Earth Geomagnetic Energies affect Human health. So by being aware of these conditions and eating and having the right state of mind, we are as close to a one-size fits all universal healing pill that I think we will ever get.
There are special doorways to the sun that act as powerful receivers to heal the body. These secret doorways help heal the body so quickly and so powerfully, the results are felt the next day, or within hours after using the techniques. One doorway occurs just after the solar wind speed has dropped down to 350, with another doorway occurring after the solar wind has leaped from a lower solar wind speed.

There are 3 main solar and geomagnetic influences that affect the health of the body. These are the solar wind, geomagnetism and solar activity. Additional influences include seasons and how close the earth is to the sun or moon. The influences vary throughout the year, however there are times they all come together to create "disease" or renewal. A perfect example is when you hold a glass lens outside in the sun, and if you hold it too close to an object, it will burn or catch fire, however, if you hold it just the right distance, it can warm the surface; create a beam of light or any other myriad of positive beneficial functions. The same goes for a few minutes before the sun dips over or rises over the horizon (sunrise and sunset), this is the only time you can stare directly at the sun safely. The same effect occurs with the invisible energies of our sun. Anything higher or lower then these variables causes imbalances in living organisms. When these influences are out of tune, they create what I call invisible holes in the body, creating sickness and havoc. Our cells produce heat and I believe that this “heat” at certain times is more destructive than at other times. However by knowing the times this invisible energy is at the right levels, we can use exercise, mental thought power and herbs as a lens to restore the body back to perfect health.

The most notable effect from sunlight we gain is the
natural increase of Vitamin D in our bodies. In the summertime, just 30 minutes of sun exposure produces about 20,000 IUs of vitamin D in your body. This is as much as drinking 200 glasses of milk, or the equivalent of about 50 typical multivitamins. The proper amount of sunlight exposure has been shown to protect against 16 Types of Cancer and to strengthen our heart. Sunlight has also reduced the risk of death from Multiple Sclerosis by up to 76%. Source: Mercola.com.

Now these are just the visible rays from the sun. The purpose of this book is to show the inner workings of the invisible rays from the sun, which I believe, cause illness at the sub-molecular level, such as pneumonia, mental disturbances, depression, allergies and more.

When these conditions are all in tune, spontaneous healing of the body occurs much more rapidly. When these influences are out of tune, groups most affected include the elderly, extreme athletes, those experiencing extreme stress, and the mentally disturbed, and in some cases, allergy sufferers may find their conditions worsened. This is good news because plotting these prime conditions can be used to prevent illness or restore the body to optimal health, especially if you are an anti-aging enthusiast.

This book is based years of research and observation of monitoring the sun’s effects on our environment and living organisms. This book combines both the spiritual as well as the factual methods proven to shield the body from the dangers associated with powerful geomagnetic storms and solar flares. I highly respect the medical profession, however I only have had to visit them when I had accidents that involved exterior trauma to my body, such as bike crashes, or other external accidents. I never have any need
to visit doctors for the flu or other illness because I don't get sick anymore due to using the techniques in this book. I believe this is an emerging trend that hospitals will tend to external injuries more than external injuries in the future. Western medicine is a miracle to treating the short term chronic condition, however for prevention of disease over the long term, it fails miserably.

Because the methods described in this book are so simple towards improving your health and creating success in your life, it makes it easy to forget them, so don't invalidate your successful results by forgetting to do them over time, as when you stop doing the exercises or taking the foods at the right times mentioned in this book, the successful results will also fade away. This book deals with long term prevention, not short term fixes.

We can follow the rhythms of the earth and use these same rhythms to defeat illness in our bodies. As our biological clocks are directly impacted by the cycles of the earth, these same cycles can be used to bring health and wellness to the body. I call this renewal period the Templates of Renewal and the Realignment of Health, Harmony and Perfection. You will see this mentioned a lot throughout this book and is the key to bringing extreme health to the body as rapidly as possible. We already have seen this in nature when our earth received a new radiation belt on March 24, 1991 and in and in the recently emerging science "Resurrection ecology". March and April happen to be the time of year when geomagnetic storms are strongest. It also happens to be the time of year that phytoplankton grow fastest in what is known as the "spring bloom". March/April are when sunspot activity is just restarting and when the number of cosmic rays entering earth starts gradually increasing over periods of days. It is the institutes theory
that these cosmic rays interact with a as of yet undiscovered layer in our upper atmosphere, which "brings life" back to the earth, a form of natural healing, as which is used in the Condition Green condition period demonstrated on the website www.ez3dbiz.com.

In this book I will refer to a specific chi exercise, that I use. I also refer to it as the “Pole Balancing Exercise” in this book. It came from The Emerald Tablets of Thoth. Tablet #13 is called The Keys of Life and Death. I outline in this book how the solar conditions affect the chi flow and the best times to perform this chi exercise.

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.

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 Apu-punchau) and Egyptian Cultures (known as the Egyptian Sun God RA), providing solid stability and prosperity to their civilizations for generations. Let’s explore the 5 main energetic forces released from our sun and how they affect us.

**How the Sunspot Cycle Received its Name**

In 1848 the famed Swiss astronomer Rudolf Wolf designed a unique algorithm for making counts of sunspots which allows comparisons between data from different observers across the centuries throughout time. The sunspot count that was obtained using Wolf’s formula, is now known as the Wolf sunspot number. It is still in use today. Wolf used the data from previous astronomers to re-construct sunspot numbers as far back as the years 1755-1766. He named this period Sunspot Cycle 1. Since that time period, subsequent cycles have been numbered consecutively from that point in time. The cycle that began with the 1996 solar minimum is called cycle 23 or 23 periods of solar cycles from the year 1755 A.D.
Planetary Tides and Sunspots

Much like the moon affects the tides on the earth, there may be a possible link between the largest planets Jupiter and Saturn and their creating a "planetary tide" causing the sunspots to occur on our sun. An excellent scientific research study titled: "Planetary tides during the Maunder Sunspot Minimum" by CHARLES M. SMYTHE & JOHN A. EDDY and submitted to Letters to Nature goes into more detail about this. A website called http://www.jupitersdance.com/ also has an excellent scientific study linking sunspots to Jupiter and Saturn. If you think about this closer, you see that these are the 2 largest planets in our solar system, and due to their large tidal mass, they may be exerting an influence on the gravitational field of our sun.

Below is a summary extracted from Dr. Niroma, a highly respected Finnish climatologist studying the relationship between Jupiter and Sunspots between the years 1988-1991. You can read his full scientific work at: http://personal.inet.fi/tiede/tilmari/sunspots.html

"It takes Jupiter 5.93 years to reach its heliocentric perihelion to our sun and another 5.93 years to reach its aphelion. Statistics show that sunspots get more scarce as Jupiter nears our Sun (Jupiter's perihelion). Also at the peak of perihelion, as Jupiter is about to head away from the sun, the solar wind ceases for 24 to 48 hours, which causes Jupiter's magnetosphere to expand considerably. If this reverse of Jupiter occurs during an increase in sunspot activity, it reduces the rise in sunspots, causing the maximum of the remaining solar cycle to be moderate to low and lengthening the sunspot cycle period."
Dr. Niroma's Homepage with further studies can be found at:

http://personal.eunet.fi/pp/tilmari/

Also if we look at these 2 correlations:

- **Sunspot cycles occur on average every 11.8 years.**
- **Jupiter's orbital period around our sun takes 11.86 years.**

Another interesting fact is Researcher Stephen Plagemann, stated in his book The Jupiter Effect, showed a 20 percent increase in solar activity when Jupiter and Saturn happened to be in conjunction. So it is interesting how these cycles seems to match that of our sun. Now let’s look at the cycles of the sun and how it affects history.

**How Sunspot Cycles Turn the Gears of History**

In this section we will explore how cosmic cycles occur in waves which affect society as a whole, meaning nothing lasts forever and over the long term society is vulnerable to sudden changes. The most well-known cycle is the 25,920 year cycle, which has smaller cycles of 2,160 years each within it. Each 2,160 year period is ruled by a particular constellation of the zodiac, containing a total of 12 zodiac constellations totaling 25,920 years for a complete cycle. At the end of each 2,160 year cycle, a new constellation aligns with the rising sun at the spring equinox. The last constellation to fully do so was Pisces during which time Jesus was born, also known as the age of Christianity. We are now entering the Age of Aquarius, which is a period of liberation of the mind, the end of tyranny, and the age of universal brotherhood.
Researcher Gaston Georgel studied history and found that history repeated itself or underwent massive changes in the political and social structure in the following cycles: 11, 22, 33, 44/45, 55, 77, 100, 125, 130, 144, 150, 154, 288, 300, 515, 539/540, 666, 1,000, 1030, 1078/1080, 1100, 1400, 2160. Many of these numbers are in multiples of 2. Two is the number that resonates strongest. Any two objects have power of resonation. It is my belief that this "double" number creates a change in the cycle.

Examine any cultural shift in history and it will correspond to at least one of these yearly cycles. A few examples include the age of Napoleon and than 130 years later the age of Hitler. Another example are the English and French revolutions which are 144 years apart, or the kings of France 539 years (77X7) etc.

An example of recent events shows the following:

- 1987 to 2009 (22 years): The Era of the Emergency of Globalization
- 2012 to 2023 (11 years): The End of Tyranny and Dictatorships, The Emergence of Locally Sustained Economies.
- 2023 to 2034 (11 years): Major Climate Changes to take place

Now let’s examine closer the separate spectrums of our sun and how each energy level affects life on earth.

**The 5 Main Condition Colors**

There are 5 main conditions or spectrums of energies being emitted from our sun. Condition Red, Condition Green, Condition Blue, Condition Orange and Condition Purple.
Each condition has a specific type of effect on the body. Some conditions create mood swings, others cause more discomfort upon the body and others heal and create miracles. Those who will feel the effects the most are extreme athletes, the elderly and the mentally ill. Conditions are not always 100% Green or Red (the most common conditions), so some days you may see 70% Green and 30% Red, and other days 100% Green. In Summary the process follows a similar pattern over a period of between 12 to 24 days.

**Using the Conditions in Daily Life**

For businesses, play music according to the mood of the current solar condition. Soothing music during condition reds, more upbeat music during condition blues and classical during condition greens.

Condition Green - Health and Wellness Seekers, Communication and Service Related Professions - Barber, Lawyers, Salespersons. Know the best times to clearly get your message across. Know the best time to exercise the body, reducing recovery time and enhancing health.

Condition Orange - Those working with the Elderly and extreme Athletes - Know the times your body is more prone to physical fatigue. Identify those at risk for increased mental disturbances.

Condition Red - Health Care Professionals - Know the times those who are sick are more prone to pneumonia and other respiratory diseases and when the immune system and nervous systems are most vulnerable. Know the times to not overstress the body.
Condition Yellow - The Elderly. Anti-Aging Enthusiasts, Those growing Old - Know the best times to restore your body back to health quickly and increase vitality. A good time to do physical exercise and perform “chi” exercises.

Condition Blue - Scientists, Engineers, and Healers - Know the best times to undertake the most challenging parts of projects. Know the best times to create "healing miracles" and apply the power of belief to healing situations. Performing HeartMath exercises during this time greatly boosts the results.

Any condition becomes "amplified" or "triggered" whenever the solar wind "jumps" or leaps. I believe that the solar wind may be triggering the pituitary gland, causing illness or renewed health to occur in the body.

The Color Conditions Examined in Detail

The condition colors are a gauge of the social temperature of humanity on earth and 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: These are periods where violence manifests itself more often than at other times when sunspots have been dropping for a while. This violence is further amplified when a condition color overlaps into a year sunspot period cycle.

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 than 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.

A condition color is strongest during the first 24 to 48 hours as it enters that period, and again the remaining 24 to 48 hours after it leaves that period, which is why predicting the position of the Dow Jones is so much easier to forecast during the last 24 to 48 hours after the peak of solar and KP activity.
Thank you for your interest in this book. Purchase this book immediately in Kindle or Nook format or Paperback Hardcover on Amazon.com.

This title is also available in our online bookstore at http://www.ez3dbiz.com/library.html

Thank you again for empowering your health and scientific understanding of our Sun.

Scott Rauvers

Author: Solar Flares and Their Effect Upon Behavior and Human Health