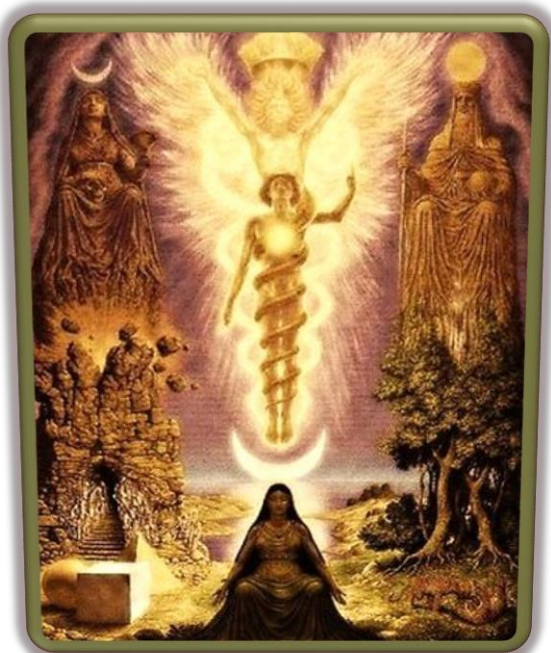


Unique AntiAging Techniques to Live Beyond 100 years via Newly Discovered Secret



*QIGong and Taoist discoveries made by the
Institute for Solar Studies, Santa Monica, CA*

First Edition Published July 2012

Complete Revision April 2016

**Read the first 3 Chapters of this
book free at:**

www.mightyz.com/emerald_keys.html

**Fourth Edition Revised 2019. View more details at
http://www.mightyz.com/the_emerald_keys.html**

Other books published by the Institute for Solar Studies on Behavior and Human Health:

1. Released August 2013 - Anti Aging Nutrition Secrets. The Fountain of Youth Seekers Guide to Longevity
2. Released August 2013 - A Centurion's Toolbox for Longevity Living Beyond 120 - 2nd Edition
3. Released Late-December 2012 - How to Make and Sell Your Own Aromatherapy and Herbal Products
4. Released Mid-December 2012 - How to Sell Your Homemade Products Online
5. Released November 2012 - Solar Visualization Tools for Health and Prosperity
6. Released September 2012 - Living Healthy Beyond 120, A Centurion's Plan for Longevity
7. Released May 2014. - Solar Flares and Their Effects upon Human Behavior and Health
8. Revised December 2016. The Complete Guide to Natural Toothache Remedies and Re-mineralization
9. Revised October 2016. - The Official Guidebook of How to Make Tinctures and Alchemy Spagyric Formulas.
10. Released April 2015. - The Any Climate Survival Guidebook. Maintain Resilience in Rain, Snow or Desert

- 11. Revised 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**
- 12. Foods, Herbs and Pharmaceuticals that Extend Lifespan. An in-depth research title covering more than 200 herbs and Nutraceuticals proven to extend lifespan**
- 13. Released - Aug 29, 2014 - Following the Sun. Using Sunspot Cycles to Change Your Destiny and Empower Personal Growth and Other Stories**
- 14. Released June 2015 - A Pod Publishing Manual. Free Marketing Strategies for Experienced Amazon Authors**
- 15. Released March 2016. Wormhole Theories, Sunspot Activity and Remote Viewing Stocks**

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

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

Being the only book of its kind recording years of experiences associated with practicing Tablet XIII, the Keys to Life and Death, I have put the discoveries made over the past 8 years in as clear as light as possible, giving anyone the opportunity to use this information as a guide to working with Tablet XIII and to understand how to use these energies to restore vitality and longevity

Revised © April 2016 by Scott Rauvers of the Solar Institute,
Santa Monica, CA.

ISBN-10: 1532838751

ISBN-13:978-1532838750

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

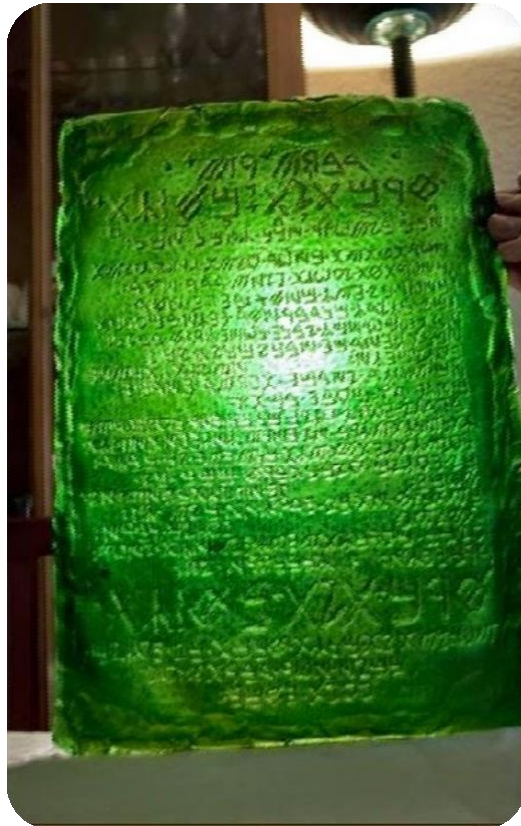
Scott Rauvers
15077th St
#633
Santa Monica, CA 90401 USA
www.mightyz.com



Scott Rauvers,

Author and Founder of the Solar Institute

This publication is a close up analysis and research study from 8 years of researching Tablet 13 - The Emerald Tablets of Thoth, the Key to Life and Death by The Institute for Solar Studies on Behavior and Human Health, Santa Monica, CA.



This book is also available in Nook and Kindle Versions. Just enter the title into any Internet Search Engine to locate these additional versions. You may also download a PDF version of this book from the books page at www.mightyz.com

Chapters

Introduction	16
What is QI?	18
Published Scientific Studies of QI Gong and their Numerous Health Benefits	20
Qi Gong	21
Qigong Yangsheng	21
Chapter 1 - A Brief Synopsis of the Emerald Tablets	1
Explaining the Revitalizing Energy that Comes From the Practicing the Emerald Tablets Exercise	1
Tablet XIII Examined in Closer Detail	2
What is Geomagnetic Energy?	3
The Human Body is a Magnet	5
Exploring the Revitalization Energy a Little Further	6
Why Do You Call It The Emerald Tablets Exercise?	6

Why the Color Green Relates to Immortality 7

**Chapter 2 - How do I Perform
the Emerald Tablets Exercise? 9**

**Chapter 3 - Locations where
Revitalization Energy is
generated inside the Body 11**

**A More Detailed Look at the Location of the
Lower Tan Tien 12**

**Why is This Energy Stronger from Late Fall to
Early Spring? 13**

**Seasonal Highs and Lows of the
Revitalization Energy 14**

Late October at Dusk 15

**Chapter 4 - Energetic Peaks
According to the Hour of the Day 18**

**Qi Energy Flow Variation According to the Hours of
the Day and Seasons 19**

Moon Phases and Cyclical Stems 20

Zi Wu Liu Zhu (Midnight-noon Ebb-flow)	21
What are the 12 earthly branches?	22
The Ten Heavenly Stems	24
The Colon and Health	24
Comte de Saint Germain	25
Why Strong Lungs are Connected to Longevity	25
Methods to Retain and Regain Your Lung Capacity	26
Effects of the Restorative Emerald Light in Daily Life	27
How will I know if I have performed the Exercise Correctly?	28

Chapter 5 - Tips to Improving the Revitalization Energies experienced by Performing the Emerald Tablets Exercise 29

What is Critical Mass?	30
How not to Overstress during the Exercise	31

How the Magnetic Forces of the Body become Strengthened by Practice of the

Emerald Tablets Exercise	31
How to use Meyer Waves for Anti-Aging	32
What are Mayer Waves?	32
Using Coherence for Anti-Aging	32
How Do I Generate Coherence?	34
How Seismic Activity Relates to Time	35

Chapter 6 - The North and South Positions of the Emerald Tablets Exercise

37

A Herbal Mind Concentration Formula that Enhances Focus and Concentration	40
Once Learned the Emerald Tablets Exercise Technique Remains With You Forever	41

Chapter 7 - Physical, Health and Mental Restorative Effects Obtained from Practicing the Emerald Tablets Exercise

42

Documented Scientific Evidence of Energy Meridians in the Human Body	43
---	-----------

**Foods that Boost the Regenerative Effects
from Performing the Emerald Tablets Exercise 44**

The Emerald Tablets Exercise Help Notes 44

**Notes and Observations from Lying Down
with the Head Pointed North while performing
the Emerald Tablets Exercise 44**

**Notes and Observations from laying down
with the Head Pointed South while
practicing the Emerald Tablets Exercise 46**

Chapter 8 - Techniques that Enhance the Revitalization Energies of the Emerald Tablets Exercise 49

**Food Combinations to Take after the
Emerald Tablets Exercise 49**

Warnings of Illness from the Future 49

Chapter 9 - Time Anomalies and Effects from the Emerald Tablets Exercise 50

Photons, Cosmic Rays and Time Dilation 50

Higher Cosmic rays Increase Rejuvenative

Effects	50
Granite and Radiation	51
What are Gamma Rays?	52
Our DNA as a Hologram	52

Chapter 10 - Scientific Evidence of Gamma Rays Rejuvenating the Human Body 54

The PhotoElectric Effect and Anti-Aging	56
Therapy and Gamma Rays	57
Gamma Rays and the Great Pyramid of Giza	58
The Great Pyramid and Cygnus	59

Chapter 11 - How the Constellation Cygnus Contributes to Enhanced Revitalization Energies of the Body 61

A scientific study showing how Gamma Radiation affects the Crown, Heart and Pelvic Regions the Most	64
The Milky Way Gamma Ray Bubble	65

**Chapter 12 - An Examination
of the Particles being emitted
from Cygnus 66**

Thunderstorms and Increased Gamma Rays 67

**Chapter 13 - How to Detect
Negative Energies when
performing the Emerald
Tablets Exercise 71**

Getting more done in Less Time 77

**Chapter 14 - Beneficial
Environments and Locations
to Perform the Emerald
Tablets Exercise 80**

Best Soil Surfaces to Perform the
Emerald Tablets Exercise 81

Best Seasons and Locations to Perform
the Emerald Tablets Exercise 81

Regions high in Potassium Boost the
Restorative Energies due to the Presence of
Gamma Rays 82

Chapter 15 - How to build a device to amplify the Energies of Revitalization 86

Amplifying the Restoration Energies Using Tablets of Granite 86

Chapter 16 - Moon Phases that Enhance Revitalization Energies 88

Moon Positions and Qi Energy 88

Qigong According to Phases of Moon 89

Energy Flow According to Season 90

Chapter 17 - Ancient Egyptian Qi Gong and the Microcosmic Orbit 92

What is the Light of the Microcosmic Orbit? 93

A Simple Exercise to Experience the Microcosmic Orbit 93

Is the energy from the Emerald Tablets the Same Energy as the Microcosmic Exercise? 96

How will I know if I have done the Microcosmic Orbit Exercise Correctly? 97

How to Perform the Grounding Exercise	98
How to Befriend A Tree and Connect with Its Energy	99
Size is Important	101

Chapter 18 - Geomagnetic Activity and the Emerald Tablets Exercise **103**

How to Use Earth's Geomagnetic Energy for Revitalization	103
How to Use Solar Electrons for Revitalization	104
How to Find Beneficial Solar Activity for Revitalization	106
Solar Activity levels conducive to healing	106
Organs Stimulated by Solar Activity	108
Yin Organs According to Season	109
Solar Wind Speed and Health	109
A Summary of Optimal Solar Conditions to perform the Emerald Tablets Exercise	110
Intuition, Longevity and Solar Activity	112

Part 2 **114**

**Chapter 19 - Internal Critical
Mass and the Energy of
Revitalization** **115**

How to achieve the final Cycle of
Revitalization-CriticalMass **115**

Yin and Yang Energy Flow Variation
According to the Hours of the Day and Seasons **118**

The 3 Vital Treasures **120**

**Chapter 20 - Methods for
Using the Revitalization
Light For Healing** **121**

**Chapter 21 - Can The Right
Levels of Solar Energy Cause
Instant Healing through the
power of Intention?** **122**

Longitudinal Alignments and Healing **124**

The Ophiuchus Constellation **125**

How to find the Center of the Milky Way

Galaxy 126

Chapter 22 -Taoist Techniques of Physical Immortality 127

Qi Flow According to Seasons and Hour
of Day 129

Zi Wu Liu Zhu: Cyclical flow of Qi and
Blood through the meridians 130

Chapter 23 - How to Tune into Energy from the Big Dipper 133

The Big Dipper and Qi Energy Flow 133

The North Pole Star Will Not Always Be
Directly Overhead 135

Precessional Cumulation Simply Explained 135

Chapter 24 - How to Tap into the Energy of the North Star 137

Tapping into Electromagnetic Energy
Emitted from the North Pole Star 137

Absorbing Energy from the North Pole Star 139

Chapter 25 - How to Practice Planetary Qi Gong for Healing and Wellness **141**

Resonant Planet Colors and the 5 Thrusting Channels 142

Using the 12 Earthy Branches for healing 144

The 12 Earthy Branches 145

Chapter 26 - The 12 Earthly Branches Re-Examined **147**

What is the Pericardium? 148

What is the Triple Burner? 148

 Qi Gong Energy and Seasonal Energies 149

 Lungs and Aging 150

 Jing. The Eternal Life Essence 151

Chapter 27 - The 60 Year Chinese Zodiac **153**

What is the 60 Year Chinese Zodiac? 154

Chapter 28 - An In-Depth Examination of the Restorative Energy Emitted from the Cygnus Constellation 158

Cygnus and Its Mythological Association with the Swan 160

Chapter 29 - The Grand Cycle and the 12 Constellations 162

Earth 25,000 Years Ago 164

Chapter 30 - Gamma Rays, Climate Change and Evolution 166

Gamma Rays as Accelerators of Evolution 166

Could an Ice Age be responsible for increased cosmic rays and accelerated evolution? 167

Chapter 31 - Ancient Cultures who used the Energies from Cygnus 169

Cygnus and Stonehenge 169

Cygnus and the Armenian Stonehenge	169
Cygnus and La Venta	170
Cygnus and Palenque	170
Cygnus and Avebury	170
Cygnus and Newgrange	171
Cygnus as the Cross	171
Cygnus and Göbekli Tepe	171
Matching Ancient Temples to Restorative Energetic Peaks	172
Meteor Showers and Cygnus	172
The Month of August and Time	172

Chapter 32 - Four documented cases of people who live without food using prana as their food source

174

Bigu **176**

The Spine, Lower Back and its Relation to Longevity **177**

Chapter 33 - Longevity

Masters 178

**Chapter 34- List of Seasonal
Foods for regions of North
America, The UK and Europe 181**

**Moon Phase Calendar including Perigee
until 2025 190**

Online Links, Resources and Related Books 200

Introduction

Today there are more and more emerging forms of meditation, Qi Gong, Yoga, Taoist exercises and the like that claim to lengthen lifespan, boost longevity and improve overall wellness emerging on an almost yearly basis. How do you know which one is right for you? The key is whether an exercise you perform gives you feelings of higher frequencies in your body, mind and spirit. This can be verified by your own bodily experience of inner peace, joy and physical vitality. If you experience more balance and harmony occurring in life, then your practice is successful. The human spirit is constantly evolving to become a self-realized and grounded individual. Part of this process includes ethical behavior and harmony with the social whole. Any practice that purifies the mind over time will create a healthy body and mind that gradually

becomes refined into a spiritual body of pure inner light resonating with healthy inner sound.



The key purpose of this book is to teach simple easy to use techniques, that anyone can use to extend their lifespan. The technique shown in this book is based on a method thousands of years old recorded by an Ancient Egyptian Priest named Thoth. In Ancient Egyptian mythology, Thoth was associated with the system of writing, the development of science, the arts of magic and the judgment of the dead. Thoth also served as a mediating power between good and evil and was credited with the writing of

Egyptian hieroglyphs. All who practice this technique receive experiences of inner peace, joy and physical vitality.

About 4,300 years ago, the ancient saint known as **Peng Zu** was

reported to have lived for 880 years (*much like the biblical supercentenarians*). He was one of the founders of today what is known as Taoism. His process of longevity was based on the following principle: **Rejuvenate one's soul first, then rejuvenation of the mind and body will then follow.** His practice involved valuing peace and quiet and he abstained from worry, misery and bereavement. He also used stretching exercises, breathing and visualization exercises. When a part of his body was starting to become affected due to age, he would focus on that afflicted part using his exercises to revitalize it.

The exercise shown in

Tablet 13 of the Emerald Tablets of Thoth is just such a method that rebuilds the body beginning at the soul level, which is then passed on towards the physical body, making it a very effective technique to restore health, vitality and longevity to the body.



This book is a personal journal detailing my 8+ years of performing the exercise discussed in Tablet 13 called the Emerald Tablets of Thoth, the Key to Life and Death of which the technique has very strong parallels to Mr. Peng Zu's Taoism. It was not until 5 years of personal practice of the Emerald Tablets exercise that I accidentally discovered that the restorative energies felt during the exercise were felt stronger during certain seasonal periods. These restorative energies were found to peak strongest at sunset during fall every year with a second peak occurring during the mornings in spring. It was only after many years that I learned this seasonal energy pattern happens to match the **same seasonal cycle as the original Qi Gong energy used by the ancient Tao Masters** and this cycle was most likely utilized by Mr. Peng Zu.

What is Qi?

Many of us have seen the power of karate experts who are able to break wood boards with their hands, or even their heads, and Qi Gong masters that are able to heal others by projecting intense heat in the infrared spectrum generated by focusing their minds. This same energy can be generated by anyone with the right skills and knowledge. This "chi" energy is contained in the air all around us, and rises and falls at various times according to seasonal and lunar cycles.

There are already some types of Tai Chi and Martial Arts Exercises that tap into this energy flow and use it for various purposes. Here is a quote from the www.williamcccchen.com website explaining the process of a type of Qi Gong called "internal chi".

*"The energy pressure comes from an internal intrinsic energy of Chi; Chinese call it Yuan-Chia, the original life energy that is inherent with our birth. It is a mix of chemical energy, is highly concentrated, and exists inside the body. **Mental awareness** is required for the pressurization of the energy; this combination and interaction is very important to us: without it we cannot think, talk or walk. Life would be like a living death e.g., (a coma or vegetative state).*

When we are sleeping, the body has no energy pressure inside; it is like a flat tire; if anything crashes down, the body will be easily crushed. When we are standing up or walking around, the energy pressure inside the body is moderately relaxed. Stress causes the energy pressure inside the body to over-expand and the person becomes uptight.

*The way the energy pressure changes in the body is controlled by the mind through a **progressive awareness**. If used in martial arts, it can result in powerfully quick punches and kicks. It is called iron shirt by Chinese martial artists. If used when adhering to a life of longevity nutrition, it can result in better intuitive knowledge of the right herbs to take and foods to eat.*

The pressure force begins from the center of the body in the lower abdomen, which connects the bottom base of the foot and goes to the tip of the fingers. This center of the energy is known as Tan Tien, which literally translates as Field of Cinnabar. It is located two inches below the naval; this is the field to be produced or cultivated for nourishment essential to the sustenance of life. It is a very important point.

The body is always seeking restoration and repair and it occurs much faster when the mind has increased its awareness and is in the proper state of mind. The main energy source for any chi energy exercise is focus combined with an increased amount of oxygen brought into the body. Beneficial side effects of generating chi in the body include increased awareness, a more balanced outlook on life and a stronger immune system. This new expansion of awareness brings with it the power to heal ourselves. This in turn causes us to subconsciously heal others in the process (*change yourself and change the world*). From this we can conclude that performing Qi Gong type or similar type exercises affects 2 parts of the body, the spiritual and the physical. The most common and well known of the life force exercises are Qi-gong and Tai Chi.

I have concluded that Tablet 13, the Keys to Life and Death is actually an ancient form of Egyptian QI Gong that was utilized by certain groups, possibly religious or secret societies in Ancient Egypt thousands of years ago. So this means that not only has QI Gong been around for thousands of years, but this energy has been known by many different names and has branched off into different types of practices. However one thing always remains the same, the peak of the energy and its cycle always remain the same no matter how much time may pass. From this we can develop a clear guide to better uncover the best techniques that give the best results. The Emerald Tablets Exercise, as well as most general QI exercises involve focused will and intention. This causes an interaction with the torsion field. A simple formula is shown below:

**Conscious intention creates
enhanced energy fields + which
alters the existing torsion field =
This causes distortion of the
Vacuum = Restoration of tissues
and re-vitalization of the body.**

Published Scientific Studies of QI Gong and their Numerous Health Benefits

Below are just 2 of the many scientific studies conducted during the past decades that have been published in the US National Library of Medicine. These peer reviewed papers show evidence that QI energy can influence, heal and improve overall general well-being.

Qi Gong

A 2015 study titled: *From Body to Mind and Spirit: Qigong Exercise for Bereaved Persons with Chronic Fatigue Syndrome-Like Illness*, was conducted by a team of researchers headed up by J. Li, the study concluded that after practicing Qigong for 3 months that the participant's physical and mental fatigue showed significant declines. Also there were improvements in the volunteer's spiritual and psychological states of mind.

Qigong Yangsheng

Another type of Qigong known as Qigong Yangsheng has been shown to help people suffering from asthma. A 1998 study titled: *Qigong Yangsheng as a complementary therapy in the management of asthma: a single-case appraisal* that was conducted by A. Reuther and D. Aldridge stated that Qigong Yangsheng was of significant benefit to people suffering from asthma. Qigong Yangsheng is a health-promoting form of traditional Chinese medicine combining movement, breathing technique and mental exercise.

Additional References:

- I. Birdee GS, Wayne PM, Davis RB, et al. Tai chi and qigong for health: patterns of use in the United States. *Journal of Alternative and Complementary Medicine*. 2009;15(9):969–973.
- II. Hall AM, Maher CG, Lam P, et al. Tai chi exercise for treatment of pain and disability in people with persistent low back pain: a randomized controlled trial. *Arthritis Care & Research*. 2011;63(11):1576–1583.
- III. Jahnke R, Larkey L, Rogers C, et al. A comprehensive review of health benefits of qigong and tai chi. *American Journal of Health Promotion*. 2010;24(6):e1–e25.
- IV. Jones KD, Sherman CA, Mist SD, et al. A randomized controlled trial of 8-form tai chi improves symptoms and functional mobility in fibromyalgia patients. *Clinical Rheumatology*. 2012;31(8):1205–1214.

- V. Kendrick D, Kumar A, Carpenter H, et al. Exercise for reducing fear of falling in older people living in the community. *Cochrane Database of Systemic Reviews*. 2014;(11):CD009848. Accessed at <http://www.thecochrane library.com> on July 29, 2015.
- VI. Langhorst J, Klose P, Dobos GJ, et al. Efficacy and safety of meditative movement therapies in fibromyalgia syndrome: a systematic review and meta-analysis of randomized controlled trials. *Rheumatology International*. 2013;33(1):193–207.
- VII. Li F, Harmer P, Fitzgerald K, et al. Tai chi and postural stability in patients with Parkinson’s disease. *New England Journal of Medicine*. 2012;366(6):511–519.
- VIII. Li F, Harmer P, Liu Y, et al. A randomized controlled trial of patient-reported outcomes with tai chi exercise in Parkinson’s disease. *Movement Disorders*. 2014;29(4):539–545.
- IX. Lynch M, Sawynok J, Hiew C, et al. A randomized controlled trial of qigong for fibromyalgia. *Arthritis Research & Therapy*. 2012;14(4):R178.
- X. Nery RM, Zanini M, de Lima JB, et al. Tai chi chuan improves functional capacity after myocardial infarction: a randomized clinical trial. *American Heart Journal*. 2015;169(6):854–860.
- XI. Oh B, Butow P, Mullan B, et al. Impact of medical qigong on quality of life, fatigue, mood and inflammation in cancer patients: a randomized controlled trial. *Annals of Oncology*. 2010;21(3):608–614.
- XII. Rendant D, Pach D, Lüdtker R, et al. Qigong versus exercise versus no therapy for patients with chronic neck pain: a randomized controlled trial. *Spine*. 2011;36(6):419–427.
- XIII. Rogers C, Larkey LK, Keller C. A review of clinical trials of tai chi and qigong in older adults. *Western Journal of Nursing Research*. 2009;31(2):245–279.
- XIV. Saeed SA, Antonacci DJ, Bloch RM. Exercise, yoga, and meditation for depressive and anxiety disorders. *American Family Physician*. 2010;81(8):981–986.
- XV. von Trott P, Wiedemann AM, Lüdtker R, et al. Qigong and exercise therapy for elderly patients with chronic neck pain (QIBANE): a

- randomized controlled study. *Journal of Pain*. 2009;10(5):501–508.
- XVI. Wang C, Bannuru R, Ramel J, et al. Tai chi on psychological well-being: systematic review and meta-analysis. *BMC Complementary and Alternative Medicine*. 2010;10:23.
- XVII. Wang C, Iversen MD, McAlindon T, et al. Assessing the comparative effectiveness of tai chi versus physical therapy for knee osteoarthritis: design and rationale for a randomized trial. *BMC Complementary and Alternative Medicine*. 2014;14:333.
- XVIII. Wang C, McAlindon T, Fielding RA, et al. A novel comparative effectiveness study of tai chi versus aerobic exercise for fibromyalgia: study protocol for a randomized controlled trial. *Trials*. 2015;16:34.
- XIX. Wang C, Schmid CH, Hibberd PL, et al. Tai chi is effective in treating knee osteoarthritis: a randomized controlled trial. *Arthritis and Rheumatism*. 2009;61(11):1545–1553.
- XX. Wang C, Schmid CH, Rones R, et al. A randomized trial of tai chi for fibromyalgia. *New England Journal of Medicine*. 2010;363(8):743–754.
- XXI. Wang C. Role of tai chi in the treatment of rheumatologic diseases. *Current Rheumatology Reports*. 2012;14(6):598–603.
- XXII. Wang C. Tai chi and rheumatic diseases. *Rheumatic Diseases Clinics of North America*. 2011;37(1):19–32.
- XXIII. Wayne PM, Berkowitz DL, Litrownik DE, et al. What do we really know about the safety of tai chi? A systematic review of adverse event reports in randomized trials. *Archives of Physical Medicine and Rehabilitation*. 2014;95(12):2470–2483.
- XXIV. Wayne PM, Walsh JN, Taylor-Piliae RE, et al. The impact of tai chi on cognitive performance in older adults: a systematic review and meta-analysis. *Journal of the American Geriatrics Society*. 2014;62(1):25–39.
- XXV. Yan J-H, Gu W-J, Sun J, et al. Efficacy of tai chi on pain, stiffness and function in patients with osteoarthritis: a meta-analysis. *PLoS One*. 2013;8(4):e61672.
- XXVI. Yeh GY, McCarthy EP, Wayne PM, et al. Tai chi exercise in patients with chronic heart failure: a randomized clinical trial. *Archives of Internal Medicine*. 2011;171(8):750–757.

The Emerald Tablets of Thoth



Chapter 1 - A Brief Synopsis of the Emerald Tablets

The history of the Emerald Tablets is strange and beyond the belief of most modern scientists. Their antiquity is stupendous, dating back some 36,000 years B.C. The tablets were translated by Dr. Michael Doreal during 1925. Dr. M. Doreal founded the metaphysical church and institute. He is the author of the organization's writings and was granted permission to be remitted to the public forum by the Great White Lodge and Elder Brothers of mankind, who create writings to assist spiritual evolution of mankind. Besides deciphering the Emerald Tablets, Doreal studied the Kabbalah and translated many ancient texts into English and various other languages to assist in the purpose of mankind's spiritual evolution. His publications and writings can be found at the Brotherhood of the White Temple publication office located at P.O. Box 813, Sedalia, Colorado 80135. Phone: (303) 688-3998.



Explaining the Revitalizing Energy that Comes From the Practicing the Emerald Tablets Exercise

The exercise is named the "Emerald Tablets Exercise" because during the right conditions, the rejuvenative light turns to a beautiful emerald green. The strongest energy flows after you visualize yourself "balancing" on a pole which compresses the abdomen area, which releases Qi energy. This occurs as a result of the energy emerging from the center of the body coming from a feeling of trying to balance oneself. This is similar to a top or earth's angular momentum which causes a change of seasons each year. After you have performed the exercise a number of times,

you will find you will have lower blood pressure and increased feelings of vitality and wellness.

Tablet XIII Examined in Closer Detail



Here is part of the original tablet translation translated by Dr. Michael Doreal.

Deep in Earth's heart lies the flower, the source of the Spirit that binds all in its form. Know ye that the Earth is living in body as thou art alive in thine own formed form. The Flower of Life is as thine own place of Spirit and streams through the Earth as thine flows through thy form; giving of life to the Earth and its children, renewing the Spirit from form unto form. This is the Spirit that is form of thy body, shaping and molding into its form.

Know ye, Oman, that thy form is dual, balanced in polarity while formed in its form. Know that when fast on thee Death approaches, it is only because thy balance is shaken. It is only because one pole has been lost. See ye not that in Earth's heart is the balance of all things that exist and have being on its face? The source of thy Spirit is drawn from Earth's heart, for in thy form thou are one with the Earth. When thou hast learned to hold thine own balance, then shalt thou draw on the balance of Earth. Exist then shalt thou while Earth is existing, changing in form, only when Earth, too, shalt change: Tasting not of death, but one with this planet, holding thy form till all pass away.



Looking at the first paragraph we come across the text “***as thine own place of Spirit and streams through the Earth as thine flows through thy form; giving of life to the Earth and its children, renewing the Spirit from form unto form.***”

This sounds a lot like the flowing energy generated by QI Gong.

The next paragraph

“Know that when fast on thee Death approaches, it is only because thy balance is shaken. It is only because one pole has been lost. In Earth's heart is the balance of all things that exist and have being on its face”

This sounds much like the body has a north and south magnetic pole, and can be re-strengthened by allowing QI Gong energy to flow throughout it, re-storing it. There are many documented cases, including some good YouTube videos where QI Gong masters are able to make a compass needle move via QI (*Video Title: QI Gong Master Zhou compass spin*). In order to make a compass needle move, you need to have an external magnetic field. This proves that the human body, and possibly the flow of QI Gong energy itself has a magnetic component to it and that it can be revitalized with the right technique. In summary, just as the human body has stored Jing Energy which can be tapped into for revitalization, the earth also has stored “Jing” which is released during geomagnetic storms which occur from solar activity.

What is Geomagnetic Energy?

Geomagnetic energy is a result of earth's geomagnetic field. It is a magnetic field extending from Earth's interior which meets up with the sun's solar wind. When solar activity is stronger, geomagnetic energy becomes stronger and more disturbed due to it impacting the solar wind, causing earth's beautiful aurora borealis.

Geomagnetic energy has 2 seasonal peak periods each year. They are spring and fall.

The next paragraph

“See ye not that in Earth's heart is the balance of all things that exist and have being on its face. The source of thy Spirit is drawn from Earth's heart, for in thy form thou are one with the Earth. When thou hast learned to hold thine own balance, then shalt thou draw on the balance of Earth. The source of thy Spirit is drawn from Earth's heart, for in thy form thou are one with the Earth”

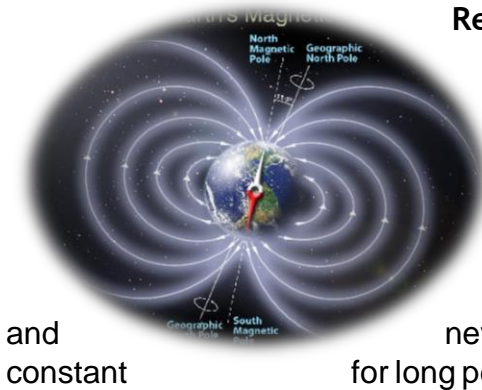
The above paragraph makes strong references to the advanced portions of QI in an exercise known as the **Microcosmic Orbit**. During this exercise revitalization energy is tapped from a location behind the navel known as “**Jing Energy**” via the “earth force”, which feels like a nice cool, blue, gentle energy associated with the virtues of kindness. The QI energy is what circulates the Jing energy to various parts of the body, creating the revitalization effect which I call the “Critical Mass”. When the tablet talks about the *source of thy Spirit*, it is talking about the geomagnetic energy (spirit) of earth. Geomagnetic energy rises and falls according to solar activity.

This book has unlocked those key periods of where and when these geomagnetic energy periods occur. Though they are not necessary for successful feelings of revitalization, they do occur strongest during Fall and Spring each year. If you perform the Emerald Tablets Exercise during these seasons when geomagnetic levels are stronger, the restorative feelings are significantly enhanced. Let's examine the magnetic components that make up the body a little further.

Another interesting observation is that during high geomagnetic activity, suicides and depression are more common especially during geomagnetic storms that occur in the spring time. (*Association of geomagnetic disturbances and suicides in Japan, 1999–2010. Harue Tada et al. Sept 2013*).

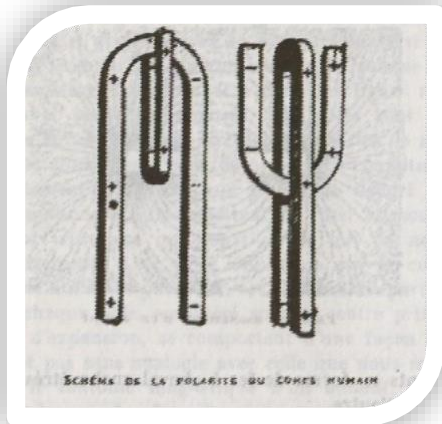
The Human Body is a Magnet

The earth is essentially a giant magnet with giant north and south magnetic poles. Earth's magnetic north and south poles go through cycles of change known as **Pole**



Reversals, which occur on average every 200,000 to 300,000 years. This means north will turn into south and south into north. Earth's magnetic field also goes through periods where it gets stronger and weaker and never remains at an exact constant for long periods of time.

The human body also contains a north and south polarity, which at times needs to be re-aligned in order to maintain good health and well-being. Henri Durville, author of *History of the Magicstick*, has done numerous experiments demonstrating that the human body has a north and south polarity. The image shown below shows the



polarity of the human body which he spent years uncovering. As the image shows at the top and bottom exist two poles which resemble a bar magnet.

The Emerald Tablets of Thoth the Atlantean, Tablet #13 are about reversing the aging process through a simple exercise in which you lay the head of your body aligned with the magnetic north of earth for a period of time,

then change your body 180 degrees so your head faces south and your feet face north for another set period of time.

Speaking from personal experience, the first year was spent performing the exercise for 2 hours each day, until the “gateway” of energy was opened from which “Jing” was tapped. From doing the exercise for such a long time, a special “wavelength” was observed that corresponded to the body's aches and pains disappearing more rapidly during some periods compared to other periods. These “waves” of restorative energy were found to vary according to the time of the year and have seasonal highs as just covered earlier.

Another discovery made was when the wave is “*off key*” and you perform the exercise, the body becomes more susceptible to illness. However the opposite was also discovered, when doing the exercise at the right times, the body feels absolutely refreshed and revitalized and you can really get a feel of what Tablet 13 of the Emerald Tablet is talking about when it discusses “*cheating death*”.

So the effects felt are quite real, however it does take experience to know how to do the exercise properly. That is the purpose of this book. To act as a guide on how to properly perform the exercise, coming from an experienced practitioner going onto a decade of experience.

Exploring the Revitalization Energy a Little Further

Why Do You Call It The Emerald Tablets Exercise?

I have named this method the “Emerald Tablets Exercise” because during the right conditions, the restorative wave of energy, which I will refer to



in this book as "The White Light" turns to a beautiful emerald green during the most powerful periods of restoration. Also in the Taoist practice of Energy of the Stars the chart titled: Resonant Planet Colors and the 5 Thrusting Channels (*shown later in this book*), it shows that Jupiter is the prime planet during spring, which is connected with the color green.

Why the Color Green Relates to Immortality

The "revitalizing power" of Emerald Green is reflected in nature in biological organisms deemed immortal. If you happen to make a chrysanthemum herbal tincture, the finished tincture turns this beautiful Emerald Green. Chrysanthemum happens to be one of the best anti-aging herbs. Another interesting fact is if you ever make your own Syrian Rue tincture, you will also find that the extract turns into a beautiful emerald green.

In a scientific study titled: *Protective effects of Peganum harmala L. extract, harmine and harmaline against human low-density lipoprotein oxidation*, which was published during 2006, the study concluded that Syrian Rue improved inflammatory, antioxidant, anti- and male sex hormones of aged mice. Another study titled: *Protective effects of Peganum harmala L. extract, harmine (of which Syrian Rue contains)*, the study concluded it preserved Vitamin E in the body as well as exhibited significant free radical scavenging capacity (*powerful antioxidants*). Vitamin E is one of the most powerful anti-aging nutrients in that it fights free radicals.



In the water environment, the color of the sea dwelling creature known as the Hydra is an Emerald Green. Hydras are a voracious animal that can be found in many uncontaminated fishponds, lakes and tributaries in moderate to tropical areas. It is

a freshwater dweller thought to be biologically immortal since they do not experience senescence or the aging process. The Hydra is one of the few living biological organisms thought to never die.

Chapter 2 - How do I Perform the Emerald Tablets Exercise?

The Emerald Tablets Exercise is a simple process where you lay down with your head pointed north for between 20 minutes to 1 hour and then rotate your body into the south position for the next 20 minutes to 1 hour. After this session you feel extremely revitalized and fresh. It is like a supercharged form of meditation. I have a put up a video on YouTube titled **New Book Release Deciphering Tablet XIII the Emerald Tablets by Thoth the Atlantean** that shows the positions in greater detail.



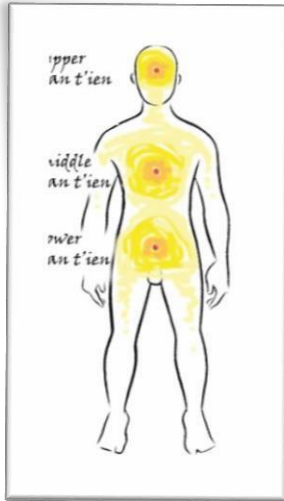
When you perform the Emerald Tablets exercise, your body generates a bubble or field of energy that seems to alter the flow of time outside of the bubble. To visualize this, it is helpful to think of a person in a canoe going down a fast flowing river of water with waves all around him or her with the waves representing the flowing passage of time. The canoe in



the middle of the fast flowing river appears to be moving slowly. As this energy is flowing all around you, from your point of observation within the bubble, time appears to slow down because the waves outside of the bubble are moving more rapidly compared to your position. During the Emerald Tablets exercise as you generate restorative white light, it acts as the anchor, positioning your body, relative to the fast flowing energy existing all around you. You create a "no zone" of time, where cells are no longer locked into the flowing rate of aging time. Instead the white light slows down enough to "overtake" the faster flow.

Chapter 3 - Locations where Revitalization Energy is generated inside the Body

The human body contains 3 points where energy flows and is transformed. These areas are often referred to as **Tan Tien's**. The 3 Tan Tien's are:



Upper Tan Tien. This is located at the forehead between the eyebrows or third eye. The upper Tan Tien stores our spiritual intelligence, and mind energy.

Middle Tan Tien. This is located at the level of the heart. The center Tan Tien is associated with spirit. Energy here peaks at Summer solstice.

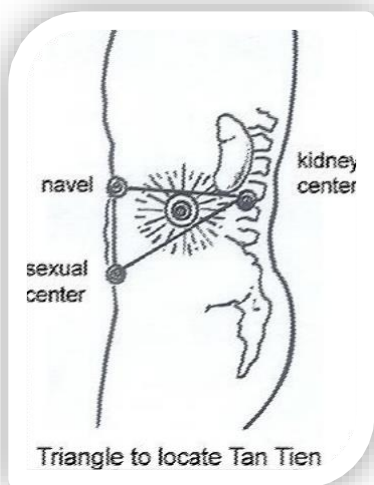
Lower Tan Tien. This is located below the navel. The lower Tan Tien is like an empty universe or ocean. It is where transformation takes place, much like fire, or the rumbling volcano under the ocean. The energy in this region peaks during Fall.

The first description of the Tan Tien occurred during the Laozi Zhongjing during the 3rd century CE. It refers to the location where Essence and Spirit are stored and is related to sexual energy, regeneration and menstruation and semen. The lower Tan Tien is the source from which the revitalization energy comes from after it has been transformed from the blending of charged energies within the body. This blending of inherent energies is a result of mixing the energy of the earth and the stars. The lower Tan-tien is also sometimes called '*The Cauldron*' because it is here that Jing is stored, then mixed, 'cooked' or blended with the mind and then transformed.

A More Detailed Look at the Location of the Lower Tan Tien

The lower Tan Tien serves as a central Chi-storage (*Jing*) and transformation station which connects to the complete human bio-energetic matrix and is sometimes called the *Elixir Field*.

The location is generally an inch-and-a-half behind and below the outer physical belly button just in front of the kidneys. The kidneys act as reservoirs for Jing energy.



The precise location of the lower Tan Tien may vary depending upon a person's physique or other factors. For some it may be a little below the navel while for others it may be level with the navel or in some cases even slightly above it. Only experience and by being sensitively "tuned" into this energy as it flows from the location, can a person know where it is truly located. The

mixing or transforming of this energy is known as "Opening the Gateway", which we go into more detail in Part 2 of this book. This opening of the gateway also goes by the names **Jen Mai**, **Central Channel**, or **Circulation of the Light**. Once you learn to open the gateway, you'll experience the beginning state that activates and facilitates the flow of life. This energy feels just like an "internal spring" or the sensations of a fresh mountain spring. The energy is a result of the successful transmutation of cosmic energies combined with the generated the Tan Tien energy. It flows from the earth, is stored in the Kidneys, and is stored for longer periods in the kidneys during fall. When you have learned to open the gateway there will exist feelings of deep balance. I personally stop the exercise in spring, as the energies are too overwhelming for the body. I have termed this

revitalizing energy the “critical mass” and more about how to attain it will be shown in Part 2.

Why is This Energy Stronger from Late Fall to Early Spring?

The reason the energy is stronger during these seasons is because there exists a high level of cosmic radiation at just the right frequencies entering earth’s atmosphere that originate from the constellation Cygnus. This occurs during October and November (*Fall*) each year and again during Spring in North America. The months October to November are also a time where the rays of the sun are gentler and solar activity is seasonally milder.

As the exercise is practiced around October each year at dusk (*around 6 p.m.*) on the west coast of North America, it is a time the constellations Scorpio and Sagittarius are setting in the southwest aligned with the sun and the constellation Cygnus is directly overhead. The constellations Scorpio and Sagittarius also align with the center of our galaxy, another region that emits a high portion of cosmic radiation. As the Emerald Tablets exercise is performed laying face up on the ground, the body absorbs and transforms these cosmic energies which are transformed in the lower Tan Tien of the body, leading to feelings of revitalization and longevity. It took me years to figure out where this energy was coming from and why it peaked, and I am grateful for finally understanding the hows and whys of this energy flow.

Research from performing the Emerald Tablets exercise has shown that the restorative white light is strongest when cosmic rays are rising and there is stronger geomagnetic energy. This “light” that occurs during the exercise is a form of information that is entering the cells, DNA and consciousness of our body.

Cygnus happens to be a source in the sky that emits lots of cosmic rays. Cygnus shoots particles towards earth every 4.79 hours. Cygnus is also a quasar. Quasars emits hundreds of times more

energy than an entire galaxy containing over 100 billion stars.
Reference: In The Heart of Cygnus, NASA's Fermi Reveals A Cosmic-ray Cocoon. 2011 article by NASA.

Seasonal Highs and Lows of the Revitalization Energy

Below are the recommended times of year to practice the Emerald Tablets exercise for best results.

- During **Spring** practice The Emerald Tablets Exercise in the morning heading into mid to late morning towards summer.
- During **Summer** practice The Emerald Tablets Exercise at noon heading into afternoon towards Fall.
- During **Fall/Autumn** practice The Emerald Tablets Exercise in late afternoon to early evening heading into sunset towards winter.
- During **Winter** practice The Emerald Tablets Exercise at sunset into night heading into dawn towards spring.

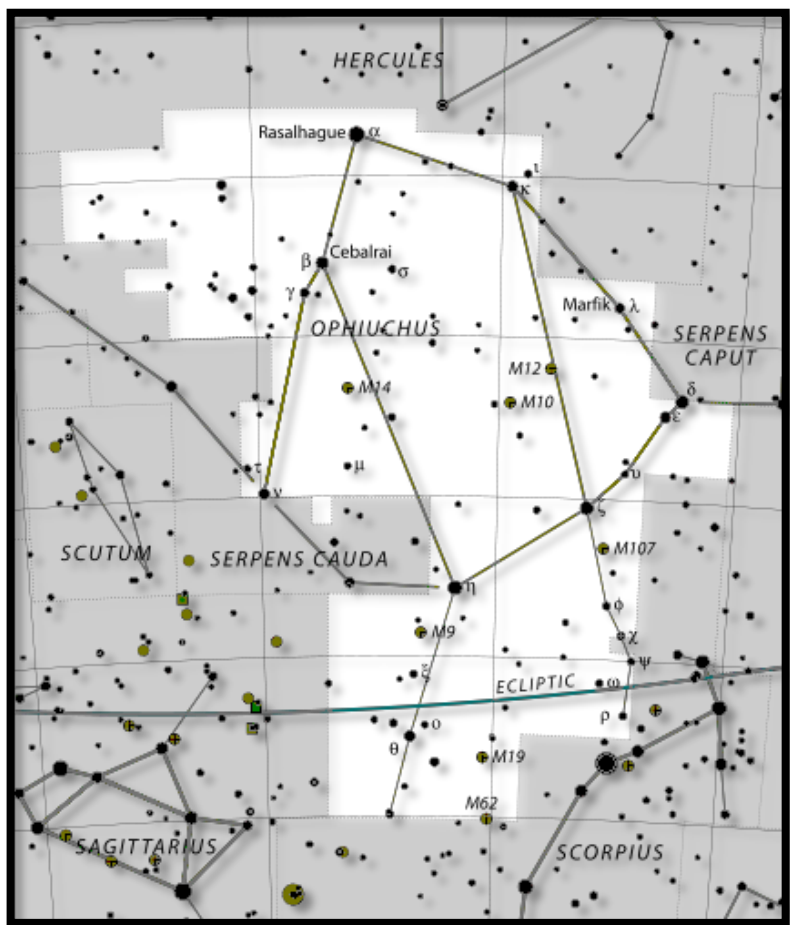
It is interesting that remote viewing peak times occur during early dawn in spring in North America (See my book: Wormhole Theories, Sunspot Activity and Remote Viewing Stocks for further details). Let's take a look at the dates and times of 13:30 LST on the west coast of North America.

On February 15th, 13:30 LST occurs at approximately 4 a.m.

On February 27th, 13:30 LST occurs at approximately 3 a.m.

On March 1st, 13:30 LST occurs at approximately 2:52 a.m.

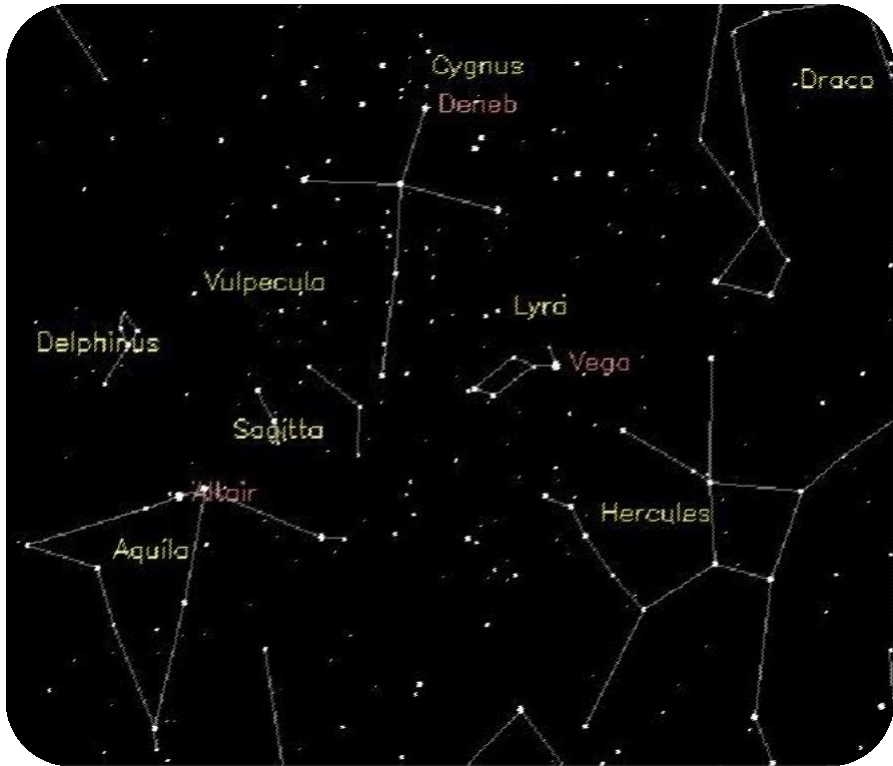
During Fall 13:30 LST occurs at approximately 12 midday on the west coast of North America. What is interesting is 13:30 LST corresponds to the star Rasalhague as it rises in the east. We can see that the constellation Hercules (*a God renowned for physical strength*) lays just above Rasalhague.



Late October at Dusk

At 5:08 p.m. on the west coast of North America during late October, Vega lays just under Cygnus and is one of the brightest stars in the sky. During October Vega is directly overhead. There is only one other period of the year Vega is directly overhead, and that is at 7:00 a.m. in late March (*the start of Spring*). This is why the refreshing energy from the Emerald Tablets exercise is stronger in

the mornings in Spring and stronger in the late afternoon in Fall/Autumn in California.



Above we can see Vega, Sagittarius and Cygnus make up part of the sky known as the “**Summer Triangle.**”

If any of you are familiar with alchemy, the very first stage of preparation involves gathering dew from the grass during spring of each year when the moon is in Taurus. The tropical zodiac shows the Sun transiting the constellation of Taurus between April 20 and May 20 every year. Alchemy is a reported red powder that has undergone extensive preparation and can reportedly turn lead into silver or gold and when taken internally in very tiny doses can bring the body back to extreme health and in some cases immortality after the body goes through a "detoxification" process of losing all hair and nails which eventually grow back. You can find out more about Alchemy on my page located at:
www.ez3dbiz.com/alchemy_transmutation.html

Each year during the months of late February until just after the March equinox, is the time the sun has finally "warmed up". By this I mean the sun has become more active since its quiet period from November to January. Because intentions are related to the sun, this is a perfect time to renew our intentions to stay young, healthy and keep a positive mindset and outlook. Could this be the time of year that the power of intention is maximized, which helps us direct the flow of Qi energy better?

Thank you for reading this free preview. This copy is available for purchase at your local bookstore or online in nook and kindle editions.

[View more details of the 2019 revised edition at http://www.mightyz.com/the_emerald_keys.html](http://www.mightyz.com/the_emerald_keys.html)

Thank you again

Scott Rauvers

Author