

# Taoist Qi Mind Body Healing. Secrets of Longevity



*Unlocking the Mysteries of the Tablet of Life and  
Death by Thoth the Atlantean*

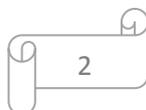
*Scott Rauvers*

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*All seasons and star constellations displayed in this book relate to the Northern Hemisphere. Hence, for those living in the Southern Hemisphere, seasons are reversed & some constellations may not be visible from your latitude*



*Scott Rauvers*

Fourth revision completed © July 2019 by Scott Rauvers of the Solar Institute, Santa Monica, CA.

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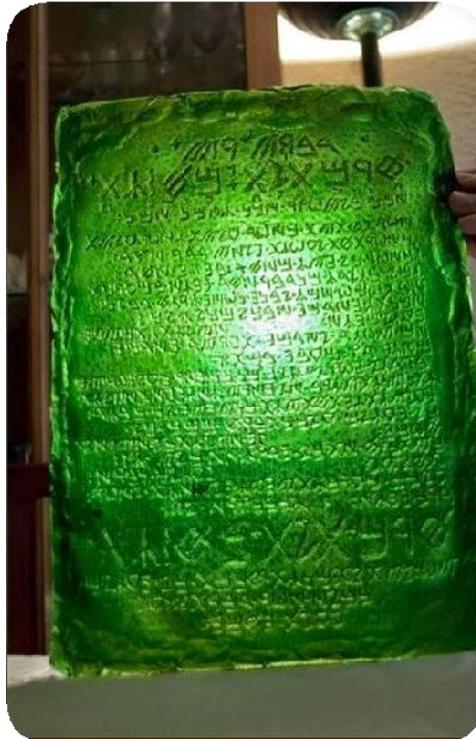
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*Scott Rauvers,  
Author and Founder of the Solar  
Institute*



The publication you are reading is a close up analysis and research study from 10 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. The ancient tablet is pictured below:



Scott Rauvers

# DEDICATION

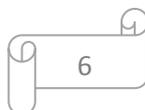
*This fourth edition is dedicated to Dr. M. Doreal*

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Second Revision April 2016

Third Revision June 2019

**Fourth Revision June 2019**



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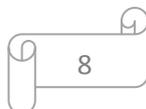
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## **Introduction. Page 20**

Fourth edition highlights.....The Meaning of QIGong (or Chi Kung).....The Lungs' Transmutation of Oxygen.....Biophotons and QIGong.....What are Biophotons?.....Biophotons and Intention.....QI Healing and Biophotons.....Biophotons and ROS.....Meditation and Ultraweak Photon Emissions.....Electrostatic Charge Build up During Meditation.....Changes in the Body's Magnetic Field During Healing Sessions.....Biophotons Exhibit Non- Locality.....Transcendental Meditation and Ultraweak photon emissions.....Biophoton Activity as a Diagnostics tool for Future Health.....The Common Cold and Ultraweak Biophotons.....Where do Ultraweak Biophotons come from?.....Recent History and the Emerald Tablet

## **Chapter 1. Page 34**

### **An Introduction to QI and the Emerald Tablet**

My Personal Journey.....What is QI?.....Circulation of Chi.....Bagua Circle Walking.....Published Scientific Studies of QIGong and their Numerous Health.....QI Relieves Chronic Fatigue.....QIGong Yangsheng.....Heartmath Increases the Effects of Intention.....QIGong and Heart Rate Variability.....DNA's Holographic Reality.....Additional References. QI Gong and Tai Chi

## **Chapter 2. Page 44**

### **An Introduction to QI and the Emerald Tablet**

Explaining the Revitalizing Energy that Comes From the Practicing the Emerald Tablets Exercise.....Tablet XIII Examined in Closer Detail.....What is Geomagnetic Energy?.....What is the Schuman Resonance?.....Mung Beans and Magnetic Fields.....Geomagnetic Activity and Biophotons.....Weak Electromagnetic Fields and Mind-matter Interaction.....Seasonal Variation of the Schuman Frequency.....Magnetic Fields and Alkalinity.....The Human Body is a Magnet.....Magnetic Fields Affect Genes.....Chromosomes, Electromagnetic Energy and QI.....The Human Body as a Power Plant for fueling the Matrix.....Low-Dose Radiation Is Beneficial For A Strong Immune System.....Cosmic Radiation is Healthy for the Body.....Polarity Therapy and Gamma Rays.....Electromagnetic Fields and the Human Body.....Quantum

Behavior and Biophotons.....Acupuncture Creates a Healthy flow of Ultraweak Biophotons.....How Biophotons Emerge.....The Power of the Weak Force.....QIGong Practice and Biophoton Emissions.....Alpha Brainwaves and Biophotons.....Imagining White Light Causes Changes in Brainwave Activity.....Biophotons and Bone Mineral Density.....Yoga Enhances Stem Cell Growth.....Meditation and Biophotons.....QIGong and Biophotons

### **Chapter 3. Page 63**

#### **A Brief Synopsis of the Emerald Tablets**

Biophoton Emission Peaks during Summer.....ROS Exhibits Cycles.....Stress and the Circadian Clock.....Emotions and the Body's Magnetic Field.....Seasonal Variation of Qi Energy Flow.....Diabetes and the Equinoxes.....Aging / Magnetic Fields and Seasonal Variation of Qi Energy.....Our Cells are Magnetic.....Seasonal Variation of Gene Expression.....Diurnal and Seasonal Variations of Biophoton Production.....Could an Ice Age be responsible for increased cosmic rays and accelerated evolution?.....Mental Visualization Changes Genes.....QIGong Changes Genes.....The Mind's Intent on Cells and Genes.....The Mind's Intent on Cells and Genes.....Our DNA Contains Magnetic Fields.....Rotating Magnetic Fields cause Non-Local Effects.....Scientific Confirmation Earth's Magnetic Field Affects the Human Body.....Magnetic Fields and Iron.....Glutathione and Anti-Aging.....Fasting Increases Glutathione Levels.....Schizophrenia and Glutamate.....Yoga enhances GABA (Gamma-amino butyric acid ) Levels.....Sudarshan Kriya raises Glutathione Levels.....Cinnamon and Rhodiola rosea increase Glutathione.....Observation and Study.....Salidroside Helps Reduce the Complications of Diabetes.....What is Umbelliferone?.....Glutamate Induces Biophoton Activity.....QIGong for treatment of Depression.....Rhodiola Rosea and Biophotons.....Salidroside.....Natural Sources of Glutamate.....Quantum Effects of ROS

### **Chapter 4. Page 83**

#### **Understanding the Forces of Magnetic Energy in the Human Body**

The Seasonal Variation of Biophotons.....Yin and Yang Energy Flow Variation According to the Hours of the Day and Seasons.....Biophoton Emission

Stimulants.....Dopamine and Theta Waves.....Subconscious Activities Enhance Alpha Synchronization.....Dopamine and Moon Phase.....Melatonin.....Melatonin and Macroalgae.....Lunar Phase and Melatonin Levels.....Diurnal Variations of Melatonin.....Dopamine and the Pineal Gland.....Flashes of Light enhance Biophoton Production.....Acupuncture and Biophotons.....Herbs and substances for generating a healthy flow of Ultraweak photon Emissions in the body.....Excessive Long Term Emission of Biophotons are bad for Health.....Is the Milky Way enhancing Biophoton Counts?

## **Chapter 5. Page 94**

### **Guidelines for Practicing the Emerald Tablets Exercise**

## **Chapter 6. Page 96**

### **Main Revitalization Points inside the Human Body**

Upper Tan Tien, Middle Tan Tien, Lower Tan Tien.....Intensity of Biophoton Counts Throughout the Body.....Could Biophotons be related to Gamma Rays?.....The Tan Tien.....A More Detailed Look at the Location of the Lower Tan Tien.....Circulating Energy in the Kidney.....Why is This Energy Stronger from Late Fall to Early Spring?.....Seasonal Highs and Lows of the Revitalization Energy.....Interesting Facts about the Liver.....The Hepatoprotective attributes of Milk Thistle

## **Chapter 7. Page 104**

### **Tips to Improving the Revitalization Energies experienced by Performing the Emerald Tablets Exercise**

Effects of the Restorative Emerald Light in Daily Life.....A Quick Primer on the Emerald Tablets Exercise.....What is Critical Mass?.....Circulating the White Light Energy.....Yin and Yang Energy Flow Variation According to the Hours of the Day and Seasons.....Using Neodymium Magnets to Enhance Qi Flow.....How to find the North Pole of a Magnet.....How to use the White Light for Healing.....How to use the White Light for Healing.....The 3 Vital Treasures

**Chapter 8. Page 112**

**Internal Alchemy. Working with the Fountain of Rejuvenation**

How not to Overstress during the Exercise.....Lymph Flow and Chi.....How the Magnetic Forces of the Body become Strengthened by Practice of the Emerald Tablets Exercise.....The Frequency of 0.01Hz.....Heart Focused Breathing.....Ultraweak photons and the Heart.....What is Heart Rate Variability?.....What are Mayer Waves?.....How Do I Generate Mind / Heart Coherence?.....The Regenerative Frequency of 10 Hz.....10Hz and Regeneration of Cellular Tissues.....Brainwave Synchronization with Earth's Schuman resonance.....The Brain and Schuman Resonance Frequency.....10 Hz Releases Enzymes

**Chapter 9. Page 121**

**The Emerald Tablets Exercise in Greater Detail**

How will I know if I have performed the Exercise Correctly?.....Once you learn the Emerald Tablets Exercise, the Technique remains with you forever

**Chapter 10. Page 125**

**Physical, Health and Mental Restorative Effects Obtained from Practicing The Emerald Tablets Exercise**

Personal Experiences from my years of research performing The Emerald Tablets Exercise.....Documented Scientific Evidence of Energy Meridians in the Human Body

**Chapter 11. Page 127**

**Foods and Formulas for Boosting the Regenerative Effects from Performing the Emerald Tablets Exercise**

Concentration Formulas for Generating Chi.....A Herbal Mind Concentration Formula that Enhances Focus and Concentration.....The Power of the Humble Carob Pod.....Food Combinations to Take After the Emerald Tablets Exercise.....Warnings of Illness from the Future.....The Emerald Tablets Exercise Help Notes.....Notes and Observations from Lying Down with the Head Pointed North while performing the Emerald Tablets Exercise

**Chapter 12. Page 135**

**Detecting danger periods when performing the Emerald Tablets Exercise**

Solar Activity and Physiology.....The Condition Red Phase.....Cosmic Radiation

**Chapter 13. Page 140**

**Beneficial Environments and Locations to Perform the Emerald Tablets Exercise**

Best Soil Surfaces to Perform the Emerald Tablets Exercise.....Best locations to Perform the Emerald Tablets Exercise.....Peak Locations where Strong Revitalization Energy is Experienced.....Solar Weather.....Solar Activity's Effects Upon the Human Body.....Solar Activity's Effects Upon the Human Body.....Amplifying the Restoration Energies Using Tablets of Granite

**Chapter 14. Page 144**

How to build a device to amplify the Energies of Revitalization

**Chapter 15. Page 145**

**Moon Phases that Enhance Revitalization Energies**

The Moon's Effect on the Heart's Blood Flow.....Moon Positions and Qi Energy.....QIGong According to Phases of Moon.....Phases of the Moon Relative to the Moon's Position to Earth

**Chapter 16. 148**

**Qi Energetic Peaks According to the Hour of the Day**

Yin and Yang Energy Flow Variation According to the Hours of Day and Seasons.....Moon Phases and Cyclical Stems.....What are The 12 Earthly Branches?.....The 12 Earthy Branches.....The Ten Heavenly Stems.....The Colon and Health.....Comte de Saint Germain.....Why Strong Lungs are connected to Longevity.....Methods to Retain and Regain Your Lung Capacity.....Attributes of the 5 Organs

**Chapter 17. Page 157**

**Qi Flow Correspondences**

The 12 Earthly Branches and Seasonal Illness.....Hourly Peaks of Energy in the 5 Organs.....The 5 Main Organs Governing the Functioning Of the Body.....Hourly and Monthly Variation of Qi Flow.....Yoga is Good for the Kidneys.....Yoga Enhances Stem Cell Growth.....Spring and the Lungs.....Interesting Occurrences around the Spring and Fall Equinoxes.....People Born in Autumn / Fall Live Longer Lives.....Blood Pressure and Season.....Complications from Lung Disorders and Spring.....Memory and Cognition.....Breathing Exercises relieve Symptoms of Asthma.....Hemoglobin exhibits a peak in Spring.....Spring and Fall and the Rise and Fall of the Immune System.....The Immune System and the Equinoxes.....Diabetes and the Equinoxes.....Solstice / Equinox Gems, Herbs and Foods.....Mental Visualization Changes Genes.....QIGong Changes Genes.....Yoga helps Reduce the Complications Associated with Diabetics.....Breathing Exercises are good for the Autonomic Nervous System and Immune System.....Pneumonia's Spring Peak.....Diaphragmatic Breathing Enhances the Body's Levels of Antioxidants

**Chapter 18. Page 170**

**Do Gamma and Cosmic Rays emitted from Cygnus have Rejuvenative Powers?**

The Great Pyramid and Cygnus.....Thunderstorms and Increased Gamma Rays.....The Milky Way Gamma Ray Bubble.....Gamma Rays and the Great Pyramid of Giza.....Ancient Monuments and Temples Dedicated to Cygnus.....Cygnus and Palenque.....Cygnus and Avebury.....Cygnus and Newgrange.....Matching Ancient Temples to Restorative Energetic Peaks

**Chapter 19. Page 179**

**Ancient Taoist Longevity Practices related to Physical Immortality**

Gathering the Solar Essence.....Dates of 28 to 29 Degrees of the Sun until the year 2021.....Diurnal Variation of Biophotons.....Biophoton Emissions are Stronger in the Evenings.....Space / Time and Biophotons.....The Remote Viewing LST Calendar.....Exercise and Intuition.....Qi Energy comes from the Stars.....The Daoji Tuna Jing Exercise.....What is Bacillus cereus?.....The Lunar

Essence Technique.....The Solstices and Equinoxes and their Effect upon the Spine.....An Exercise to Enhance Circulation in the 6th Vertebra.....Absorbing the Five Colors of the Moon's Essence.....Obtaining the Yin Essence of Water.....Jing and Fall.....Canopus the Star of Longevity.....The Healing Power of Jujube Seed

## **Chapter 20. Page 197**

### **The St. Germain Oatmeal Formula**

High Heat Destroys Nutrients.....Various forms of Heat and Antioxidants

## **Chapter 21. Page 200**

### **Taoist Correspondences - Charts and Tables**

Emotional Balance.....Influences of the Seasons.....Element Associated Colors, Season, Plant, Aspect.....Correspondences – Season, Properties, Life Cycle, Attributes and Time.....Element, Sound and Number.....Elements, Emotions, Tissues and Organs.....Elements, Sensation and Organs.....Five Element Harmonization.....Microclimate Environments Caused by Activity in Given Regions.....Favourable Locations for positioning Herbs / Fruits / Tree Types according to Region.....Quality, Character and Traits Tied to Emotion

## **Chapter 22. Page 211**

### **How to Perform the Microcosmic Orbit Exercise**

What is the Light of the Microcosmic Orbit?.....Instructions for Beginners of the Microcosmic Orbit Exercise.....Breathing Rhythms while Practicing the Microcosmic Orbit Exercise.....The Flow of Energy.....A Simple Exercise to Experience the Microcosmic Orbit.....Using the Revitalization Light for Healing.....Circulation is Health.....Activating Circulation.....A more In- depth method for practicing the Microcosmic Orbit Exercise.....Learning to Breathe and out through the Abdomen.....Pathways of Qi. The C7 Point.....The Cauldron.....Closing the Circuit.....Priming the Energy Flow.....The Microcosmic Orbit Priming Exercise.....The Microcosmic Orbit Priming Exercise.....After Opening the Energy Centers.....Critical Mass Tips.....Tips for Enhancing the Flow of Energy Generated from Practicing the Microcosmic Orbit

Exercise.....Circulation of Qi.....Healing Effects from Practicing the Exercise.....Is the energy from the Emerald Tablets the Same Energy as the Microcosmic Exercise?.....How will I know if I have done the Microcosmic Orbit Exercise Correctly?.....The Hindu Prana Generation Exercise.....Instructions for practicing the Hindu Prana Generation Exercise.....The Grounding Exercise.....How to Befriend A Tree and Connect with Its Energy.....Tree Size and Energy

**Chapter 23. Page 230**

**Taoist Guidelines for a Lifestyle of Longevity**

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

**Chapter 24. Page 236**

**How to Tune into Energy from the Big Dipper**

The Big Dipper and Qi Energy Flow.....The North Pole Star Will Not Always Be Directly Overhead.....Precessional Cumulation Simply Explained.....Electromagnetic Energy Emitted from the North Pole Star.....Energizing the Body Utilizing the North Pole Star.....The Heavenly Five Yin Organ Meditation.....What is the Thrusting Channel?

**Chapter 25. Page 243**

**Secrets of Healing and Wellness via Planetary QIGong**

Resonant Planet Colors and the 5 Thrusting Channels.....Using the 12 Earthly Branches for healing

**Chapter 26. Page 248**

**The 12 Earthly Branches in Detail**

What is the Triple Burner?.....QIGong and Seasonal Energies.....Strong Lungs are key to Longevity..... Methods to Regain Your Lung Capacity.....Jing. The Eternal Life Essence.....Jing. The Eternal Life Essence

**Chapter 27. Page 253**

**The 60 Year Chinese Zodiac**

The 60 Year Chinese Zodiac in more detail.....Zi Wu Liu Zhu: Cyclical flow of Qi and Blood through the meridians

**Chapter 28. Page 257**

**Positions of Cygnus in relation to Qi**

Cygnus and Its Mythological Association with the Swan.....The Pegasus constellation

**Chapter 29. Page 260**

**The Grand Cycle and the 12 Constellations**

Earth as it was 25,000 Years Ago

**Chapter 30. Page 264**

**Documented cases of people who live without food**

Prahlad Jani.....Hira Ratan Manek.....Therese Neumann.....Devraha Baba.....Ram Bahadur Bomjan.....Bigu.....Giovanni Succi.....The Spine, Lower Back and its Relation to Longevity

**Chapter 31. Page 268**

**Accomplished Masters of Longevity**

Li Ching Yuen.....Lu Zijian.....Why Do You Call It The Emerald Tablets Exercise?.....Why the Color Green Relates to Immortality

**Closing Notes. Page 272**

Orgone energy and Biophotons.....What is Orgone Energy?.....Gamma Rays caught on Camera.....Remote Viewing and Radiesthesia.....Moon Phase Calendar including Perigee until 2025

**Calendar for new, full, perigee and apogee moons until 2525. Page 279**

**Online Links, Resources and Recommended Reading. Page 286**

Related Books and Additional Information. Page 286

Additional QIGong References. Page 290

Further References. Biophotons. Page 291

## Introduction

*Being the only book of its kind from a practitioner practicing the exercise stated in the ancient tablet - Tablet XIII, the Keys to Life and Death - I have put my discoveries and experiences made over the past 10+ years into this text in as a straightforward manner 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 bring health, vitality and longevity to the body.*

It has been over 10 years since the first edition of this book, an introduction to understanding Tablet 13, the keys to life and death was published. The original stone tablet was published approximately 38,000 years ago, from which a QI generation exercise called the Emerald Tablets derived from. It has been my understanding from that the Emerald Tablets Exercise generates what's known as Chi or QI energy.

In today's ever stressed way of life, where stress is one of the major causes of disease and ill health, practicing QI generating exercises not only helps improve one's vitality, but one of the major positive side effects is a relaxed body, as the Emerald Tablets Exercise or the Microcosmic Orbit Exercise acts as a stress "re-set key", restoring the body's metabolism back to healthy levels.

The tablets, originally recorded on stone tablets, may have been lost ancient knowledge from the lost civilization originally known as Atlantis. Among numerous translations, the latest version was transcribed into the English language by Dr. M. Doreal in 1939.

Now in its fourth edition (2019), with new discoveries and most of all the ability to perform the exercise in just 10 minutes or less, either once or twice a day, the generating of QI can now be generated faster and with far greater ease than ever before. The major discovery of this information is that the exercise that has been outlined in Tablet 13, the Keys of Life and Death, is actually an exercise that generates QI or Chi energy in the body. This means that around the time that the Tablet was published, whoever wrote this tablet knew of the existence of Chi energy

over 38,000 years ago. Also because the tablet is called **Keys to Life and Death**, and healthy levels of QI or Chi in the body are good for health, and we have somewhat limited evidence that Mr. Li Ching Yuen (*who allegedly lived to over 200 years of age*) practiced a form of QI known as Bagua. Hence the Emerald Tablets the Keys to Life and Death could be an important exercise for anyone wishing to discover the ancient secrets to physical longevity.

***Highlights in this fourth edition include:***

- Proper use of the Jade Pillow (C7) and its important role as a gateway for QI energy conduits in the body.
- Taoism Tables of Correspondences, including Season, Properties, Life Cycle, Attributes and much more.
- Biophotons. How QI energy plays a major role in producing healthy levels of photons in the body.
- Overnight regeneration exercises used by ancient QI masters which restore health and longevity to the body overnight.
- The Lunar Essence Exercise including dates until the year 2021.
- Ultraweak Biophoton Circadian and Diurnal rhythms.
- The re-generation frequency of 10Hz.
- How to restore lung balance during spring, creating strong healthy lungs during the time of year. Pneumonia cases occur 34% of the time in spring and 18% in the fall (Seasonal variation in community-acquired pneumonia. Lieberman D et al. Dec 1996).
- **Biophotons and QIGong**
- How to properly perform the Microcosmic Orbit Exercise, one of

the most powerful QI generating exercises that extends lifespan and was reputed to have been one of the main exercises used by ancient Taoist Immortals.

- How to use the QI energy generated for healing and the relief of pain or stiffness.
- The best soil types to practice QI generating exercises.
- Seasonal variations of QI and how this flow interrelates with seasonal variations of the body's susceptibility to contract diseases such as diabetes, asthma etc.
- Herbal formulas that help the mind focus while practicing the Emerald Tablets Exercise.

### **The Meaning of QIGong (or Chi Kung)**

The word "QIGong" originated from a combination of two concepts: "QI," meaning vital energy of the body, and "gong," meaning skill of working the QI. Together, QIGong means cultivating energy. The practice is based upon Taoist philosophy and traditional Chinese medicine theories to cultivate QI which is used not just to generate health and wellness to the body, but also for healing others (The Effects of QIGong on Anxiety, Depression, and Psychological Well-Being: A Systematic Review and Meta-Analysis Fang Wang et al. Jan 2013).

QIGong is the contemporary offspring of many of the most ancient (*before recorded history*) medical and healing practices of Asia. If you look far back into the early founders of healing, various forms of QIGong make up the historic roots of Traditional Chinese Medicine (TCM). Many types of QIGong have a medical focus which has been refined for more than 5,000 years and empowers individuals to cultivate the natural force ("QI") to nourish physiological and psychological functionality. QI is also the conceptual foundation of herbal medicine, Traditional Chinese Medicine in acupuncture, and Chinese physical therapy and is widely believed among these practitioners to be a ubiquitous resource of nature which sustains overall human well-being and assists in healing. It is believed to explain the orderly function of celestial mechanics as well as many of the mysteries of physics.

A standard QIGong exercise consists of a series of practices which involve body posture/movement, meditation and breath practice which draw upon natural forces in the surrounding environment in order to restore balance through the attainment of deeply relaxed states (***A Comprehensive Review of Health Benefits of QIGong and Tai Chi Roger Jahnke et al. Jul 2011***).

### **The Lungs' Transmutation of Oxygen**

As we breathe in, the air we take in is electrically charged. This affects our lungs which in turn charges our body's cells with electromagnetism. Our cells are like tiny electrical storage batteries that contain within them a positive pole in their nucleus and a negative pole in their cytoplasm. Our body's internal organs act like electric capacitors, which store vast amounts of bioelectric energy. Deep breathing combined with intent / mental concentration accumulates bioelectric energy.

### **Biophotons and QIGong**

While there are hundreds of studies confirming the many beneficial effects of practicing QIGong, is this energy visible to the naked eyes and can it be measured? The closest we have to document QI may be the existence of biophotons, which have been scientifically confirmed to be at stronger levels in people who practice meditation and QIGong when they projected intention to increase their levels of photons (***Effects Of Intention, Energy Healing, And Mind-Body States On Biophoton Emission. Beverly Rubik, Ph.D, and Harry Jabs, M.S. Cosmos and History: The Journal of Natural and Social Philosophy, vol. 13, no. 2, 2017***).

Other recent studies show that experienced QIGong meditators can direct biophotons to areas of the body (***Tinkering with the Unbearable Lightness of Being: Meditation, Mind-Body Medicine and Placebo in the Quantum Biology Age. Journal of Nonlocality Round Table Series Colloquium #3, December 2013***).

The Energy Healing Experiments (***Schwartz, 2007***) as well as The Intention Experiments (***McTaggart, 2007***) have proven conclusively that human intention – both collective and individualistic exerts local and distal effects on living systems. Long-term Zen meditators have also been found to exhibit a reduction of biophoton emission as well as lipid peroxidation (***Roles of meditation on alleviation of oxidative stress and improvement of antioxidant system. Mahagita C. Nov 2010***).

### **What are Biophotons?**

Living cells continuously absorb and emit photons. A means of releasing

energy as electrons change energy states during a biochemical reaction is via biophoton emission. Biophoton emission may be a mechanism for intra- and intercellular communication (*information transfer*). It may also regulate biochemical and biological functions in cells.

The scientific literature states that photons (*also known as Ultraweak photon emissions (UPE)*) are a form of light emitted by the body. Biophotons are made up of tiny luminescent sources of glowing light that can be measured using a photomultiplier and are also referred to as low level chemiluminescence. Biophoton emissions are not visible to the naked eye. They exist just below the range of visible light with a spectral range of between 350 and 1270 nm (**Bruno Bordonni. et al. Feb 2018**). Hence, some people who are sensitive to specific spectrums of light may be able to see biophotons which is where the term '*second sight*' originated from, as some intuitive psychics are able to intuitively feel the health of an individual.

Bioelectromagnetic studies have confirmed that specific types of ultraweak nonionizing electromagnetic fields stimulate healing responses (***Distant intercellular interactions in a system of two tissue cultures. Kaznacheev VP, Shurin SP, et al. (1976). Psychoenergetic Syst.; 1: 141-14 2.***

Researchers of biophotons have concluded biophotons contain coherent light and are measurable from the UV spectrum all the way through to the near Infrared. Studies have found resonance effects take place between the parts of plants when observed with a low noise, cooled CCD in total darkness. A plausible explanation for these resonance effects may be through dynamical systems theory. (***The Sacred Promise: How Science Is Discovering Spirit's Collaboration. Gary E. Schwartz.***

One can think of biophoton emission as a crude Geiger counter. The closer one gets to a radioactive source the more energy is received and the further away one gets the less radioactivity occurs (good). Biophotons appear to behave as a type of pressure valve, having a dose dependent status upon the body. The weaker and less there are the better the body's health. The more intense the biophotons the more stress the body is experiencing (*because too much pressure has built up*). I show in greater detail the link between QI energy biophotons in greater detail in this publication by devoting an entire chapter to it. One thing about biophotons is interesting. Dead organisms exhibit no biophoton activity; so there exists a 'sweet spot' of biophoton activity that is good for optimal health.

## Further

Detection of extraordinary large bio-magnetic field strength from human

## Reading

hand during external Qi emission. Seto A, Kusaka C, Nakazato S, Huang WR, Sato T, Hisamitsu T, Takeshige C. *Acupunct Electrother Res.* 1992;17(2):75-94.

### **Biophotons and Intention**

Biophotons can be directed across unlimited distances by mental concentration and intention. Throughout this book you will find studies where photon counts exist at above average levels. In these cases the increased concentration is a result of a healer who is sending the biophotons to a person in need of healing.

### **Qi Healing and Biophotons**

Now while I don't want to get off track by going into biophotons, it is key to understand their process as they play an important role in Qi and health of the body.

A research study found that the largest amounts of biophoton emissions from Qi healers came from the "sword fingers" of the hands, with emissions coming from the right hand emitting slightly more biophotons than the left hand. Interestingly, the patients who received the biophoton healing did not register any changes in their biophoton count. However a trend towards reduced biophoton emission took place (*Effects of Intention, Energy Healing and Mind Body States on Biophoton Emission which was published in February 2017 and conducted by Beverly Rubik and Harry Jabs*).

However another study showed that the emissions of biophotons of remote targets which were mentally targeted by healers, which involved a sibling or partner exhibited discernible changes (*Kokubo et al 2012, Dota et al 2011; Persinger and Lavalee 2010*).

So one can see that biophotons can be transferred non-locally and that the effects vary.

### **Further Reading**

An Overview of Biofield Devices. David Muehsam. et al. Nov 2015.

The Quantum Naturopath: Activating Quantum Healing with New Flexoelectric Technology. Paul Yanick Jr., Ph.D., N.D., C.N.C. 2002.

Biophotons as Subtle Energy Carriers TM Srinivasan. Aug 2017.

## **Biophotons and ROS**

Biophotons need energy and they obtain it from ROS production, which is one of the many spectrums the body experiences while aging. Hence intense mental concentration and effort result in increased energy levels, which raises ROS production.

For example, the herbal adaptogen *Rhodiola rosea* reduces the body's production of ROS (*Rhodiola rosea L.: an herb with anti-stress, anti-aging, and immunostimulating properties for cancer chemoprevention Yonghong Li et al. Sept 2017*) and *Rhodiola rosea* has been shown to not only reduce biophoton emissions (*The Influence of Adaptogens on Ultraweak Biophoton Emission. F.W.G Schutgens et al. January 2009*) but also extends lifespan (*Rhodiola rosea extends lifespan and improves stress tolerance in silkworm, Bombyx mori. Chen C et al. Oct 2015*).

Reduced levels of biophotons is also common in people after they have finished meditating (*Effects of Intention, Energy Healing and Mind Body States on Biophoton Emission Beverly Rubik and Harry Jabs. February 2017*).

## **Further Reading**

Life-span enhancing effects of plant adaptogens in *C. elegans*. In Abstract Book of the International Association for Adaptive Medicine. Wiegant FAC, Surinova S, Ytsma E, Langelaar-Makkinje M, Post JA, Wikman G. 2006. (VIII World Congress). ISAM: Moscow.

Plant adaptogens increase lifespan and stress resistance in *C. elegans*. Biogerontology. Wiegant FAC, Surinova S, Ytsma E, Langelaar-Makkinje M, Wikman G, Post JA. 2008b. DOI: 10.1007/s10522-008-9151-9.

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Biophoton emission of the human body. Cohen, S. & Popp, F.A. (1997) Journal of Photochemistry and Photobiology B: Biology, 40(2): 187–189.

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Experimental measurements of the human energy field. Dobrin, R., Kirsch, C., Kirsch, S. et al. (1979). In S.Krippner (ed.), *Psychoenergetic Systems: The Interface of Consciousness, Energy and Matter*. New York, Gordon & Breach, 230.

Light emission from the human body. Edwards, R., Ibison, M.C., Jessel-Kenyon, J. & Taylor, R.B. (1989). *Complement Med. Res.*, 3:16.

Measurement of biophotons from human body. Inaba, H. (2000) *J. Int. Soc. Life Inf. Sci.*, 18:448. Ignatov, I. & Mosin, O.V. (2013a) Method for Color coronal (Kirlian) spectral analysis. *Biomedical Radio electronics, Biomedical Technologies and Radio Electronics*, 1: 38–47 [in Russian].

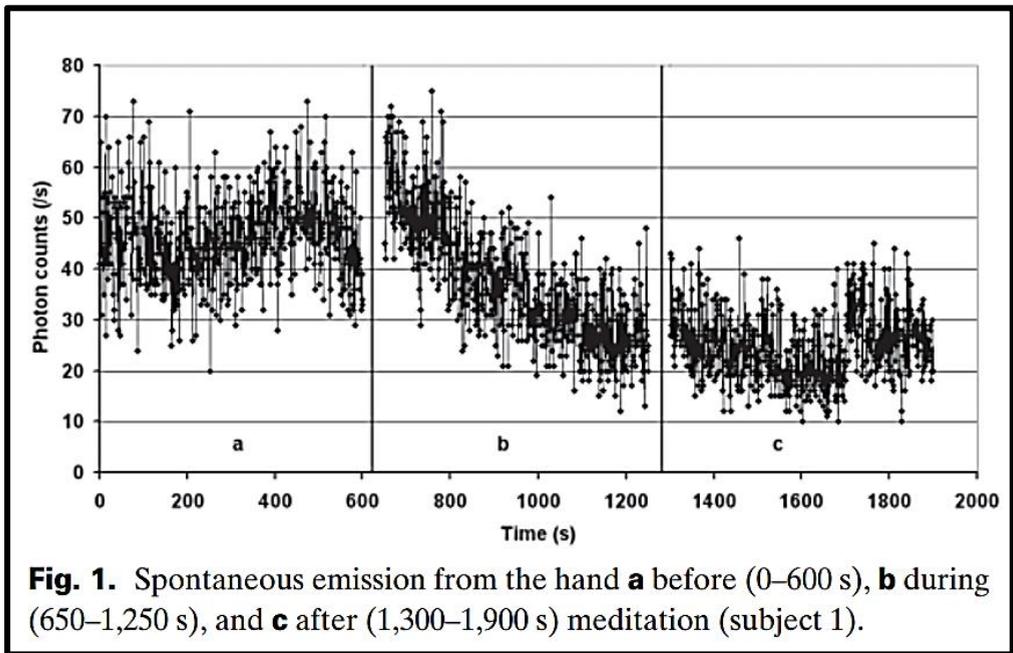
### **Meditation and Ultraweak Photon Emissions**

A study looked at photon emission during and after meditation. The study found that Ultraweak Photon Counts changes took place after meditation with one expert meditator exhibiting an Ultraweak Photon Count decline during meditation (*Effect of meditation on ultraweak photon emission from hands and forehead. Van Wijk EP et al. Forsch Komplementarmed Klass Naturheilkd. April 2005*).

Ultra-weak Biophotons exhibit characteristics of a fractal process, exhibiting long-range correlations. When one meditates or practices Qi generation exercises, it creates a cancellation type effect of coherence present in biophotons, creating a less ordered / weaker structure of the biophotons. This suggests that biophotons disrupt homeostatic equilibrium in order to restore balance. Thus meditation influences the unique interactions of anti-oxidative and oxidative reactions that govern photon emission (*Effect of meditation on ultraweak photon emission from hands and forehead. Van Wijk EP. et al. Apr 2005*).

Studies conducted by Nakamura et al studied biophoton emissions from the fingertips of QIGong practitioners. In one participant, biophoton emission increased during Qi emission (*An Introduction to Human Biophoton Emission. Roeland Van Wijk and Eduard van Wijk. May 2005*). Vekaria studied the influence of intention on photon emission from hands and discovered photon counts decreased while in intention mode. After meditation, the biophoton emissions displayed random behavior. This random pattern observed after meditation may be due to decreases in photon clustering in photon emission (*An Introduction to Human Biophoton Emission. Roeland Van Wijk and Eduard van Wijk. May 2005*).

As the following image shows, biophoton counts are lower towards the end of the session.



Above image courtesy of *Effect of Meditation on Ultraweak Photon Emission from Hands and Forehead* Eduard P.A. Van Wijk et al. Mar 2005.

### Electrostatic Charge Build up During Meditation

It may be that an electrostatic charge builds up during meditation and energy healing. In a series of experiments known as the *Copper Wall Experiments*, Dr. Elmer Green and colleagues observed distinct electrical charges occurring in the healers which registered as surges in nearby copper walls. The study hypothesized healing energy involves an increase of charges taking place in a healer's body which is then followed by an emission of charge that is detectable in the local environment (*Anomalous Electrostatic Phenomena In Exceptional Subjects*. Elmer E. Green. et al. 1991).

### Changes in the Body's Magnetic Field During Healing Sessions

A study concluded that low-frequency magnetic field oscillations occurred during Healing Touch (HT), an energy-based, biofield therapy. The study hypothesized that these changes may reflect the emotions and the biofield qualities of the participants involved. The also study concluded that the

magnetic anomalies occurring may have been due to the releasing of tension in different muscle groups (***Magnetic Field Activity During Psychic Healing: A Preliminary Study With Healing Touch Practitioners. Margaret M Moga. 2014.***).

### **Biophotons**

### **Exhibit**

### **Non-Locality**

Nonlocality is also called “*action-at-a-distance*” and has been scientifically verified via Bell tests, which measure polarizations of two entangled photons that have been separated by distance (***Bell’s Nonlocality Can be Detected by the Violation of Einstein-Podolsky-Rosen Steering Inequality. Jing-Ling Chen. et al. Dec 2016.***). Multiple independent studies exist showing that the emissions of biophotons of remote targets, which were mentally targeted by healers, exhibited discernible changes (***Kokubo et al 2012, Dota et al 2011; Persinger and Lavalee 2010.***). The degree of fluctuation was shown to be significant during the periods transmitted intent took place.

### **Summary**

Mind-body therapies (*or perhaps even QIGong generating exercises*) exhibit a nonlocal quantum component. Hence the ability of mental intent being able to direct and focus biophotons to specific regions of the body needs further evaluation. Elisabeth Rieper from the University of Singapore states that the helix of the DNA is possible because it is held in its place by quantum mechanical effects).

This may imply that the activity of the brain's neurotransmitters involves a quantum component using biophotons in the process. Studies found that reduced levels of glutamate at the quantum level were able to be restored by a method involving chloroplast photosynthesis. Photosynthesis in and of itself has been shown to exhibit quantum effects (Science Daily. Quantum effects observed in photosynthesis. University of Groningen. May 2018.), (Journal Reference Identification and characterization of diverse coherences in the Fenna–Matthews–Olson complex. Nature Chemistry. Erling Thyryhaug et al. 2018; DOI: 10.1038/s41557-018-0060-5).

### **Transcendental Meditation and Ultraweak photon emissions**

A study looking at professional practitioners of Transcendental Meditation (*10 + years of practice*) found that the lowest UPE values occurred in subjects who regularly meditated. The study suggested that ultra-weak emission may be due to the process of the body's free radical reactions,

which is most active during exercise due to various physiologic and biochemical shifts that take place. These same changes also may be taking place during meditation. Hence meditation may be affecting free radicals taking place in the body (**Anatomic characterization of human ultra-weak photon emission in practitioners of transcendental meditation(TM) and control subjects. Van Wijk EP et al. J Altern Complement Med. 2006 Jan-Feb).**

Some people have stated that exercise enhances their intuition. Perhaps this may be due to the fact that exercise produces ROS, which biophotons utilize as fuel. Hence biophotons may play a role in intuition. In Emerald Tablet X, the Key of Time, it states "**Yet must ye understand that man is of Light and Light is of man**". Could this be a reference to ultraweak photons that exist in the body. Could the ancients have known about the existence of biophotons over 35,000 years ago?

### **Biophoton Activity as a Diagnostics tool for Future Health**

In one study researchers were able to detect early stages of subtypes of type 2 diabetes by looking at the person's UPE levels (**Measuring ultra-weak photon emission as a non-invasive diagnostic tool for detecting early-stage type 2 diabetes: A step toward personalized medicine. Mengmeng Sun. et al. Jan 2017).**

### **The Common Cold and Ultraweak Biophotons**

Studies by Lee and colleagues looked at biophotons emitted from the back hands and palms of 10 people who had the common cold. In Traditional Chinese Medicine, a cold is the manifestation of an imbalance in the person's yin yang energies. Their research discovered that their left-right photon emission of their palms and back of hands was out of balance and also exhibited changes according to the patients' symptoms. When they had recovered from their cold, biophoton rates in their left-right and palmar-dorsal sides in were found to have regained a healthy balance (**Human Ultraweak Photon Emission and the Yin Yang Concept of Chinese Medicine. Roelandvan Wijk et al. Dec 2010).**

### **Further**

Detecting presence of cardiovascular disease through mitochondria respiration as depicted through biophotonic emission. Rizzo NR et al. Redox Biol. 2016 Aug;8:11-7. doi: 10.1016/j.redox.2015.11.014. Epub 2015 Nov 29.

### **Reading**

Measurements of spontaneous ultraweak photon emission and delayed

luminescence from human cancer tissues. Kim J1. et al. J Altern Complement Med. 2005 Oct;11(5):879-84.

### **Where do Ultraweak Biophotons come from?**

Ultraweak Biophotons are thought to be produced from the cells' generation of free radicals which occur from energy metabolic processes such as ROS (Reactive Oxygen Species).

### **From Internal Alchemy to Outer Alchemy**

During the 1700's alchemy was popular and practiced by many people, including Sir Isaac Newton. Alchemy is where today's chemistry originated from. Emerald Tablet #13 was inscribed upon stone tablets approximately 38,000 years ago and discusses how to perform an exercise that generates the same energy generated when one practices QIGong or other Chi generating exercise. Advanced forms of QIGong, including the Emerald Tablets Exercise (*shown in this book*), involves the process of what's commonly called in Taoism "**Internal Alchemy**", a process where rejuvenation of the body takes place via an internal transmutation of energy that is absorbed from the environment. This process can be done in as little as 10 minutes, when one practices what's known as the Emerald Tablets Exercise or the Microcosmic Orbit Exercise (*shown in later chapters*).

Fast forward from 38,000 years ago to the early 1700's and man has learned to harness internal alchemy to live in good health for an extremely long period of time, perhaps even cheating death. It was during this time that some masters of the art decided that the process of internal alchemy could be applied via a physical chemical process. Because the cycles of Chi or Qi energy have their own cycles, which includes the full moon, Taurus Aquarius constellations, the masters of Internal Alchemy began experiments involving heated chemical reactions (*pressure based chemistry*) based upon these cycles and created what's known today in Alchemy as the "Red Powder".

In this publication, I explain that the energy responsible for the feelings of revitalization come from what's called the "**white light of critical mass**" which results from the body's transmutation of energy that has been gathered and then compressed. After it has been compressed it naturally creates a critical mass reaction which results in the feelings of revitalization. This is the energy that rejuvenates the body. The miracle of this energy is that it removes the body's aches, pains and in some cases pre-mature illness.

The Red Powder utilized by the Alchemist requires just a few grains added to half a glass of wine, which is drunk daily to keep the body biologically young. You can read more about Alchemy and my many discoveries in my latest book *The Official Guide to Reversing the Aging Process. Rashnya Herbs, Alchemy & Taoist Longevity Secrets* (2018 edition).

### Further Reading

External qigong for chronic pain. Vincent A. et al. 2010.

### Recent History and the Emerald Tablet

Besides the translation conducted by Dr. M. Doreal in 1939, Sir Isaac Newton also translated the Emerald Tablet into English. His writings can still be found at King's College Library at Cambridge University.

The Tablet is first mentioned during the 7th century Smaragdine Tablet, claiming the author was Hermes Trismegistus or "Hermes the Thrice-Greatest", the discoverer of Alchemy and founder of Astrology. It can be said with some confidence that the Emerald Tablet greatly influenced Newton's world view of physical matter due to its association with creating the philosophers stone, which Newton had written about extensively in his unpublished works.

### Summary

Throughout the ages, the practice of Internal Alchemy, an advanced form of QIGong, has been transformed into chemical alchemy, which is the Philosopher's Stone.

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Bridging the hemispheres in meditation: thicker callosal regions and enhanced fractional anisotropy (FA) in long-term practitioners. Luders E, Phillips OR, Clark K, Kurth F, Toga AW, Narr KL. *Neuroimage*. 2012a May 15;61(1):181-7.

Enhanced brain connectivity in long-term meditation practitioners. Luders, Eileen, Kristi Clark, Katherine L. Narr, and Arthur W. Toga. *Neuroimage* 57, no. 4 (2011): 1308-1316.

Long-term meditators self-induce high-amplitude gamma synchrony during mental practice. Lutz, A., Greischar, L. L., Rawlings, N. B., Ricard, M., & Davidson, R. J. (2004). *Proc Natl Acad Sci U S A*, 101(46), 16369-

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Long-term meditation is associated with increased gray matter density in the brain stem. Vestergaard-Poulsen P, van B. M., Skewes J, Bjarkam CR, Stubberup M, Bertelsen J, Roepstorff A. (2009). *Neuroreport*, 20(2), 170–4.

The Frequency Change in Alpha Waves and the Appearance of theta Waves during Qigong and Meditation. Kimiko Kawano, J.M.Shi And L.Y.Duan  
*JISLIS* 14:1.

## Chapter 1 – An Introduction to Qi and the Emerald Tablet

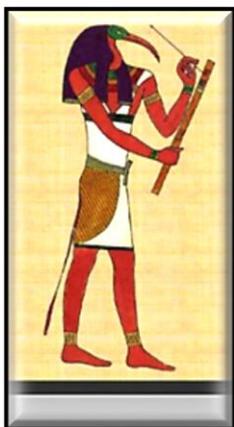
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hen I first began practicing the ancient art of Chi longevity practices, I had no guidebook to follow and limited information to the actual changes produced by the body, what experiences I was feeling, and how often or how long these exercises should be practiced to get the most out of them. After 10+ years of practice, as well as researching a tidal wave of new information just made available recently, I have found the answers to all these questions and much more. I openly share these secrets with you the reader, allowing anyone to practice Chi longevity exercises successfully.

Today there are more and more emerging forms of meditation, QIGong, Yoga, Taoist exercises and the like that claim to lengthen lifespan, boost longevity and improve overall wellness emerging on an almost monthly 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 after practicing it. This can be verified by your own bodily experience of inner peace, joy and physical vitality after practicing such an exercise.

The human spirit is constantly evolving to become a self-realized and grounded soul. Part of this process includes ethical behavior and harmony with the social order. Any practice that purifies the mind over time will create a healthy body 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 via Chi energy (*also known as Qi energy*). The techniques shown in this book are based upon 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.

About 4,300 years ago, the saint known as Peng Zu was reported to have lived for 880 years (*much like biblical super-centenarians in history's past*). He was one of the founders of today of what is known as Taoism. His process of longevity was based on the following principle: *Rejuvenate one's*



*soul first, than 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, 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 revitalizes the body, beginning at the soul level, of which the energy generated is then stepped up to the physical body, making it a very effective technique to restore health, vitality and longevity to the body. Biophotons follow this same course. They seem small and weak, yet their energy is stepped up due to particles in the body's cellular processes that emerge at the Planck scale. Cognitive intention is the engine that "steps up" the signals, propagating them throughout the tissues in the body.

### **My Personal Journey**

This book is a personal journal detailing my 10+ 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 revitalization energies experienced during the exercise felt stronger at different times of the year. 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 that this seasonal energy pattern happened to match the same seasonal cycle as the peaks in original Qi energy that was recorded by the ancient Tao Masters. 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 solid wooden boards with their hands, or even their heads, and QiGong masters that are able to heal others by projecting infrared heat at a distance by focusing their minds. This Qi energy is extracted from the environment and rises and falls at various times according to seasonal

and lunar cycles. This same energy can be generated by anyone with the right skills and knowledge.

### **Circulation of Chi**

When the body is in good health, Chi energy, generated by Qi generating exercises, circulates freely without restriction. If the Chi energy is not replenished by doing specific exercises, the circulation of this Chi begins to slow down causing blocks in the channels of the body. This results in sickness. The first symptoms are emotional disturbances which then eventually leads physical ailments and fragility, especially if the person is old. There already exist 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](http://www.williamcccchen.com) website explaining the process of a type of QIGong 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.*

## **Bagua**

## **Circle**

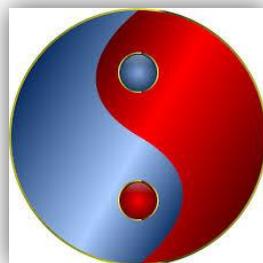
## **Walking**

Bagua Circle Walking is an exercise that involves a specific walking posture to bring harmony to the mind and body. While the person walks with steady, fluid steps in a circle, her rate of breathing remains relaxed and smooth as the circle walker's gaze is focused upon a pole or object that has been placed in the center of the circle. The practitioner also may chant any of the 4 seasonal sounds while doing so.

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 you change the world*).

## **Summary**

I have concluded that Tablet 13, the Keys to Life and Death is an ancient form of Egyptian QIGong that was utilized by certain groups, possibly religious or secret societies in Ancient Egypt thousands of years ago. This means that not only has the energy generated via QIGong or Tai Chi been around for thousands of years, but that this energy has been known by many different names and has branched off into many different types of practices. However one thing always remains the same, the peak of the energy and its dual cycles are always the same, no matter how much time may pass. Perhaps this is where we get the Ying/Yang symbol (***Human Ultraweak Photon Emission and the Yin Yang Concept of Chinese Medicine. IRoelandvan Wijk et al. Dec 2010***). From just these 2 cycles, one can develop a clear guide to better uncover the best techniques that give the best results. The Emerald Tablets Exercise, as I will refer to it through this book, as well as most general Qi exercises, involves focused will and intention, causing an interaction with the local torsion field. A simple formula is shown below:



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

## **Published Scientific Studies of QIGong and their Numerous Health Benefits**

Below are just 2 of the best out of hundreds of published scientific studies conducted during the past decade. These peer reviewed papers show evidence that QI energy can influence, heal and improve overall general well-being.

### **QI Relieves Chronic Fatigue**

A 2015 study titled: From Body to Mind and Spirit: QIGong Exercise for Bereaved Persons with Chronic Fatigue Syndrome-Like Illness, was published 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 practice called QIGong Yang sheng has been shown to help people suffering from asthma. A 1998 study titled: QIGong Yang sheng as a complementary therapy in the management of asthma: a single-case appraisal that was published by A. Reuther and D. Aldridge, stated that QIGong Yang sheng was of significant benefit to people suffering from asthma. QIGong Yang sheng is a health-promoting form of traditional Chinese medicine combining movement, breathing technique and mental exercises.

### **Heartmath Increases the Effects of Intention**

Studies conducted by Atkinson, Tomasino and Mc Craty found that people were able to increase or decrease the rate of samples of DNA when they held the samples in their hands or when the DNA was in a laboratory half a mile away (*Modulation Of DNA Conformation By Heart-Focused Intention. Rollin McCraty et al*). This was only made possible when the person was in mind / heart coherence. To accomplish this, the participants were trained in Heartmath, which is a protocol designed to generate strong coherence between the mind and heart. The study found that only the individuals who practiced Heartmath were able to cause significant measurable changes to DNA compared to the control group. One of the beneficial side effects of Heartmath is improved Heart Rate Variability, which is an indicator of good health. This study proves that mind / body coherence enhances the rate / clarity at which information can travel via non-local methods. I also show in my book *Stock Market Remote Viewing. Heart Rate Variability and Intuition Secrets* how mind / heart coherence can be used to also greatly enhance one's intuition.

### **QIGong and Heart Rate Variability**

A study found that people practicing QIGong experienced calmer and more pleasant emotions as well as a reduced heart rate and increased heart rate variability, as shown by reduced low freq / high freq power ratios (Nonlinear Analysis of Heart Rate Variability During QI Therapy (External QIGong). Myeong Soo Lee et al. Feb 2005.

### **DNA's**

### **Holographic**

### **Reality**

In 1984 Dr. Peter Gariaev conducted an experiment to see if an energy field in our DNA is connected to a "*quantum field*". His experiments showed that the complete genetic code of organisms don't completely exist in DNA molecules, but temporarily coexist simultaneously in other locations.

Dr. Gariaev's test involved placing a sample of DNA into a miniature quartz container that contained a laser beam. Next he observed it with equipment that catches single photons of light. When he did this, the DNA completely absorbed the photons of light in such a way that the light shone into a bottomless hole. In other words no matter how much light he pumped into the DNA, the DNA would always absorb it. What is happening is the molecules in the DNA are absorbing all the photons of light in that location and are storing them in the form of a curved spiral. Due to the turbulent forces in the DNA, it is attracting light similar to the way light

behaves around a black hole. Dr. Gariaev states that molecules of DNA are absorbing photons from somewhere else besides their local region and by an unknown process. Fiber Optic cable stores light by creating a spiral and plants store light and then transform that light to make chlorophyll as a food source. Perhaps our DNA is using light itself as a food source as well as a receiver of communication.

At the end of Dr. Gariaev's experiment he locates the quartz container with the DNA, including all the equipment and then moves it to another location. However after all the equipment, including the DNA had been moved, the spiraling light energy in that location still remained. Whatever the forces are that are keeping the light in the same location after the equipment and DNA had been removed, no longer needs the DNA molecule to do so. A duplicate second now exists in its place. The rational scientific explanation is these are effects arising from the quantum field.

In further experiments, Dr. Gariaev sprayed the spiraling energy in this region of space with liquid nitrogen. After doing so, the spiraling light formation temporarily vanished, then reappeared after 5 minutes. So even if the location is disturbed or even destroyed, the spiraling light reappears again completely intact. Gariaev found that the spiraling light formation remained in the region for 30 days (*Biophysical Mechanisms of Genetic Regulation: Is There a Link to Mind-Body Healing? Lian Sidorov, DDS & Kevin Chen, Ph.D. MPH. March 2003*).

### Further Reading

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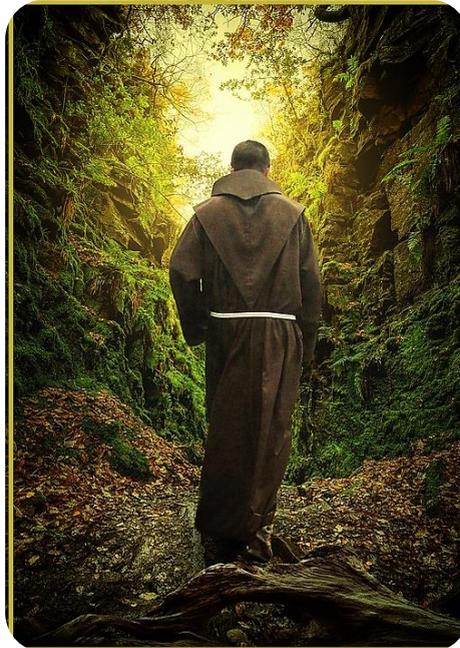
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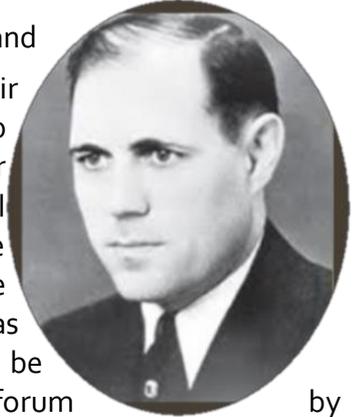
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## Chapter 2 – A Brief Synopsis of the Emerald Tablets

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 have been translated over the years with a recent translation 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.

### 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 (akin to a tightrope walker) which compresses the abdomen area, which creates the critical mass revitalizing light. This occurs as a result of the energy emerging from the lower 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 that 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, O man, 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 QIGong.

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. There are many documented cases, including some good YouTube videos where QIGong masters are able to make a compass needle move via QI (Video Title: QIGong 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 QIGong 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 possibly being released during specific periods of solar activity and the Schuman resonance.

### 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. Later on I shall go into more detail about how the human body goes through specific changes during these two equinoxes.

### What is the Schuman Resonance?

The Schuman resonance is made up of numerous frequencies produced by lightning strikes around earth. These energies produced by the lightening resonate in earth's upper ionosphere which creates a series of frequencies. One of the frequencies is 10Hz (*alphawaves*), which happens to be the brainwave that occurs most often when the person is awake, alert and resting. The Schuman resonance has peaks which occur at 8, 14, 20, 26, and 33 Hz. These frequencies vary with geomagnetic activity (*Similar Spectral Power Densities Within the Schumann Resonance. Kevin S. Saroka et al. Jan 2016*).

Also the hippocampal and parahippocampal regions of the brain, within the right hemisphere appear, are responsive to small changes in geomagnetic activity (*Similar Spectral Power Densities Within the Schumann Resonance. Kevin S. Saroka et al. Jan 2016*). These regions of the brain appear to age first in the body, as witnessed by their susceptibility to Alzheimer's (*Atrophy in the parahippocampal gyrus as an early biomarker of Alzheimer's disease C. Echávarri. et al. Oct 2010*).

### Further Reading

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Neurobiological Changes in the Hippocampus During Normative Aging.  
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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 springs forth 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 and there is a sweet spot where the energy is just right. When practicing the Emerald Tablets Exercise during these sweet spots, the revitalizing energy is much, much stronger.

### **Mung Beans and Magnetic Fields**

There are numerous experiments published online where sprouting mung beans are extremely sensitive to a common household magnet (*The effects of inverter magnetic fields on early seed germination of mung beans. Huang HH and, Wang SR.. Dec 2008*). What is most interesting is mung beans contain two of the most powerful anti-aging substances; Vitexin and Isovitexin, proven to extend lifespan up to 70% when the extract was taken orally by mice (*It Is Not Just Folklore: The Aqueous Extract of Mung Bean Coat Is Protective against Sepsis. Zhu S1 et al. Oct 2012*), (*Magnetic field effects on plant growth, development, and evolution Massimo E. Maffei. Sept 2014*).

### **Further**

Biological effect of audible sound control on mung bean (*Vigna radiate*)

### **Reading**

sprout. Cai W. Aug 2014.

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 (*which is reversed if you live in the southern hemisphere*). If you perform the Emerald Tablets Exercise during these seasons when geomagnetic levels are stronger, the restorative feelings are significantly enhanced because the energy that is accumulated in the body from practicing the exercise acts as a type of antidote against illness and aging by helping the body's genes better adapt to future threats of illness. 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 Concluding Paragraph

*"changing in form, only when Earth, too, shalt change"*

The revitalizing energies of the Emerald Tablets Exercise vary by season. The strongest revitalizing energies are felt during the morning in spring and the late afternoon in fall. Hence this peak and low of energy is related to the 4 seasons. People seem to do things differently after a change of season, perhaps due to the change of this energy.

## Geomagnetic Activity and Biophotons

A rather interesting study conducted by Sarkoa et al (2013) observed that when the intensity of geomagnetic activity was decreased, photon counts were higher than usual (*This shows a link between health and earth's geomagnetic field*). The study also observed an increase in delta brain waves (1 to 4Hz) as well as brainwave activity in the low beta to gamma band range which is between 13 and 35Hz. Brainwave activity at this frequency causes bilateral activation in the parahippocampal gyri region, suggesting that visualizing white light enhances overall brain synchronization between both hemispheres of the brain (*which will be covered in greater detail later*).

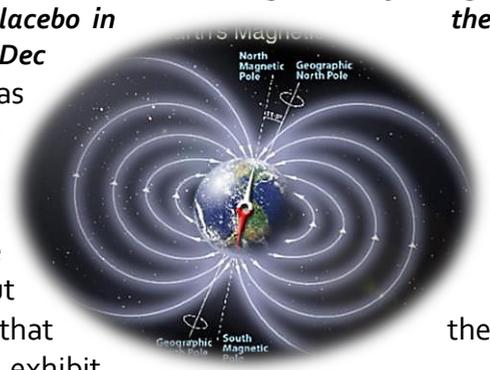
The study also stated that electromagnetic fields that are associated

with consciousness move in waves over the brain in a rostral-to-caudal direction every 20 milliseconds, having phase modulations between 10 and 20 milliseconds. This suggests that these waves interact with geomagnetic fields and produce patterns of interference, acting much like a hologram. Perhaps gaps in these phase modulations link up and couple with earth's Schuman resonance.

Studies have shown that communication taking place between humans via non-locality (spaced 50m apart) occur via the 40Hz gamma band, which is the frequency between 40 to 45Hz. The study also found enhanced photon emission emitted from the right hemisphere of the participants brain. (***Non-Locality changes in intercerebral theta band coherence between practitioners and subjects during distant Reiki procedures. Anabela C. et al. June 2014***). The same study also found increases in theta and low-alpha band brainwaves. The 40Hz gamma band is typically associated with human consciousness. The hippocampal and parahippocampal regions of the brain, within the right hemisphere appear, are responsive to small changes in geomagnetic activity (***Similar Spectral Power Densities Within the Schumann Resonance. Kevin S. Saroka et al. Jan 2016***).

### Weak Electromagnetic Fields and Mind-matter Interaction

Studies have found that applying weak electromagnetic fields to participants, enhanced their ability to engage in mind-body interactions or events involving consciousness-correlated collapse of defined random external physical activity (***Tinkering with the Unbearable Lightness of Being: Meditation, Mind-Body Medicine and Placebo in the Quantum Biology Age. Seth Lloyd. Dec 2013***). My research studies, as well as other studies have found that remote viewing involves specific intent as well as a fine tuned state of receptivity to signals that are subtle and that these signals can be learned over time, but require practice. Studies also show that the more a person meditates, that they exhibit increases in their alpha (relaxation) and theta (creativity) brainwaves. As theta power increases, it more easily connects with earth's Schuman resonance frequency(ies). This is because theta brain waves are 6–7 Hz and earth's dominant Schuman resonance frequency is 7.83 Hz. Hence when the Schuman resonance peaks in this frequency, creativity (*and intuition*) peak, which may explain where "bursts" of creativity come from.



## Summary

At various times when the Schuman resonance is calmer it enhances overall creativity and perhaps precognition as well.

## Further Reading

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Time-varying magnetic fields: effect on DNA synthesis. Liboff, A.R., Williams, T., Strong, D.M. & Wistar, R (1984) *Science*, 223: 818–820.

Electromagnetic Conception for the Eyesight. Rhodopsin and Bacteriorhodopsin, Ignatov, I. & Mosin, O.V. (2014). *Visual Perception. Journal of Medicine, Physiology and Biophysics*, 2:1-19.

Registration of Electromagnetic Waves Emitted from the Human Body. Ignatov, I., Mosin, O. V., Niggli, H., Drossinakis, Ch. & Stoyanov, Ch. (2014) *Journal of Medicine, Physiology and Biophysics*.

Visual Perception and Electromagnetic Conception for the Eyesight. Rhodopsin and Bacteriorhodopsin in Nano- and Biotechnologies. Ignatov, I. & Mosin, O. V. (2014). *Journal of Health, Medicine and Nursing*, 4: 1-20.

Evaluating Possible Methods and Approaches for Registering of Electromagnetic Waves Emitted from the Human Body, Ignatov, I., Mosin, O. V., Niggli, H. & Drossinakis, Ch. (2014). *Advances in Physics Theories and Applications*, 30: 15-33.

## Seasonal Variation of the Schuman Frequency

During January a minimum frequency occurs at about 11 LT and from June to July the firstmode frequency of the Schuman Resonance exhibits its maximum frequency. Diurnally, daytime amplitude level during summer is higher compared to winter. These variations are caused by lightning activity

over three main tropical locations. Also above average solar activity (*X-ray flares and Solar Proton variations and variations in earth's lower ionosphere parameters (the height-conductivity profile)*) also contribute to variations in diurnal and seasonal cycles.

Diurnal nighttime exhibits a stronger amplitude level with daytime amplitude levels during summer being higher compared to winter (**Long-term observations of Schumann resonances at Modra Observatory A. Ondra's'kova. et al. Jan 2007**). What is interesting here is that Dr. Thomas Townsend Brown in his research studies on rocks discovered that these energy peaks would exhibit a seasonal peak during the afternoon in summer (**The Scientific Notebooks of Thomas Townsend Brown [www.rexresearch.com/brown2/brown2.htm](http://www.rexresearch.com/brown2/brown2.htm)**).

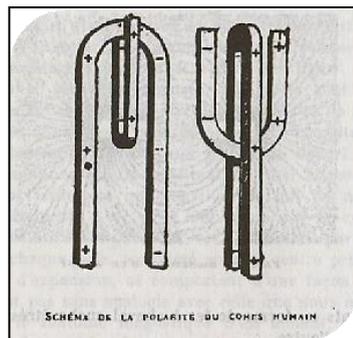
### **Magnetic Fields and Alkalinity**

When water is exposed to high magnetic fields, negatively charged hydroxyl (OH-) ions are formed (*good*) which creates calcium bicarbonate as well as other alkaline particles. The PH of average water is approximately 7 (*neutral*). However magnetized water can reach an alkaline pH of as high as 9.2 when it has been exposed to a 7000 Gauss magnet. If pH levels drop below 7, the water turns acidic (*bad*). Alkaline pH has been shown to destroy cancer cells due to the fact that cancer cannot survive in an alkaline environment.

### **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 (*roughly speaking*).

Our body's cells also contain north and south polarity. Henri Durville, author of *History of the Magic stick*, has done numerous experiments demonstrating that the human body has a north and south polarity. The image (*pictured*) shows the polarity of the human body which he spent years researching. As the image shows the top and bottom 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 in the lower abdomen 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.

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.

<b>Magnetic</b>	<b>Fields</b>	<b>Affect</b>	<b>Genes</b>
Recent studies have found changes occur in the body's gene cells when they are exposed to magnetic fields that are weak. A study concluded that solar cycles as well as geomagnetic field perturbations influence genes or mechanisms of virus replication responsible for influencing the occurrence of influenza and possibly other epidemics ( <i>Mechanisms of Geomagnetic Field Influence on Gene Expression Using Influenza as a Model System: Basics of Physical Epidemiology</i> Valeriy Zaporozhan and Andriy Ponomarenko. March 2010).			

### **Chromosomes, Electromagnetic Energy and Qi**

A research study titled: Searching for Electrical Properties, Phenomena and Mechanisms in the Construction and Function of Chromosomes that was published by Ivan Kanev and colleagues in June of 2013 states that chromosomes contain electrical properties which behave amazingly similar to electrical transformers and that their construction as well as function is similar to electric generators and condensers. The study further goes on to state that chromosomes exhibit electromagnetic interactions at the nano-scale level as well as resonance, fusion and similar effects described by equations in theoretical physics. The study concludes that the electrical properties and phenomena may provide possible explanations for the

poorly understood mechanisms involving clinical genetics especially chromosomes which are nucleic acids and proteins found in the nucleus of living cells. These carry genetic information in the form of genes.

### **Further**

Study of molecular biology of functional mechanism of emitted qi on proteins. Zhang FD, Zhao J, Yue HQ, Liu GQ, and Liu, A (1990). 3rd Nat Acad Conf on Qigong Science Guangzhou, China. 1990:

### **Reading**

### **The Human Body as a Power Plant for fueling the Matrix**

The human body generates between 100 to 150 watts of energy per hour, which comes from the body's metabolism. A cyclist can produce up to 1,100 watts via short bursts of pedaling (*Human power. Wikipedia*).

Electromagnetic fields emitted from the human body span a large range of frequencies; from ELF (*extremely low frequency*) to thermal (*infrared*) as well as visible light and gamma radiation which comes from natural potassium-40 (*Infrared Thermal Field Emitted from Human Body. Ignatov, I., Mosin, O.V.&Drossinakis, Ch. (2014). Thermovision, Journal of Medicine, Physiology, Biophysics, 1:1-12*).

Gamma rays contain the most energy compressed into the smallest wavelengths of any known light in the electromagnetic spectrum and our bodies emit low level of gamma radiation due to the presence of Potassium in our soft tissues (*Proof-of-Principle to Measure Potassium in the Human Brain A Feasibility Study L. Wielopolski, et al. Aug 2007*). This radiation is the beneficial sort of radiation that is necessary for our good health and wellness. Bananas, which contain lots of this beneficial potassium, are slightly radioactive with this beneficial radiation (potassium-40) (*Banana equivalent dose. Wikipedia*).

### **Levels of Potassium-40 in foods per kilo:**

- **Brazil Nuts (abundant in selenium)- 6,600 picocuries**
- **Carrots - 6,800 picocuries**
- Bananas - 3,520 picocuries
- Beer- 390 picocuries
- Lima Beans - 4,640 picocuries
- Potatoes - 3,400 picocuries

- Red Meat - 3,000 picocuries
- Salt Substitute - 3,000 picocuries

What is most interesting is the Selenium in Brazil nuts actually removes mercury from the body, making it a great detox food for heavy metals and Selenium has been used to remove mercury (*Selenium in the treatment of heavy metal poisoning and chemical carcinogenesis. Whanger PD1. Dec 1992*).

### **Low-Dose Radiation Is Beneficial For A Strong Immune System**

Dr. Shu-Zheng Liu, a renowned Chinese scientist at the MH Radiobiology Research Unit of Norman Bethune University, demonstrated scientific proof that low-dose radiation (LDR) stimulated a healthy immune system response in both animals and humans. The study concluded that whole-body irradiation (WBI) using gamma-rays and X-rays in the wavelength range of 0.2 Gy have extremely positive effects upon the immune system. (*Biological Effects of Low Level Ionizing Radiation and Molecular Biology Research. Norman Bethun University, Changchun, 1995. SZ Liu*).

There is current research underway trying to see if Gamma rays are partly responsible for creating toroidal fields, which are a result of intention.

### **Cosmic Radiation is Healthy for the Body**

A document published by the Food and Environmental Protection Section of the International Atomic Energy Agency (*Wagramer Strasse 5 P.O. Box 100 A-1400 Vienna, Austria. ISSN 1011-4289*) titled: *Natural and Induced Radioactivity In Food* states that cosmic radiation emitted from the sun and stars consisting of gamma rays and associated particles, may be beneficial to the body when experienced at low levels, due to recent experimental observations. Please note this does not include astronauts or people who work in high altitude aircraft (*Cosmic rays: are air crew at risk? M K Lim. Occup Environ Med 2002;59:428-433*). For example pilots flying North Atlantic routes were found to be susceptible to an increased risk of numerous types of cancers (*Incidence of cancer among licensed commercial pilots flying North Atlantic routes Eva Maria Gudmundsdottir. et al. Aug 2017*).

The Natural and Induced Radioactivity In Food study goes on to state that low dose cosmic radiation may stimulate or activate the body's cell defense mechanisms, similar to a vaccination, which causes a moderate stimulation of the body's defense mechanism, used to defend against disease(s). Hence, moderate radiation stimulates the body promoting health by stimulating "repair" mechanisms, such as the production of repair

enzymes. Because background radiation causes just a small fraction of DNA damage which in turn leads to cancers, researchers ponder why small radiation exposure actually enhances the body's defense mechanisms. Further research may show that low dose rates (*specific radiation damage to DNA or its associated cellular components*) occurs on a sporadic basis. Hence only one cell is exposed to cosmic radiation, not most of the surrounding cells. Thus damage done by low doses of background radiation does not likely overwhelm the body's defense mechanisms; hence healthy cells therefore have a relatively good opportunity defend themselves against damage. This is akin to the body being outdoors for the right amount of time, allowing the body to take in good bacteria which enhances the strength of the immune system (*Effect of forest bathing trips on human immune function Qing Li. Mar 2009*).

### **Polarity Therapy and Gamma Rays**

Polarity Therapy is an alternative healing therapy that uses techniques to "realign" the energy body of an individual. When polarity therapy is performed on a person, a drop in the number of gamma rays results. (*Gamma radiation fluctuations during alternative healing therapy. M.S. Benford et al. 1999*). Another type of healing in its early research stages, known as Reconnective Healing, exhibits changes in the levels of gamma radiation absorption during healing sessions. (<http://www.reconnection.co.za/research.html>).

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Gamma radiation fluctuations during alternative healing therapy M.S. Benford et al. July 1999.

Augmentation of wound healing by ascorbic acid treatment in mice exposed to gamma-radiation. G.C. Jagetia et al. May 2004.

Low-Dose X-Ray Irradiation Promotes Osteoblast Proliferation, Differentiation and Fracture Healing. Ming Chen et al. August 2014.

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Repair of skin damage during fractionated irradiation with gamma rays and

low-LET carbon ions. K. Ando et al. June 2006.

Tissue healing during degradation of a long-lasting bioresorbable gamma-ray-sterilised poly(lactic acid) mesh in the rat: a 12-month study. R. De Tairac et al. January 2010.

Evaluation of the effect of ascorbic acid treatment on wound healing in mice exposed to different doses of fractionated gamma radiation. G.C. Jagetia et al. March 2003.

Gamma ray treatment enhances bioactivity and osseointegration capability of titanium. T. Ueno et al. November 2012.

### **Electromagnetic Fields and the Human Body**

Out of all electromagnetic radiations emitted from the body, the skin emits the strongest field (*Ignat Ignatov et al. 2014*). Electromagnetic waves emitted from human skin are in the ultraviolet and optical ranges as well as a range close to infrared. The skin also emits photons in the order of a few photons per second with a power emission level of ~ 10 mW/CM (2) (*Gulyaev, Godik 1991*). These emissions can be easily measured by placing a photomultiplier directly upon the surface of the skin.

Because biophotons occupy the optical spectrum, their waves are capable of conveying a large amount of information. For example the bandwidth of ultraviolet light with a 0.0001% modulation is 800Mhz. This frequency bandwidth alone is capable of transmitting up to 160 television channels simultaneously. This range of light frequencies interacts with our consciousness, which in turn has an interaction with expanding consciousness. This would make sense because consciousness consists of light and visualizing light has been shown to result in an increase in biophotons as will be shown in greater detail later.

### **Quantum Behavior and Biophotons**

Biophotons exist as coherent forms of quantum emissions that involve the transfer of energy, biological regulation and bio communication. Biophotons may be involved in quantum-like entanglement effects taking place between energy healing, bio communication and altered mind-body states. The very existence and behavior of biophotons can help provide a valuable, observable and real time framework for explaining the description

of quantum interactions in living biological systems. This is a wonderful opportunity because the prime energy source and signals emitted by biophotons cannot be fully understood in today's classical physics, but is much better understood using the framework of quantum physics.

### **Acupuncture Creates a Healthy flow of Ultraweak Biophotons**

The following information is from a paper titled: Human Ultraweak Photon Emission and the Yin Yang Concept of Chinese Medicine, which was published by Roelandvan Wijk and colleagues in December of 2010. The research study found that electrostimulation of acupuncture point JG<sub>4</sub> produced weaker biophoton emission, compared to applying electrostimulation to other acupuncture points. The authors



concluded that light producing processes become channeled through acupuncture meridians in the body whereas less light is produced or transmitted outside (***JG<sub>4</sub> is the point located approximately 2.5 fingernails upwards on the outer hand from the point where the thumb and fingers meet. The approximate position is shown above with an "X".*** ).

The authors found that using a photomultiplier in the range of 300–650 nm demonstrated that a daily variation in the photon count took place in the body. They discovered a peak starting in the morning with a daily peak occurring in the afternoon. Emissions from the body were idiosyncratic, yet exhibited a general trend; such as emissions from the head and hand were higher than other body regions.

Studies by Kobayashi et al also found a peak of biophotons taking place in the afternoon with the lowest values occurring in the morning (***Spatio-temporal dynamics of spontaneous ultra-weak photon emission (autoluminescence from human hands measured with an EMCCD camera: Dependence on time of day, date and individual subject Scholkmann, Felix et al. 2018).***

Higher values were found to occur also around the knees, elbows and feet. These happen to be body parts that display more shaped and structured characteristics. Emission intensity was strongest around the neck and face region (*around the mouth, cheeks and teeth*) which gradually decreased over the torso and faded down towards the abdomen. A gradual decrease was observed in intensity from the central torso. The hands (*both*

*dorsal and ventral (front and back))* exhibited relatively high emission rates with the nails producing very strong emissions, compared to the opposite sides (fingerprint sides). The authors also found that the emission pattern of photons were lowest from the abdomen with increased levels of emissions occurring along the central region rostrally to the throat with the highest values over the cheeks.

### **How Biophotons Emerge**

The emission of biophotons takes place when stable molecules interact with the high energy particles in the body which includes free radicals. This reaction causes molecules to emit light as a form of excess energy, much like a gas or pressure valve opens up when an excessive amount of pressure builds up. As a miracle of life processes, organisms are able to control this reaction. If it was not able to then the living organism would die due to an out of control chain reaction involving redox reactions. This could be why many studies have shown that meditation slows the body's rate of aging (*Can meditation slow rate of cellular aging? Cognitive stress, mindfulness, and telomeres. Epel E et al. Aug 2009* ) because most forms of meditation have been shown to decrease all forms of the body's metabolic activity (*ROS requires an excess, or overflow of energy resulting from the body's metabolism*).

Electronic interference and malfunctioning of electronic devices have been shown to occur at the precise moment of death (*Could 'Biophoton Emission' be the Reason for Mechanical Malfunctioning at the Moment of Death? J. Shashi Kiran Reddy. NeuroQuantology | December 2016*). Hence, this may imply that biophotons are able to interact with machines, via a non-local interface of some kind, much like intention can cause changes in random number generators (*Effects of Intention, Energy Healing and Mind Body States on Biophoton Emission. Beverly Rubik and Harry Jabs. February 2017*).

### **The Power of the Weak Force**

Because ultraweak photons exist on such small scales, then how come they are able to exert such powerful healing effects? The answer lies in the fact that these particles begin at the Planck scale, and due to cellular processes taking place via cognitive intention, are able to than be "stepped up" in volume, allowing the signals to propagate through tissues in the body. These processes also exhibit nonlinear properties, which also allow amplification. Intention is amplified by coherence. Hence a system that is coherent results in an ultra-clear communication network that exhibits

strong resonance with the mind and body simultaneously. Intention that directs energy contains within it information resulting in subsequent changes that affect health, healing and volition.

### **QIGong Practice and Biophoton Emissions**

A study found that biophotons emitted from the fingertips of a QIGong practitioner increased significantly when he intended to project external Qi (*subtle energy*). After he became relaxed, the biophoton count decreased (***Effects Of Intention, Energy Healing, And Mind-Body States On Biophoton Emission. Beverly Rubik et al. 2017***).

### **Alpha Brainwaves and Biophotons**

The emissions of biophotons correlate with brainwave alpha rhythms, the body's energy metabolism, microtubule conformational states as well as cerebral blood flow (***Rahnama et al 2011, van Wiji et al 2008 & 2006, Nakamura 2000, Lin 2003, Kawano 2001, Dotta et al 2011, 2012***). The brain's neurons have also been found to emit biophotons with emissions from the neurons depending upon membrane depolarization and calcium flowing into the cells. Research by Wang et observed spontaneous and visible light induced biophoton emissions occurring in rats' retina, and eyes. They hypothesized that retinal phosphenes may come from natural bioluminescent biophotons that occur in the eyes. (*this is interesting because the retina is part of the central nervous system*) (***Emission of Mitochondrial Biophotons and their Effect on Electrical Activity of Membrane via Microtubules which was published by Majid Rahnama et al***).

Studies by Dotta et al (2012) observed distinct emissions of biophotons that registered on specially designed equipment that occurred in the brain's immediate proximity when participants used visualization techniques. Studies by Sun et al (2010) found that biophotons use neural fibers as a network to travel along, including microtubular networks, hence playing a role in the synchronization of brainwave activity (***Rahmana et al 2010, 2011***).

Photobiology research has demonstrated that visualization produces biophoton emissions that can be measured in the immediate proximity (***Dotta et al, 2012***). Other studies show that fluctuations in the amount of strength of the cerebral alpha wave, which can be enhanced by meditation (***Van Wijk et al, 2008, 2006; Kawano et al 2001***) show significant correlation with the emissions of biophotons (***Van Wijk et al, 2008; Rahmana et al 2010, 2011***).

## Imagining White Light Causes Changes in Brainwave Activity

Studies have found that participants visualizing white light exhibited a pronounced increase in their biophoton counts emitted from the right side of the head. An increase in power emitted within the parahippocampal region was also observed with frequencies in this region being emitted at between 6 Hz and as high as 17 Hz.

Similar independent studies, four in total (*Hunter et al 2010; Dotta & Persinger 2011; Dotta et al 2012; Saroka et al 2013*), also observed an increase in photon emissions from the right side of the head (*with almost zero increases observed on the left*) that was significant when participants merely thought about white light.

In other experiments using human volunteers, the participants were exposed to identical magnetic fields with the same field strengths and then separated. One of the participants was exposed to flashes of light. Once this occurred, the other participant registered an increase in their biophoton count (*Biophoton Detection and Low-Intensity Light Therapy: A Potential Clinical Partnership Joseph Tafur, et al. Feb 2010*). Research conducted by Dotta and colleagues in 2012 observed that the increase in biophoton emissions was able to be measured from the right hemisphere of participants who visualized white light (*Dotta et al 2012*).

The brain's left side performs tasks that result in logic type functions. These functions include mathematics and science. The right hemisphere performs tasks involving creativity, intuition and the arts.

## Biophotons and Bone Mineral Density

Could the reason QIGong practice enhances bone strength be due to a healthy level of biophotons being generated by QIGong? A study found that bone mineral density levels increased when women practiced QIGong exercises (*A Comprehensive Review of Health Benefits of QIGong and Tai Chi Roger Jahnke et al. Jul 2011*).

Research scientists found that photon emissions from mineralized connective tissues such as human bone, dentin and enamel display phosphorescence, which is a long-lasting luminescence that occurs at high intensities (*Human Ultraweak Photon Emission and the Yin Yang Concept of Chinese Medicine. Roelandvan Wijk et al. Dec 2010*). This type of photon emission is related to the semiconductor characteristics of these tissues. This is because bone is a unique connective tissue that is composed of organic matrices of type I collagen which is mineralized with calcium

hydroxyapatite crystals.  
In regards to dentin, bone and enamel dentin and bone contain phosphorescent intensities which are almost four times that of enamel. This phosphorescence arises from the diminished phosphorescence of enamel and organic moiety which is explained by qualitative differences taking place in calcified tissues. carrier.

### **Yoga Enhances Stem Cell Growth**

As the body ages, bone mineral density naturally decreases. A study found that practicing yoga induces stem cell growth from bone marrow to peripheral blood which may result in the possible regeneration and repair of tissues (*Can yoga therapy stimulate stem cell trafficking from bone marrow? Nitya Shree and Ramesh R. Bhonde et al. Sept 2016*).

#### **Further**

The Effect of TaiChi Practice on Attenuating Bone Mineral Density Loss: A Systematic Review and Meta-Analysis of Randomized Controlled Trials Liye Zou, et al. Sept 2017.

#### **Reading**

### **Meditation and Biophotons**

Measurements taken from the foreheads and hands of meditators discovered that biophoton emissions decreased gradually after they stopped meditating (*Effects of Intention, Energy Healing and Mind Body States on Biophoton Emission. Beverly Rubik and Harry Jabs. February 2017*). At Rhine research, a study involving 100 participants discovered they were able to increase biophoton emissions between 400% and 600% by mere intention alone. The study also found that feedback improved with some of the participant's performance (*Effects of Intention, Energy Healing and Mind Body States on Biophoton Emission. Beverly Rubik and Harry Jabs. February 2017*). Biophotons may be playing a role in tests involving random number generators where studies have found that consciousness can play a role and effect the series of numbers that play out on random number generators (*Effects of Intention, Energy Healing and Mind Body States on Biophoton Emission. Beverly Rubik and Harry Jabs. February 2017*).



## Chapter 3 – Understanding the Forces of Magnetic Energy in the Human Body

The primary mechanism that creates the energy in the body necessary for the feelings of revitalization while practicing the Emerald Tablet exercise is earth's magnetic field. Although earth's magnetic field(s) may seem subtle and weak, they become "stepped up" during cellular processes that take place while the exercise is performed. The complete Emerald Tablets Exercise will be shown later on in this book, but first, let's examine the data on how the magnetic field of the body interacts with earth's magnetic field.

Over time, aging and lifestyle contribute to altered or mis-aligned magnetic fields that exist around and inside the body's cells. These may be partly responsible for aging. Part proof of this is the fact that heat destroys magnetic fields, as demonstrated in magnets. In my 2019 anti-aging publication titled: *Reverse Aging Naturally. Alchemy and Ayurveda Longevity Anti-aging Secrets*, I show that summer is the season the body ages the most rapidly due to the summertime heat. Research studies show that a strong positive correlation exists between temperature and cellular levels of both ROS and oxidative stress with heat affecting the cells in mammals by depleting ATP activity (*Biswaranjan Paital et al. Feb 2016*). Hence these factors influence the survivability and longevity of animals. Auad et al observed that rises in temperature along with elevated CO<sub>2</sub> levels decreased the duration of the German cockroach, as well as the longevity of the aphid *Sipha flava*. Other researchers state a rise in temperature above 20 °C-24 °C (*the temperature required for aphid growth*) decreases reproduction, life expectancy and survivability of aphids (*Longevity of animals under reactive oxygen species stress and disease susceptibility due to global warming Biswaranjan Paital et al. Feb 2016*). This is possibly why the rejuvenation energy is also strong in fall because the body is rejuvenating itself / recovering from the disturbances in the body's magnetic field caused by summer heat.

The opposite is also true in that very cold temperatures cause oxidative stress, which causes age related problems (*Metabolic rate and oxidative stress in insects exposed to low temperature thermal fluctuations. Lalouette L et al. Feb 2011*).

### Further Reading

Effect of Temperature Stress on Antioxidant Defenses in *Brassica oleracea*

Pilar Soengas et al. may 2018.

Studies of antioxidants with chemiluminescence. Vladimirov, Y.A. (1996). In: Proceedings of the International Symposium on Natural Antioxidants. Molecular Mechanisms and Health Effects. L. Packer, M.G. Traber & W. Xin (eds.).125-144.

Biophoton and temperature changes of human hand during Qigong. Nakamura, H., Kokubo, H., Parkhomtchouk, D., Chen, W., Tanaka, M., Zhang, T., Kokado, T., Yamamoto, M. and Fukuda, N. (2000). Journal of ISLIS 18(2) September 2000.

Measurements of hand temperature and physiology during Qi-emission imaging. Tanaka, M., Nakamura, H., Kokubo, H., Chen, W., Zhang, T., Soma, T. and Yamamoto, M (2001). Journal of ISLIS, 19(1) March 2001.

**Biophoton Emission Peaks during Summer**  
Studies conducted by Cohen and Popp involved daily examinations of the emissions of photons from the forehead and hands of participants in a study over a period of 9 months. They discovered that the preference of right and left hand correlation as well as the deviating of photons on the forehead had a distinct pattern. Bilateral hand emission was found to **peak during summer**. This correlates with the peak in Schuman resonance activity.

**Seasonal Variation of the Schuman Frequency**  
During January a minimum frequency occurs at about 11 LT and from June to July the firstmode frequency of the Schuman Resonance exhibits its maximum frequency. Diurnally, **daytime amplitude level during summer is higher** compared to winter. These variations are caused by lightning activity over three main tropical locations. Also above average solar activity (*X-ray flares and Solar Proton variations and variations in earth's lower ionosphere parameters (the height-conductivity profile)*) also contribute to variations in diurnal and seasonal cycles.

Diurnal nighttime exhibits a stronger amplitude level with daytime amplitude levels during summer being higher compared to winter (***Long-term observations of Schumann resonances at Modra Observatory A. Ondra'sˇkova. et al. Jan 2007***).

## **ROS Exhibits Cycles**

As just discussed, biophotons have seasonal as well as diurnal cycles. Could this mean that ROS production also exhibits cycles? A study found that photosynthetic genes (*in plants*) peak at Zeitgeber time (ZT) 4 (15). The study states that the capacity of the plant's ability to harvest light also happens to coincide with this peak and that this metabolic change may be causing a change in the balance of the production of ROS (***Circadian Clock-Associated 1 regulates ROS homeostasis and oxidative stress responses. Alvina Grace Lai et al. Oct 2012***). Although I could not find any studies in humans to date, there may exist a similar ROS cycle.

## **Further Reading**

Cycling of clock genes entrained to the solar rhythm enables plants to tell time: data from Arabidopsis. Hoong-Yeet Yeang. July 2015.

## **Stress and Circadian Rhythms**

The human body has a circadian clock which may be subject to changes based upon stress. A study involving mice found that when they induced oxidative stress via hydrogen peroxide, that it caused their circadian clocks to become unbalanced. The study found that their circadian clock changed, not just with the dose, but also the time of day with similar changes occurring in their peripheral tissues. The study concluded that oxidative stress entrains circadian clock systems in mice (***In vitro and in vivo Phase Changes of the Mouse Circadian Clock by Oxidative Stress. Yu Tahara, Ayako et al. Apr 2016***).

## **Emotions and the Body's Magnetic Field**

Besides our heart emitting a magnetic field (***Biomagnetometry: imaging the heart's magnetic field. G Hart. Feb 2001***), David Hawkins M.D. (<https://discoverhealing.com>), author of the Emotion Code, discovered that emotions have energy that can be measured. He discovered that the amount of activity in a person's magnetic field either increased or decreased according to the emotions the person experienced. He found that a person's cells were dramatically reduced in their operational function when emotions of hate, scorn, anxiety, regret blame, shame and humiliation was experienced.

## **Further reading**

Power Verses Force An Anatomy Of Consciousness. The Hidden

Determinants of Human Behavior David R. Hawkins, M.D., Ph.D.

The opposite could also be true, in that geomagnetic storms are stronger during the season of spring (*Lethal manifestations of meteorological and cosmic factors. Guliaeva TL. Eept 1998*). Spring is the time that depression / suicides occur most often (*Seasonal spring peaks of suicide in victims with and without prior history of mood disorders Teodor T. Postolache. et al. Feb 2010*). Hence earth's electromagnetic field could be influencing the body in certain people who are "solar weather sensitive".

Research studies conducted by Binor & Laskow showed that when a healer projected healing intention upon a culture of tumor cells that a distinct magnetic signature along with corresponding biological effects took place.

### Further Reading

Effects of static magnetic fields at the cellular level. Miyakoshi J. Feb 2005.

External Qi of Yan Xin Qigong Inhibits Activation of Akt, Erk1/2 and NF-κB and Induces Cell Cycle Arrest and Apoptosis in Colorectal Cancer Cells Yan X. et al. 2013.

External Qi of Yan Xin Qigong differentially regulates the Akt and extracellular signal-regulated kinase pathways and is cytotoxic to cancer cells but not to normal cells. Yan X, Shen H, Jiang H, Zhang C, Hu D, Wang J, Wu X. Int J Biochem Cell Biol. 2006;38(12):2102-13.

External Qi of Yan Xin Qigong Induces apoptosis and inhibits migration and invasion of estrogen-independent breast cancer cells through suppression of Akt/NF-κB signaling. Yan X, Shen H, Jiang H, Hu D, Zhang C, Wang J, Wu X. Cell Physiol Biochem. 2010;25(2-3):263-70.

### Hypothesis

It is my hypothesis that our body functions as an electrical condenser by accumulating charges which are generated by currents in our cells. In order to achieve optimal health, one must periodically discharge some of these charges.

## **Seasonal Variation of Qi Energy Flow**

As the Emerald Tablets Exercise is practiced, you will begin to become more and more aware of the following energy flow during the seasons:

- During Winter, energy is closer to the core of the body. During Winter practice The Emerald Tablets Exercise at sunset into night heading into dawn towards spring.
- During Spring the energy begins expanding outwards. During Spring, practice The Emerald Tablets Exercise in the morning heading into mid to late morning towards summer – **This is the time of year the revitalization energies peak.**
- During Summer practice The Emerald Tablets Exercise at noon heading into afternoon towards Fall.
- During Fall the energy begins sinking inwards. During Fall/Autumn practice The Emerald Tablets Exercise in late afternoon to early evening heading into sunset towards winter. **This is the second time of year the revitalization energies peak**

## **Diabetes and the Equinoxes**

A study identified a pattern of risk involving the insulin gene in births of future diabetics. The pattern exhibited a maximum around the during the spring and fall equinoxes. In relatives another pattern was discovered with a maximum risk in births occurring around the fall equinox and again shortly after the winter solstice. In summary risk prediction for type 1 diabetes exhibits a predictable cycle (insulin gene pattern) due to the insulin gene showing a repeating semi-yearly pattern.

## **Reference**

Insulin gene profile cycles with season of birth of future diabetic children and their relatives. Mikulecký M et al. J Pediatr Endocrinol Metab. 2004 May;17(5):727-30.

## Further Reading

Effect of conventional medical treatment plus Qigong exercise on type 2 diabetes mellitus in Chinese patients: A Meta-analysis. YangHongchang et al. Apr 2018.

## Aging / Magnetic Fields and Seasonal Variation of QI Energy

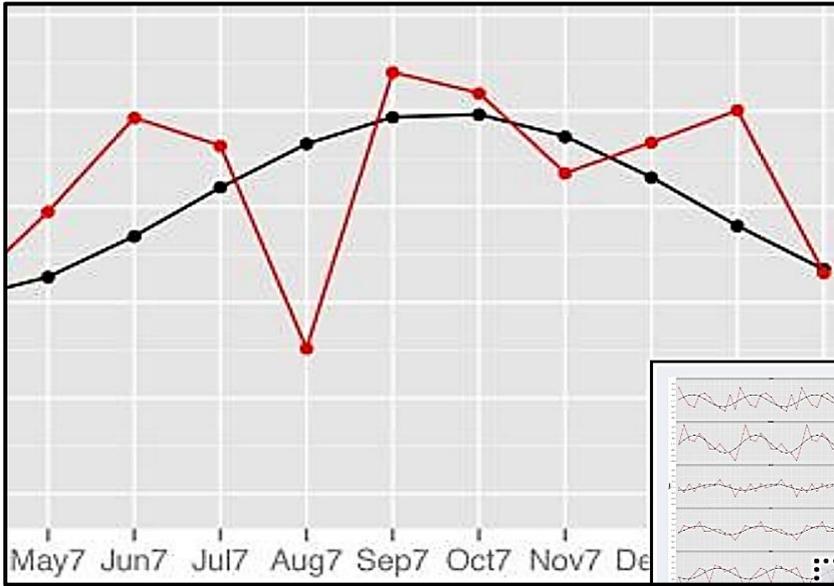
A healthy magnetic field around the body can become disrupted due to the normal process of aging. One hypothesis is that heat destroys magnetic fields, as demonstrated in magnets. In my latest anti-aging book *Reverse Aging Naturally. Alchemy and Ayurveda Longevity Anti-aging Secrets*, I show that summer is the season the body ages the most rapidly due to the summertime heat. Putting this into context, revitalization energy is strongest during the late afternoon in the season of Fall every year because the body is adapting to the new changes caused by heat / oxidative stress.

Hippocrates wrote 2,500 years ago that in autumn, diseases were the most acute, and people would die more often than usual, with spring being the healthiest. Indeed studies show that people who died at age 50 or more tended to have a longer lifespan when they were born in the autumn (*Lifespan depends on month of birth. Gabriele Doblhammer and James W. Vaupel. Feb 2001*). Perhaps their immune systems inherited this adaption from their environment. This could also mean that the reason the stronger revitalization energies experienced practicing the exercises during autumn are due to the fact that the body's genes are undergoing a recharge or an enhanced ability to combat future disease and illness (*rapid adaption*).

## Our Cells are Magnetic

Our body consists of positive and negative magnetic fields from which D.C. electricity is produced. This is why the body does not have a storage battery from which electricity flows. Instead it taps into each cell of the body, which has a positive and negative magnetic field in its DNA, and turns these magnetic fields into DC electrical current.

## Seasonal Variation of Gene Expression



The above chart shows the activity of specific cells in the body over a 3 year period. The cells included CD19 cells (*transmembrane protein which allows the transport of nutrients across the membrane of the cell*), Monocytes (*white blood cells part of the immune system*) and Platelets (*cells which form clots in injuries to stop bleeding*). The study noted these cells exhibit a seasonal cycle of activity which peaks in autumn and winter and drops in spring. The study concluded that **a seasonal variation exists in cells and gene expression** levels and that the cellular composition of leukocytes, erythrocytes and platelets varies throughout the year, with the trend evident in the levels of gene expression, which exhibits significant seasonal changes that facilitate protein translation and immune function.

### Reference

Seasonal Effects on Gene Expression Anita Goldinger, et al. May 2015.

### Hypothesis

Revitalization effects felt from practicing the Emerald Tablets are stronger during fall because the magnetic forces generated from practicing the exercise are positively affecting the body's cells / genes. The cells of the body are undergoing a more rapid adaptive phase perhaps recovering from the disturbances in the body's magnetic field caused by

heat emitted during summer. Hence, if QI influences the body's genes and flows more strongly during favorable solar weather conditions, could this mean that both QI and favorable solar weather are periods where evolution undergoes above average rapid progress compared to at other times?

### **Diurnal and Seasonal Variations of Biophoton Production**

Biophoton counts rise and fall with the body's circadian rhythms. One study discovered that photon emissions were weakest during the morning, began increasing in the afternoon and peaked in the late afternoon (*Imaging of Ultraweak Spontaneous Photon Emission from Human Body Displaying Diurnal Rhythm Masaki Kobayashi, et al. Jul 2009*).

Seasonally biophotons were found to be weakest during autumn, especially during the months of September and October (*Anatomic characterization of acupuncture system and ultra-weak photon emission Roeland Van Wijk et al. International Institute of Biophysics. D-41472 Neuss, Germany*). This is because the body's production of ROS is less during the morning hours, as the body has been at rest the previous 8 hours or so. During the fall, biophoton counts could be lower due to cooler temperatures, although further studies are necessary to confirm this hypothesis.

Because biophoton counts rise in the afternoon to late evening, it may be that it is the body is recovering (*restoring equilibrium*) to stress accumulated throughout the day. This clarifies why performing the emerald tablets meditation / Qigong in late afternoon, especially during the season of fall works so well because the revitalization energy generated is reducing ROS levels which reduces photon counts. Indeed many studies now confirm that practicing meditation results in reduced biophoton counts.

Studies confirm that people live longer if they had been born during fall (*Lifespan depends on month of birth. Gabriele Doblhammer and James W. Vaupel. Et al. Feb 2001*). Hence biophotons are influencing the immune system. Studies already confirm that meditation is good for the human immune system and that meditation lowers biophoton levels (*Mindfulness meditation and the immune system: a systematic review of randomized controlled trials. Black DS and Slavich GM. June 2016*), (*Effect of meditation on ultraweak photon emission from hands and forehead. Van Wijk EP. Et al. Apr 2005*).

What is also interesting is geomagnetic storms peak during the 2 equinoxes also (*Lethal manifestations of meteorological and cosmic factors. Guliaeva TL. Epep 1998*).

What is even more interesting is that I have found that the revitalizing energy peaks when cosmic ray levels are increasing or have been growing the previous 3 days. What is even more fascinating is that exhibit a seasonal variation in intensity at ground level with a peak at the equinoxes and solstices (*Seasonal Variations of Diurnal Variation of Cosmic-ray Muon Intensity in Belgrade. A. Dragić and D. Joković*). Real Time Cosmic Rays can be found at: <https://cosmicrays oulu.fi/>)

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

Physicists Augusto Mangini of the University of Heidelberg, Jasper Kirkby of CERN and Richard Muller of the University of California at Berkeley suggested that there exists link between cosmic rays entering Earth's atmosphere and glacial cycles. In 1997 Eigil Friss- Christensen and Henrik Svensmark of the Danish Space Research Institute proposed increased levels of cosmic rays could lead to increased clouds, thus causing a cooler climate and also vice versa.

As more cosmic rays penetrate the earth, it may actually be of benefit to the mind and body. Cosmic rays also increase when solar activity starts to decline and become less active. This is because higher solar activity acts as a shield, deflecting cosmic rays away from earth.

When ice cores were drilled at Summit, Greenland, and Vostok, Antarctica, they showed levels of Beryllium-10, which is created as a byproduct when cosmic rays enter earth's upper atmosphere, were twice what they were towards the end of earth's last Ice Age. There were massive peaks of energetic particles from space occurring between 40,000 and 37,000 years ago and then again between 17,000 and 14,000 years ago. It was very likely either a huge supernova caused this or it came from Cygnus X-3 due to earth's precession angle.

Cal Tech Astronomers Aden and Marjorie Meinel reported that approximately 40,000 years ago earth entered a nebula's whose jet caused a surge in the frequency and intensity of radiation entering earth. This spawned a host of evolutionary changes.



10,000 years ago as Earth gradually passed out of the field of the nebula's jet, the number of cosmic rays decreased, ending the accelerated changes. Could these surges in comic radiation have formed the symbolism that exists among some world religions such as Islam, Christianity, Judaism and

Hinduism?

### **Mental Visualization Changes Genes**

Studies (*Sidorov et al 2013*) have found that different forms of meditation and visualization affect genes differently (*Ravnik-Glavac et al 2010*). Other studies have found that External Qi projection produces opposite effects on the same targets separated by distance, which is dependent upon the intent of the operator, with the effects of Qi reaching as far as 100m (*How Far Can Ki-energy Reach?—A Hypothetical Mechanism for the Generation and Transmission of Ki-energy S. Tsuyoshi Ohnishi and Tomoko Ohnishi. Oct 2007*).

### **Further Reading**

Manipulation of the electromagnetic spectrum via fields projected from human hands: a Qi energy connection? *Subtle Energies Energy*. Waechter RL and Sergio L. *Med J Arch.* 2002;13:233.

### **QIGong Changes Genes**

A study (*Yan et al, 2012*) found that a QIGong practitioner was able to change 39 genes by practicing external QIGong. This is quite an amazing finding because today's genetic engineers modifying just 2 genes can cause major, lasting changes in crops or animals (*External Qi of Yan Xin Qigong induces cell death and gene expression alterations promoting apoptosis and inhibiting proliferation, migration and glucose metabolism in small-cell lung cancer cells. Yan X et al. Apr 2012*).

### **The Mind's Intent on Cells and Genes**

Studies have found that when experienced meditators focused their intention on remote targets they altered the rate of many of the effects associated with aging, which included; mitotic activity, cell differentiation and mutagenesis as well as genes and chromatin and proteins. This is very interesting because studies have found that when chromatin is not present, biophoton emission does not occur. (*Biophysical Mechanisms of Genetic Regulation: Is There a Link to Mind-Body Healing? Journal of Nonlocality and Remote Mental Interactions IV-1, 2006*). Chromatin has been shown to enhance ultra weak biophotons. Chromatin are histones that anchor themselves to DNA and prevent the DNA from being damaged. They also are important regulators of gene expression as well as play a vital role in the replication of DNA.

Cell differentiation has also been found to take place in Tai Chi

practitioners (*What Is the Molecular Signature of Mind–Body Interventions? A Systematic Review of Gene Expression Changes Induced by Meditation and Related Practices. Ivana Buric. et al. June 2017*).

### **Further Reading**

Can meditation slow rate of cellular aging? Cognitive stress, mindfulness, and telomeres Elissa Epel. et al. Aug 2009.

**Our DNA Contains Magnetic Fields**  
Each cell in our body has a positive and negative magnetic field in its DNA. Studies have found that magnetic fields can repair DNA (*Magnetic field exposure enhances DNA repair through the induction of DnaK/J synthesis. Chow K and Tung WL. Jul 2000*).

### **Rotating Magnetic Fields cause Non-Local Effects**

A research study (*Dotta et al 2013*) was able to show a change in the PH of alkaline spring water when a small amount of acetic acid (proton donor) was poured into a container that contained 25 cc of spring water, causing a decrease in the PH of the water. A second flask that contained the same amount of water was affected by this reaction by exhibiting an increase in the PH of the water. This effect took place due to the fact that the two water filled containers shared the same sequence of rotating magnetic fields that had changing angular velocities. Hence a change in PH can take place in the presence of a magnetic field that consists of the right strength and frequency.

### **Further**

### **Reading**

Magnetic devices for water treatment. C.O.K. Mosin, O.V. (2011) Publishing House "Media Technology". (Moscow), 6: 24–27 [in Russian].

Advanced technologies and equipment for magnetic water treatment (review). Mosin, O.V. (2012). Water supply and sanitary technique, 8: 12–32 [in Russian].

Longevity Factors and Mountain Water of Bulgaria in Factorial Research of Longevity. Ignatov, I., Mosin, O.V.&Velikov, B. (2014). Journal of Medicine, Physiology, Biophysics,1:13-33.

Research of Longevity Factors and Mountain Water as a Factor in Teteven, Yablanitsa and Ugarchin Municipalities, Lovech Region, Bulgaria. Ignatov, I., Mosin, O.V., Velikov, B., Bauer, E.&Tyminski, G. (2014). Journal of Health, Medicine and Nursing, 4: 21-36.

Research of Longevity Factors and Mountain Water as a Factor in Teteven Municipality, Ignatov, I., Mosin,O.V., Velikov, B., Bauer, E.& Tyminski, G. (2014). Bulgaria, Journal of Medicine, Physiology and Biophysics, 2: 37-52.

Mathematical Models Describing Water Clusters as Interaction among Water Molecules. Ignatov, I. &Mosin,O.V. (2014). Distributions of Energies of Hydrogen Bonds, Journal of Medicine, Physiology and Biophysics, 3: 48-70.

Carbonaceous Fullerene Mineral Shungite and Aluminosilicate Mineral Zeolite. Mathematical Model and Practical Application of Water Solution of Water Shungite and Zeolite. Ignatov, I., Mosin, O. V.&Bauer, E. (2014). Journal of Medicine, Physiology and Biophysics, 4: 27-44.

Modeling of Possible Processes for Origin of Life and Living Matter in Hot Mineral and Seawater with Deuterium. Ignatov, I. &Mosin, O. V. (2013). Journal of Environment and Earth Science, 3(14): 103-118.

Which water is optimal for the origin (generation) of life?. Ignatov, I. (2010) Euromedica, Hanover: 34-35.

Entropy and time in living matter. Ignatov, I. (2011) Euromedica: 74..

Water in the Human Body is Information Bearer about Longevity. Ignatov, I. &Mosin, O. V. & Naneva, K. (2012). Euromedica, Hanover: 110-111.

### **Scientific Confirmation Earth's Magnetic Field Affects the Human Body**

Geomagnetic storms have been found to cause heart problems as well as melatonin/serotonin imbalances (*Long-Term Study of Heart Rate Variability Responses to Changes in the Solar and Geomagnetic Environment Abdullah Alabdulgader. et al. Feb 2018*). Research studies conducted by Kirschvink and colleagues used an aluminum enclosure with walls containing coils through which electric currents passed through which produced magnetic fields

which were of about the same strength as Earth's magnetic field. The volunteers (*a total of 34 adults*) sat still on a wooden chair in the darkness, facing north. During this time, researchers measured the volunteers' brain waves as the magnetic fields were fixed in a single direction, with other magnetic fields being rotated. Other volunteers were subjected to no artificial magnetic field, but only exposed to Earth's natural magnetic field. Research revealed a drop in the volunteers' alpha brain waves occurred if the magnetic field was pointed north, then swept downwards or upwards or if it was directed face down while rotated anticlockwise and pointed north. This is similar to being in the northern hemisphere and nodding one's head, or turning the head to the right respectively. The study concluded that the human system is able to tell north from south, theorizing the mechanism involves special cells in the body that contain iron-based crystals which are thought to rotate like a compass needle and which open or close in the body's cells, which in turn affects the frequency brainwaves. The study also theorized that birds utilize an internal "quantum compass" based upon molecules that contain unpaired electrons which respond to Earth's magnetic field and that this process may play out similar mechanisms in the body's cells (*Transduction of the Geomagnetic Field as Evidenced from Alpha-band Activity in the Human Brain. Wang, Connie X et al. Mar 2019*).

### **Magnetic Fields and Iron**

Blackstrap molasses contains an abundance of Iron and I recommend one only use between 1/3rd to 1/2 a capful at a time mixed in a cup of water before practicing the Emerald Tablets Exercise. I theorize that the reason blackstrap molasses enhances Qi energy in the body when these exercises are practiced is due to its iron content; perhaps by interacting with earth's magnetic field.

A research study found that when rats were given iron and then exposed to static magnetic fields that it caused a decrease in glutathione and catalase enzyme levels. Also the researchers found that it produced oxidative stress and disruptions in emotional behavior. Note this was found to occur when the rats were given **excessive amounts of iron** (*Static Magnetic Fields Modulate the Response of Different Oxidative Stress Markers in a Restraint Stress Model Animal E. Coballase-Urrutia et al. May 2018*). However the study does prove that when the body consumes iron and is subjected to a magnetic field that it does affect cellular processing. Magnetic fields of the proper strength have also been found to generate glutathione in the body in studies conducted on rats who were exposed to

low magnetic fields at 40 Hz, 7 mT for 30 minutes a day for 2 weeks. The study found that the magnetic fields significantly increased glutathione compared to the control group (*Effect of extremely low frequency magnetic field on glutathione in rat muscles. Ciejka E et al. 2014*).

## Glutathione and Anti-Aging

After having written more than 4 books totaling over 1,000 pages concerning anti-aging nutrition, my research has discovered that Glutathione is one of the key nutrients that reverse aging. The amazing thing about Glutathione can be enhanced via exercise, especially a combination of aerobic exercise training and circuit weight training (*Effects of exercise training on the glutathione antioxidant system. Elokda AS and Nielsen DH. Oct 2007*).

## Fasting Increases Glutathione Levels

An interesting study starved rats for 48 hours and then fed them at 24 or 48 hours later. The study found the rats had significantly greater liver glutathione values (*Alteration of glutathione and antioxidant status with exercise in unfed and refed rats. Leeuwenburgh C and Ji LL. Jul 1996*).

Glutathione can also be enhanced by taking glutathione supplements (*Randomized controlled trial of oral glutathione supplementation on body stores of glutathione. Richie JP Jr. et al. Mar 2015*).

An extract of black cumin seed (*Nigella sativa*) was found to prevent the depletion of glutathione (*Nigella sativa extract as a potent antioxidant for petrochemical-induced oxidative stress. Ashraf SS. Et al. Apr 2011*).

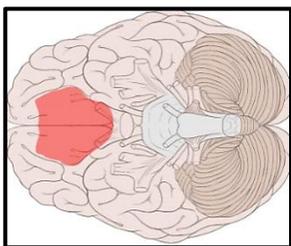
## Further Reading

Fasting increases antioxidant enzymes and glutathione content in elephant seals. Jose Pablo Vazquez. et al. Apr 2010.

A study involving women taking a Glutathione supplement for 12 weeks found that it reduced wrinkles (*Glutathione and its antiaging and antimelanogenic effects Sinee Weschawalit, et al. Apr 2017*).

## Schizophrenia and Glutamate

A study found that glutamate levels in the brain's ventromedial prefrontal cortex of people who were schizophrenic was abnormal. This was due to



reduced levels of GABA in their cortex. An accelerated decline was also noted to take place according to the individual's age (***Abnormal Concentration of GABA and Glutamate in The Prefrontal Cortex in Schizophrenia.-An in Vivo  $^1\text{H-MRS}$  Study. Tianyi Chen et al. 2017***). The prefrontal cortex region of brain is a pivotal structure involved in divergent thinking, that is a crucial factor of creative innovation (***Mechanisms of Creativity Differences Between Art and Non-art Majors: A Voxel-Based Morphometry Study Tan Xuru***).

### **Yoga enhances GABA (Gamma-amino butyric acid ) Levels**

A study found that experienced yoga practitioners exhibited increases of GABA in their brains after a session of yoga. The study suggested yoga as a treatment for disorders such as anxiety and depression (***Yoga Asana sessions increase brain GABA levels: a pilot study. Streeter CC et al. May 2007***).

### **Sudarshan Kriya raises Glutathione Levels**

Yoga is an ancient Indian system comprised of various forms of meditation, postural movement, breathing techniques and relaxation. Sudarshan Kriya is a form of yoga emphasizing breathing patterns (***Sudarshan kriya yoga: Breathing for health. Sameer A. Zope and Rakesh A Zope. Jan 2013***). Sharma et al examined the effects of Sudarshan Kriya on the body's generation of antioxidants. The participants had practiced Sudarshan Kriya for 5 months. The study found that after 65 minutes of practicing Sudarshan Kriya for 65 minutes glutathione levels rose, but not when they practiced Sudarshan Kriya for 45 minutes. The body's antioxidant Superoxide Dismutase exhibited a significant increase (***Roles of meditation on alleviation of oxidative stress and improvement of antioxidant system. Chitrawina Mahagita. Nov 2010***).

Yoga was found to enhance glutathione and superoxide dismutase (***Roles of meditation on alleviation of oxidative stress and improvement of antioxidant system. Chitrawina Mahagita. Nov 2010***).

### **Cinnamon and Rhodiola rosea increase Glutathione**

Another study found that extracts of Rhodiola rosea and Cinnamomi cassiae caused significant decreases in blood glucose, increased glutathione levels and the activities of superoxide dismutase and catalase in the liver, as well as lipid peroxidation. The study concluded that extracts of Rhodiola rosea and Cinnamomi cassiae may prevent diabetic complications

**(Antioxidative effects of Cinnamomi cassiae and Rhodiola rosea extracts in liver of diabetic mice. Kim SH et al. 2006).** Rhodiola rosea also contains cinnamyl alcohol glycoside which is found in cinnamon leaves.

### Further

Rosenroot (Rhodiola): Potential Applications in Aging-related Diseases Wei Zhuang et al. Feb 2019.

### Reading

Adaptogens have the ability to increase cellular defense against reactive oxygen species (ROS) (**Brown et al 2002**). The herbal adaptogens Rhodiola rosea and Eleutherococcus have been shown to significantly enhance lifespan and reduce oxidative stress (**Weigant et al 2006, 2008**). Rhodiola rosea also exhibits powerful antifatigue properties (**Darbinyan et al 2000, Spasove et al 2000; Shevtsova et al 2003, Bystritsky et al 2008**).

### Observation and Study

In science, a substance used to measure, observe or excite another substance is often used to amplify its effects so that it can be better observed. For example hydroxycoumarin is used to enhance / excite biophotons and hydroxycoumarin is found in Rhodiola rosea (**Imaging of biophoton emission from electrostimulated skin acupuncture point jg-4. Effect of light enhancers. Janusz Slawinski and Zbigniew Gorski. May 2008**).

The substance 7-hydroxycoumarin (which is also known as Umbelliferone) is used to enhance the detection of ultraweak biophotons (**Imaging of biophoton emission from electrostimulated skin acupuncture point jg4: effect of light enhancers. Slawinski J and Gorski Z. May 2008**). Rhodiola rosea contains umbelliferone (**Rhodiola kirilowii – the present status and perspectives of medicinal use. Anna Krajewska-Patan. 2008**). Umbelliferae / Apiaceae is part of the plant family that includes fennel which is used in the longevity formula known as St. Germaine, which was invented by an alchemist reputed to have lived for hundreds of years. From personal experience of using the St. Germaine formula the last 7 years, I have found adding carrot extract to the St. Germaine extract greatly enhances the feelings of rejuvenating effects associated with taking it. The formula also clears out and strengthens the lungs. Perhaps the St Germaine formula enhances the body's ability to emit healthy amounts of ultra-week photons due to the ingredients being part of the Apiaceae family of substances. Further research is needed to verify this hypothesis. You can learn how to make your own St Germaine formula by reading The Official Guidebook of

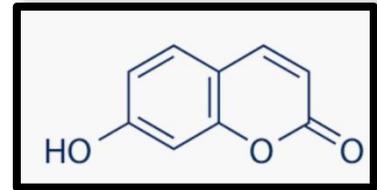
How to Make Tinctures and Alchemy Spagyric Formulas.

### Salidroside Helps Reduce the Complications of Diabetes

A study found that giving diabetic mice salidroside suppressed ROS production and restored mitochondrial membrane potential (*Salidroside, A Natural Antioxidant, Improves  $\beta$ -Cell Survival and Function via Activating AMPK Pathway* Linjie Ju, et al. Oct 2017).

### What is Umbelliferone?

Umbelliferone, also known as 7-hydroxycoumarin, is a substance of the coumarin family. It is a yellowish-white crystalline substance exhibiting slight solubility in hot water, yet is easily dissolved in substances containing ethanol. It strongly absorbs ultraviolet light at several wavelengths allowing it to be used in sunscreens. Umbelliferone also exhibits antioxidant properties.



Umbelliferone happens to be one of the main components of asafoetida, the dried latex from the giant fennel (*Ferula communis*) and it is also found in *Justicia pectoralis* (Acanthaceae). What is most interesting is 10 years ago I had discovered that asafoetida, which can be bought in powder form, greatly enhanced the results from practicing the Emerald Tablets Exercise. While further research is needed, the following plants which contain Umbelliferone may also encourage a healthy flow of ultraweak biophotons. These plants include plants from the Apiaceae family such as carrots, coriander and garden angelica. Similar Umbelliferone plants include the bigleaf hydrangea (*Hydrangea macrophylla*, ydrangeaceae, under the name *hydrangine*) and the mouse-ear hawkweed (*Hieracium pilosella*, Asteraceae).

### Glutamate Induces Biophoton Activity

Glutamate is one of the brain's most abundant neurotransmitters. If the brain lacks Glutamate, it is more prone to depression and schizophrenia. Studies have found that glutamate plays an important role in biophoton activity in the brain (*Human high intelligence is involved in spectral redshift of biophotonic activities in the brain Zhuo Wang et al. Jul 2016*).

### QIGong for treatment of Depression

Systematic reviews have found that exercise results in significant

reductions in symptoms of depression, comparable with cognitive-behavioral therapy (*Effect of exercise versus cognitive behavioural therapy or no intervention on anxiety, depression, fitness and quality of life in adults. Linzette Morris et al. Jan 2016*) and two studies found that exercise is comparable with the prescription sertraline (Zoloft) in terms of efficacy for the treatment of major depressive disorder (*Exercise and Pharmacotherapy in the Treatment of Major Depressive Disorder James A. Blumenthal et al. Sept 2007*), (*Exercise a Viable Treatment for Depression? James A. Blumenthal et la. July 2013*). This is a significant finding because exercise can be used to treat obesity (*Exercise Aspects of Obesity Treatment Matthew A. McQueen. Fall 2009*).

In studies comparing the benefits of Tai Chi and QIGong with general exercise, both interventions have been shown to have comparable effects at reducing anxiety. Participants in the yogic meditation group showed a 43% improvement in telomerase activity after 12 minutes of daily practice for 8 weeks, compared with 3.7% in relaxation music control participants (*Tai Chi and QIGong for the Treatment and Prevention of Mental Disorders. Ryan Abbott, et al. Mar 2014*). Telomerase activity, for those of you who are familiar with my writings, can be an indicator of one's lifespan.

## Rhodiola                      Rosea                      and                      Biophotons

Extracts of Rhodiola Rosea root have been shown to protect neurons against glutamate depletion (*In vitro protective effect of Rhodiola rosea extract against hypochlorous acid-induced oxidative damage in human erythrocytes. De Sanctis R et al. 2004*). This is a fascinating discovery because it proves that one of the primary reasons Rhodiola Rosea reduces Ultraweak Photon Counts (*The Influence of Adaptogens on Ultraweak Biophoton Emission: a Pilot-Experiment. F W G Schutgens et al. Aug 2009*) is due to its ability to protect or prolong the life of glutamate in the body.

## Salidroside

The primary active substance in Rhodiola Rosea, Salidroside, exhibits neuro-protective activity which has been proven to reduce stress (*Dibenzocyclooctadiene lignans from Schisandra chinensis protect primary cultures of rat cortical cells from glutamate-induced toxicity. Kim S.R et al. 2004*).

## Further

Effects of Adaptogens on the Central Nervous System and the Molecular

## Reading

Mechanisms Associated with Their Stress—Protective Activity Alexander Panossian and Georg Wikman. Jan 2010.

Rhodiola rosea Improves Lifespan, Locomotion, and Neurodegeneration in a *Drosophila melanogaster* Model of Huntington's Disease Jasmin G. J. Arabit et al. Jun 2018.

Rhodiola rosea L.: an herb with anti-stress, anti-aging, and immunostimulating properties for cancer chemoprevention Yonghong Li et al. Sept 2017.

Cinnamon has also been shown to protect glutamate levels in the brain. Cinnamon is well known for its neuro-protective activity (*Cinnamon: A Multifaceted Medicinal Plant Pasupuleti Visweswara Rao and Siew Hua Gan. Apr 2014*).

### ***Natural Sources of Glutamate***

- Parmesan and Roquefort Cheeses
- Soy Sauce (*hence eating takeout every now and then can be good for the mind!*)
- Mushrooms
- Ripe Tomatoes
- Peas
- Walnuts
- Grape Juice

### **Quantum Effects of ROS**

It is natural for nature to exhibit self-organizing behavior so that it may absorb new information, allowing it to become subject to natural selection. This is one of the foundations of how intelligence first arose. First through the emergence of the eukaryote, then the advent of the mitochondrion (*creating more energy production*). From its very beginnings, life embraced the effects of quantum behavior such as 'coherence' and 'tunneling' with stress and competition providing an environment for natural selection. Hence the adaptive response to stress (*described by hormesis—a process*) which stores information in order for an organism to adapt, is key to the entire process. Hence hormesis may be improving the quantum efficiency of mitochondrial activity and ATP/ROS levels. Whereas inflammation that

is associated with aging may display the opposite effect. Hence to achieve optimal health and maybe even reverse aging, one has to stress the system every now and then in order to ensure peak mitochondrial function. This stress in itself may reflect selection of optimum efficiency at the quantum level..

Could a quantum component be responsible for aging, possibly via ROS type activity and could the reverse be true, in that energy cultivated via QIGong type exercises may also be exhibiting quantum effects? The flow of information governing biological processes is dependent on electric fields (*The quantum mitochondrion and optimal health. Alistair V.W. Nunne et al. Aug 2016*). Quantum activity acts at the molecular level in cellular organisms. For example quantum effects take place in birds as a mechanism for navigation or in plants for photosynthesis and in some systems for olfactory sensing (*The Quantum Biology of Reactive Oxygen Species Partitioning Impacts Cellular Bioenergetics. Robert J. Usselman et al. Dec 2016*). Quantum effects may be interfering with coherent states in the body contributing to ROS production. These in-coherent states may be governed by internal magnetic interactions and magnetic fields, including geomagnetic fields from earth

### Further Reading

Effects of quantum dots on the ROS amount of liver cancer stem cells.  
Li K. July 2017

Chemically synthesized CdSe quantum dots inhibit growth of human lung carcinoma cells via ROS generation. Aditya Kumar Jigyasu et al. Jan 2016

The quantum mitochondrion and optimal health. Alistair V.W. Nunne et al. Aug 2016. Wang R et al. Regular tai chi exercise decreases the percentage of type 2 cytokine-producing cells in postsurgical non-small cell lung cancer survivors. Cancer Nurs. 2013;36:E27–E34.

*Thank you for reading the 3 chapter free preview of the fourth revision of Taoist Qi Mind Body Healing. Secrets of Longevity, look for it in your favorite bookstore or purchase the hardcover or nook edition online from any good book retailer.*

Scott Rauvers

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