

Monday, March 2, 2009

The search for a new place to live has been difficult but the process has helped me learn how to evaluate the energy at any location. I have stopped using the Farmer's Almanac Web site for latitude numbers because the lookup feature on the site uses city, state and zip code information and the resulting latitude is not precise. I now use iTouchMap.com's Latitude and Longitude of a Point (<http://itouchmap.com/latlong.html>) to obtain a decimal latitude and the same latitude in degrees, minutes and seconds. When both of these numbers are reduced, the resulting numbers provide a clue about a location's energy that may be STO, STS or mixed STO and STS energy.

COFFEE SHOP CLUES

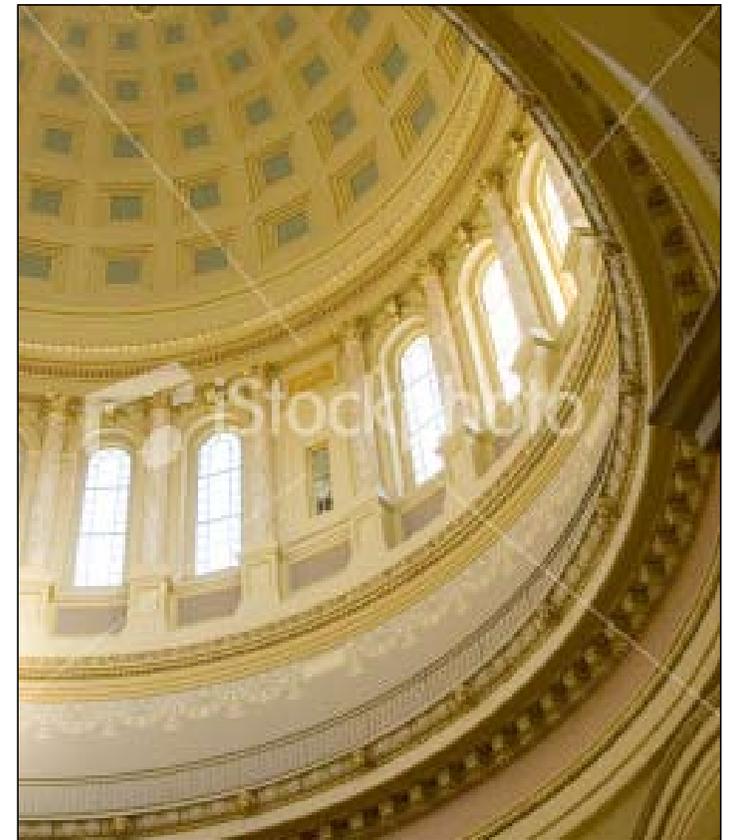
The STS energy in my apartment continues to increase the more I work on God's e-book. Daytime energy used to be tolerable after a bath with two or three cups of white vinegar or an acid-forming snack such as peanut butter and crackers. Lately, those strategies are not entirely enough—particularly on the “5th” of the month or the “7th.” One morning, when my arms both felt like they weighed forty pounds each, I decided to take my

work to the Washington Hotel Coffee Room (WHCR) on Lakeside Street in Madison. Located in the rear of Lakeside Fibers, the coffee shop has a beautiful view of Monona Bay, the tables are wood, the counter is made of a very pretty grooved wainscoting and the food that is served is organic. The room offered me relief and for several days, I thought that the energy at the WHCR was due to the consciousness of the owner/managers.

A similar energy problem the next day and my need to balance with an alternate—led me to the Tuvalu Coffee Shop in Verona, Wisconsin. Again, I found the energy to be very comfortable. My experiences at the coffee shops made me realize that an STO location can exist within an STS city. *Note: Madison's latitude, from the Farmer's Almanac site reduces to a seven:*



A snow covered road in Southern Wisconsin.. 4884529



Wisconsin became the 30th state on May 29, 1848. Although both of these numbers reduce to STO numbers, Madison's latitude reduces to a 7 which is an STS number (Note: 1, 5 7 and 8 are STS numbers). Photo: Inside view of the capitol dome (1670052).

43:04:23 N

7:4:5

11:5

16

7

SEARCHING FOR AN APARTMENT

As I began my apartment search, I made a list of towns and villages around Madison and found their latitudes with the Farmer's Almanac site and I began contacting the managers

of buildings. I can no longer economize and live in a studio apartment. The energy of a studio does not provide a balanced two energy.

STO ENERGY AT THE LIBRARY

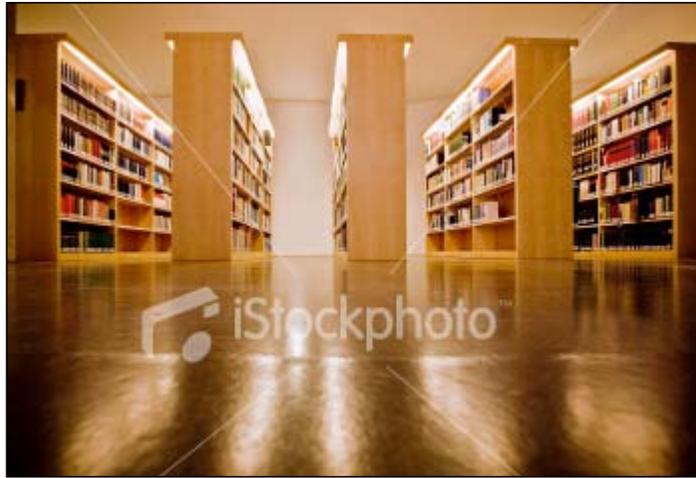
One morning, when I needed to leave my apartment and did not have time to go to the WHCR or Tuvalu, I wondered if the library was an STO location and decided to investigate the energy. STS energy usually bothers my shoulders, arms and rib cage in a short amount of time. I live near Madison’s Alicia Ashman branch and after I was there a half hour, I realized that I could add the library to my new list of STO locations.

With three locations on my STO list, I decided to search for a latitude map and try to figure out why the energy at two coffee shops and the library were similar. That’s when I found iTouchmap.com. The site provides the decimal value of the latitude and the degrees, minutes and seconds:

Latitude: 43.062071

43 degrees 3 minutes 43.4556 seconds

I’ve learned to reduce both of these numbers. Occasionally, one will be an STO or even number and the other will be an STS or odd number. There are the cases that I refer to as “mixed.”



The library’s energy is comfortable and I wondered if it is due to the STO nature of the library’s function. 6291377..

COFFEE SHOP AND LIBRARY LATITUDES

The iTouchMap.com site helped me confirm that the WHCR, Tuvalu and the library are located on STO latitudes. *Note: In the following example, both versions of the latitudes have been reduced. The seconds in the Degree, Minutes and Seconds version have been rounded up to the next whole number if the number after the decimal place is ≥ 5 . For example, 22.6152 becomes 23, 16.9542 becomes 17 and 32.9304 becomes 33—before the latitudes are reduced).*

The reduced numbers help to determine if the energy is STO, STS or mixed energy. The Tuvalu Coffee Shop and the library have mixed energy and the WHCR is an STO location.

Location	Latitude	Reduced
WHCR	43.056282	3 (STO)
WHCR	43:03:22.6152	6 (STO)
Tuvalu	42.988043	2 (STO)
Tuvalu	42:59:16.954	10 (STS)
Library	43.0758139	4 (STO)
Library	43:4:32.9304	8 (STS)

Once I worked out a system for determining the energy of an address, I was curious about energy at three of my favorite cafes in Manhattan—Elephant and Castle on Greenwich Avenue, Cafe Mozart on W. 70th Street, and Marquet Patisserie on East 12th Street.

Location	Latitude	Reduced
Elephant	40.736236	4
Elephant	40:44:10.449	4



Two coffee shops in the Madison area also have comfortable energy—and I wondered if it is due to the consciousness of the owner/managers #2242479..

Mozart	40.776822	9
Mozart	40:46:36.5592	6
Marquet	40.6488548	2
Marquet	40:38:55.8774	8

The numbers helped me understand that two of the cafes have STO energy and one has mixed energy.

When I used iTouchMap.com for my apartment search, the first building I investigated was my own. The property where I live has eight buildings and I was able to determine that one of the eight is an STO building: My building, the first one I evaluated, is one of two STS buildings on the property.

My apartment number, 304H, reduces to a seven and my parking space, 14, reduces to a 5. To find out if the “H” (letter number 8 in the alphabet) has an effect on the number (adding an eight would make the reduced number a six instead of a seven). I asked God the following questions:

“Are you God?” (3 variations).

“Yes.”

“Does the H in my apartment number mean that the number reduces to a 6?”

“No.”

“Are letters ever counted?”

“Yes.”

“Only when there are no numbers—such as apartment A, B, C, etc.?”

“Yes.”

HOME AND GARAGE NUMBERS

Mark, the graphic designer who is re-designing God’s e-book, lives in a building with an STO address (#201 that reduces to a 3) on an STO latitude (Note: STO numbers are those that reduce to 2, 3, 4, 6 or 9). Mark is beginning to feel the same oppressive energy that I do—particularly at night. At first, I thought that it may be due to the STS energy in Manhattan but I realized that it might be his apartment number (#320) that reduces to a five. I asked God the following questions during the same session:

“Has Mark been feeling STS energy in his apartment?”

“Yes.”

“Is it due to his apartment number?”

“Yes.”

“Should an STO being live at an STO latitude?”

“No.”

“Should STS beings live at STS latitudes?”

“No.”

“Should everyone live at a mixed energy latitude?”

“Yes.”

“Would STO beings feel the Yin Yang energy backlash effect of STS energy at an STO latitude that is described in Chapter Two?”

“Yes.”

“Does the STS energy backlash disrupt the energy of an STS being?”

“No.”

“Should an STO being live in an apartment (or house) with a mixed energy latitude and an STO street address (and apartment number)?”

“Yes.”

[Review of Twelve Energy Number]

“Are STO numbers—those that divide evenly into twelve?”

“Yes.”



Cafe Mozart on West 70th Street near Lincoln Center in Manhattan..

“Nine does not divide evenly into twelve but it reduces evenly to a three—that does divide evenly into twelve. Is this correct?”

“Yes.”

“One divides evenly into twelve—twelve times—but this is repetitious and we’re trying to avoid repetitious energy. Is this correct?”

“Yes.”

“Alkaline STS energy is both repetitious and stagnant. Is this correct?”

“Yes.”

“Should an STO being park their car in a garage or parking space with an STO number?”

“No.”

“Should an STO being park their car in a space with an STS number?”

“Yes.”

“Is this for balance?”

“Yes.”

“If the parking space or garage has an STO number would this balance the energy of an apartment with an STS number?”

“No.”

“Should STO beings research the latitudes and street addresses of businesses such as restaurants, car repair services, food stores and other businesses?”

“Yes.”

“Are mixed locations preferable?”

“Yes.”

If an assigned garage number (or



An STO being’s apartment or house number should reduce to one of the twelve energy numbers—2, 3, 4, 6 or 9. #4554980.

locker number, etc.) cannot be changed, are there other ways that energy can be balanced?”

“Yes.”

“Would the color blue help?—such as a blue car?”

“No.”

“Is this too much blue?”

“Yes.”

“Would a blue garbage can help?”

“Yes.”

“Would an STS year and license number help?”

“Yes.”

HUMAN ENERGY AT A MIXED ADDRESS

Human energy has effect on the energy at an address that has an STO or a mixed latitude. In my search for a place to live, I investigated a building that has slightly lower rents in Madison’s escalating rent market. There

was a vacant apartment in a brand new building that was recently renovated due to a fire in 2008. Although I have a friend who moved away from the property due to trouble with neighbors, I wanted to see how the energy felt in the newly renovated building that had a mixed latitude. Fifteen minutes after I arrived, I could tell that the address was an impossibility for me—because I started to feel an intense pain in my shoulders. The building is lovely but the human energy of the tenants is effecting the entire property. As I drove away, I heard:



A garage or parking space number should have an STS number (1, 5, 7, 8 or 10) to balance an STO apartment number. #6612595.

Vituperous

I did not know what vituperous meant and I had to look it up when I got home. It means barbaric—or, worthy of blame. At home, I made black tea and had crackers with peanut butter (an acid-forming snack) to relieve the pain in my shoulders. Once the pain in my shoulders went away, I asked God the following questions:

“Are you God?” (3 variations).

“Do I need to look for an apartment at a mixed energy address?”

“Yes.”

“Is an STO address that is subject to STS backlash almost as bad as a totally STS address for an STO being?”

“Yes.”

“Can human energy pull down the energy of an STO or a mixed latitude?”

“Yes.”

“Was that You who said ‘vituperous?’” outside the building near Elver Park?”

“Yes.”



The energy of a space is influenced by human energy..

“Should I continue to evaluate energy with latitudes from iTouchMap.com?”

“Yes.”

As I used my pendulum to search for possible buildings, the response has always been “no” for buildings with coin-operated laundry facilities. At first, I thought that this requirement was due to the white vinegar that I add to laundry—to remove hydro-nium ions, but I discovered that it is due to the five and seven energy from the coins that are used in coin-operated machines:

$$.25 \text{ (quarter)} = 7$$

Tuesday, March 3, 2009

I have discovered that I have been making several mistakes with color since I wrote the first two chapters. When I learned that red is a daytime



The physical effects of STS energy can be minimized if white vinegar is added to the water used to wash clothes—in alternate amounts (e.g. two half cups, then three, etc.) #7152633.

energy and blue is a nighttime energy, I assumed that these colors should be worn during the day and at night. Now I realize that due to the excessive amount of STS energy on the planet, blue should never be worn—day or night—by an STO being. And, due to the Yin/Yang energy attraction between these shades, red attracts blue energy. Although STO beings may benefit from wearing red during the day, red articles in the home attract blue (STS) energy at night—even if they are hidden in closets or drawers. When I make energy mistakes, it takes me a few days to recover. For example, when I accidentally touch blue ink on food packaging, I feel dizzy. When I make a mistake on a day that I work on God’s e-book, walking across the

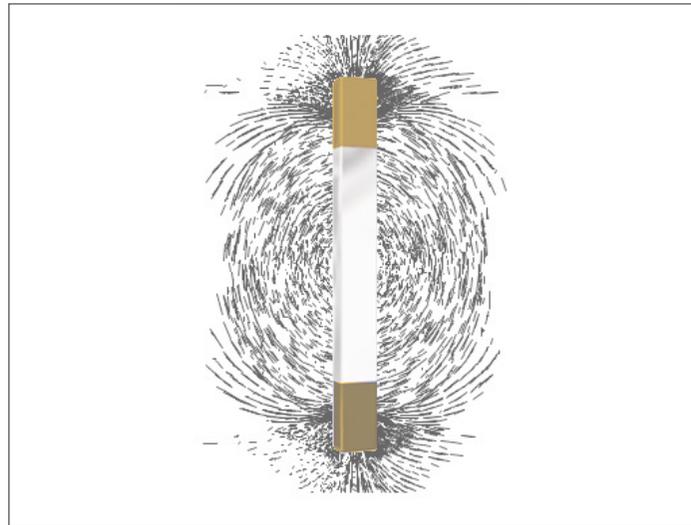
room feels like walking aboard a ship when it's pitching and rolling from the heaving of waves at sea.

STS ENERGY IS MAGNETIC

STS forces feel like magnetic energy and it effects my brain as well as the rest of my body. I know that my brain is effected because my memory feels erased—particularly at night. The lines of force on my body are similar to the lines of force around a bar magnet—with pressure at my head, shoulders and feet—and vertically along my rib cage.

The locations of the lines of force may be related to God's instructions to wash my hair in a tub bath with 2-to-3 cups (any size cup) of white vinegar in the morning (after an evening of attracting hydronium ions) and wash the bottom of my feet. This vinegar bath can occur any time after Sun Rise and before Sun Down (Preferably right after Sun Rise because it removes hydronium ions associated with alkaline STS energy). Vinegar should never be added to bath water after Sun Down.

Miracle II liquid soap is the only soap that should be used for washing—due to its non-alkaline formula that God gave to Clayton Tedeton twenty years ago (Note: A detailed



In elementary school, we learned that iron filings line up along the magnetic field lines of a magnet.

Science says that the field lines emanate from the north pole of a magnet and re-enter the magnet through the south pole. In the human body, the field lines emanate from the feet and re-enter the body through the head.

instructions for taking a tub bath are given in Chapter Two). To understand the details of the magnetic lines of force around my body, I asked God:

“Are You God?” (3 variations)

“Yes.”

“Are the lines of force around the human body similar to the lines of force around a bar magnet?”

“Yes.”

“Is it the reason that you have instructed to wash the hair and feet in a tub bath of water with 2 or 3 cups of white vinegar in the morning after Sun Rise?” (Note: 2 and 3 are both twelve energy numbers and these should be alternated on successive days).

“Yes.”

“Are the lines of force on my body increasing the more I work on Your e-book?”

“Yes.”

As I asked these question, I heard:

Degauss

I looked up the meaning of the word degauss and learned that it means, “removal of magnetism.” The word “degauss” is named after a German scientist named Carl Friedrich Gauss. To understand degaussing, I asked,

“Is it a coincidence that Carl Friedrich was German?”

“No” (Note: in Chapter One, God revealed that Germans and Asians



A morning tub bath with Miracle II soap and white vinegar removes hydronium ions from the body—particularly the hair and feet. #1937371.

were the last two groups of Atlanteans to reincarnate).

“Do I need to learn how to degauss?”

“Yes.”

“Will degaussing relieve the pressure on my body and decrease the dust accumulation?”

“Yes.”

“Are there twelve methods for neutralizing STS energy?” (There are usually “twelve” of everything).

“Yes.”

I have been practicing neutralization strategies for some time—and I did not realize I was “degaussing.” For example, I now understand why God has been directing me to wash with white vinegar. As you’ll see in the “Neutralization Strategies” section, vinegar is an acid that neutralizes alkaline energy (or STS energy).



White and yellow rubber gloves help protect your hands from blue ink on food packages #3006998.

USING SEVERAL STRATEGIES AT ONCE

God has directed me to use several degaussing methods at once. For example, I use white vinegar in the bath, laundry and dish water—used with Miracle II soap (alternate number of squirts from a pump or squeeze bottle) and coordinated with alternate color towels and clothes. At first, I did not entirely understand how alternating colors, clothing, shoes, dishes (and several other items) could counteract STS energy. Now, I understand that STS energy is stagnant—and alternating patterns are not.

To understand whether the combined strategies were needed because of the high level of STS energy in my apartment, I asked:

“Are You God?” (3 variations).

“Yes.”

“Am I combining degaussing strategies due to the extremely high level of STS energy in my apartment?”

“Yes.”

“Will I need to combine degaussing strategies when I move to an STO location?”

“Yes.”

“Do all STO beings need to combine degaussing strategies?”

“Yes.”

“Do sensitive STO beings need to combine strategies?”

“Yes.”

“Can most STO beings pick and choose methods to degauss?”

“Yes.”

STS ENERGY PROMOTES GERMS

STS energy promotes the spread of germs in the body as well as in the environment. For many years, I’ve used apple cider vinegar in water with some honey to either stop a cold or stop the spread of a cold but I did not understand the connection to STS energy. The high level of STS energy in my apartment has caused mold to form in the grooves of my windows and my bathroom requires frequent cleaning (Note: The only two cleaning agents that I use are white vinegar and Miracle II liquid soap).



An acid-forming drink made with apple cider vinegar, water and honey neutralizes STS energy and stops the growth of germs #1272468.

HARD ROCK PHOSPHATE

Long before I learned that I had STS energy in my apartment, I wondered why the dust accumulation was so high. I also had an unusual amount of pink mold and scale formation in the toilet bowl. Soon after I started working on God's e-book, I asked Him is there was a natural material that I could use to remove the scale:

“Are You God?” (3 variations)

“Yes.”

“Is there a mineral that I can use to remove scale?”

“Yes.”

“Do I have the material in my apartment?”

“Yes.”

I knew that God was not referring to the bottle of Lime Away I had stored under my sink.

“Is scale alkaline?”

“Yes.”

“Can scale be removed with vinegar?”

“No.”

The only other possible material was a bag of ground hard rock phosphate that Martha, my Weston Price Co-chapter leader, had purchased from Midwestern Bio-Ag, a natural agricultural minerals company in Blue Mounds, Wisconsin. We had used hard rock phosphate as a soil amendment with calcium—in our chapter garden project.



Yellow is a very safe, neutral color for STO beings who are sensitive to STS energy #5091367.

“Would hard rock phosphate remove scale?”

“Yes.”

I was excited that hard rock phosphate would work and I was anxious to try it. A fifty-pound bag costs about \$9 and it is an agricultural mineral that is safer for the environment than harsh chemicals.

I knew I would need to make a paste for the phosphate to stick to the ceramic bowl and asked:

“Can I use eggs to make a paste?”

“Yes.”

Twelve quantities require that I use more than one cup of hard rock phosphate and I suggested the following amounts:

“Should I mix three cups of hard rock phosphate with three eggs?”

“Yes.”

Note: Three and three is six. Although two and three are both twelve energy numbers—used together, they total to five—an energy that needs to be avoided.

I also know that the amount of time for the paste to be left undisturbed should also be a twelve number and I suggested the following:

“Should I leave the past on for two hours?”

“Yes.”

After two hours, I used a wet rag and wiped off the dark brown paste. The hard rock phosphate had removed more scale than any commercial product I had ever used. To understand the chemistry of what occurred, I searched the Internet and found an



Cardboard and masking tape help hide blue and red ink that many packaged goods manufacturers use on their product packaging.

If you use supermarket boxes, try to find similar boxes (with black ink) in groups of two or three (twelve energy) #3362140.



Rays of sunlight neutralize STS energy but only outdoors. It is better to exercise during the day because oxygen has the potential to combine with hydrogen to form hydronium ions—that are already excessive at night #5703774.

article written by Dr. Carey Reams. Reams described the chemistry that takes place between soft rock phosphate and calcium:

After 300 lbs. of soft rock phosphate and 1 to 2 ton of lime are applied, in that order, per acre, something happens in the soil. It forms a phosphate of calcium. The union which takes place is one of the most powerful magnetic forces that can be imagined in soil chemistry.

If scale is alkaline (probably lime), I wondered if the same magnetic force occurred between the hard rock phosphate and the scale. To learn more about this I asked:

“Are You God?” (3 variations)
“Yes.”

“Is scale lime?”

“Yes.”

“Is phosphate of calcium formed?”

“Yes.”

“Is it formed with the same powerful magnetic force that Carey Reams describes in his article?”

“Yes.”

If scale is alkaline, I wondered if hard rock phosphate is acidic and asked:

“Is hard rock phosphate acidic?”

“No.”

Chemical text books refer to phosphate of calcium as acid phosphate of calcium or dihydrogen phosphate written: $\text{Ca}(\text{H}_2\text{PO}_4)_2$

“Is the phosphate of calcium that is formed acidic?”

“Yes.”

“Does the acid phosphate of calcium dissolve the scale?”

“Yes.”

NEUTRALIZATION STRATEGIES

There are twelve strategies for neutralizing STS forces that will gradually be presented in the next several chapters. Acid-base chemistry, also known as degaussing, is the first strategy for neutralizing STS energy. Although this topic has already been presented, new information will continue to be added.

ACID-BASE CHEMISTRY IN FOOD

In chemistry class, we learn that acids and bases neutralize each other. The neutralization of alkaline STS energy may be accomplished with white vinegar washes and acid-forming foods during the day but never at night.

- **Daytime Foods and Beverages**
Most daytime foods and beverages need to be acid-forming. Options include meat, most dairy, eggs, bread, and most beans. Fruits and vegetables are alkaline-forming and may be difficult for STO beings to tolerate. Sensitive STO beings will need to study the pH values of foods to control STS energy.

Daytime beverages include black tea or an apple cider vinegar drink of mostly water and added honey. Beer



Rooms, surfaces and clothing—including shoes may be misted with white vinegar and water to kill germs and remove odors #8758937.



Use a plastic spray bottle to mist the inside of your shoes with a mixture of white vinegar and water #3707901.

is also an acid-forming beverage (Note: coffee is alkaline forming).

Herbs such as turmeric are acid-forming and are helpful for increasing the STO energy in food. Sipping a small glass of diluted apple cider vinegar with daytime meals is also a method of increasing the STO energy of food.

- **Nighttime Foods and Beverages**
In a sensitive STO being's body, acid-forming foods will cause inflammation at night and mistakes will be very obvious. Because an STO beings need to avoid STS energy entirely, only very limited amounts of alkaline-forming foods are tolerable at night.

My body is so sensitive to STS energy, I rotate Eden Foods Organic chick peas, aduki beans and

kidney beans as evening meals (after Sun Down). For variety, I add two or three spoonfuls of goat milk yogurt on alternate nights (Note: goat milk yogurt is more alkaline forming than cow's milk yogurt) or a small amount of powdered ginger and ground rose hips (both alkaline forming). Limited amounts of fruits and green vegetables, both alkaline-forming, may also be consumed at night.

Small amounts of water may be used as a beverage at night (water is slightly acid-forming). Although green tea is alkaline-forming, I discovered that I feel better if I limit the amount of alkaline-forming foods and beverages at night.

FIGHTING PARASITES WITH TEAS

Because alkaline STS energy promotes the growth of microorganisms, teas with anti-parasitic properties need to be consumed by both STO and STS beings on a daily basis. Although STS beings are comfortable in STS energy, they are not immune to parasites that thrive in an STS environment.

To make tea, you will need to buy two stainless steep pans (for twelve energy and to alternate), two tea strainers and two sets of two mugs



Eucalyptus has powerful anti-parasite properties and may be used at night (after Sun Down) due to its alkaline-forming properties. #4782284.

that are different (Note: I found white mugs at the dollar store).

In her latest book, *The Cure and Prevention of All Cancers*, Dr. Hulda Clark recommends newer 18/10 stainless steel that does not leach metal. Hulda's recommendations helped me get rid of a very serious problem with parasites. I followed her instructions very precisely and through out my glass Pyrex Vision pans that she says leach thallium and



Tea should always be poured into two mugs—for one or two people—for twelve energy #3439239.

gold. I found German-made Beka pans at Madison's TJ Maxx store. Bamboo tea strainers, sold at Asian stores, are ideal, but metal mesh strainers may also be used.

Hulda's book provides lists of herbs that kill parasites with instructions on how to disinfect food with a very cold chest freezer or sound waves produced by a jewelry cleaner. Hulda invented the term "sonicate" to refer to disinfecting food inside a jewelry cleaner. Sensitive STO beings who are exposed to STS energy will want to purchase a Conair Jewelry Cleaners (\$50, Bed, Bath and Beyond) and twelve screw-cap, 4-ounce, wide-mouth high density polyethylene (HDPE) bottles for submerging dry herbs in the water-filled Conair tank



Using twelve compatible burners and alternating them is also a method of balancing energy when there is heavy STS energy in an environment (Note: A burner with 3, 4 or 6 coils is twelve compatible) #3859056.

(REI Camping, www.rei.com). I sonicate all herbs and store them in the HDPE bottles.

Loose herbs should be purchased from a reputable source such as the Frontier Natural Products Co-op (www.frontiercoop.com) or Jean's Greens (www.jeansgreens.com). Tinctures may be purchased at health food stores.

DAYTIME AND NIGHTTIME TEAS

Hulda has not made an acid-base chemistry connection. The herbs she recommends need to be carefully separated into daytime and nighttime groups. The following chart provides acid-forming teas for daytime and alkaline-forming teas for nighttime as well as a black tea recipe that I adapted from her anti-parasite formula.

• Daytime Anti-Parasite Teas

Black Tea (e.g. Tazo Earl Grey)

Directions:

Use 2 or 3 bags with 2 or 3 cups of water and add:

- 48 drops of Black Walnut Hull Tincture
- 12 drops of Wormwood Tincture
- 3 quarter teaspoons of ground cloves
- Two half teaspoons of fresh or



If your stove does not have twelve compatible burners, you can purchase a hot plate. This 3-coil burner costs \$9.99 (a twelve compatible number).

dried Thyme (Note: Fresh Thyme should be rinsed well with water and allowed to dry on a clean towel. It also needs to be sonicated or refrigerated).

Fennel Tea (acid-forming)

Directions:

Add 2 or 3 tablespoons of fennel seed with 2 or three cups of water (avoid mixing these quantities to steer clear of five energy).

• Nighttime Anti-Parasite Teas

Eucalyptus (alkaline-forming)

Directions:

Same directions as Fennel tea.

Burdock Tea (alkaline-forming)

Directions:

Same directions as Fennel tea.

Boneset (alkaline-forming, bitter taste)

Directions:

Same directions as Fennel tea.

Additional Notes: Save the tincture bottles because you will need the droppers. To use twelve and alternate energy when making tea:

- Use an alternate 2 or 3 tea bags each time you make tea (never one).
- Using the cup you plan to use, pre-measure and alternate 2 or 3 cups of water (never one). Note: Match the number of cups with water with the number of bags of tea to avoid five energy.
- Always make at least two cups of tea and share the second cup. If you are alone, pour two cups of tea and alternately drink from each cup to balance energy (Note: You do not need to consume all of the tea).
- Use the burners on your stove that have a twelve energy number of coils (e.g. 3, 4 or 6).
- Alternate cups, pans and tea strainers each time you make tea.

SEDONA, ARIZONA VORTEXES

One morning when I was thinking about all the acid-forming snacks that I eat—to balance STS energy (and how hungry STS energy makes me feel), I thought about a trip that I took to Sedona, Arizona in 1996 with

my friend Ed Ragosta. Ed is psychic and for ten days, we explored Sedona’s energetic vortexes that have Yin and Yang energy:

Sedona, Arizona Vortexes

Bell	Yang
Airport Mesa	Yang
Cathedral Rock	Yin
Boynton Canyon Mixed	Yin/Yang

Ed and I noticed that we felt very hungry after our visit to the Airport Mesa vortex—even though we had just eaten breakfast. I wondered if it was STS energy and asked God:

“Are You God?” (3 variations)

“Yes.”

“Does the Airport Mesa vortex in Sedona have STS energy?”

“Yes.”



Sedona Arizona’s Cathedral Rock vortex has beautiful, supportive Yin energy that is related to STO energy #8150523.



Sedona Arizona’s Airport Mesa vortex has a lifeless Yang force that is related to STS energy #5481137.

“Is that why Ed and I were hungry when we left?”

“Yes.”

“Is Ed an STO being?”

“Yes.”

“Does an STO being’s metabolism speed up in an STS environment?”

“Yes.”

“Does an STS being’s metabolism speed up in an STS environment?”

“No.”

“Does an STS being’s metabolism slow down in an STS environment?”

“Yes.”

“Does an increase in metabolism compensate for the opposite form of energy?”

“Yes.”

“And, a faster metabolism creates frequent feelings of hunger?”

“Yes.”

“Will I feel less hungry in an STO apartment?”

“Yes.”