

Thursday, July 2, 2009

College students taking ADHD drugs to stay awake are risking serious side effects when there are much safer solutions. A clip of the television news broadcast is available on New York's WCBS TV Web site [<http://wcbstv.com/seenat11/adhd.drugs.college.2.1029101.html>]. Most news reports are woven around a person who has a story to tell. In this case, the person is Chris Chrysanthou, an NYU student who has been taking Adderall to “stay awake” and give him “focus.” Students with prescriptions supply other students. Chris says his classmates, desperate to take Adderall to write a paper—some-



NYU student Chris Chrysanthou from Kristine Johnson's news story titled “Use Of ADHD Drugs The New Rage On College Campuses.” A print and video version of this story is available at: <http://wcbstv.com/seenat11/adhd.drugs.college.2.1029101.html> [Date: June 2, 2009].

Part X, Chapter X

times call him at 3:00 a.m. in the morning.

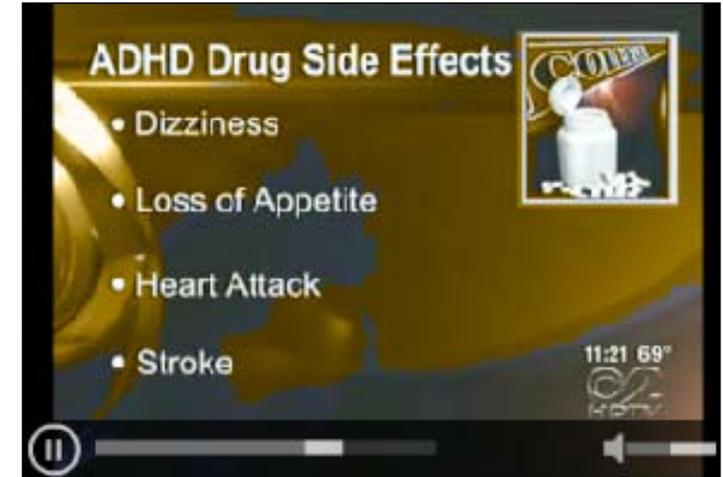
In Chapter 6, I relayed how I use white vinegar on a wash cloth to combat heavy alkalinity from energy “zaps” that cause extreme fatigue. White vinegar on a wash cloth would also help students stay awake—in addition to acid-forming foods [any time of the day or night].

Halfway through my road trip described in Chapter 6, I found a package of eighteen white wash cloths at the Wal-Mart in Beloit, Wisconsin that I successfully started using as “vinegar wash cloths” [See: Twelve Compatible Addresses].

### THE BODY'S ACID MANTLE

Chapter 1 explains that the planet is overwhelmed by an energy that is sleep-forming [or alkaline]. Most soap is alkaline. Alkaline substances neutralize the body's protective acid mantle that is meant to be a natural barrier against bacteria and viruses.

Healthy skin is meant to have a pH in the range 5.4 to 5.9. A majority of soaps, including today's handmade varieties, are made from oils and lye or potassium hydroxide. On a pH scale, lye is a 14—at the very end of the alkaline range. In nature, there is nothing more alkaline than lye.



Slide from Kristine Johnson's CBS News report listing the site effects of ADHD drugs.

*[Note: On a pH scale, 7.0 is neutral and values below 7.0 are considered acidic. Values above 7.0 are basic or alkaline].*

The history of soap making using a strong alkaline ingredient is approximately the same number of years as



In her concluding remarks, Kristine Johnson says “strong coffee” will keep you awake. Although the caffeine in coffee is a stimulant, it metabolizes as a alkaline-forming food.



Most soap, including popular new handmade varieties, are extremely alkaline. #1130671.

Reptilian control of the planet. A recipe for soap consisting of water, alkali and cassia oil was written on a Babylonian clay tablet that has been dated around 2,200 B.C. To verify whether this is a coincidence, I asked:

“Are You God? [3 variations].

“Yes.”

“Has the use of lye or a strong alkaline salt in soap making ever been a healthy practice?”

“No.”

“Is the strong alkaline pH of most soaps meant to neutralize the acidic, outer-most layer of skin?”

“Yes.”

“Was alkaline soap deliberately introduced to make the body vulnerable to microorganisms?”

“Yes.”

“Has is also contributed to a sleep-inducing alkaline effect?”

“Yes.”

“Does the pH of acetic acid [aka white vinegar] at 2.88 help prevent a ‘neutralization effect’ and also prevent a bacteria or virus invasion?”

“Yes.”

“Can white vinegar be used full strength on the skin?”

“Yes.”

“Are there any precautions that need to be observed?”

“No.”

Scientists have been studying the body’s outer-most acid layer since the 1920s. In a 1928 research paper, Schade and Marchionini called this layer the “acid mantle.” Very recent research indicates an *acidic environment* on the skin is important for:

- Activation of the enzymes responsible creating epidermal lipids
- Formation of a bilayer lipid membrane
- Restoration of the skin following damage.

Glycerin soap that is not made with lye is pH neutral and it is an option if Miracle II soap is not available [See: Miracle II is pH Neutral]. Pears Soap, created by Andrew Pears in London, in 1789, is an example of a delicate, transparent bar that does not strip what some scientists call the body’s “permeability barrier.”

## NANOSCOPIC METALS ADDED TO SOAP

When I researched modern soap making, I discovered that nanoscopic metals are being added to soap for color and anti-bacterial action. Titanium, nickel, aluminum and silver are metals that are being used to “rob” electrons from bacteria. Coincidentally [or not], electrons are hydrogen ions! Soap makers have figured out that stripping electrons from an organisms [in this case the bacteria] causes death—when too many electrons are lost. The metal in soap is also meant to remain on the skin and in pores—to “extend the benefit beyond a washing.”

Nickel is the metal that Hulda Clark says is south-polarizing body tissues [along with parasites and polonium in water]. Note: south polarization is alkaline. In *The Cure and Prevention of All Cancers*, Hulda says,



Pears transparent bar that is pH neutral has a 200 year history that originated in London. It is easy-to-find in stores [including dollar stores].

*Each of us, whether sick or healthy, is full of heavy metals by the time we are old [...]. Illness, including cancer, is a metal disease.*

Titanium soaps are the extreme white in color and the practice of using ultra fine [nano] particles of titanium metal in a life form—has been found to be disease-causing. The measurement of a nano particle is less than 0.1 microns or 100 nanometers. A study done by A. Churg, B. Stevens, and J. L. Wright at the University of British Columbia found that ultra fine titanium dioxide particles are pathogenic or disease causing [*American Journal of Physiology*, Vol. 274, Issue 1, L81-L86, January 1998, “Induction of Fibrogenic



The Beloit Atlanta Bread has a more updated look than the stores in Madison and decor with earth tones that include green. The blue in green can drain my energy but it takes several hours [Note: green is a mixture of blue and yellow].

Mediators by Fine and Ultra fine Titanium Dioxide in Rat Tracheal Explants”].

### METAL ACCUMULATION

One of Hulda Clark’s most important findings is news about metal pans. Porcelain and glass used to be preferable to any type of metal pan due to metal leaching. That’s now changed and the reverse is true. Hulda says newer 18/10 stainless steel pans do not leach metal. Note: I found 18/10 in labels attached to Beka pans [www.beka-cookware.com](http://www.beka-cookware.com).

Keeping the body metal-free is important because metals interfere with metabolic pathways and parasites collect around areas where there are metal deposits. Hulda explains that we accumulate metal from dental ware, cookware, plastic ware used for food, eye-glass frames, wristwatches, water pipes and water [Clorox bleach, the central toxin in a complex that Hulda says causes cancer, contains 20 heavy metals as well as plastic and rubber, toxic azo dyes (that were banned in food 50 years ago), PCBs, malonic acid, benzene, isopropyl alcohol, wheel bearing grease, and motor oil].

### TWELVE-COMPATIBLE ADDRESSES

Buildings with twelve-compatible addresses have less “alkaline problems”



REI and Eastern Mountain Sports both sell 4 ounce, wide-mouth Nalgene bottles made of HDPE plastic that does not leach.

than buildings with non-twelve compatible addresses. I don’t know why this is true but the concept may help students who are trying to find a place to live or study.

Throughout my road trip, I had several experiences to confirm that energy was more stable at twelve-compatible addresses. Beloit, Wisconsin is an example of a stop where I was able to compare energy at different addresses. I had selected Beloit’s Fairfield Inn at 2784 Milwaukee Road as a place to stay because of its twelve-compatible address [2784 reduces to a 12], Beloit is also located at a SOLID mixed energy latitude that I have described in previous chapters and I knew a twelve-compatible address meant less energy manipulation. A hotel with brown furnishings is the most ideal—but that was something impossible to predict in advance.

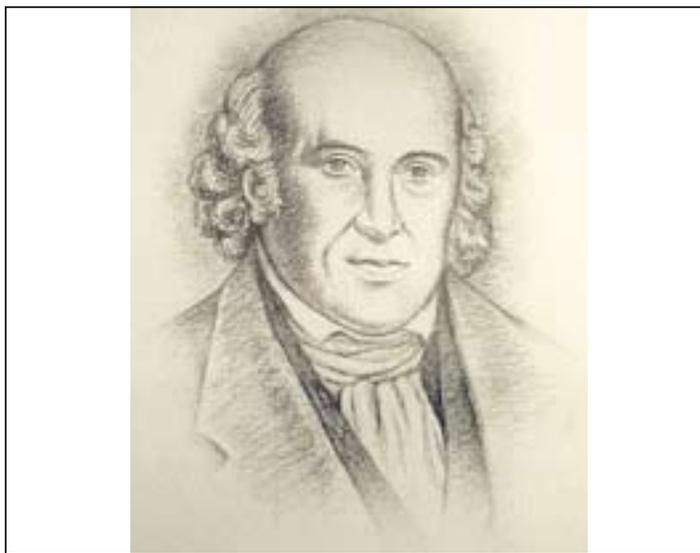
After I checked into the Fairfield Inn, I found two businesses with twelve-compatible addresses nearby:

Wal-Mart at 2785 Milwaukee Rd.  
Atlanta Bread at 2747 Milwaukee Rd.

As I had hoped, both of my visits to these twelve-compatible addresses were “zap-free.” As for the vinegar wash cloths, Wal-Mart sells a package of eighteen, white, 100% terry cotton wash cloths for about \$4. I can remember spotting the number “18” and the dimensions [9 in. X 9 in.] and hearing my intuition say, “I will need these.”

## DAMP VINEGAR CLOTHS

Students have the exact same need to stay alert as I did on my road trip [zap-



Samuel Hahnemann [1755-1843], a German physician, founded Homeopathy. His *Organon of Rational Therapeutics*, first published in 1810, is still used today as Homeopathy's basic text.

pings were very intense at times while I was driving]. At home, I keep a cloth dampened with white vinegar in a ceramic mug. When I'm away from home, I carry one in a Ziploc bag and take along extra vinegar in a 4-ounce, wide-mouth HDPE bottle that Eastern Mountain Sports sells on their Web site for \$2 [www.ems.com/1/1/2975-nal-gene-4-oz-wide-mouth-bottle.html].

## MIRACLE II IS pH NEUTRAL

Clayton Tedeton's Miracle II formula is pH neutral and does not neutralize the body's exterior acid mantle that needs to be protected. The formula will also help stabilize the body's internal energy when taken in a very dilute, homeopathic quantity [See: Homeopathic Neutralizer]. Homeopathy is energy medicine and a branch of alternative medicine that has been almost completely phased out of medical practice in the United States [See: Homeopathy's Disappearance].

To understand more about Miracle II, I asked:

“Is Miracle II soap pH neutral?”

“Yes.”

“Does the formula complement white vinegar [aka acetic acid] and offer a loosening and emulsifying action [aka surfactant action]?”

“Yes.”

Surfactants are classified by their ionic (electrical charge) properties in water: anionic (negative charge), nonionic (no charge), cationic (positive charge) and amphoteric (either positive or negative charge). I suspected that Miracle II's surfactant's was nonionic and asked:

“Are the surfactant ingredients in Clayton's formula nonionic?”

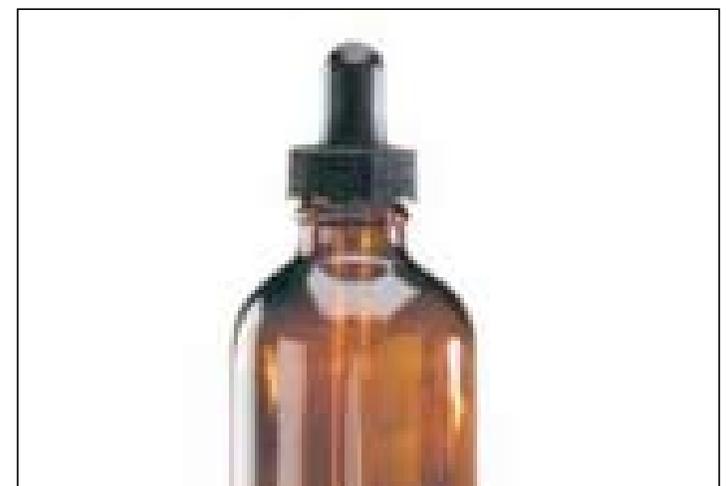
“Yes.”

“Is the nonionic charge of the surfactant ingredients responsible for making it pH neutral?”

“Yes.”

## HOMEOPATHIC NEUTRALIZER

Clayton's formula is much more than a soap—it's an energy neutralizer that can be used at a homeopathic dilution. In Chapter 6, I introduced the idea of



A “two” ounce brown glass dropper bottle is better than a “one” ounce. The two ounce size is available on the Internet—and, sometimes at health food or herbal remedy stores.

adding drops of Miracle II to food and beverages but I did not mention that it will work when the soap is very, very diluted. Homeopathy's "Law of Minimum Dose" says that extreme dilution enhances the curative properties of a substance while eliminating any possibility of side effects. Most homeopathic remedies are so dilute that there is not even a single molecule of the original active substance remaining.

## ENERGY MEDICINE

Homeopathy was founded by a German physician named Samuel Hahnemann who believed that homeopathic dilutions work on a spiritual level or the vital force in humans. Homeopathy is energy medicine and homeopaths believe that although the physical molecules of the original substance may be gone, an energy imprint exists.

According to Dr. Trevor Cook, Ph.D., President of the UK's Homeopathic Medical Association, the therapeutic action of dilute homeopathic remedies lies in the field of quantum physics.

Cook's theory was confirmed in a study using nuclear magnetic resonance (NMR) imaging in which twenty-three homeopathic remedies [minus the original substance] demonstrated readings of subatomic activity [the readings did not exist in controls].



A homeopathic dilution of Miracle II may be added to beverages such as tea #7848523..

To understand how to prepare a very, very dilute solution of Miracle II soap for beverages and food, I asked:

"Are You God? [3 variations].

"Yes."

"Is Miracle II much more than a soap?"

"Yes."

"In extreme dilution, can it be called it a "homeopathic neutralizer?"

"Yes."

"Are homeopaths correct when they say that it is the energy or "vibrational pattern" of a remedy, rather than the chemical content, that stimulates healing?"

"Yes."

"Is this because humans as well as all life are energy beings?"

"Yes."

"Are dilutions dependent on the "memory of water?"

"Yes."

Pure water is an unusual "bi-polar" molecule made of two atoms of hydrogen bonded to one atom of oxygen. It's also considered to be a "universal solvent with high ionizing power." Unfortunately, most water is not pure and pollutants in water can change water's polarity. Hulda Clark is the only researcher who has noticed a change in water's polarity.

"Can polluted water be alkalizing because of the changes in polarity?"  
"Yes."

Because of the limited availability of pure water, I'm very cautious about drinking plain water. I drink mostly black tea [acid-forming] or, a glass of water with some apple cider vinegar. The water dilemma also has implications when making dilutions of Miracle II [See: Finding Water]. To understand this subject, I asked:

"When making dilutions, is it important to use water that does not contain polonium or plastic from containers that leach?"

"Yes."

To make a dilute Miracle II solution, I have been using a 1-ounce brown glass dropper bottle that once held Lugol's solution. The resulting liquid is pale blue in color. After learning about Homeopathy's Law of Minimum Dose, I wondered if my dilution was still too strong, or, whether God could

give me a recipe that anyone could follow. I asked:

“Is my pale blue dilution too strong?”  
“Yes.”

In homeopathy, remedies are diluted in a series of steps in a process called succession with an increase in a substance’s power increasing with each succession [usually a dilution with water].

“Should my Miracle II dilution be clear?”

“Yes.”

“Should I start with one drop in a two ounce brown glass dropper bottle filled with water?”

“Yes.”

“Ideally, should this be diluted and re-diluted twelve times?”

“Yes.”

“Should I just line up twelve brown glass bottles, fill them with pure water and keep adding a single drop to each in succession?”

“Yes.”

“Should I keep the second-to-the-last dilution to make more?”

“Yes.”

“And use the other dilutions as soap?”

“Yes.”

People who have learned how to use a pendulum will want to ask how many drops they should add to their food or beverages. As I mentioned in Chapter 6, the number of drops that I’m directed



Any symmetrical object can be suspended from a string and used as a pendulum #6893525..

to use is usually 48. To confirm the number and purpose, I asked:

“Is 48 the number of dilute drops that I should use on a food or in a beverage?”

“Yes.”

“Is this a good quantity for most people?”

“Yes.”

“Does this provide protection against bacteria that may be in the tea?”

“Yes.”

“Does it also add Miracle II’s neutral energetic imprint to a food or beverage?”

“Yes.”

“Will there be more information on this topic to add to Your e-book in the future?”

“Yes.”

Note: The homeopathic effect of diluted Miracle II does not apply to apple cider vinegar or black tea that have beneficial chemical properties [See: Plain Water is Bi-Polar].

## HOMEOPATHY’S DISAPPEARANCE

The first homeopathic medical school opened in Allentown, Pennsylvania in 1835 and by 1900, there were twenty-two homeopathic medical schools and nearly one-hundred homeopathic hospitals in the United States. At the turn of the century, it is estimated that fifteen percent of all American physicians practiced homeopathy. Anyone familiar with the politics of alternative medicine can guess what happened.

In 1847, the newly formed American Medical Association (AMA) denounced homeopathy as a delusion and AMA members were forbidden to associate with homeopathic physicians—either professionally or socially. Those caught practicing homeopathy were either expelled from the AMA or blocked as members. Finally, through maneuvers that included a rating system for medical schools aimed at eliminating homeopathic colleges, homeopathy was almost completely phased out by 1930.

The record of homeopathy’s success at treating epidemic disease disappeared with its medical schools. One of the most dramatic examples was the contrast between homeopathic and allopathic [conventional treatment] during an 1849 cholera epidemic in Cincinnati, Ohio. Three percent of those patients treated homeopathically died, as compared to the 40 to 70 percent

death rate among those treated with conventional medicine. Similarly, in the 1879 epidemic of yellow fever in New Orleans, the mortality rate among those who were treated homeopathically was 5.6 percent compared to sixteen percent among those treated with conventional medicine. To learn more about the implications of the disappearance of homeopathy, I asked:

“Are You God? [3 variations].

“Yes.”

“If homeopathy was not phased out, would American physicians be further along with energy medicine?”

“Yes.”

“Do the homeopathic schools that have remained understand energy medicine?”

“No.”

“Has America been the focus of many Reptilian campaigns?”

“Yes.”

“Is it because most former Atlanteans are presently in America?”

“Yes.”

“As a result, will Americans have a hard time waking up?”

“Yes.”

“Are most former Atlanteans New Agers?”

“Yes.”

“Has New Age information been heavily distorted for this reason?”

“Yes.”



Finding pure water is a challenge. Dr. Hulda Clark, an independent cancer researcher, has discovered alarming pollutants in most water #3201695..

### FINDING WATER

Finding water to make homeopathic solutions, to make tea or a glass of water with added apple cider vinegar—can be a challenge. Dr. Hulda Clark’s research indicates that all water filters, except a coconut-shell variety that she has developed with a colleague, are disinfected with Clorox. This unfortunate step is contaminating the water the filter is meant to clean. As Hulda explains in *The Cure and Prevention of All Cancers*, Clorox is part of a “cancer-causing complex.”

The other pollutant Hulda has identified in water is polonium, a daughter particle of radon that she believes gets trapped in the bottling process.

Spring water sold in HDPE jugs that are filled to the top [without a pocket of air to trap radon] is the safest choice.

Note: Read the labels on water containers carefully and look for the word “Spring.” A label that says “Drinking Water” refers to filtering—most likely through a Clorox-polluted filter.

In Wisconsin, I have found a water called Buffalo Don’s that advertises that they fill their gallon containers all the way to the top—adding an extra eight ounces of water. The work I’ve done with the pendulum also indicates that Ice Mountain Water is an acceptable choice. Ice Mountain is a Nestle Company that probably does not know what it is doing right. The quality of their spring water appears to be an accident. If they were aware of the differences in water, they would not be selling a fluoridated water product.

After learning about Clayton Tedeton’s Miracle II formula and its potential as a homeopathic neutralizer, I wondered if it could be used to neutralize any negative ingredients in water if an acceptable brand is not available. I asked:

“Are You God? [3 variations].

“Yes.”

“Can a diluted homeopathic dilution of [Your] Miracle II formula be used to neutralize pollutants in water?”

“No.”

“Is it necessary to try to find water in HDPE containers filled to the top?”

“Yes.”

### WHY NOT COMPOSTABLE PLASTIC?

One of the most tragic of today's environmental stories is the mass of plastic that has accumulated in the Pacific Ocean from discarded plastic—estimated to be approximately as large as the United States and weighing about 3.5 million tons. Algalita Marine Research Foundation (AMRF) founder Charles Moore first noticed what is almost a plastic land mass in 1997 when his boat sailed through it. Moore was stunned to find the plastic debris and founded AMRF to publicize the plastic problem. A preview of the foundation's documentary called Pelagic Plastic describes the problem [See: [www.algalita.org/pelagic\\_plastic\\_mov.html](http://www.algalita.org/pelagic_plastic_mov.html)].

I've always wondered why companies such as twenty-year old Vermont-based Seventh Generation make compostable plastic bags instead of recycled plastic. Barnes & Noble also likes to boast about their shopping bags that are made from recycled plastic. To investigate why compostable plastic [made from plant resins] has not replaced petroleum-based plastic, I asked:

“Are You God? [3 variations].

“Yes.”

“Is there a reason that a plastic alternative has not been developed?”

“Yes.”

“Does plastic create an synthetic energetic signature on the planet?”



The Algalita Marine Research Foundation has trawled the Pacific Ocean and found plastic particles in ocean water that outnumber the amount of plankton food particles in a ratio of 6 to 1. Or, for every one pound of plankton, they found six pounds of plastic. Birds and fish are eating the plastic [See: [www.algalita.org/pelagic\\_plastic\\_mov.html](http://www.algalita.org/pelagic_plastic_mov.html)].

“Yes.”

“Does this give the Reptilians an edge?”

“Yes.”

My experiences with energy zapping from what I imagine are synthetic nature spirits, I can imagine that any distorted energy on the planet acts as a blockade. Although nature was once made of 100% God energy, it is no longer the case. I have intuitively known for a long time that fixing the planet's most severe problems [e.g. the Pelagic Sea] is beyond the capability of human beings. God needs to intercede and He will respond to Prayer.

### WHY ARE PEANUT BUTTER CAPS BLUE

I was zapped over and over while writing this chapter—which I assume is because I am describing how to neutralize alkalinity.

Several times, I've asked, “Does anyone else feel “zaps?” and the answer is “Yes” [which is one of the reasons why I'm writing God's e-book]. I have learned that a person's energy sensitivity is dependent on their STO percentage as described in Chapter 1. STO is simply a label I've used that refers to the degree to which a person understands The Law of One. People will have varying degrees of energy sensitivity. Some will be sensitive to nearly everything like I am—even to the blue top on a peanut butter jar.

Fortunately, the brand that I like [Peanut Butter & Co.] has a cap that is the same size as white plastic caps that fit Mason jars. They're sold in packages of eight [A tip for those who are super-sensitive—who want to minimize “zaps”].

Friday, July 3, 2009

The ultimate “alkaline neutralizer” is Prayer and I am still learning about reciting my Prayer at Sun Rise and Sun Down. I will need to re-write the first

few chapters because they contain misleading information that I was deliberately given to throw me off track [most likely from the same group who are zapping me]. Prayer is not difficult and it is very powerful.

Since I have uploaded Chapter 6 with the new version of my Prayer, there must be people reciting it with me. When more than one person recites a Prayer—even if it is from a different location, something magical happens. As you recite, you can feel and hear your voice change. In this entry, I will provide tips on how to synchronize the time for starting a Prayer in the fifteen minute windows for Sun Rise and Sun Down.



Super energy-sensitive people can buy white replacement caps for jars that have dark blue caps.



My favorite brand of peanut butter [that's sold at Cub Foods, Woodman's and Wal-Mart] happens to have a cap that is the same size as a small Mason jar lid.

### THE TIMBRE OF YOUR VOICE

When I first heard my voice change while reciting my Prayer, I heard the word, “timbre.” In music, timbre refers to the range of notes that are possible in a musical instrument. To learn about timbre in relationship to simultaneous recitation of a Prayer, I asked:

“Are You God? [3 variations].

“Yes.”

“Did I hear the word timbre?”

“Yes.”

“Does it mean that a Prayer’s range is increased — with more people reciting?”

“Yes.”

“Range meaning—beyond a person’s own needs?”

“Yes.”

“Would those who are loyal to The

Law of One—be motivated to recite?”

“Yes.”

“Are there people here who intuitively understand this?”

“Yes.”

“Is this proof that spoken words—particularly God’s action words—are powerful?”

“Yes.”

“Have the ancients waited a long time for this opportunity?”

“Yes.”

### JONATHAN GOLDMAN’S HEALING SOUNDS

Jonathan Goldman’s *Healing Sounds: The Power of Harmonics* contains hints that the Reptilians understand the power of sound. Goldman seems to have been “converted” to “serpent wisdom” during his trip to Mexico during the Harmonic Convergence [August 24, 1987]:

*I journeyed to Mexico to Tule Tree where Mayan prophecies foretold that Quetzalcoatl, the plumed serpent God, would spring forth to issue a new era in consciousness on the planet.*

To learn God’s reaction to Quetzalcoatl, the plumed serpent God, I asked:

“Are You God? [3 variations].

“Yes.”

“Was there a Quetzalcoatl?”

“Yes.”

“Was he a plumed serpent God?”

“No.”  
 “Was the Mayan civilization conquered by Reptilians?”  
 “Yes.”  
 “Have the Reptilians distorted Mayan information about the Ascension?”  
 “Yes.”  
 “Has there been an “Earth cleansing that was supposed to be ushered in at the Harmonic Convergence?”  
 “No.”  
 “Has any serpent God ‘sprung forth’ to issue a new era in consciousness?”  
 “No.”  
 “Has consciousness declined?”  
 “Yes.”

Goldman explains that the ancient mystery schools of Egypt, Rome, Greece, Tibet, India and other centers of learning had knowledge of sound—a highly refined science based on an understanding of vibration. What Goldman does not understand — is that the “serpents” trampled the ancient mystery schools, took their knowledge and claimed it as their own.

**ACCURATE SUN RISE & SUN DOWN DATA**

For several months, I used the Farmer’s Almanac Web site to look up the exact time for Sun Rise and Sun Down in my city. The site uses a math algorithm to calculate the time using zip codes or city, state information and

displays the times on a single Web page. I now prefer the Sun Rise Sunset Calculator [the proper name is Sun Down] at [www.sunrisesunset.com](http://www.sunrisesunset.com) that can be printed in a monthly calendar.

As you’ll see when you investigate the times for Sun Rise and Sun Down—they change throughout the year due to a tilt in the Earth’s axis. Calendar print-outs from [sunrisesunset.com](http://sunrisesunset.com) are helpful for planning purposes and they relieve the stress of wondering if there will ever be a computer problem—when you need to retrieve an exact time.

**START AT A 12-COMPATIBLE TIME**

The times when I heard my voice change occurred when I started at the beginning of a sun event at a twelve-compatible time.

This morning, Sun Rise is listed at 5:22 a.m. on the calendar that I printed:

$$5 + 2 + 2 = 9 \text{ [12-compatible]}$$

On Saturday, July 4, 2009, Sun Rise will be at 5:23 a.m.

$$5 + 2 + 3 = 10 \text{ [not 12-compatible]}$$

Because 5:23 a.m. is not compatible, I will wait until 5:24 a.m. to begin reciting the Prayer:

$$5 + 2 + 4 = 11 \text{ [12-compatible]}$$

There have been times when I have had to wait more than one minute to start reciting. For example, on June 28th and

29th, Sun Rise was at 5:20 a.m.

$$5 + 2 + 0 = 7 \text{ [not 12-compatible]}$$

On these mornings, I waited until 5:22 a.m. to start reciting:

$$5 + 2 + 2 = 9 \text{ [12-compatible]}$$

There have been times when it has been impossible to start reciting at the beginning of the fifteen minute window—and I had to start at another 12-compatible time within the fifteen minutes. To understand the implications of this, I asked:

“Are You God? [3 variations].  
 “Yes.”



The National Institute of Standards and Technology (NIST), in collaboration with a Department of Commerce agency and the U. S. Naval Observatory (USNO). The NIST Web site provides accurate time in a browser window that requires that you first specify your time zone [See: <http://www.time.gov>]...

“Is it best to synchronize with others and start reciting at the first available 12-compatible time?”

“Yes.”

“If this is impossible, it is ok to start at the next available 12-compatible time?”

“Yes.”

“Is a Prayer most powerful when it is recited with others?”

“Yes.”

“If a person starts late, is their Prayer still four times more powerful than reciting it at any other time?”

“Yes.”

“Do they lose the benefit of the extra power obtained by saying it with others?”

“Yes.”

“Is their Prayer said at some other 12-compatible time then equivalent to saying it alone?”

“Yes.”

“If, for some reason, a Prayer is missed, will the person need to start over in order to realize the effects?”

“Yes.” [See: The Effects].

## CLOCK TAMPERING

For some reason, electric clocks are the most vulnerable to tampering. As a result, I use two battery-operated alarm clocks so that I wake up in time to say the Prayer at Sun Rise [one is a backup in case the batteries fail].



Battery-operated clocks are the least vulnerable to clock tampering from the same beings who “zap” #6900059..

Computers are also slightly vulnerable to tampering which is another reason why I have printed the times for Sun Rise and Sun Down.

## THE EFFECTS

Your prayer that you’ll say a minimum of twelve times with at least eleven other people will have 1/12th of your desired effect after reciting it the first time, 2/12ths of your desired effect after the second time and so on. God did not design this system and I do not know who is responsible. The potential for bolstering the power of a Prayer through Internet communication [and

simultaneous recital] is enormous—which may be why college students have been hit with an extra-heavy dose of fatigue.

## WHAT TO DO WITH THE EXTRA TIME

As I’ve mentioned in a previous section, I will need to re-write the first few chapters because they contain fictitious rules for saying Prayers. You do not need to write out a Prayer in advance, or strike it after it’s recited, wait 12 minutes to say an additional Prayer, or, wait 15 minutes to eat or drink, or,



Once you select a time zone, the NIST clock runs on Javascript in a browser window and will no longer need an Internet connection unless you need to refresh. Re-check the time zone [alkaline energy can make you feel sleepy and make simple errors.].

perform any rituals. The only thing that's unique about each Prayer are the words "Sun Rise" and Sun Down. God does not care about your handwriting, or the pad that you use [or the computer screen if you store your Prayer on your computer]. The goal is to say "Sun Rise" or "Sun Down" at the right time—in the correct 15 minute window—with as many other people as possible.

I was so "zapped" last night [probably because of my work on this chapter] that I used the extra minutes in the 15 minute window for Sun Rise to say the shorter Prayer that's in Chapter 6—to ask God to fix the damage from the zaps. Saying any Prayer in a fifteen minute Sun event window increases its power by a factor of four:

Dear God,  
Please Out, Block, Remove, Restore.

Dear God,  
Please Out, Block, Remove, Restore.

Dear God,

#### CANARY IN A COAL MINE

In Chapter 4, I wrote that I realized that the purpose for my energy management lessons is to provide advance warning to young Azurites. Due to the news that as many as twenty-five percent of college students are dependent on ADHD drugs to stay awake, it appears that they are already feeling the

effects of heavy alkalinity. This age group [13 to 30] fits P.M.H. Atwater's category of young people who she calls the "Millennials" [aka the "Fixers"—estimated at 29 percent of our population] Atwater's book, *Beyond The Indigo Children*, ties Millennials to the "blue race" as well as the "fifth root race."

*Such individuals tend to have exceptional awareness, are highly developed intellectually and intuitively, and are comfortable with ambiguity and complex challenges. They have sensitive digestive systems, a susceptibility to allergies, differences in eyesight, and heightened faculties; a noticeable sensitivity to foods, light, sound, and energy fields; plus an amazing ability to function with stress during difficult situations.*

Atwater goes on to say that these characteristics match what she has found in child with near-death experiences that she has discussed in two of her other books and researched for a quarter of a century. Atwater does not know about zapping—or, she would understand that the near-death states were intentional because of the Millennial's threat to Reptilian control of the planet!

One of the reasons that the children survived their near-death experiences

is because of their blue. Although they are sensitive to primary blue, their blue is azurite which has a different color frequency." To verify this, I asked:

"Are You God? [3 variations].

"Yes."

"Did the children who Atwater study survive their near-death experiences because of their color frequency?"

"Yes."

"Are they the "fifth root race" she describes?"

"Yes."

"Are they today's Millennials?"

"Yes."

"Is Atwater correct when she says the Millennials will supply 'most of the muscle' that takes us through the Ascension?"

"Yes."



Blue azurite with green malachite—photographed by AramDulyan at the Natural History Museum in London Source: Wikipedia.com