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New Explanation of the Cortisone Cycle – Why at 3 am we are Awake, Die, and Give Birth

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Abstract- The article offers explanation of the cortisol cycle. The secretion of cortisol from the adrenal glands starts at 3 am. This makes the cortisol level in the blood stream high at the morning, which determines our high body energy and immune abilities at the morning. After 3 pm the amount of cortisol in the blood starts to drop down fast to prepare us for the night rest and sleep. While all other cyclic reactions in the body are ruled by sun light, there is no light in 3 am to activate the secretion of cortisol. At 3 am our breathing is minimal, and this is the time when the majority of people die (and the majority of babies are born). The Earth has maximum temperature at 3 pm, which makes its ionosphere and atmosphere maximally extended, and minimum at 3 am. Thus, it seems that our cycle of breathing is in synchrony with the Earth cycle of breathing, and this is what activates the cortisol cycle at 3 am.

Keywords: cortisol cycle; cortisol and breathing cycle; our and Earth's breathing synchronized; only morning-taken cortisone.

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New Explanation of the Cortisone Cycle – Why at 3 am we are Awake, Die, and Give Birth

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Abstract- The article offers explanation of the cortisol cycle. The secretion of cortisol from the adrenal glands starts at 3 am. This makes the cortisol level in the blood stream high at the morning, which determines our high body energy and immune abilities at the morning. After 3 pm the amount of cortisol in the blood starts to drop down fast to prepare us for the night rest and sleep. While all other cyclic reactions in the body are ruled by sun light, there is no light in 3 am to activate the secretion of cortisol. At 3 am our breathing is minimal, and this is the time when the majority of people die (and the majority of babies are born). The Earth has maximum temperature at 3 pm, which makes its ionosphere and atmosphere maximally extended, and minimum at 3 am. Thus, it seems that our cycle of breathing is in synchrony with the Earth cycle of breathing, and this is what activates the cortisol cycle at 3 am. The release of cortisol only at the morning, requests the prescribed drug cortisone to be taken only at the morning to imitate the cycle of cortisol secretion from the adrenal glands. However, cortisone should be prescribed only to save life - if without it the person will die – because cortisone causes cancer.

Keywords: cortisol cycle; cortisol and breathing cycle; our and Earth's breathing synchronized; only morning-taken cortisone.

I. INTRODUCTION

Research shows that the body is dramatically different in the morning and at the evening. The same glass of poison when drunk in the morning will not harm you, but when drunk at the evening will kill you [1]. What makes the body so different is the amount of cortisol (the active form of cortisone) in the blood, which determines our body energy and immune abilities. There is a cycle of cortisol secretion [2]—the hormone is secreted by the adrenal glands on top of the kidneys. The secretion of cortisol starts at 3 am when the breathing has its minimum and with the increase of the cortisol level, the life energy in the body starts to increase. When the amount of cortisol (life energy) reaches high enough value, we awake with the feeling that we have slept well, we have rested enough, and we are full of energy ready to start the new day.

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II. THE CORTISOL CYCLE IS NOT RULED BY SUN LIGHT

Our scientists presently believe that all rhythmic processes in the body are ruled by light [1]. However, there is no Sun light at 3 am to activate the cycle of cortisol secretion. If the light cannot be triggering the cortisol secretion at 3 am, then what is? Our breathing has minimum at 3 am and maximum at 3 pm. But what rules the cycle of breathing? I am going to show in this article that not the Sun, the Earth rules the cycle of breathing.

Dr. Pierrakos, was a medical doctor in New York, who was not only seeing the auras of his patients, he was diagnosing them based on what he sees in their auras. He was not only seeing the pulsating dynamics of their auras, he was also seeing the pulsating dynamics of the energy field of the Earth. The maximal temperature on Earth (at the Sun side) is at 3 pm, and this is the time when the Earth has maximally extended ionosphere and atmosphere, as if breathing energy in with a maximum breath intake at 3 pm... and minimum at 3 am ([3], p. 212). Amazingly, the cycle of human breathing is the same as the earth's breathing – our auras are maximally extended and our lungs are maximally active at 3 pm and minimally active at 3 am.

III. MY STUDIES OF THE AURA (SPIRIT)

I spent more than 30 years of my life first photographing the aura and then developing and patenting sensitive equipment to be able to measure it (because it is 1,000 times weaker than the field created by the biocurrents of the body). My measurements showed that the aura is emotional – it shines brighter when we experience positive emotions (or just think positively) and it is dimmer when we experience negative emotions (or just think negatively) [4]. Since when we experience positive emotions (or just think positively), we feel in high Spirit and when we experience negative emotions (or just think negatively), we feel in low Spirit, I concluded that the aura must be our emotional Spirit.

Then I found that the Advanced Jewish Cabala was teaching to high priest that the aura is our Spirit. What happens when we experience positive emotions that we feel uplifted? The Russian scientist Shkatov developed equipment that allows him to measure the spinning of the aura. He found that positive emotions

make the aura spin clockwise [5]. Since nonlinear physics teaches that vortices spin clockwise and sick energy in, this explains the energy uplift when we experience positive emotions, which makes us feel in high Spirit. Shkatov found that negative emotions make the aura spin counterclockwise. Since nonlinear physics teaches that anti-vortices spin counterclockwise and emit (lose) energy, it become obvious why negative emotions make the aura dimer and make us feel in low Spirit.

With measurements, I found that the aura (Spirit) is weak nonlinear electromagnetic field (NEMF), and I was able to measure its vortices and anti-vortices. If our aura is NEMF, and positive emotions make aura's NEMF to spin clockwise and suck energy, NEMF energy must be available to be sucked in. Is this the Space-Matrix NEMF, from which everything material was created? It was called ether in the past [6]. If the ether is NEMF, this explains why the existence of ether (Space Matrix) was questioned for so long: 1/it is invisible NEMF, and 2/ it is too weak to detect - it is 1,000 times weaker than the field created by the biocurrents of our

body. However, I found with my measurements that this weak NEMF (Spirit) rules and regulates everything in the body - not with its strength, but with the information it carries.

The NEMF (as all nonlinear fields do) does not dissipate and can imprint information. That is why the Space Matrix, from which everything material was created, was NEMF [6]. First, a sphere of not dissipating NEMF (Space Matrix) was created and then the three-dimensional holographic image of the Universe to be was imprinted on it, and the Universe was created [7]. Now, let's go back to what exactly happens in the human body at 3 am? At 3 am, when the breathing reaches its minimum, the Spirit (aura) becomes activated. It starts spinning clockwise and sucking NEMF energy from the Space Matrix. The body life-energy start increasing preparing the body for awakening. This activates vortex #1 of the aura (Spirit) NEMF (called "first chakra") (Fig. 1), which rules the adrenal glands, and they start producing cortisol ("chakra" means "spinning wheel" in Sanskrit).

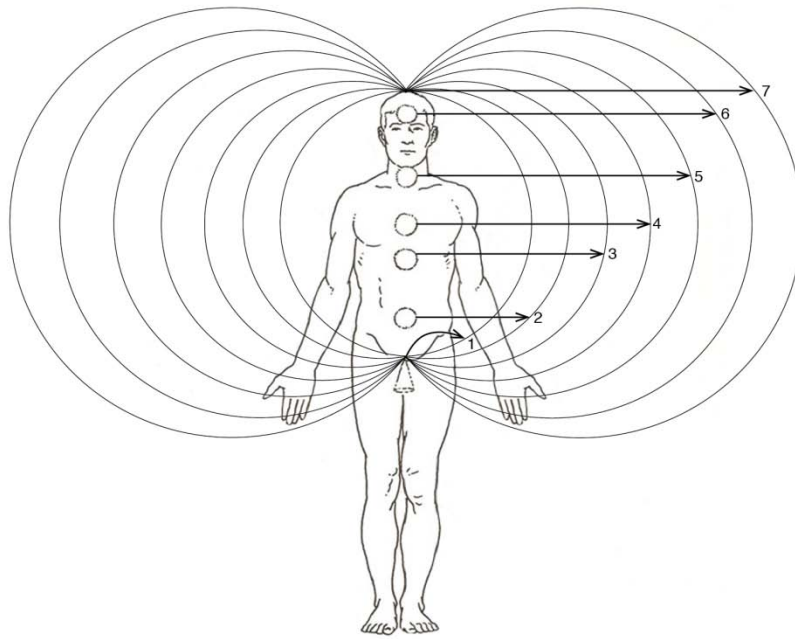


Fig. 1: Man's aura (Spirit) NEMF with its alternating vortices and anti-vortices along the backbone (chakras) and their corresponding energy levels

Thus, the clockwise spinning of the Spirit (NEMF) after 3 am and the NEMF energy it sucks from the Space Matrix NEMF, is what activates the secretion of cortisol, not the Sunlight as our scientists presently believe [1]. At 3 pm, to prepare the body for sleep, the Spirit (aura) starts spinning counterclockwise and losing energy. After 9 pm the Spirit (aura) starts spinning faster counterclockwise and losing energy faster. As a result, the body energy substantially

decreases, and we are starting to feel sleepy. The lowest energy is at 3 am when the breathing is minimal. This minimal breathing is what triggers the switch – the Spirit start spinning clockwise and sucking NEMF energy from the Space Matrix.

IV. WHY ARE PEOPLE DYING AND BABIES ARE BORN AT 3 AM?

The spinning Spirit is magnetically attracted to the field of the material body. If the material body is old and worn out and does not have energy to spin and magnetically attract the spinning in opposite direction Spirit, the Spirit NEMF leaves and the person die. This explains why most of the people die at 3 am – the minimum of the cycle of breathing [1]. This also explains why most of the babies are born at 3 am [1]. My explanation is - the minimum breathing at 3 am triggers the Spirit to start spinning again clockwise and suck NEMF energy from the Space Matrix. This gives the energy for the final push of the baby out. In this way, the newly-born baby takes its first breathing at 3 am – the beginning of the cycle of breathing. After 3 am, our clockwise spinning Spirit continues to suck NEMF energy from the Space Matrix NEMF, thus preparing us for the activities of the oncoming day.

V. WE ARE MATERIAL BODY AND AURA (SPIRIT) NEMF

Thus, we are a material body and Spirit, which is NEMF, and the Spirit is the one that energizes the body and rules and regulates the body functioning. The higher energy of the Spirit in the morning is what causes the abundant secretion of cortisol in the morning, which makes the morning body so different from the evening body [1]. Ancient acupuncture teaches: if you want to stimulate, always do this in the morning when the energy grows because it is like swimming in the direction of the river flow. If you want to sedate, always do this at the afternoon when the energy decreases because it is like swimming in the direction of the river flow [8].

VI. CONCLUSION

A natural question arises: If our body is so different in the morning and the evening, shouldn't we give different doses of medication in the morning and at the evening? The equal dose of drug prescription 3 times a day is done for simplicity, but if applied to cortisone it could be deadly. The cortisone prescription should take into consideration the cycle of cortisol secretion. If so, the drug cortisone should be prescribed to patients only in the morning to imitate the natural secretion of cortisol in the body. However, since cortisone causes cancer, it should be prescribed only for saving life.

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