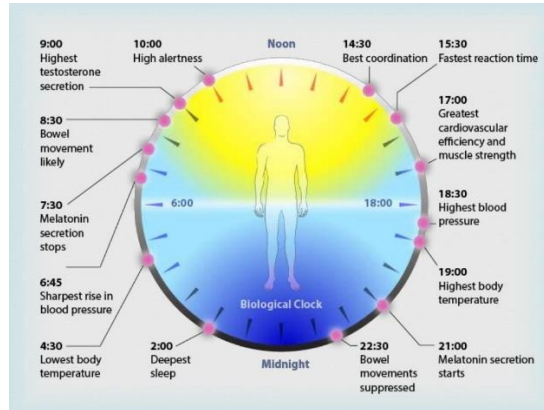


CIRCADIAN BIOLOGY



Circadian rhythm refers to the 24-hour biological cycle that influences various physiological processes in our body. It is intrinsically connected to the rotation of the Earth, the shift between day and night, and the magnetic pull of the moon. All living organisms, including humans, are influenced by this natural rhythm.

The Circadian Rhythm has a significant impact on sleep, recovery, and hormone production in the human body. It is regulated by the *suprachiasmatic nucleus* (SCN) in the brain, which is connected to the pineal gland. The pineal gland plays a crucial role in spiritual enlightenment, higher states of consciousness, and the production of melatonin, an important antioxidant that enhances anti-aging processes.

By aligning ourselves with the Circadian Rhythm, we establish a connection with the natural world and experience a sense of harmony. Our bodies naturally synchronize with the rhythm of day and night, and our hormones follow a specific pattern throughout the day. Disruptions in this rhythm, such as poor sleep habits or irregular eating patterns, can have adverse effects on our health, including cardiovascular issues, obesity, and neurological problems like depression and bipolar disorder.

Understanding and honoring the Circadian Rhythm can lead to better recovery, healing, and performance. It is important to be aware of the times of day when our body goes through specific physiological changes, such as the deepest sleep time at 2 AM, the highest natural alertness at 10 AM, and the start of melatonin secretion at 9 PM. By modifying our lifestyle choices in alignment with these natural cycles, we can optimize our health and well-being.

The Circadian Rhythm is not limited to humans; it is a universal phenomenon observed in all of nature. The subtle currents and magnetic energy associated with this rhythm connect our bodies and minds to the broader natural forces. It is through this connection that we can raise our vibration, evolve as individuals, and contribute to the evolution of humanity.

Awareness of Circadian Rhythm brings us closer to an understanding of the natural forces that govern our world. It allows us to recognize the importance of our connection to the Earth, Moon, and Sun, and the impact they have on our physical and spiritual well-being. By realigning ourselves with these natural cycles, we can break free from fear and misunderstanding, expand our consciousness, and find a sense of belonging and purpose on Earth.

Circadian Rhythm also extends to other natural phenomena, such as the tides in the ocean, which are influenced by the moon's magnetic pull. Water, which is abundant in all life forms, carries the telluric current, and electric current that encompasses both the ocean and underground water.

As electrical beings, humans are affected by these subtle changes in the environment, as well as the electromagnetic waves of other planets. By reestablishing our connection to these natural cycles and forces, we can experience a broader perspective of life and a greater sense of belonging. This understanding allows us to transcend the limitations of physical reality and access higher levels of consciousness. It brings meaning and purpose to our existence and helps us comprehend the balance and interconnectedness of reality and illusion.

Reconnecting with the Circadian Rhythm and understanding these natural forces is an integral part of a holistic lifestyle. It empowers us to align with our true nature and contribute to the greater good of humanity. By embracing these concepts, we can embark on a journey of self-discovery, enlightenment, and spiritual growth.

The understanding of planetary and solar cycles is essential to reconnecting with our true nature and regaining alignment with the Universe. Earth is just a tiny speck in the vastness of the Universe, and it operates within the grand scheme of cosmic rhythms and electromagnetic forces. Unfortunately, this knowledge has been suppressed by those in power, leading to a lack of awareness and disconnecting among humanity. We have been programmed and conditioned to believe in false narratives and limited perspectives. Breaking free from these constraints requires unlearning what has been taught and retraining the mind to perceive the truth.

PERCEPTION OF TIME IS NOT WHAT YOU THINK

The current Gregorian calendar, instituted by the Vatican, has distorted our perception of time and disrupted our connection to natural cycles. It is a tool of control that keeps people out of sync and weak. By reintroducing the original cosmological time, such as the 13-month, 28-day calendar, we can align ourselves with the natural rhythms of the Earth and the Universe. This calendar, which has been suppressed and labeled as unlucky, actually holds the key to our connection with the divine mother and the balance between masculine and feminine energies.

Understanding and following these natural cycles allows us to tap into higher consciousness and remember our true nature. The divine stories found in various ancient civilizations, including those of Jesus and Mother Mary, are symbolic representations of the alignment and connection between humanity and the Universe.

The control of time has always been a means of controlling people's minds and keeping them disconnected. The Vatican and other powerful institutions have manipulated time to maintain their authority and keep humanity out of sync. The current calendar system lacks the cycles and harmonics necessary for alignment and resonance. Reconnecting with the planetary and solar cycles is a crucial part of a holistic awareness. It involves our reclaiming our understanding of time and the cosmic forces that govern our existence. By doing so, we can break free from the control of the darkness and regain our true power as individuals and as part of humanity.

This journey requires us to question the beliefs and conditioning that have been ingrained within us. By realigning ourselves with the natural rhythms of the Universe, we can restore our connection to higher consciousness, find our place within the grand scheme of things, and contribute to the evolution of humanity. By embracing the wisdom of ancient cosmology and reconnecting with the truth of our existence, we can transcend the limitations imposed on us and rediscover our true purpose on Earth.

This awareness offers a path to realigning ourselves with the Circadian Rhythm, the planetary cycles, and the greater Universal matrix. Through this process, we can regain our connection to nature, find meaning and purpose, and contribute to the well-being of humanity as a whole.