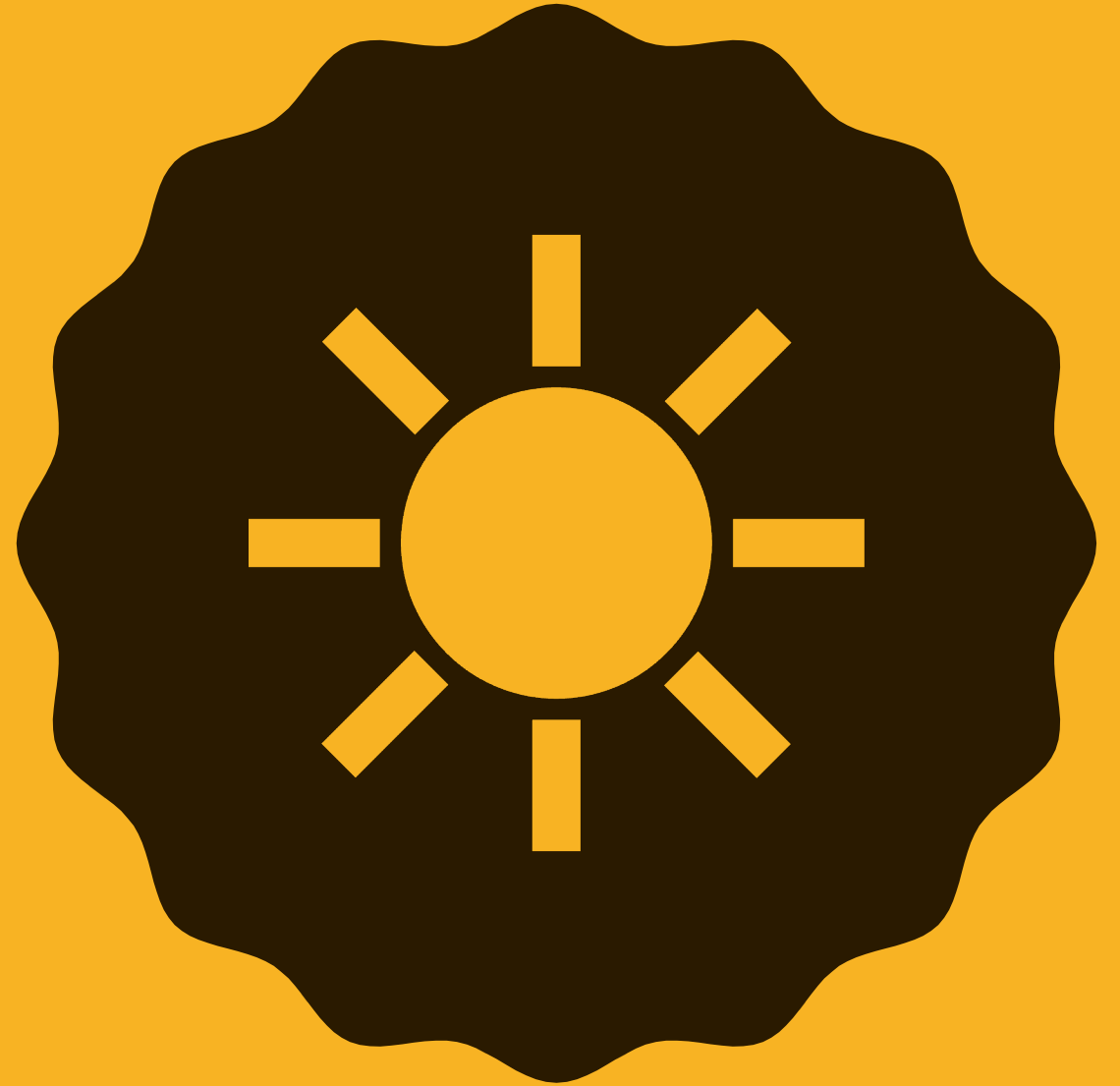


**IN DEFENSE OF
THE SUN**

And Elohiym said, let there be lights in the expanse of the heavens to divide the day from the night; and let them be for signs, and for appointed feasts, and for days, and years: and let them be for lights in the expanse of the heavens to give light upon the earth: and it was so. And Elohiym made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And Elohiym set them in the expanse of the heavens to give light upon the earth, and to rule over the day and over the night, and to divide the light from the darkness: and Elohiym saw that it was good. And the evening and the morning were the fourth day. Bere'shiyth (genesis) 1:14-19
N&Cepher

**THE SUN IS A
REQUIREMENT
FOR HUMAN
HEALTH**



YOU ARE A HOUSE PLANT WITH FEELINGS

HUMANS

- Water
- Nutrients (from food)
- Sunlight
- Protection from harsh elements
- TLC

PLANTS

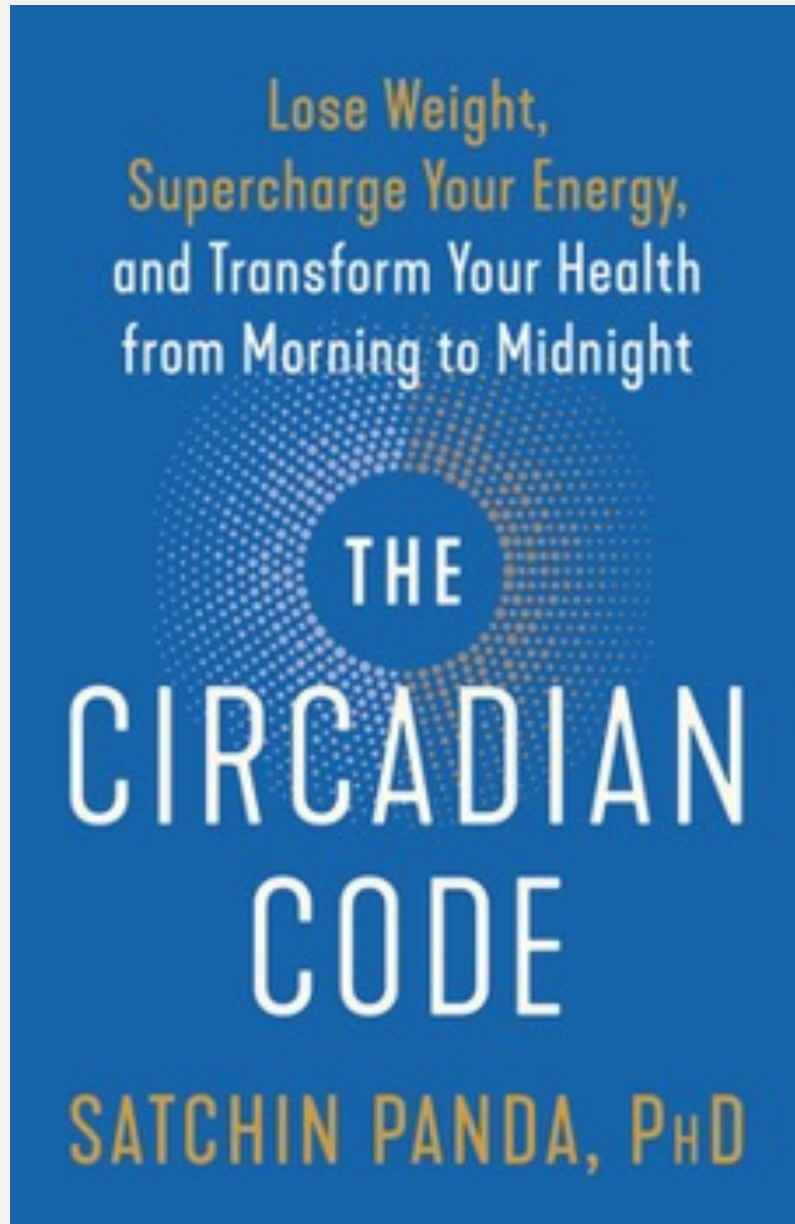
- Water
- Nutrients (from soil)
- Sunlight
- Protection from harsh elements
- TLC

THE SUN IS A PRIMARY COMPONENT TO OUR CIRCADIAN RHYTHM

- Best source of Vitamin D
 - Bone Health
 - Immunity
 - Muscle growth
 - Metabolism
- Controls production of melatonin
- Increases serotonin production
- Protects against many forms of cancer ^[1]

“Pretty much every organ that you can think of...Vitamin D is doing something in that organ”

[1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3402606/>



THE CIRCADIAN CODE

Beginning with an in-depth explanation of the circadian clock—why it’s important, how it works, and how to know it isn’t working—The Circadian Code outlines lifestyle changes to make to get back on track. It’s a concrete plan to enhance weight loss, improve sleep, optimize exercise, and manage technology so that it doesn’t interfere with your body’s natural rhythm.

HOW TO PROPERLY GET SUNLIGHT WITHOUT BURNING

START BY GETTING

- 15 minutes in early sunlight
- 15 minutes during midday sun
- 15 minutes while sun is setting

DO NOT WEAR SUNSCREEN!

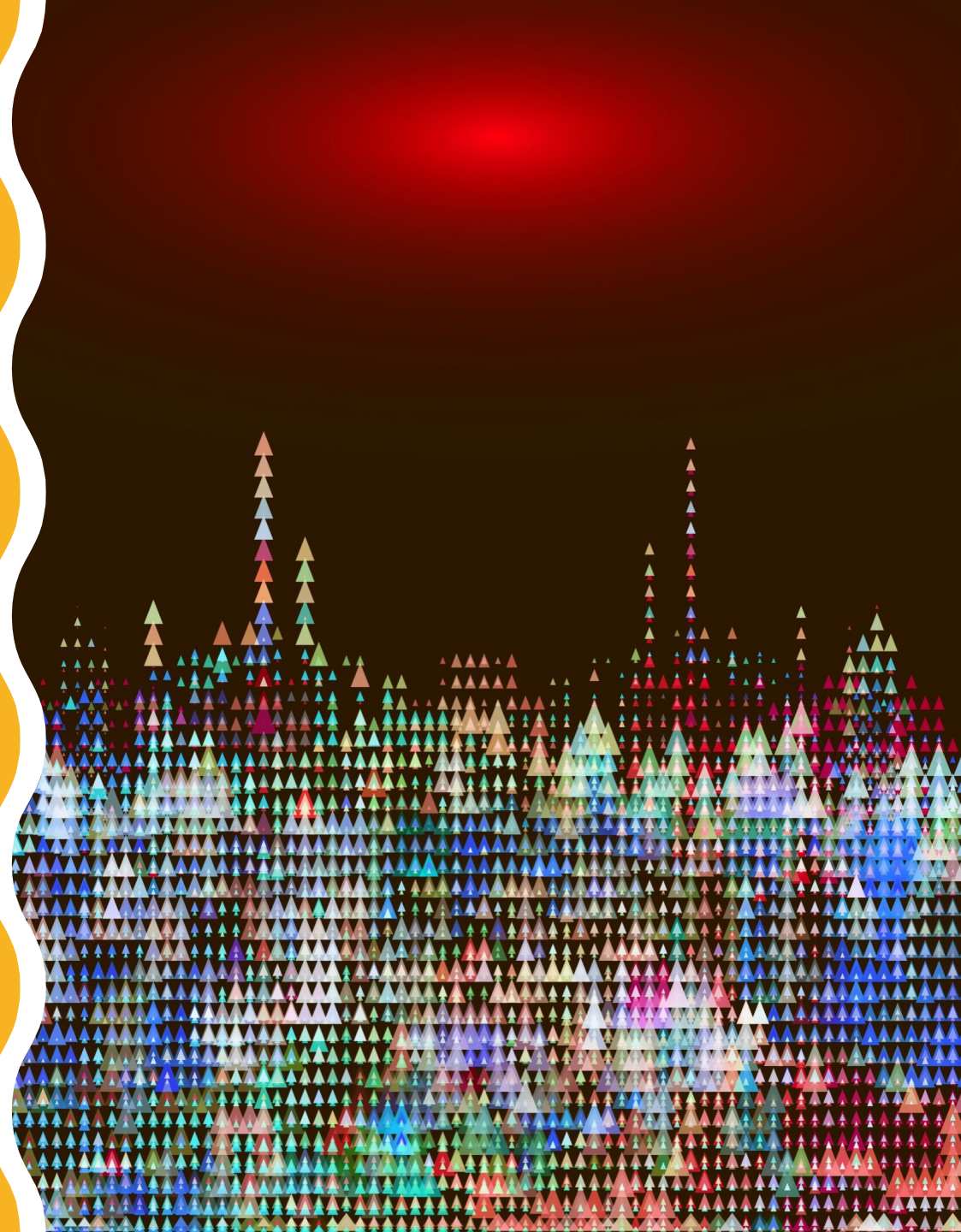
- Clothes and hats
- Shade and cover
- If necessary, non-chemical, mineral-based sunscreen
 - Beef tallow
 - Zinc oxide

https://x.com/ShnufalolsHappy/status/1805314416273244647?ref_src=twsrc%5Etfw%7Ctwcamp%5Etweteembed%7Cwterm%5E1805314416273244647%7Ctwgr%5Ed5e610df62491a8f3a78a3a39a7a0a25450f2cb0%7Ctwcon%5Esl__ref_url=https%3A%2F%2Fpublish.twitter.com%2F%3Furl%3Dhttps%3A

To him that by wisdom made the heavens: for his mercy endures forever. To him that stretched out the earth above the waters: for his mercy endures forever. To him that made great lights: for his mercy endures forever: the sun to rule by day: for his mercy endures forever: the moon and stars to rule by night: for his mercy endures forever. Tehilliyim (psalms) 136:5-9 תהלים

**A BILL GATES
VENTURE AIMS TO
SPRAY DUST INTO
THE ATMOSPHERE TO
BLOCK THE SUN.
WHAT COULD GO
WRONG?**

[HTTPS://WWW.FORBES.COM/SITES/ARIELCOHEN/2021/01/11/BILL-GATES-BACKED-CLIMATE-SOLUTION-GAINS-TRACTION-BUT-CONCERNS-LINGER/](https://www.forbes.com/sites/arielcohen/2021/01/11/bill-gates-backed-climate-solution-gains-traction-but-concerns-linger/)



THERE is an evil which I have seen under the sun, and it is common among men: A man to whom Elohiym has given riches, wealth, and honor, so that he wants nothing for his soul of all that he desires, yet Elohiym gives him not power to eat thereof, but a stranger eats it: this is vanity, and it is an evil disease. If a man beget a hundred children, and live many years, so that the days of his years be many, and his soul be not filled with good, and also that he have no burial; I say, that an untimely birth is better than he. For he comes in with vanity, and departs in darkness, and his name shall be covered with darkness. Moreover he has not seen the sun, nor known anything: this has more rest than the other. Yea, though he live a thousand years twice told, yet has he seen no good: do not all go to one place? QOHELETH (ECCLESIASTES) 6:1-6 TACEPHER

**YAHUAH
HIMSELF WILL
DARKEN THE
SUN**



Behold, the day of Yahuah comes, cruel both with wrath and fierce anger, to lay the land desolate: and he shall destroy the sinners thereof out of it. For the stars of heaven and the constellations thereof shall not give their light: the sun shall be darkened in his going forth, and the moon shall not cause her light to shine. And I will punish the world for their evil, and the wicked for their iniquity; and I will cause the arrogancy of the proud to cease, and will lay low the haughtiness of the terrible. Yesha'yahu (isaiah) 13:9-11 תא
cepher

And I will show wonders in the heavens and in the earth, blood, and fire, and pillars of smoke. The sun shall be turned into darkness, and the moon into blood, before the great and the terrible day of Yahuah come. And it shall come to pass, that whosoever shall call on the name of Yahuah shall be delivered: for in Mount Tsiyon and in Yerushalayim shall be deliverance, as Yahuah has said, and in the remnant whom Yahuah shall call.

YO'EL (JOEL) 2:30-32 תחֶפְחֶפֶר

And it shall come to pass in that day, says Adonai Yahuah, that I will cause the sun to go down at noon, and I will darken the earth in the clear day: And I will turn your feasts into mourning, and all your songs into lamentation; and I will bring up sackcloth upon all loins, and baldness upon every head; and I will make it as the mourning of a yachiyd, and the end thereof as a bitter day.

AMOC (AMOS) 8:9-10 תלֵּפֶהר

Thus says Yahuah concerning the prophets that make my people err, that bite with their teeth, and cry, Peace; and he that puts not into their mouths, they even prepare war against him. Therefore night shall be unto you, that ye shall not have a vision; and it shall be dark unto you, that ye shall not divine; and the sun shall go down over the prophets, and the day shall be dark over them. MIYKAH (MICAH) 3:5-6 תלֵּפֶת

**THE VOICE
OF THE
SEVENTH
ANGEL**





**WHAT IS A
CORONAL
MASS
EJECTION
(CME) ?**

CORONAL MASS EJECTION (CME)

- A coronal mass ejection (CME) is a significant ejection of magnetic field and accompanying plasma mass from the Sun's corona into the heliosphere. CMEs are often associated with solar flares and other forms of solar activity, but a broadly accepted theoretical understanding of these relationships has not been established.
- A CME arriving at Earth results in a shock wave causing a geomagnetic storm that may disrupt Earth's magnetosphere, compressing it on the day side and extending the night-side magnetic tail. When the magnetosphere reconnects on the nightside, it releases power on the order of terawatts directed back toward Earth's upper atmosphere. This can result in events such as the March 1989 geomagnetic storm.
- CMEs, along with solar flares, can disrupt radio transmissions and cause damage to satellites and electrical transmission line facilities, resulting in potentially massive and long-lasting power outages.
- Space super-storms aren't harmful to humans, because our atmosphere protects us, but they can be hugely disruptive to our modern technologies

SOLAR 'SUPERFLARES' ROCKED EARTH LESS THAN 10,000 YEARS AGO—AND COULD STRIKE AGAIN

<https://www.scientificamerican.com/article/solar-superflares-rocked-earth-less-than-10-000-years-ago-and-could-strike-again/>

SUN ACTIVITY WITHIN THIS EPOCH

- By analyzing the level of a carbon isotope in tree rings from a specimen of an ancient bristlecone pine, researchers have revealed that the sun exhibited a unique pattern of activity in 5480 BC. By comparing this event with other similar but more recent phenomena, they reported that this event may have involved a change in the sun's magnetic activity, or a number of successive solar burst emissions.
- **“Holocene 6000-yr climate cycles in temperate and sub-tropical SST records - a cosmic ray connection? “**
 - <https://ui.adsabs.harvard.edu/abs/2020EGUGA..22.7285A/abstract>

MILANKOVITCH CYCLES

- Milankovitch cycles are periodic changes in the orbital characteristics of a planet that control how much sunlight it receives, thus affecting its climate and habitability over hundreds of thousands of years.
- Many will claim we are on 12,000 year primary cycles and 6,000 year half-cycles

And they cried with a loud voice, saying, How long, O Yahuah, holy and true, do you not judge and avenge our blood on them that dwell on the earth? And white robes were given unto everyone of them; and it was said unto them, that they should rest yet for a little season, until their fellowservants also and their brethren, that should be killed as they were, should be fulfilled. And I beheld when he had opened the sixth seal, and, lo, there was a great earthquake; and the sun became black as sackcloth of hair, and the moon became as blood; And the stars of heaven fell unto the earth, even as a fig tree casts her untimely figs, when she is shaken of a mighty wind.

CHIZAYON (REVELATION) 6:10-13 TACEPHER