

Hello, I'm Dr. Allen Clair Hoverson III, AKA, "Trey."

Health Reconnected was designed to empower every individual with the basic knowledge needed to achieve their healthiest life. In 2012, I discovered a statistical correlation within my healthcare practice that clearly indicated an individual's physical health was predominately affected by their mental attitude. The way my patients felt about all the people in their life created a mental attitude that directly impacted their body's ability to be healthy.



Since then, I have poured all my time and resources into understanding how the state of our relationships affects our mental attitudes. This led to the realization that all experiences are filtered through our senses. Our senses connect us to our emotions and create the internal feelings that influence our external actions. These emotionally charged actions reshape our relationships and direct our future intentions. Our newly revised intentions then create our future experiences. This repeating triangular pattern helped me visualize how the state of our mental attitude is determined by the sum of all our relational experiences.

Once I understood the triangular pattern that influences our mental attitudes, it became my mission to understand how to transform a negative mental outlook into a positive one. I knew that if I could develop a strategy to facilitate this mental transformation, it would empower every individual with the ability to optimize not just their physical health, but their relationships and experiences, too. From a metaphorical perspective, achieving this positive mental transformation is the equivalent of winning the triple crown of life, as this mental shift pays out threefold.

While this sounds great in theory, before any of us can systematically eliminate the stress that makes us unhealthy, we need to be aware of how that stress affects our physical body and mental state. Stress triggers the fight-or-flight defensive response. This involuntary neurological reaction creates a biochemical response that influences our thoughts to either fight or avoid stress. Unfortunately, this defensive reflex frequently persuades our minds to invest in negativity instead of positivity.

Stress is a two-fold problem. Not only does it hinder optimal physical function, but it also triggers a cascade of chemicals that influence you to continue to think and act defensively. If you spend a lifetime making decisions influenced by this defensive mechanism, your stress will only accumulate. This accumulated stress accelerates the aging process and will negatively impact the quality and length of your life.

This simple awareness of how the body deals with stress inspired the red thought, yellow thought, and green thought strategy to better health. This straightforward terminology will help you overcome the involuntary neurological defensive mechanism that has created all the stress currently affecting your mental, emotional and physical health.

How red, yellow, and green thoughts influence your health.

(Negative) Red Thought = **Fight**



Red thoughts are reinforced by your body's defensive biochemistry. These thoughts persuade you to stand up and fight for your personal opinions in hurtful ways. Red thoughts are the most destructive, as they persuade you to attack the people that do not share your opinions. Individuals that predominately execute red thoughts experience accelerated wear and tear on their body due to the hostile (-) negative mental environment red creates.

(Negative) Yellow Thought = **Flight**



Yellow thoughts are also reinforced by your body's defensive biochemistry. These thoughts persuade you to hide your personal opinions and beliefs from the people in your life to avoid conflict with them. Yellow thoughts influence you to avoid people or situations entirely and although they're not as destructive as full confrontation, you still end up carrying around the stress of avoidance and the worry of when it is safe to share your opinion. Individuals that predominately execute yellow thoughts experience less wear and tear than those who embrace red thoughts. However, yellow thoughts still have a negative impact on their body due to the unsettled (-) negative mental environment yellow creates.

(Positive) Green Thought = **Peace**



Green thoughts are not triggered by your biochemistry, nor are they part of the defensive design of your body. Instead, green thoughts must be consciously developed and improved through individual effort. Green thought is the act of overriding your fight-or-flight responses and focusing on conflict resolution versus conflict embracement or avoidance. Developing and strengthening green thoughts will help you begin to neutralize past stress and prevent the accumulation of additional stress. It is the only thought pattern that will lead to improved physical, emotional and mental health. Green thoughts result in the least amount of wear and tear on your body due to the peaceful (+) positive mental environment green creates.

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How green thoughts relate to free will and conscious awareness.

To best understand how to achieve green thought you must first understand the concepts of free will and conscious awareness. Free will is defined as the ability to act at one's own discretion. For any of us to execute free will we need to consciously hold a peaceful mental state. This peaceful state ensures your fight-or-flight defensive response doesn't trigger red and yellow reactionary thinking. Only when we remain peaceful are we truly acting at our own discretion.

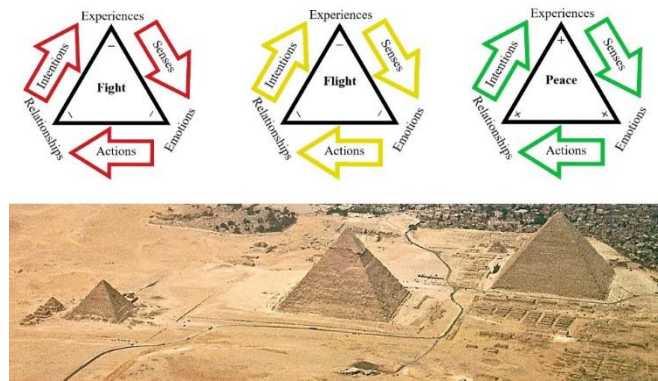
Conscious awareness is defined as being aware and responsive to yourself and surroundings. A person not 'consciously aware' will be predominantly influenced by red and yellow reactionary thoughts, resulting in more cumulative stress. Unconsciously, these individuals are allowing their biology to persuade and direct their choices and are not 'choosing' anything.

In contrast, a more aware person will acknowledge the negative outcomes linked to their past defensive reactions. This more aware person will prioritize the development of their 'free will' in order to prevent future defensive reactions. The conscious commitment to stop defensive reactions will result in less cumulative stress. The more cumulative stress a committed individual prevents the better that individual's future state of health will be.

Because our biology (red and yellow thought) opposes our free will (green thought), we can conclude that no one is born with the ability to execute free will easily. To develop and strengthen your free will, you must first acknowledge you were previously unaware of the persuasive nature of our biology. That persuasive nature is more evident now than ever as defensive red and yellow thoughts are overwhelming our societies. If humanity's awareness continues to be suppressed by our biology, this vicious cycle of stress will predictably amplify to catastrophic levels.

Health Reconnected was created to spread this vital awareness so that each of us can be empowered to resolve the stress we contribute to the overall conflict. Transforming negative mental attitudes into positive mental attitudes is the only strategy that has the potential to create a future of peace and optimal health for all of us.

How the triangular pattern of thought relates to the design of the Giza Complex



My quest to understand the triangular arrangement of thought empowered me to decode the structural message hidden within the triangular design of the Giza Pyramid Complex in Cairo, Egypt. My determination to understand how to transform negative mental attitudes into positive mental attitudes created the awareness needed for me to crack the geometric code this ancient complex was built to preserve.

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For anyone unfamiliar with the Giza complex, these structures are the oldest intact monuments remaining from the ancient world. This complex of monuments was obviously important, as it would have taken even the most advanced civilization decades to complete. There are many theories that attempt to explain why these monuments were built and what they symbolize. Regardless of their historic uncertainty, these sophisticated structures speak for themselves. Their precise dimensions synchronize each pyramid with the equinox and solstice solar positionings in relation to earth's orbital progression around the sun.

The winter solstice, spring equinox, summer solstice, and fall equinox represent specific alignments relative to the earth's yearly orbit around the sun.

To simplify this illustration, think of these four distinct orbital alignments as precise mathematical moments in space and time. The summer solstice represents the longest day of the year, and the winter solstice represents the longest night of the year. The spring and fall equinox represent the two days of the year when day and night are equal length.

These sophisticated structures confirm that the civilization that built them had a highly advanced mathematical awareness of space and time. In addition, it is equally important to acknowledge that this civilization also designed a hieroglyphic language that describes a multidimensional physical (seen) and spiritual (unseen) reality. They understood that these realities functioned to strengthen the awareness of the individual, giving them the opportunity to earn a positive eternal afterlife.

Health Reconnected can definitively confirm that this complex of monuments was built to preserve and disclose how the mathematics of linear time functions within the never-ending expansion of cyclical space. Specifically, this complex reveals the mathematical patterns that interconnect to create the space-time continuum. Because our ancestors understood the mathematical construct of this continuum, you can be certain they also understood the common functional purpose of life within that continuum. This would indicate that our ancestors proactively built this ancient complex to preserve the mathematics that illuminate the individual and collective purpose of life.

Because of the vast amount of mathematical and theological content that this ancient complex encrypts, my editors suggested I share conclusions and strategies first. Please know that all the conclusions and strategies shared will be directly linked with in-depth resources that will validate the information. This format of sharing prioritizes the practical hands-on information while still allowing everyone the ability to dive into the mathematical details at their own pace.

Before we get started, I would like to reassure you that our ancestors were right about multidimensional realities and the existence of a positive eternal afterlife, as this complex of monuments was designed to preserve this awareness. This is really a win-win because the triple

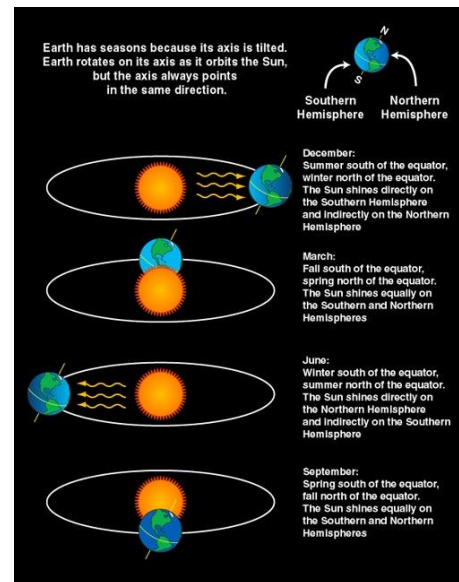


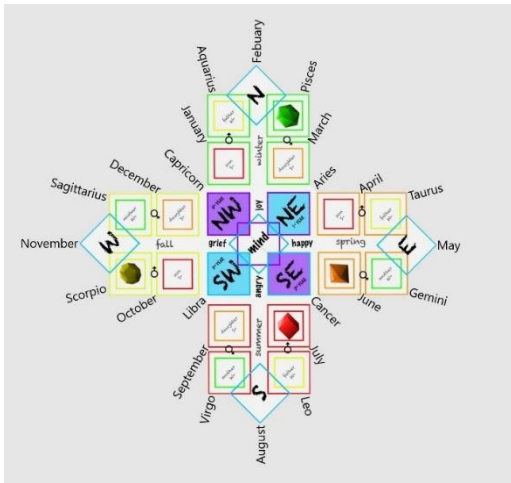
Figure 1. I have attached NASA's seasonal graph and the [weblink](#) if you wish to further your understanding of how the seasonal cycles are determined by these precise alignments.

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crown solution I referenced earlier actually creates the positive mental attitude required to enter that heavenly afterlife at the conclusion of your physical death.

The most practical place to start this process is where the [Mind-Body-Spirit-Blueprint video](#) ends. This video demonstrates how the elements, emotions, and senses combine to create the cyclical construct of space. The final graph presented on that video is the most important, as it represents the mathematical configuration that allows linear time to cycle within the construct of expansive space.

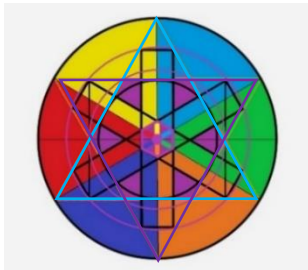
The functional purpose of linear time



This linear graph will be referred to as the Cross of Life. This cross-shaped graph geometrically organizes our linear experiences by day, week, month, year, and astrological influence. The 28-day repeating pattern creates linear rules that determine our individual and collective state of health. Please be aware that we are all born into this linear math unknowingly. This is important to understand, as how you attempt to walk this cross-shaped path will determine both the quality of your life and your linear lifespan.

Notice how this path is divided into colored quadrants and squares that correlate to the perspectives of the **son** (S), **daughter** (E), **father** (W), and **mother** (N). In a functional sense, this repeating linear pattern organizes our individual and collective experiences with the sole mathematical intention to teach each participant the fundamental importance of these dual (son/daughter & father/mother) perspectives.

The geometry of the six-pointed star was used to Decode the structural message at Giza



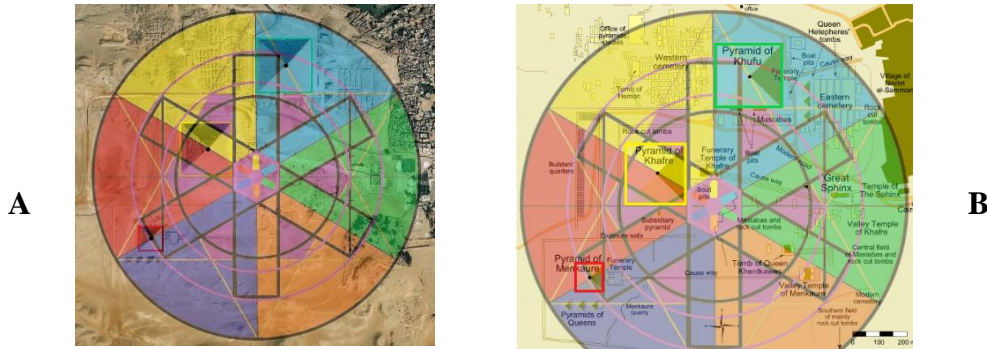
At this time, I will introduce the geometric key that unlocks the structural message encoded at the Giza complex. This geometric key will be referred to as the Star of Life. Please note that the Star of Life is interconnected by layers of geometry and is organized by color. The two inverted triangles that form the star relate to the emotional forces of life. The overlapping inner six rectangular columns within the star relate to the physical forces of life.

If you are unfamiliar with the geometric significance of the six-pointed star, please review the Mind-Body-Spirit Blueprint animation. That animation was designed to help everyone see the basic geometric patterns within the star needed to decode the theological and mathematical

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information the Giza Pyramid Complex was designed to preserve. To access that animation, visit the resources tab @ HealthReconnected.com.

When you superimpose the Star of Life over the Giza complex, it clearly outlines the essential awareness any civilization would need before they could achieve optimal individual and collective health. This geometric key highlights the individual and collective understanding needed to repair the social and environmental mess our defensive design encourages. Please be aware that this structural message guided the conclusions and strategies Health Reconnected is sharing.



In Figure A, the Star of Life has been superimposed over an aerial photo of the actual Giza complex. In Figure B, the Star has been superimposed over a detailed aerial map of the Giza complex. Please take a moment to examine how these ancient structures align and interact with the Star of Life. See how this geometric key aligns with the positioning of the Pyramids, Funerary Temples, Cause Ways, Tomb of the Queen, Valley Temple of Menkaure, Valley Temple of Khafre, Temple of the Sphinx, and the Sphinx.

To fully understand this structural message, we will need to discuss the symbolic meaning of each color included on this geometric key.

| Color | Micro Perspective | Macro Perspective |
|-------------|---------------------------|--|
| Red (1) | Son's perspective | Individual equality |
| Orange (2) | Daughter's perspective | Family equality |
| Yellow (3) | Father's perspective | National equality |
| Green (4) | Mother's perspective | Global equality |
| Blue (5) | Grandfather's perspective | Interconnects Individual and Family equality |
| Purple (6) | Grandmother's perspective | Interconnects National and Global equality |
| Magenta (7) | Physical family | Interconnects our physical perspectives |
| Magenta (8) | Emotional family | Interconnects our emotional perspectives |



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Now that the colors of influence have been paired with their micro and macro perspectives, we can discuss the message (mathematical objective) these stone structures were designed to preserve. Observe how the pyramids sequentially increase in size as their positioning shifts east and north,



creating incremental steps that start in purple and end in blue. These purple and blue sections are extremely important as they function to interconnect the four social perspectives that guide the expansion of our individual and collective awareness.

The interior blue triangle was added to highlight the geometric relationship the blue section forms with the red and orange sections. This triangular relationship indicates that the wisdom of the **grandfather's perspective** is achieved when every **individual** within your primary **family** is socially balanced and working together.

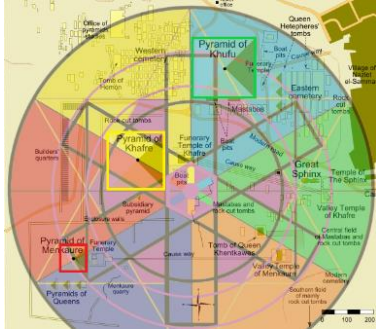
The interior purple triangle was added to highlight the geometric relationship the purple section forms with the yellow and green sections. This triangular relationship indicates that the wisdom of the **grandmother's perspective** is achieved when every **nation** within our **global** family is socially balanced and working together.

The blue and purple sections represent the eternal social wisdom needed to sustain a healthy environment. Life could not thrive, let alone exist, if our environment's vitality is compromised. It has recently become obvious that we have disrupted the balance in our environment, which means our individual, family, national, and global perspectives are all negatively unbalanced.

Unfortunately, because of our biological design, we do not figure this truth out until we have disrupted the health of our environment by disrupting the health of our families. As our families weaken over time, our social perspectives distort, and our shared environment suffers. This ancient complex confirms that for any individual, family, nation, or planet to enjoy optimal health, we must work together to rebalance these blue and purple eternal perspectives.

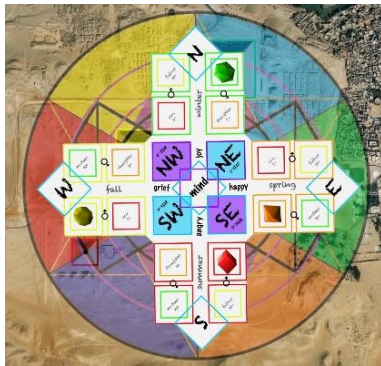
It is extremely important to note that the **grandfather's** and **grandmother's** wisdom is equally important and co-dependent on one another. However, the structural arrangement of the Giza complex clearly indicates that the grandfather's wisdom to reconnect and strengthen our families must be our immediate priority. This vital wisdom is confirmed by the pyramid in the blue section. This is the largest structure built on the complex and relates to the highest state of physical and emotional awareness that can be achieved. This structural arrangement clearly indicates the social and environmental stress we have created will not subside until we neutralize the stress within our individual families and work outward from there. The Giza complex was designed to confirm that the purpose of our linear life is to transcend our defensive biology and reconnect our families so we can then reconnect our nations to stabilize our world (shared environment).

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Each pyramid on this key has been outlined with their assigned quadrant color to help you visualize what truly inspired the red, yellow, and green thought strategy. I wish I could take credit for the power in that strategy, but the truth is that our ancestors knew it long before I ever stumbled upon this triangular pattern. I am profoundly grateful for what our ancestors have done. Spreading this vital awareness without the geometric proof these ancient structures provide would have made sharing this information seem impossible.

The rotational patterns that interconnect linear time within the cyclical construct of space



In this next section, we will interconnect the Cross of Life with the Star of Life, enabling us to see the rotational patterns that weave linear time and cyclical space together. To see these patterns, we will need to superimpose the Cross of Life graph over the Giza complex. This geometric overlay will allow you to see how linear time (Cross of Life) cycles within the never-ending expansive construct of space (Star of Life). These rotational cycles interconnect the linear progression of our physical awareness with cyclical expansion of our emotional awareness.

Please be aware that the pyramid structures at the Giza complex were designed and positioned to disclose the rotational patterns that interconnect our physical awareness (linear time) with our emotional awareness (cyclical space). When you combine and rotate the Cross of Life graph over the Giza complex, the pyramids interact with the cross to create a repeating mathematical pattern of alternating micro and macro rotational influences. To see these micro and macro rotational patterns, you must first be aware that the Cross of Life will rotate one degree clockwise every four years. This fundamental four to one ratio reveals the micro and macro rotational patterns that combine to guide the systematic expansion of our physical and emotional awareness.

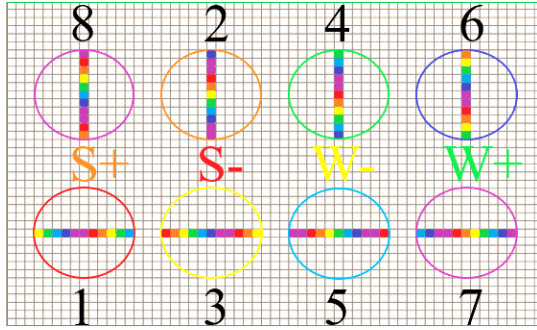
The micro rotational pattern relates to a 360-degree pattern. Because the cross rotates one degree every four years, this micro pattern will take 1,440 years to complete. This micro pattern can be equally divided into eight 180-year increments, which correspond to the eight color-coded micro perspectives previously outlined.

The macro rotational pattern relates to a 3,960-degree pattern. Because the cross rotates one degree every four years, this macro pattern will take 15,840 years to complete. This macro pattern can be equally divided into eight 1,980-year increments, which correspond to the eight color-coded macro perspectives previously outlined.

The best way to understand how these micro-macro rotational patterns interconnect our physical and emotional awareness is to graph them together. This simplistic graph reveals the combined

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rotational sequence that interconnects the macro perspectives of our emotional body with the micro perspectives of our physical body.



Please be aware that each circle on this graph represents a 1,980-year cycle of time. These eight circles are identified by color and number. In order from 1 to 8, (1) is the son, (2) daughter, (3) father, (4) mother, (5) grandfather, (6) grandmother, (7) physical (seen) family, (8) emotional (unseen) family.

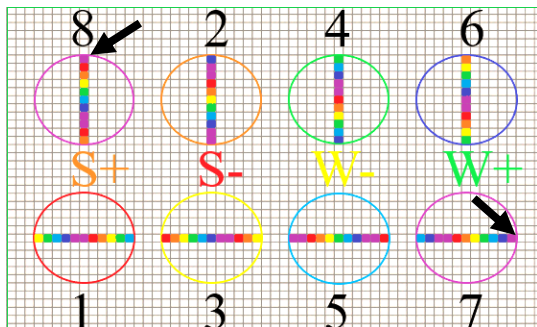
This macro sequence specifically relates to the amount of linear time that must elapse before we can understand the vital importance of our emotional awareness. Until this 15,840-year cycle is completed, no individual mind could fully comprehend how our emotional awareness ultimately dictates the state of our individual and collective health.

We will now shift focus to the micro 1,440 cycles of time. This micro rotational pattern can be seen inside of the circles, with each colored square representing a 180-year period. This micro rotational pattern interconnects the eight square perspectives of our physical awareness within the eight circular perspectives of our emotional awareness.

This size offset between the physical and emotional cycles of awareness creates an overlapping pattern. When you examine this overlapping pattern, you will discover it takes eleven 1,440 cycles of physical awareness to equal one cycle of emotional awareness ($11 \times 1,440 = 15,840$). This eleven to one ratio is also confirmed by the volume ratios between the pyramid in the blue and purple sections. When you divide the volume of the pyramid in the blue section (2,600,000 cubic meters) by the volume of the pyramid in the purple section (235,183 cubic meters) it verifies this eleven to one ratio. ($2,600,000 / 235,183 = 11$)

Even though the micro (1,440-year) and macro (15,840-year) cycles of awareness differ in size please be aware that they are both anchored to the same color sequence making either viewpoint equally important for individual (micro) or collective (macro) betterment. The smaller 1,440-year cycle represents the mathematics that determine the cycles of the moon. The larger 15,840-year cycle represents the mathematics that determines the cycles of the sun.

The macro 15,840-year expansive pattern recently resynchronized.

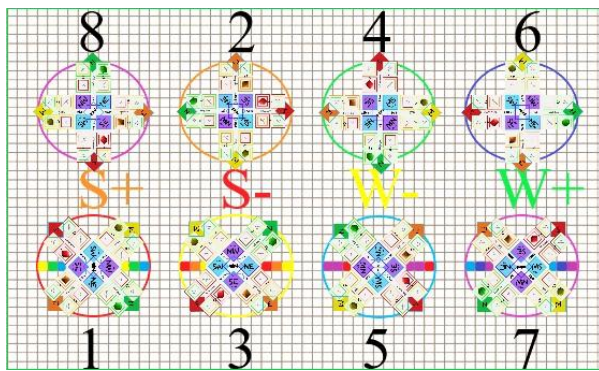


On December 21, 2012, the 7th cycle of emotional awareness completed. This indicates that we are currently in the 8th cycle of emotional awareness, which is both the end and beginning of the 15,840-year expansive cycle. The black arrows were added to this graph to highlight the resynchronization of the micro and macro rotational patterns that happen at the end of 2012.

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This graph highlights the massive amount of linear time required to resynchronize the micro-macro rotational patterns of physical and emotional awareness. This 15,840-year expansive cycle verifies why stone was chosen as the building material for the Giza complex, as these monuments would need to withstand thousands of years of erosion. Our ancestors understood this massive cycle of time would ultimately be repeated, creating the essential physical awareness our civilization would need before we could fully understand the vital importance of our emotional awareness.

In this next graph, the Cross of Life positioning has been paired with its corresponding cycle of time. These distinct positioning will help you visualize the importance of the 1,980-year sequence of time. If you rotate the Cross of Life 495-degrees for each 1,980-year cycle, this is the repeating rotational pattern that is created. Notice that the top four circles share a cross configuration, and the bottom four circles share an X configuration. Specifically, notice that within those two

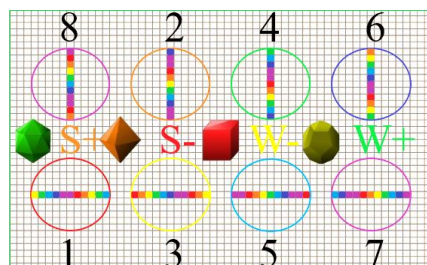


common configurations, the positioning of the Cross of Life rotates a quarter turn, creating eight unique cycles of time.

This combined graph was designed to highlight how each cycle of time has a unique starting position. As linear time moves forward, these positions rotate clockwise. This helps you visualize how the end of one linear cycle will start the beginning of the next.

How linear time is organized within platonic space

Next, we will briefly discuss the geometric structure of the three-dimensional space. To best visualize this, we will need the help of platonic solids. Platonic solids are perfectly symmetric, three-dimensional shapes that pair within each other creating the geometric construct we perceive as space. This illustration demonstrates what three-dimensional platonic space looks like before we connect the eight 1,980 cycles of time within them.



This next graph has been modified to help you visualize how each platonic solid diagonally connects two 1,980-year cycles of time together. The orange octahedron connects time cycles 1 and 2. The red cube connects time cycles 3 and 4. The yellow dodecahedron connects time cycles 5 and 6. The green icosahedron connects time cycles 7 and 8.

The right side of this modified graph demonstrates how the eight cycles of time fit within the geometric structure of platonic space. Notice the hourglass shape of time created by the layering of the platonic solids. The red and orange dimensions of time fit within the octahedron. The yellow

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and green dimensions of time fit within the cube. The blue and purple dimensions of time fit within the dodecahedron. The magenta dimensions of time fit within the icosahedron.

The hourglass shape created by space and time has been described by previous cultures as the Tree of Life. The tree below ground relates to the roots of our physical or scientific beliefs, and the tree above ground relates to our emotional or moral beliefs. The geometric arrangement of these interconnected cycles of time helps you visualize how moral belief and scientific belief are complementary, not contrasting.



I mention this because there have been many religious prophets of the past that have attempted to describe the top of the tree (purpose of life) before we had the scientific roots to confirm their hypothesis. We have finally developed the technological capacity (roots) to fully comprehend that our entire existence (Tree of Life) is made possible by a multidimensional reality designed to teach us how to think and act as an interconnected family. **This would indicate that we are in a mathematically dictated reality specifically designed to expand our physical and emotional awareness.**