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# The Natural Birth Control Book *Revised and Updated*

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## FRONT COVER PHOTOGRAPHY

by Elizabeth and Dan Murphy, of their children, Lauren and Lila standing at the north rim of Grand Canyon.

## BACK COVER

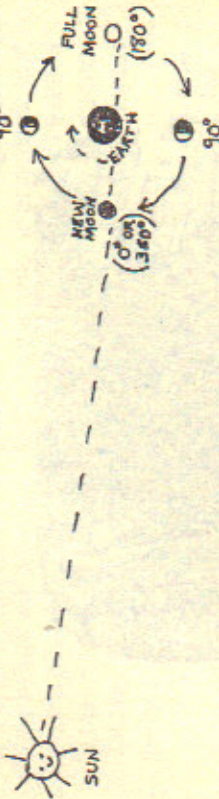
This picture and the words beneath it were selected from the book, *Tenderness*, and donated by its author/photographer, Bob Sanchez of Pageant Poseidon Press in New York City, publishers of *Tenderness*. (See details in appendix C.)

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## Chapter 2 Astrological Birth Control



Here we shall meet a method of birth control which has been more fully researched and tested than mental control of conception. This is the Jonas-Rechnitz method sometimes called "Astrological Birth Control" because it is based on the discovery that most women can have a fertile time in addition to the usual ovulation time and that this fertile period is related to the position of the sun and the moon at the woman's birth time.

When this method is calculated and combined with the old rhythm method or the newer, more effective Ovulation Method (fully discussed in the next chapter), it provides a natural, effective and safe means of birth control which tests have shown to be 97.7% effective. This means that if no other system of birth control is used for one full year, only 2.3% of the women using it will become pregnant unexpectedly. On the average, this would be one unexpected pregnancy in 43 years. This is almost as effective as the "pill", yet has neither the cost, danger nor side effects of artificial methods.

Until recently, most of the women who have tested Astrological Birth Control have used it along with the old rhythm method. Had they used it along with the Ovulation Method, the surveys probably would have shown better than the almost 98% effectiveness.

Those women whose menstrual periods are very regular, can still combine the ABC method with the rhythm method with great success, but

**NOTE.**—Although ancient astrology, as we know it today, is not to be considered an exact science—certainly not exact enough to use as a method of birth control per se, recent scientific studies have shown that there are certain relationships, which are statistically evidential, between times of birth and positions of heavenly bodies. Astrological birth control is not based on ancient astrology but on careful experiments with thousands of women. We don't know exactly why, but the method works. (See Appendix B for information on *The Scientific Basis of Astrology* by Michel Gauguelin, which shows that some of the relationships advocated by traditional astrology can be statistically proven.)

effective control in that way requires more abstinence than the newer methods. To use the old rhythm method, simply count fifteen days from the start of the menstrual period. The first day of bleeding is day one. The fifteenth day is regarded as the most probable day of ovulation. (If the cycle is regularly less than 27 days, shorten the fifteen days by the same amount. Increase the fifteen days in the same way if the cycles are generally longer than 29 days.) The fifteenth day and the six days before it as well as the six days after it, are regarded as possibly fertile. You should abstain for thirteen days. If you wish to take a somewhat greater risk of pregnancy, you can take only seven days as fertile, and abstain for three days before and three days after the fifteenth day. Using the Astrological method with the rhythm method in this way, the Czech researchers reported the method was 96% effective.

A controlled test in Nitra, Czechoslovakia in 1968 showed that of 1,252 women who used the method for a year, only 28 became pregnant. Most of these were women whose menstrual cycles were irregular. For them, determining the ovulation fertility times could not have been very accurate. (Later, in a chapter called, "Lunaception", we will talk about natural ways to regularize irregular periods.)

With the Ovulation Method and many other ways of detecting ovulation which will be discussed later, the effectiveness of Astrological Birth Control can be increased and the number of days of abstinence can be reduced.

Since 1971, two surveys of women using Astrological Birth Control have been made in the United States and both of these have verified the effectiveness of the method. The success of both of those surveys and the very many grateful letters from women using natural methods of birth control have convinced us that there is a great need for this book to be widely published throughout the world and in the next year it should be available in six languages at least.

The astrological method was first discovered in the mid 1950's by the Czechoslovakian psychiatrist-gynecologist, Eugen Jonas. He, and many of his countrymen and women were Catholic and used only the rhythm method which was relatively ineffective. Since he was concerned about the harmful emotional effects of abortions, just legalized in the adjacent country of Hungary, he sought a more effective, natural method of birth control.

After considerable study he uncovered a constantly repeating cycle that correlated the angles of the sun and moon to periods of fertility. At first the system met with great skepticism. Astrology was viewed as a pseudo-science. In 1958 a professor of Gynecology in Budapest, Kurt Rechnitz, verified Jonas' laws with material from the Budapest Maternity Clinic.

By 1968 a full-time birth control research center named Astra was begun under Dr. Jonas in Nitra, Czechoslovakia. At the end of January, 1969, Astra's Scientific Board evaluated the experience of 1,600 women who had used the Jonas-Rechnitz method for four months. In 1970, after a full year's testing, they issued the following report:

Statement of the Scientific Council of Birth Control

Research Center, 'Astra', Nitra

"In 1956 Dr. Eugen Jonas discovered certain laws and regularities between cosmic influences and a woman's optimal days for conception. Two years later these regularities were checked, verified and completed on the material of the Budapest Maternity Clinic by Dr. Kurt Rechnitz, an associate professor of gynecology in Budapest. In 1968 a Birth Control Research Center named Astra was established in Nitra, Czechoslovakia, which already during the first six months of its existence, carried out 10,000 calculations for women who volunteered to test Dr. Jonas theory. The calculations were made in four categories:

- (1) Calculation of the sterile days on which no conception can take place.
- (2) Calculation of the days on which the conception of a boy or girl may be expected in accordance with the wishes of the married couple.
- (3) Calculations of the days of increased susceptibility to conception in the case of women for whose sterility no medical reason can be given.
- (4) Calculations of the days on which a healthy child may be expected to be conceived.

"A year later the results of the tests of category (1) were appraised by a team of the Scientific Council as follows:

"We the undersigned members of the Scientific Council of the Birth Control Research Center, Astra, have examined 1,252 appraisable cases\* which occurred between July and December, 1968 and which participated in the test for 12 months.

"The questionnaires returned were signed by the women participating in the test. Their answers confirmed the reliability or unreliability of the method.

"We have found that out of the 1,252 cases examined, 1,224 could be positively appraised, and only 28 cases proved negative.

"This means that the reliability of the method, during a test period of 12 months, reaches 97.7% which corresponds to 2.2 in Pearl's Index.

\*When a survey is made, there are always certain criteria decided in advance which each returned questionnaire has to meet. Evidently some of the 1600 women mentioned above did not meet some of the requirements: for instance, a woman may have left her husband during the year, and stopped having sexual relations, etc; 1,252 of the responses were judged to be useable.

"At the time it should be born in mind that this is a completely physiological method against which there can be no counter-indications on the medical side, and which are impeccable also from a moral and religious point of view. It may be assumed that the balances of cases calculated, amounting to several thousand, will also give a positive result.

"We the undersigned declare that we have made this statement after a careful assessment of the material on hand, April 11, 1970".

Signatures were affixed in the following order: Dr. Kurt Rechnitz, Assoc. Prof. of University; Dr. Eugene Jonas; Dr. Helene Fazik, A.M.; Dr. Barna Balogh.

The first report of the method in the United States was made in the book, **PSYCHIC DISCOVERIES BEHIND THE IRON CURTAIN**, by Shiela Ostrander and Lynn Schroeder, published by Prentice Hall in the Spring of 1971. (Available now in paperback; see appendix.)

That book reported on Dr. Jonas' discovery of the 'cosmic' or 'astrological' fertility period which seems to occur when the moon is in the same phase (or angle to the sun) as it was in when the woman was born. When the moon is full, the angle is 180 degrees; a half moon is 90 degrees, first quarter moon; 45 degrees, etc. The sun-moon angle repeats about thirteen times each year, and each woman's angle is determined by the approximate time and place of her birth. If the birth time was affected by medical procedures to induce or delay labor, or even a cesarean section, that seems to have no effect at all. Birth time is still valid.

It is found that the most fertile time of the astrological or 'cosmic' fertility period is the 24 hours just preceding the sun-moon angle at which the woman was born. This is the period that can be most effectively used for conceiving when that is desired and most carefully avoided when conception is not desired. For the purpose of birth control, it is necessary to assume that the sperm may live for 2½ days in the woman's body before that day and that to be safe it is also necessary to abstain for about 12 hours after that time. The twelve-hour safety factor was added to replace a six-hour safety factor used by Dr. Jonas in his research and this was done on the advice of E. Rolf Schweighart of Vienna who continued the research after Astra International was closed by the Russian invasion. (It seems that Dr. Jonas was outspokenly in opposition to the invasion.)

Since the cosmic fertility period is more regular than the average woman's menstrual periods, it may occur at any time in a woman's menstrual cycle. This may account for the previously unexplained fact that some women have conceived as a result of intercourse during their menstrual period. The Knaus-Ogino theory which is the basis for the rhythm method could never account for such occurrences.

### Both Fertile Periods to be Observed

Dr. Jonas was of the opinion that only fifteen percent of pregnancies occurred in the rhythm fertility time which is midway between the menses and that eighty-five percent of pregnancies occur in the cosmic fertility time. Whether these percentages are correct, we do not really know, but for maximum effectiveness, it is necessary to abstain from sexual intercourse during both of these fertile times. The total time of abstinence will be four days for the cosmic fertility time and possibly ten days for the ovulation fertility time. Often, both of these periods will coincide, thus reducing the total time of abstinence, and probably increasing fertility at that time. (Current research into electronic detection of ovulation and natural regulation of ovulation times is likely to further reduce the time of abstinence required for many women. See later chapters of this book.)

### No Birth Control Pills

Birth control pills cannot be combined with Astrological Birth Control. If you have been using the pill it is necessary to discontinue it, and, while avoiding pregnancy in some other way, wait until you have normal menstrual periods again. This may take three months or more before you can use the completely natural methods with total assurance.

It is possible to use mechanical contraceptive methods such as a condom (rubber) or a diaphragm with foam or cream, etc., when having intercourse during possibly fertile times. However, this is not advised as our most recent survey shows that many of the women who did so became pregnant. For such women, the only advantage of natural birth control is that they could neglect those devices in times that are not fertile without seriously increasing the risk of pregnancy. See the chapter on Fertile Time Togetherness for other alternatives.

### A Question About Spermicides

One disturbing question regarding chemical spermicides does arise and needs further study if these are to be considered at all safe. Spermicides (contraceptive creams, jellies, forms) are poisons that kill sperm. The high rate of failure that they have (10-30% per year) indicates that some sperm penetrate the poison and even fertilize an egg. Is it possible that the sperm is sometimes damaged in the process of penetrating the poison and that the damage to the sperm could be a cause of birth defects? Can the rapid rise in birth defects in the last decades be in part attributed to the use of spermicides? If any scientific study of this question has been made, please send a report to Aquarian Research. If

received it will be discussed in our newsletter and in future editions of this book.

### Ovulation Detection Experiments at Yale

Experiments by Harold Saxton Burr and associates at Yale University about forty years ago showed that many women (actually seventy per cent of those tested) sometimes ovulated at times quite outside the expected ovulation times. Thirty per cent ovulated only at the time between the menses when ovulation is expected according to theories currently accepted. More will be said about this in the chapter on the electronic detection of ovulation.

### New Information on Natural Birth Control

Since the last edition of this book was published in 1974, much new information has become available and the book was published in Dutch and Portuguese editions. Offers were received to publish the book in German, French and Italian. But we decided that before making it a world-wide thing, at least one more survey should be undertaken. This was done with the help of John and Wendy Varga, independent researchers in East Brunswick, N.J. and the text of their report was exactly as follows:

"This survey has been undertaken in an effort to determine the effectiveness of the natural birth control methods described in THE NATURAL BIRTH CONTROL BOOK by Rosenblum and Jackson (1974), published by the Aquarian Research Foundation of Philadelphia, Pa. The survey should not be understood to be a scientific or controlled experiment, but rather an attempt to gather feedback from those who have been interested enough for whatever reason, to seek out a more natural method of birth control.

"Eight hundred questionnaires (part I and II) were sent to women who use or have used some method of natural birth control. (400 of those wrote in, asking to be on the survey. The rest were taken from names of people who had paid to have calculations made by another group, but we do not know if they were using the method. Art R.) As of September 1, 1975, we have received 233 returns of part I and 207 returns of part II. Completed questionnaires (i.e. parts I & II) were received from 206 women who use, have used, or plan to use a natural birth control method, and these have been used to compile the following information.

"From the 206 completed questionnaires we determined that 55 women are using the Natural Birth Control method properly. (The criteria for proper usage being *abstention* during *both* cosmic and

ovulation fertile times as determined by the rhythm or Billings Ovulation Method in combination with the astrological charts printed in the NBC Book.) Of the 55 women who abstained from intercourse during these fertile times, two (2) had unwanted pregnancies. A follow up will be done to determine if calculations were correctly done. However, as of this date we must report that 2 out of 55 is the rate of failure for the method.

#### Those Not Using Method

"130 women returned questionnaires indicating that they were having intercourse either during the cosmic or ovulation fertility time, or both. Of these 130 women, 49 indicated that they had conceived unintentionally. Many made obvious mistakes ("Forgot the date" or "couldn't say 'no'") and quite a few did not understand the method or weren't attempting to use it at the time, but returned questionnaires anyway.

"Most frequently these unintentional conceptions took place while using some kind of birth control device (diaphragm, condom, foam, etc.) The diaphragm is used most often (25 of the 49 pregnancies, 34 of the 81 who did not get pregnant).

"Many of the questionnaires returned indicated a belief in psychic, or mental control of conception. However, we cannot report any solid information regarding this method because the information received is very subjective. We hope to see further research in this area in the future.

"Twenty women reported that they were using or had used the methods to conceive. Fourteen of these successfully conceived while using the method. (One woman used it twice to successfully conceive).

"Of the six unsuccessful experiences, one has been trying various methods for six years, another for 10 years. None indicate a previous pregnancy and two have been trying for only two months.

"It took an average of 2½ months for the women who conceived to achieve success, the longest time being 5 months. Nine (9) women conceived during cosmic fertility, and three during ovulation fertility; two were not sure when conception took place.

"Seven women tried to choose the sex of the child. 2 were successful, 2 were not successful, and 3 have not yet given birth. (one more has since given birth to sex desired - Art R.)

#### Conclusion

"We have tried to avoid drawing conclusions and to state the

information as it has come to us. There is much more valuable information contained in the questionnaires and we are hopeful that someone in the Philadelphia area who has the time and interest will volunteer to help with this project. We hope to see more work done in the areas of natural birth control. The need for further research and experimentation is obvious. Virtually all questionnaires returned indicate negative experiences with artificial means of birth control (pill, I.U.D., etc.)."

John Varga.

**Comments from Aquarian Research:** The above report from Mr. Varga has been printed as written and the original may be seen in our files. Here at ARF, we have added up the total months of use of the natural methods by the 55 women referred to and found that the average time was 18.78 months.

We checked with the two women who became pregnant unintentionally to see if they had done the calculations correctly. One had done them correctly and the other could not remember her natal angle so we don't know if she erred.

Percentage calculations based on the 55 returns used showed that the failure rate was 2.4% per year. That is almost the same as the Czech study which indicated a failure rate of 2.3% with 1,252 women. Therefore we have no reason to doubt the Czech study on the question of preventing conception. So we decided to continue to publicize the method and permit the translation of the work into additional languages.

#### Personal Computerized Charts and Predetermination of Sex

The original study gave no scientific report on the use of astrological methods to predetermine the sex of the child. The returns we have received are inconclusive on this point. Since the calculations are also quite complicated we have decided not to reprint them. Anyone wishing to test the method which Dr. Jonas devised could obtain their calculations accurately computerized along with calculations for all fertile times for ten or twenty years by writing to:

Circle Institute (Telephone No.: (902) 423-7527)  
P.O. Box 3113

Halifax, Nova Scotia, Canada B3J 3G6

The charge for the service is \$20.00 for ten years of calculations and \$25.00 for twenty years. ( See Page 91.) It is necessary to send name, address, year, month, day, and hour of birth (if known) as well as the place.

As a little aside on the relationship of moon position to the predetermination of sex, we received the following letter:

"Dear People,

"I have been attempting to breed dairy goats according to moon signs to produce more female kids. The natural proportion is about 45% female to 55% male and in the industry it is females who are in most demand. The first two years results seemed positive. Does bred in female moon signs produce female offspring - bred in male moon signs produce male offspring. Those bred when the moon was changing produced male and female offspring. This year, however, all the does bred in female moon signs produced males! Help. Have you any suggestions as to what to try next?"

Unfortunately, the total number of does bred was apparently only 10 (3 or 4 each year) and the total number of kids, 18 so the test was rather small.

#### Natal Angles and Pregnancy Problems

In previous editions of this book, we have at all times mentioned Dr. Jonas' belief that women having certain sun-moon angles existing at the time of their birth (such as 180, 360, etc.) were especially prone to problem pregnancies if they conceived at the cosmic fertility time. We have published that since 1971, and up to now we have not had a single indication that this has been found to be fact by other researchers or by ordinary people using the method. We feel therefore that until further studies are done, that information should be seen as opinion only.

Evidently, a much more serious cause of birth defects and miscarriages is excessive drinking of coffee by pregnant women. In a study of 550 families at the University of Illinois it was found that women who drank an average of seven or more cups of coffee a day lost their babies by miscarriage in 13 out of 14 cases. Various other drugs have also been known to cause problems in pregnancy and the best advice is to eat the most natural diet possible during pregnancy. A healthful, peaceful state of mind, that can often be attained by some form of meditation would also be highly advisable.

#### Scientific Research in the Field

There are some scientific research projects relating to birth defects and other cycles. One deals with Down's Syndrome (Mongolism) and is

being worked on by Betty Lieberman (P.O. Box 308, Giddings, Texas, 78942). Anyone with information about the birth of a child with this defect is asked to contact Ms. Lieberman.

#### Birth Defects and Difficulties in Pregnancy

Another organization helping women with difficulties in conceiving healthy children when there is no hereditary defect is Planetary Eugenics run by Robert Kimball (P.O. Box 2884, Santa Rosa, Ca. 95404); Tel. # is (707) 527-5816.

Although they are using some "astrological methods", their research seems to be directed along sound scientific lines. We suggest that women who have had miscarriages, children with birth defects, or difficulty in becoming pregnant, contact that organization. I would also like to ask that if you do, please write to A.R.F. and let us know whether help was obtained. Then we can inform others.

A very interesting observation they made was that women who have been trying to get pregnant for six months or longer tend to conceive when their ovulatory and astrological fertility cycles begin to co-incide. This might suggest that a woman is especially fertile when these two cycles occur close together. They also found that when a woman is trying to get pregnant for at least six months, her ovulation fertility time tends to coincide with her cosmic fertility time whereas when she is not trying to get pregnant, the relationship between the two fertile times seems to be entirely random. Almost none of the women involved with this were aware of the cosmic fertility time so that this effect could not have occurred as a result of conscious desire. This research could suggest that the cosmic fertility time, and hence Astrological Birth Control is an objective reality whether or not people are aware of it. Their research has also led them to the conclusion that, at least for American women, most conceptions appear to be due to the normal ovulation time and not the lunar cycle.

Mr. Kimball told me that at present they have found the astrological predetermination of sex to be less than seventy percent effective in this country (based on their study of 800 cases). Planetary Eugenics is seeking to improve the percentage with further research. If you would like more information on the current status of their fertility or sex predetermination research just send a letter along with a stamped, self addressed envelope.

#### Scientists Object to Astrology and Astrological Birth Control

According to an article published in the Sept./Oct. issue of "The Humanist", 186 leading scientists of the United States have published a

statement detailing their objections to astrology, calling it a type of magic rather than a science. They claim, of course, that there is no way the planets, or especially the stars, could exert any effect on people on this planet because of the great distances between those bodies and our planet. A short section is given to decrying the use of astrology as a means of birth control, and it is suggested that whatever success Dr. Jonas might have had was due to his use of the rhythm method. (Though it was the failure of the rhythm method by itself that led him to do the research.)

In general, I am somewhat inclined to agree with the scientists. I am not convinced that astrology is valid as a science, at least not in the way it is currently used by the public. I do not pay any attention to my horoscope. I suspect that it is mostly vague generalities that could apply to others as well as myself. I have also found no factual evidence for some of the statements made by Dr. Jonas, and I am aware that some of his calculations seem to be inaccurate. It is only the work on preventing and producing conception at certain times that seems to have undergone any scientific testing. It should also be noted that Dr. Jonas himself at first believed that he had discovered the only fertile time that women have, when he came up with the natal angle relationship. It was the work of other, more careful researchers that showed that Dr. Jonas was only partly correct, but they also had to agree that where he was right, he was indeed right. In any case, there is hardly anything of astrology involved with "Astrological Birth Control" as it is only related to the sun and the moon and it is well known that there are some definite relationships between those bodies and many life forms on this planet.

We have received so much evidence of women becoming pregnant when the rhythm method indicated that they wouldn't, and of others succeeding in achieving a desired pregnancy when other methods had failed, that it seems reasonable to accept, at least the possibility of conception, in the cosmic fertility time.\* It could also do no harm to be aware of its possible assistance when conception is desired.

From the evidence given in the scientist's article it is also fairly clear that Astrological Birth Control was mentioned more because it used the name, "Astrology" than because of any evidence that the method failed to work.

Of course, I have also given some thought to the possibility that this method works because it is expected to work - a sort of "mental control". The evidence seems to be against that idea. However, if that is the way it works, then it is the most effective type of mental control that has been developed.

Finally, it should be mentioned that science has not yet finished its

\* To be accurate in researching this question, the Ovulation Method should also be considered. See Chapter 3.

investigation of the universe, and at about the same time as the above mentioned article was published in "The Humanist", another article, written by M. Ruderfer of Hempstead, N.Y. (Dimensions, Inc.) was published in "Physics Letters", Oct. 6, 1975. This article shows it is possible that solar neutrinos, sub-atomic particles that reach the earth in large numbers, are able to scatter electrons in the human brain. These can cause noise frequencies which can eventually have an effect related to what is presently observed by some scientists under the name of cosmic clocks or biorhythms.

John Ott, author of HEALTH AND LIGHT, reported an experiment in which a plant which tends to open and close with the sun was put in a place where the sun's light could not affect it. Nevertheless, it continued to respond at the same time. Then he took the plant into a deep mine and found that it was only at a depth of several thousand feet that the opening and closing mechanism ceased to function. Could that be connected with solar neutrinos, and could they also produce certain rhythms in people?

So the debate may rage among the scientists for many a year, but many of them will probably go home and make love with their partners when they are in a "naturally safe" period.

#### Method of Calculation: Safety in a Minute \*

Calculating one's cosmic fertility time is a simple operation because in the back of this book you will find computerized charts which give the angle between the sun and the moon for every day of every year that might be required until the year, 1982, and charts beyond that are available. (See coupon in back of this book.)

Here's a quick way to tell if the present time is fertile or not. Assuming that you know that you are outside of your ovulation (or rhythm) fertility period (which is fully explained in the next chapter), this is all you have to do:

Look in the back of the book for the sun-moon angle chart marked at the top with the year that you were born. See the column that is headed with your month of birth. Look at the date of your birth in that column, and see what angle (a number between 0 and 360) is opposite that date in the column of numbers just to the right of the dates of the month. That is the angle that existed between the sun and the moon on the day of your birth. Write it down.

Now, turn towards the back of the book even further to the chart that is headed for the present year, and look at the column for the present month in that chart. Again, to the right of the dates, you will see figures that represent angles between 0 and 360 degrees. Find the angle in that column of angles that is nearest to the angle that you wrote down.

\* A new (1977) simplified method of calculation for cosmic times can be had by sending stamped, self-addressed envelope to publisher (A.R.F.)

Remember that in a circle, 0 degrees and 360 degrees are the same thing so that an angle of 2 degrees is very close to an angle of 359 degrees, actually only three degrees away. When you find the nearest angle, look to the left of it and see what date of the month is shown for that angle. That date is approximately when your four-day cosmic fertility period should end. However, it is only approximate since we did not consider the time and place of your birth. Therefore, to be safe that date must have passed at least two full days ago, or if it lies in the future it must be at least six full days away. Since cosmic fertility periods start about every 28 days, if that date has passed more than 22 days ago, then you might not be safe because the next fertile time is about to start.

Actually do the above calculation now, before you read the rest of these instructions so as to familiarize yourself with the charts that we are talking about. If you don't, you may not understand what follows.

### The Detailed Method

The instructions that follow will determine very accurately your cosmic fertility period. Remember that the safety margins of two and a half days preceding and one-half day following the occurrence of the angle are already figured into these instructions--a safety margin, incidentally, that is six hours longer than the one used in the original Jonas-Rechnitz tests which yielded the 97.7 percentage of effectiveness.

### Part 1

- A. Locate the yearly chart corresponding to your year of birth.
- B. Find the date of your birth on this chart and write down the angle that appears beside it.
- C. Write down the hour of your birth to the nearest hour.

[Within a couple hours is close enough.]

The angles given in the charts are the angles between the sun and the moon for each day at 7:00 a.m., eastern standard time. That would be the same as 6:00 a.m. central standard time, 5:00 a.m. mountain standard time, or 4:00 a.m. pacific standard time. Note that 7:00 a.m. eastern standard time is the same as noon, Greenwich mean time (England). To find equivalent hours in other parts of the world, you can call your library, airplane office, or your Bell Telephone overseas operator (it's a free call.)

- D. Next to the angle for your date of birth write down the above hour corresponding to the time zone in which you were born. If you

were born in New York, you would write down 7:00 a.m. If you were born in California, you would write down 4:00 a.m.; Britain and much of Europe, 12:00 noon; etc.

E. Note how many hours different your time of birth was from the time you wrote down in Step D. Stay within the same 24-hour period.

F. Since the sun-moon angle changes by about 12 degrees each day, each two hours of difference between the time of your birth and the time given in Step D would correspond to a change of 1 degree in your natal angle. Therefore divide the number of hours' difference you wrote down in Step E by 2, and write down that figure. If you were born earlier than the time of day you wrote down in Step D, subtract that figure from the angle shown in the chart. If you were born later than the time shown in Step D, add that figure to the angle you wrote down in Step B. The result is your natal angle. In case the angle in the chart for your date of birth is too small to subtract from the figure you wrote down in step F, add 360 degrees to the small angle and then subtract (360° is a full circle and actually changes nothing). The result is your correct natal angle. Likewise, if the result of the addition was higher than 360 degrees, simply subtract 360 degrees from it to obtain your natal angle.

### Example for Part 1

Ann was born in New York City between 1 and 3 a.m. on the 14th of November, 1927. She proceeds as follows:

- A. She locates the chart of angles for the year 1927.
- B. She finds November 14th and sees that the angle beside it is 250 degrees. See sample charts on next page; 1927 above, 1977 below.
- C. Not knowing the exact hour, she assumes that 2 a.m. is close enough (which it is).
- D. She was born in New York City, so she writes down "7:00 a.m." next to 250 degrees.

E. She notes that the difference between 7:00 a.m. and her time of birth is 5 hours.

F. She divides that in half and gets 2.5, which she rounds off to 3. Because her time of birth was earlier than 7:00 a.m., she subtracts 3 from 250 degrees and comes out with a natal angle of 247 degrees.



Sun-Moon Angles for 1927

JAN	MAR	MAY	JUL	SEP	NOV
1 330	1 328	1 360	1 27	1 58	1 76
2 343	2 342	2 14	2 39	2 68	2 88
3 355	3 356	3 27	3 51	3 79	3 101
4 9	4 10	4 40	4 62	4 91	4 114
5 27	5 24	5 53	5 73	5 102	5 127
6 35	6 38	6 65	6 84	6 114	6 141
7 49	7 52	7 77	7 95	7 126	7 155
8 62	8 65	8 88	8 106	8 139	8 169
9 75	9 78	9 100	9 117	9 152	9 183
10 89	10 91	10 111	10 128	10 166	10 197
11 102	11 103	11 122	11 140	11 180	11 211
12 114	12 114	12 133	12 152	12 194	12 224
13 127	13 126	13 143	13 164	13 208	13 237
14 139	14 137	14 154	14 176	14 222	14 250
15 151	15 148	15 165	15 189	15 236	15 262
16 163	16 159	16 177	16 202	16 249	16 273
17 175	17 170	17 188	17 215	17 262	17 284
18 187	18 181	18 200	18 228	18 274	18 296
19 198	19 192	19 211	19 242	19 287	19 307
20 209	20 203	20 223	20 255	20 299	20 317
21 220	21 213	21 235	21 269	21 310	21 328
22 231	22 224	22 248	22 282	22 322	22 339
23 242	23 236	23 261	23 295	23 333	23 350
24 253	24 247	24 274	24 308	24 344	24 361
25 264	25 258	25 287	25 320	25 355	25 372
26 275	26 270	26 300	26 333	26 366	26 383
27 286	27 282	27 314	27 345	27 377	27 394
28 298	28 295	28 328	28 357	28 388	28 405
29 310	29 308	29 341	29 389	29 399	29 416
30 322	30 322	30 355	30 421	30 430	30 441
31 335	31 336	31 38	31 32	31 50	31 60

( These are sample charts for half year only. )

Sun-Moon Angles for 1977

FEB	APR	JUN	AUG	OCT	DEC
1 148	1 144	1 175	1 207	1 228	1 243
2 160	2 157	2 189	2 220	2 239	2 254
3 172	3 171	3 203	3 232	3 249	3 266
4 184	4 185	4 217	4 244	4 260	4 277
5 197	5 198	5 231	5 255	5 271	5 289
6 209	6 212	6 244	6 266	6 282	6 302
7 222	7 226	7 256	7 277	7 294	7 315
8 235	8 240	8 268	8 288	8 305	8 329
9 248	9 253	9 280	9 299	9 317	9 343
10 261	10 266	10 292	10 310	10 330	10 357
11 274	11 279	11 303	11 321	11 342	11 368
12 287	12 291	12 314	12 332	12 355	12 381
13 301	13 303	13 325	13 344	13 368	13 394
14 314	14 315	14 335	14 355	14 379	14 407
15 327	15 327	15 346	15 366	15 389	15 420
16 339	16 338	16 357	16 377	16 400	16 433
17 352	17 350	17 368	17 388	17 411	17 446
18 364	18 362	18 380	18 400	18 422	18 459
19 376	19 374	19 392	19 412	19 433	19 472
20 388	20 386	20 404	20 424	20 444	20 485
21 400	21 398	21 416	21 436	21 455	21 498
22 412	22 410	22 428	22 448	22 467	22 511
23 424	23 422	23 440	23 460	23 481	23 524
24 436	24 434	24 452	24 472	24 493	24 537
25 448	25 446	25 464	25 484	25 505	25 550
26 460	26 458	26 476	26 496	26 517	26 563
27 472	27 470	27 488	27 508	27 529	27 576
28 484	28 482	28 500	28 520	28 541	28 589
29 496	29 494	29 512	29 532	29 553	29 602
30 508	30 506	30 524	30 544	30 565	30 615
31 520	31 518	31 536	31 556	31 577	31 628

Part 2

A. Add 6 degrees to the natal angle you just arrived at in Step F.  
 B. The angle you now have is your working angle. The 6 degrees was added to provide the twelve-hour safety factor at the end of your fertile period. Write down the working angle and put a circle around it. That is the angle you will use to find your fertile period for each month. It will not change.

Part 3

A. Locate the chart of angles for the current year.

B. Find the present month of this year in the chart for this year and locate the angle which is nearest to your working angle. Write down the date which is opposite that angle, and write down the angle also.

C. Note the number of degrees of difference between your working angle and the angle which you have found that is nearest to it. Write down this number. (Remember that in a circle, 360 degrees and 0 degrees are the same, so that an angle of 2 degrees is only 3 degrees away from an angle of 359 degrees. You can add or subtract 360 degrees without changing the angle in any way: e.g., 2 degrees and 362 degrees are the same angle.)

Since the moon moves about 12 degrees in 24 hours (technically, the motion actually varies between 10 and 15 degrees), each degree is approximately two hours. Thus, multiply the number of degrees' difference by 2 to get the number of hours you must add or subtract from the time the charts are set for in your location.

If your working angle was larger (or would seem to come later in the chart) than the nearest angle listed, add those hours to the time for which the chart is set.

If your working angle is smaller (or would come earlier in the chart than the nearest angle given), subtract the number of hours (found by doubling the difference in degrees) from the time for which the chart was set.

In either case, the time you now have is the end of your astrological fertility period. The start of the period is at the same hour, just four days earlier. Count the days back on your calendar as in the example below. In doing this, however, there are two little

cautions to observe:

1. If you should go past midnight when you add or subtract hours, be sure to change the date to that of the new day; and in the same way, be sure to change a.m. to p.m., etc., if you go past noon.
2. When an astrological fertility period ends at the start of a month, there may also be one at the end of the month, so look for it. They fall at intervals of every 28 or 29 days.

#### Example for Part 3

- A. Ann locates the chart of angles for the present year: say, 1977.
- B. She then locates the current month (assume June, 1977) and looks for the angle which is nearest to her working angle. Ann's working angle is 253 degrees, and the angle nearest that is 256

JUN	1	175
	2	189
	3	203
	4	217
	5	231
	6	244
	7	256



degrees on the 7th of June, 1977. She writes: June 7, 1977-256 degrees.

C. Though born in New York, Ann now lives in California. In California, the charts are set for 4:00 a.m. instead of 7:00 a.m. as in New York. Throughout the world, the charts are set for whatever hour is equivalent to 12:00 noon in England (Greenwich mean time). After June 7, 1977-256 degrees, Ann now writes: 4:00 a.m.

Ann knows that her working angle is 253 degrees which is just 3 degrees less than 256. As each degree is equal to about two hours, Ann knows that her astrological fertility time ends at 3 degrees times 2, or 6 hours, earlier (since her working angle was smaller) than the time for which the chart is set for California. Six hours earlier than 4:00 a.m. of June 7 would actually be 10:00 p.m. of the evening before, so Ann's cosmic fertility period ends at 10:00 p.m., June 6, 1977. (Note the change in date from June 7.) She marks that day and hour on the calendar, and then carefully counts back four days, June 5 (1), June 4 (2), June 3 (3), June 2 (4) and then marks

10:00 p.m. of the evening of June 2 as the start of her astrological fertility period. Not wanting to become pregnant, she abstains from sexual relations from 10:00 p.m., June 2, until after 10:00 p.m., June 6.

As further examples, here are Ann's astrological fertility periods for the rest of 1977:

July 2 at 10:00 a.m. to July 6 at 10:00 a.m.

July 31 at 11:45 p.m. to August 4 at 11:45 p.m. (Actually 12:00 midnight was the hour, but we use 11:45 to avoid confusion of dates).

August 30 at 6:00 p.m. to September 3 at 6:00 p.m.

September 29 at 12:00 noon to October 3 at 12:00 noon.

October 29 at 6:00 a.m. to November 2 at 6:00 a.m.

November 28 at 2:00 a.m. to December 2 at 2:00 a.m. Ann sees that she will also be fertile again at the end of December, but to calculate it exactly, she will wait to use the charts in the 1976 edition of *The Natural Birth Control Book*.

It will probably be noted that the dates marking the end-points of the fertility periods progress backward: June 6, July 6, August 4, September 3, October 3, November 2, and December 2. This pattern is usual because most of the time the lunar month is a little shorter than the calendar month. Sometimes the date will be the same for two months, sometimes it will recede one day and sometimes two days, averaging about thirteen days a year.

#### Preparing a Calendar

When you have calculated the times at which each of your astrological fertility periods come to an end, mark those dates and times carefully on a good calendar. Then count back a total of four days before each date and time to mark the same hour on that day. This is the hour when your astrological or cosmic fertility period begins. The most fertile time is during the one day which begins thirty-six hours before the end of that period. To avoid error it is good to have a friend check your calculations after you have done them.

#### If Hour of Birth Is Not Known

If you do not know the hour of your birth, you might try to get it by writing to the city or hospital where you were born. If that is not possible, to be safe you will have to increase the length of each of your astrological fertility periods. If you do not know the time at all,



**The Charts** (Charts have been moved to appendix A.)

The following charts showing the exact angle between the sun and moon for each day were prepared by the computer in a program which took into account all important factors (including the orbits of the major planets) which affect the motion of the moon and cause it to vary. Checked with the Nautical Ephemeris, they are extremely accurate, having been rounded off to the whole degree. The charts were reset from the computer read-out, so that there is the slight possibility of a typographical error, even though the greatest care has been exercised to prevent mistakes. If there is any question regarding the accuracy of a figure in the charts, you can check it by comparing it with the angles for adjacent days. The number of degrees between any two days is always more than 10 and less than 15, and the difference between any two days is almost the same as the difference between the preceding or following days.

As explained previously, all charts for all the years are set for 7:00 a.m., eastern standard time; 6:00 a.m. for central standard time; 5:00, mountain standard time; and 4:00 a.m., pacific standard time. During daylight savings time you may start and end cosmic fertility periods one hour earlier, but a variation of one hour is not terribly important, considering the wide safety margin.

#### AN ALTERNATIVE METHOD OF CALCULATION

The Earth Time Chart, Fig. 1, may also be used to calculate your cosmic fertility time, and is especially useful for people who live far from the place where they were born.

1. To find the time for which the charts are set for your area of birth, simply draw a horizontal pencil line across the earth time chart at the height where your place of birth is indicated. The time of day for which the charts are set at that place will be indicated on the time line at the left side of the chart where your line crosses it.

2. Select the hour of your birth from the time line of the chart and draw a second horizontal line across the chart at that level. The number of hours between the two lines indicates the number of hours between your time of birth and the time for which the charts were set. If your second line is below the first, you were born later and will have to add some degrees to the angle opposite your birthday on your sun-moon angle chart for the year of your birth. If your second line is higher than the first, you were born earlier and will have to subtract some degrees, from the sun-moon

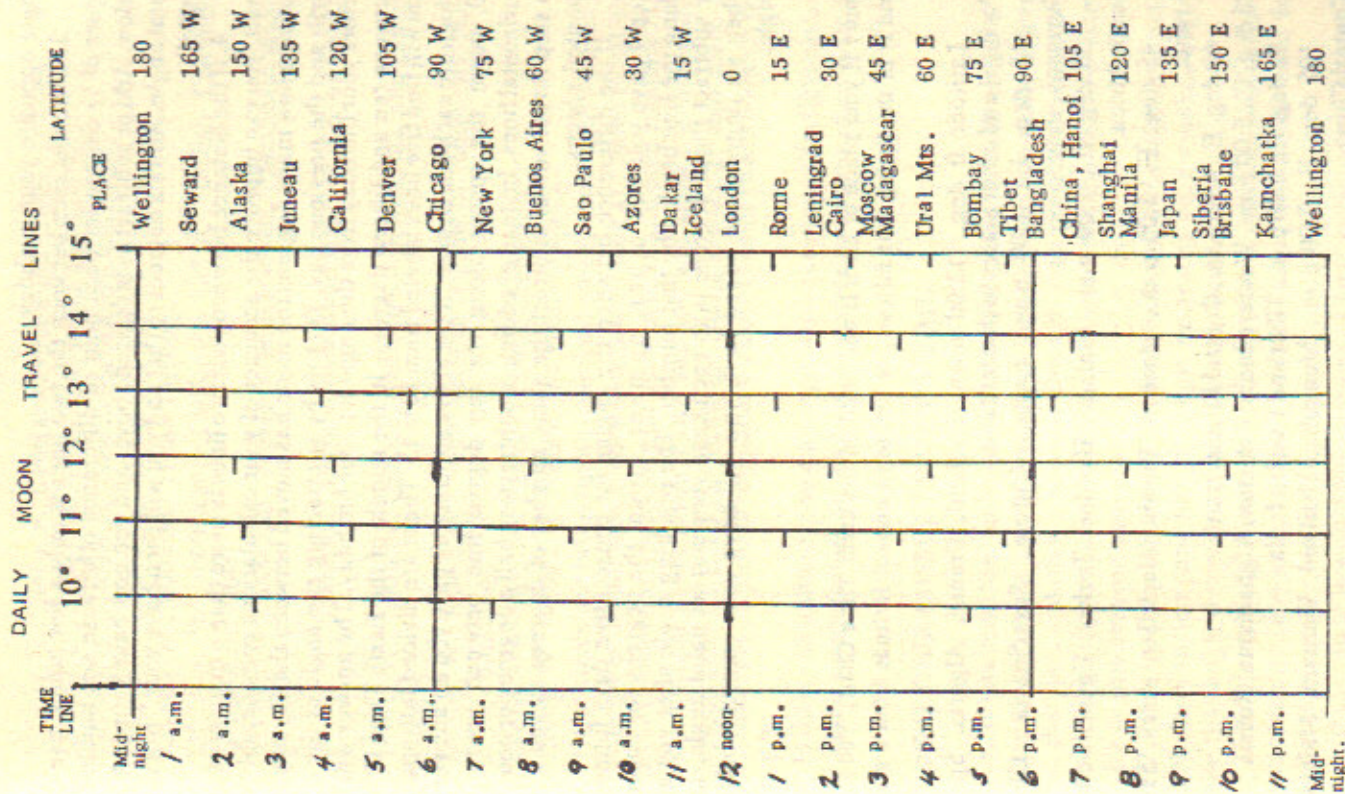


FIGURE 1: EARTH TIME CHART

angle opposite your birthday.

3. If the distance between the two lines is only a few hours, use the figure of  $\frac{1}{2}$  degree for each hour of difference otherwise see number 4 below. Add or subtract as indicated above, and you now have your correct natal angle. Add six degrees to that and you will then have your "working angle".

4. If the distance between your two lines is more than a quarter of the chart, you can improve the accuracy of your calculations considerably by noticing how many degrees the moon has moved between the day of your birth and the previous day. Do this by subtracting the angle of the day before your birthday from the angle for your birthday. The answer will be between ten and fifteen degrees. In the middle of the Earth Time Chart you will find five lines labeled from 10 to 15. These are divided into spaces which are each one degree. If the above subtraction gave you an answer of 10, count the spaces along the ten degree line between your two horizontal lines. Instead of adding or subtracting half a degree per hour as in step three, add or subtract the same number of degrees as you have counted spaces.

If the difference between the angles for consecutive days found in step 4 gave you any other number, count the degrees (or spaces) along the line headed by that number. The resulting angle after you add or subtract those degrees is in each case your correct natal angle, and when six degrees are added to it, you will have your correct working angle.

**Note:** If your place of birth is not listed on the Earth Time Chart, You may find it in the listing that follows, or locate its correct latitude from a globe:

Latitude 0 deg., 12:00 noon, England, France, Algeria, Spain, Portugal and other places in that latitude.  
 15 deg. E., 1:00 p.m., Eastern Europe, Scandinavia, Libya, Germany, Italy.  
 30 deg. E., 2:00 p.m., Finland, Ukraine, Turkey, Egypt, Sudan, South Africa.  
 45 deg. E., 3:00 p.m., Moscow, Russia, Black Sea areas, Saudi Arabia.  
 60 deg. E., 4:00 p.m., Central Russia, Iran  
 75 deg. E., 5:00 p.m., Western India, Pakistan, Afghanistan, Russia  
 90 deg. E., 6:00 p.m., Tibet and Eastern India  
 105 deg. E., 7:00 p.m., Mongolia, Thailand, Vietnam, Malaysia, Central China.  
 120 deg. E., 8:00 p.m., Manchuria, Philippines, Western Australia.

135 deg. E., 9:00 p.m., Central Australia and Japan.  
 150 deg. E., 10:00 p.m., Eastern Australia and Siberia.  
 165 deg. E., 11:00 p.m., New Zealand and Kamchatka.  
 150 deg. W., 2:00 a.m., Alaska and Hawaii.  
 135 deg. W., 3:00 a.m., Yukon Territory.

120 deg. W., 4:00 a.m., California, U.S.A., British Columbia, Pacific Standard Time).

105 deg. W., 5:00 a.m., Mexico, Saskatchewan, Mountain states, U.S.A. (M.S.T.).

90 deg. W., 6:00 a.m., Central America and states of U.S. on Central Standard Time.

75 deg. W., 7:00 a.m., Quebec, Western South America, and eastern states of U.S.A.

60 deg. W., 8:00 a.m., South America (middle of continent), Nova Scotia, Newfoundland.

45 deg. W., 9:00 a.m., Eastern Brazil & Greenland.

15 deg. W., 11:00 a.m., Iceland and Western Africa.

These times are taken from a standard globe. Each hour of time is fifteen degrees. If your area is not listed, simply look at a globe or call the library to find out the latitude of your place of birth and then compare that with the latitude figure given above and you will know the Greenwich Equivalent Time (G.E.T.) for which the charts are set at your place of birth. (Note: People from other planets, please consult an astronomer, not A.R.F.)

In these calculations, you may neglect the question of daylight saving time as the safety factors are sufficient to cover variations of an hour or two.

#### FINDING YOUR COSMIC FERTILITY TIME:

1. If you now live far enough from your place of birth to have a different place on the Earth Time Chart from the line you made before, erase that line, and draw a new one through your present location. The time shown on the time line where this line crosses it is the time the charts are for at this present location.
2. Look up the year and month for which you are calculating your cosmic fertility time, and find the angle nearest to your working angle. Write that angle down along with the date beside it.
3. If this angle is within one degree of your working angle, your cosmic fertility time ends at the date of that angle and at the hour for which the charts are set in your location.
4. If the angle is within four degrees of your working angle, and is larger than your working angle, SUBTRACT TWO HOURS from the time

the charts are for in your location for each degree of difference. (If you live in New York and the angle in the chart is three degrees more than your working angle, you would subtract six hours from the time of 7:00 a.m. and your cosmic fertility time would end at 1:00 a.m.)

If the angle in the chart is SMALLER than your working angle, add two hours for each degree of difference to get the hour at which your cosmic fertility time ends.

5. If the number of degrees between your working angle and the nearest angle on the chart is more than four degrees, you can improve your accuracy by adding or subtracting the actual number of hours it takes the moon to move that number of degrees. To calculate this, notice the difference in degrees between the angle nearest to your working angle, and the angle which is indicated for the previous day. It will again be a number between ten and fifteen. This is the number of degrees the moon is moving each day during that time of year. Note the Moon Travel Line with that number of degrees indicated at the top of it. If your working angle is smaller than the angle closest to it in the chart, your cosmic fertility period ends earlier in the day than the time the charts are set for in your location. Therefore, count up the Moon Travel Line you have noted above as many spaces as the number of degrees between your working angle and nearest angle on the chart. If your working angle is larger, count spaces down the chart (to a later hour). The hour at which your cosmic fertility time ends will be found on the time line opposite to the place on the Moon Travel Line that you have just counted to.

6. If you find by counting spaces in the correct direction you pass the end of the chart (midnight), simply change the date and angle you have selected and take the angle of the day before or the day after depending which is closest to your working angle, but remember to change the date you wrote down to the new date you have now selected. Now repeat step 5, above.

#### When Pregnancy is Desired

When it is desired to achieve pregnancy, rather than prevent it, the method is quite simple. Find your natal angle just as in the examples above. Do not add six degrees. Find the time at which the fertile period will now end using your natal angle instead of the working angle that was used before.

The most fertile time for achieving pregnancy is the twenty-four hours before the end of the cosmic fertility time. Pregnancy will be most likely to occur during this twenty-four hours if the man has abstained from any sexual activity that could result in loss of sperm for about three days before the start of that time, and then uses that twenty-four hour period

for as many relationships as might be convenient. If the cosmic fertility time comes at the same time as the ovulation fertility time (see next chapter on the Ovulation Method) then the woman would tend to be especially fertile. Dr. Jonas claimed that when the cosmic fertility time coincides with the menstrual period, then the woman may also be exceptionally fertile, so that possibility should not be overlooked. The use of electronic testing for ovulation as described in a following chapter should also be considered as a means of determining the most suitable time for pregnancy to occur.

#### EFFECT OF SUN - MOON ANGLES: A Scientific Study

To close this chapter we would like to summarize some recent scientific research on the effect of different sun-moon angles on living things.

There has been some research with the seeds of plants germinated at different phases of the moon. Much of the research in this field was initiated many years ago but abandoned because of the skepticism and derision of fellow scientists. Recently, however, experimentation along these lines was renewed by Hauschka in Germany and Louis C. Kertran in France.\* Research with plants is comparatively easy. A remarkable change was found in the metabolism of calcium, phosphorus and other elements, depending on the sun - moon angle at which the seeds were germinated. We hope that as time goes on, the understanding as to precisely how the sun - moon angles come to bear on these processes will become more clear. No doubt work of this kind will help to open the minds of many to the new insights which are dawning at this time.

\* For more information concerning the details of the above experiments, see: **BIOLOGICAL TRANSMUTATIONS** by Louis C. Kertran.

#### ASTROLOGY vs. OVULATION

**NOTE:** Many teachers of the Ovulation Method for determining fertile times (see following chapter) are of the opinion that the astrological, or cosmic, fertility time does not exist, and that the ovulation method alone is 99% effective when properly used. We are not yet aware of any independent studies that verify their impression, so we still suggest combining both methods. Teachers of Ovulation say that the old rhythm method cannot be trusted, and we agree. Yet, when combined with the astrological method, it seems to have worked very well. Perhaps the reality of the situation is related to the state of mind of the user. ARF Newsletter # 73 explores the effect of the mind on the nature of reality. To obtain it without charge, see pages 82 and 156. See page 63 to find Ovulation Method teachers.