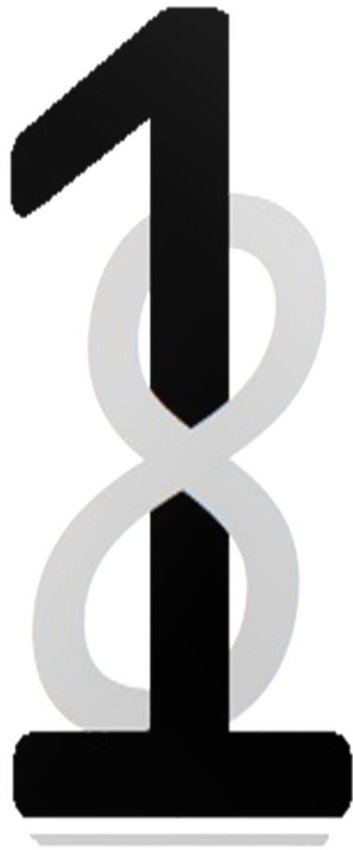


#Abestime

Contents	1
Logo	2
Introduction	3
What are the shortcomings of timeline 24?	4
Now that we know the Timeline <u>24</u> is not a good for use, what Timeline should we replace it with?	5
What positive effect does Abestime have on human life?	5
What is the leap year?	6
A big and interesting secret	6
Abestime (Practical Biologically)	7
How to read the timer in Abestime	8
Dividing the Timeline 24 into 40 parts	9
Tips that need to be mentioned	9
Comparing units	10
Adjusting the body's biological clock	10
What is the difference between truth and reality?	11
Special thanks	12

#Abestime



The program Designer Says:

before when I having this widget on my mobile screen lock, If no one had anything do, I would sleep until 14:00 ...

But from when I installed this widget on my mobile, if I accidentally open my eyes at 7:12 o'clock in the morning, I see the number 12 on my watch and these 5 units of difference and the two-digit number that working with my mind that i gets out of bed And I am preparing to do and take care of administrative affairs, Before office hours are over and my work is postponed to tomorrow. I pick up my cell phone to check for new messages, I look at my mobile watch and see that there are still 3 and a half hours left. I want to go back to bed in peace, but I can no longer sleep

So I take a shower, do my chores, and schedule the rest of the day to get things done faster and faster.

#Abestime

What are the shortcomings of timeline 24?

The calculation and measurement of seconds is done by a tool called pendulum. but Unfortunately, because the pendulum is not an accurate tool for measuring the unit of time, we do not have a proper definition of a second as the unit of time.

What destructive effects does the wrong division of time (Timeline 24) have on our lives?

As our know, numbers have a direct effect on the human mind. This incorrect division not only causes time to not be in the right place, but also causes us to turn around in a vicious circle. That's why I thought of designing a new timeline and introducing humans to true time. (Accurate calculation of the Earth's rotation around itself and around the Sun.)

Every day and night, we lag far behind not only time but also the earth :

1. With a deduction of 16 units from the timeline 40, And dividing the day into 4 parts (6,6,6,6) instead of 4 parts (10,10,10,10)
2. By not counting the leap and the difference of 118 seconds per day in the movement of time relative to the earth
3. Most of the time, our minds hold us back

Example: The plan was that we should deliver a project to a friend by 16:00, When we look at the clock, we read 14:30, the mind says well ... it is 2 o'clock, So we say to ourselves:

I will go to work at 3 o'clock ..

What happens when we think this to ourselves?

This is like a sales technique

Example : Pricing on a product with a value of 50, amounting to 49 ,Which leads our minds to the number 40.

#Abestime

Now that we know the Timeline 24 is not a good for use, what Timeline should we replace it with? Identifying right and wrong and choosing the right timeline is extremely difficult. The first time because I read in an article that a day and night is in Truth 24.3 , I told myself that the correct timeline should probably be 27. And if it is not 27, because it is a 360-degree circle, it is 36 . After a while because every 8 years has 32 seasons and 32 is one of the numbers we know as the number of perfection number, (Like 32 letters of the Persian alphabet) I made it Probability that the proper timeline might be 32. I tested many timelines such as 40, 45, 30, 18 and 16 And finally I got the timeline 40 accuracy.

What should we do to implement Timeline 40?

Given that the exact amount of time is audit and variable So display that in the analog clock is impossible. but do not worry . We have solved this problem with the help of Abestime program.

What positive effect does Abestime have on human life?

Do you know that you should have lunch at 12:00 and dinner at 18:00? **Because between 13:00 and 15:00 and 19:00 to 21:00, the digestive system is digesting. After 19:00, if we want to eat something, it should not be heavy. And at 21:00 we have to be in bed.?**

Abestime puts the time of each activity in its proper place. regulates our body system and this action causes the brain to reach its highest efficiency, all body systems such as (heart, digestive system, kidneys, lungs, etc.) to function well, and this And this increases longevity..!

#Abestime

What is the leap year? And how many days do we have in each solar year or the earth's rotation around the sun?

It is said that each solar year has 365 days and the leap year is a year that has 1 day more than other years, ie (366) days. And every 4 years, the leap year happens

But it is not...

In Truth every year

Exactly, we have 364.5 days

And this 4 to 364.5 in the fourth year equals 1458 days.

A big and interesting secret

The lines of the left and right palms of human beings are read in Persian as follows:

(Left palm number 81.....Right palm number 18)

(The number we see on the palm of the right hand)

x

(The number we see on the palm of the left hand)

= Leap year

÷ 4 = A rotation of the earth around the sun

$$18 \times 81 = 1458 \quad 1458 \div 4 = 364.5$$

And this shows that our Ancestors (Aryans) has realized this truth. So they have made a contract that we will recognize

eight (8 Persian) and one (1 Persian) ...

#Abestime

Project name :

Practical Biologically

1 -> 3645 or 00:01 -> 45:81 sec

0:1->**4:0** Hour

Day Counter	1 -> 6
Week Counter	1 -> 3
Month Counter	1 -> 81
Leap Counter	1 -> 32

Application : General - Setting programs and human services - Industry and factories - Robotics and technology - Collective management - New and accurate algorithm for all activities and jobs

Benefits: Adjust body biological clock - Achieve the highest level of brain function - Increase longevity - Accurate and varied division - See the passage of time - The day is divided into 4 seasons of 10 parts - Accurate calculation of the earth's rotation around itself and around the sun, including leaps and bounds - Accurate and better division for days of the week and month - A launching pad for building a better earth and tomorrow - Leaving routine and monotonous life - A gateway to enter science, consciousness, perception, intelligent mind and ... (A gift to humanity)

#Abestime

How to read the timer in Abestime

4 : 0 = 40

0:1 = 1	0:2 = 2	0:3 = 3	0:4 = 4	0:5 = 5	0:6 = 6	0:7 = 7	0:8 = 8	0:9 = 9	1:0 = 10
1:1 = 11	1:2 = 12	1:3 = 13	1:4 = 14	1:5 = 15	1:6 = 16	1:7 = 17	1:8 = 18	1:9 = 19	2:0 = 20
2:1 = 21	2:2 = 22	2:3 = 23	2:4 = 24	2:5 = 25	2:6 = 26	2:7 = 27	2:8 = 28	2:9 = 29	3:0 = 30
3:1 = 31	3:2 = 32	3:3 = 33	3:4 = 34	3:5 = 35	3:6 = 36	3:7 = 37	3:8 = 38	3:9 = 39	4:0 = 40

Dividing the Timeline 24 into 40 parts

00:36 = 1	01:12 = 2	01:48 = 3	02:24 = 4	03:00 = 5	03:36 = 6	04:12 = 7	04:48 = 8	05:24 = 9	06:00 = 10
06:36 = 11	07:12 = 12	07:48 = 13	08:24 = 14	09:00 = 15	09:36 = 16	10:12 = 17	10:48 = 18	11:24 = 19	12:00 = 20
12:36 = 21	13:12 = 22	13:48 = 23	14:24 = 24	15:00 = 25	15:36 = 26	16:12 = 27	16:48 = 28	17:24 = 29	18:00 = 30
18:36 = 31	19:12 = 32	19:48 = 33	20:24 = 34	21:00 = 35	21:36 = 36	22:12 = 37	22:48 = 38	23:24 = 39	00:00 = 40

Tips that need to be mentioned:

The starting point of the last hour = 00:00:00

End point of the day = 00:35:59

Starting point the next day = 00:36:00

How to find the end and start of the day?

$86400 \div 40 = \underline{2160}$ second in 24Timeline

$2160 \div 60 = \underline{36}$ minute in 24Timeline

Every 1 hour in the Timeline 40 = 36 min in 24 Timeline

Calculation of time in timeline 40 by time in timeline 24

Example : **18:36**

$18 \times 60 = 1080$ $1080 + 36 = 1116$

$1116 \div 36 = \underline{31}$

#Abestime

Comparing units

every 0.1000 second in 24 is 1 second In Timeline 24.

every 0.592 second in 24 is 1 second In Timeline 40.

every 60 second in 24 is 1 minute In Timeline 24.

every 101.25 second In Timeline 40 is 1 minute in 24.

every 3600 second is 1 Hour In Timeline 24.

every 3645 second is 1 Hour In Timeline 40.

Adjusting the body's biological clock

According to medical science and the activity of the body around the clock, daily activities can be divided as follows:

3:1 Air & Fire Pray	2:1 Air & Soil Pray	1:1 Air & Water Pray	0:1
3:2 Sunset	2:2 Middle	1:2 Rise	0:2
3:3	2:3	1:3	0:3
3:4	2:4	1:4	0:4
3:5	2:5	1:5	0:5
3:6 Sleep	2:6	1:6	0:6
3:7	2:7	1:7	0:7 dawn
3:8	2:8	1:8	0:8
3:9	2:9	1:9	0:9 Wake
4:0 midnight	3:0 Dinner	2:0 Lunch	1:0 Breakfast

#Abestime

What is the difference between truth and reality? The truth behind the scenes; But the reality is the curtain or what happened.

Where did the idea for the new timeline come from?

Everything I wrote happened (your mind: your world)

The story started where about 5 years ago in 2015-2016; I decided to write an ultra-dark music album. I suffered a lot of stress to write this album, because I was trying to imagine the mood of a mentally ill person and illustrate it with imagination and poetry. At first, it was postponed due to heavy financial costs, and then I canceled the release of this album due to the possible destructive effect on the audience's morale. In one of the tracks called *inerhpozicS*, or inverted schizophrenia, I mentioned the clock turning upside down, which locked my mind on the clock. I felt that some 1 minutes 3 minutes and some 3 minutes 1 minute! The album ended late in the military service ...

At that time, the pair clock, which is a mental lock; My mind was busy

It was early 2018 after military service; I was working in a real estate office, but I could not focus on my job

My mood was not compatible with this either; As a result, I resigned and quit.

One night as I was thinking in the silence of the house, a few questions came to my mind:

1- Why 12 o'clock at night becomes 24 ($2 \times$) but 11 o'clock becomes 23 and does not become 22 ??

(Because from 12 o'clock onwards, all numbers become 12+.)

2- From 24 hours on the last day of Esfand to the moment of delivery of the year, what part of the time are we in?

3. Why do governments delay the clock by one hour in the second half of the year, and return it to the first place in the first half of the year?

(Due to the rotational and oval rotation of the earth, which causes us to be 12 hours (half a day) different from the previous year.)

I was involved in research and calculation for 5 years and a half, until finally, with God's help and grace. I achieved the desired result.

#ParsaAbesta

**Special Thanks to my dear and
precious teacher**

**Dear Mr. Nasser Behzadi, who
helped me in the programming
and machine calculation of this
project.**

**Many thanks in advance to all
the friends who accompany and
support us in this matter.**

**I ask God for happiness and
health in all stages of life for
them and their loved ones.**