

Consciousness, Grounding and Human Health

by Isaac George

Summary of Presentation

What is consciousness?

Consciousness is Life itself. It is the Life Force energy that is self-aware within a physical experience. There is no other factual or philosophical definition currently available that is as simple as that.

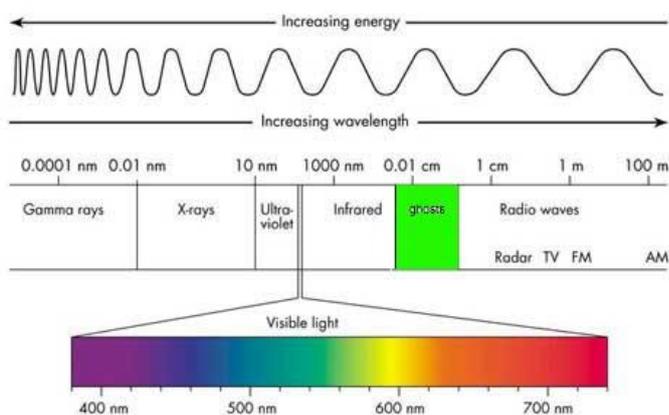
What is Grounding?

Grounding has two meanings, as in feeling grounded and in your body, and also as in having your body in direct contact with an earth element. Grounding is also known as 'earthing', as in coupling the body directly to Nature and the Earth.

Human Health:

Human health is determined by hundreds of factors, such as heredity (DNA), environment and environmental stress like pollution and climate, diet, exercise and social conditions like war or social unrest. Each human being possesses a unique mix or blueprint that is unique. In the holistic view, the mind, body and even their spiritual natures all contribute to a healthy state of being. If one part is out of balance, then a state of stress or illness may manifest in one or more areas.

The Electromagnetic Spectrum of Known Realities:



Within this 'reality' we are in, our sense perceptions are governed by certain laws. Our senses, especially our sense of sight, operate within a very, very narrow band of the EMF Spectrum. We are also influenced by parts of this spectrum that we cannot detect with our physical senses. Radio waves pass through us, and we can hear them on a radio. However, certain types of radio waves, known as radiation, can also

impact our cellular makeup, poison us, or even kill us. It is a matter of frequency, and since energy and matter are essentially the same thing. They are just manifesting as different vibrations within the EMF Spectrum. This simple chart does not include ELF, extremely low frequencies.

The Earth is our greatest Grounding Asset:

The bottom line biologically is that we are human animals that have evolved over millennia into what we are today. Our feet have the most extensive set of neurological sensors, designed specifically to be in contact with the soil. Our ancestors went barefoot most of the time, and all indigenous cultures think that modern shoes with rubber soles or made from artificial materials disconnect us from Mother Earth. Some studies show that the bio-electric field of human beings is enhanced against the effects of artificial EMF's (electromagnetic fields) that constantly surrounds us

and penetrates us when our feet are touching the Earth directly. This effectively shields us from the potentially harmful effects of artificial EMF's and enhances our autoimmune system. Going barefoot in grass or sand reconnects our bio-circuitry immediately to the Earth's protective and supportive magnetic field.

Artificial EMF Radiation and Human Health:

Living amongst wireless technologies like mobile phones, WiFi, broadband communications, Bluetooth, and large scale microwave transmission towers is a rather recent phenomena. Our grandparents were never exposed to the various sources of wireless technologies that we now experience. Research in the area of the impact of EMF and wireless technologies on human health is a relatively new science, but it is gaining credibility every year. In recent years, some EU member states have advocated the removal of all WiFi based computer systems from public and private schools. There is a growing concern by health professionals about the wisdom of giving mobile phones to young children, as their skulls are not as thick as adults, and are therefore more susceptible to the EMF radiation from mobiles and smartphones. Electrostress and EMF pollution doesn't affect everyone, but more and more people are being affected each year that unregulated technologies are rolled out into the private and public sectors.

Addressing the Challenge:

- Do your own research, and ask questions.
- Learn simple grounding techniques and practices, and use them regularly. For example, take sea salt baths, walk barefoot, or hold a real crystal for a few minutes.
- Learn how to limit your exposure to artificial EMF generating devices or other electrical fields.
- Obtain harmonization devices for your phones, computers, and other devices. Learn about **Powerline** Ethernet adaptors for using the internet in your home, and turn your WiFi off some of the time.
- Challenge government or regional backing for the use of SmartMeters for monitoring water and/or electricity usage. Just refuse or opt out. Educate yourself and share with others.

To feel grounded and safe on this planet is every person's birthright. However, each one of us is responsible for determining our levels of health and well-being. When like-minded individuals come together in community, then solutions to EMF pollution will be found and implemented.

Resources:

Documentary film: <http://www.mygroundedmovie.com/>

The Earthing Institute: <http://earthinginstitute.net/>

Earthing Products: <http://www.bioenergyproducts.co.uk/index.php>

Articles and Videos Access: <http://www.emfprotectnow.com> – EMF and Human Health

Electrosensitivity UK (research site) : <http://www.es-uk.info/>

Phi EnergyDOTS for EMF Health: www.emfprotectnow.com

Original Phi Harmonics Website: <http://www.energydots.net>

Associate Site in the U.S. : <http://www.emffreedom.com/>