

# BAREFOOT EARTHING

Contact with the earth as a natural medicine  
a wonderful way to be healthy

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## Introduction

The power of the earth and the earth elements has inspired me since my childhood and I was allowed to get to know many of its wonderful qualities in my life. The earth is inconceivably deeply rooted in us, we live on its surface and breathe in its energy field. Humans and earth are interdependent and influence each other, and our consciousness is partly responsible for how the earth develops. The earth, the sea and the air are primary present forces, which are vital for us. For me it was always evident and obvious that they should be our very best protectors, healers and harmonizers. Later I found out that all indigenous peoples were aware of this.

This book wants to invite you to rediscover the Earth and her healing powers in all their simplicity. To see the earth as a friend, healer and caring entity in your life. We live, walk and die on the earth and are basically so intensely interwoven with it that we form a single energy field. We perceive this unconsciously, but could also choose to be more consciously aware of it.

When I think about how much we love to go to the ocean, play on the beach, splash around in the salt water, and feel super healthy and radiant after a few weeks, my heart skips a beat and I'm happy. How often do we long to lay out in nature in the grass or on sun-warmed rocks, recharge in that peace and protection of the earth so we can feel fresh and fit again? I believe often!

Dear reader, I started writing this booklet for you and your children when I experienced a sudden life change some time ago due to a serious accident. I had to consciously draw the earth energy in order to become healthy again and remain healthy. In the situation that I found myself in, I felt how much the earth power was missing and how I was hurting.

Most of my life I was out in nature as often as possible. Above all I liked to be in the nature untouched by human beings. When I lived in the city, I always had a house in the countryside or in the mountains, where I disappeared as soon as possible. I always lived with dogs and hiked a lot through the mountains and stayed for hours in lonely places to recover from the stressful city life. The earth gave me everything I needed. I also experienced how my dogs could grow very old because of it.

Before the accident I had lived in the South Pacific for many years, where the earth and the ocean are still powerful and natural. They literally spoke to me. The

difference between the forced city life in a house and the accustomed country life were clearly noticeable in my state of health.

In the South Pacific there were no electrical pollution and electro-smog, because they hardly had telephone, television, Internet or industry. Nature was still exactly as it was hundreds of years ago. Its positive power was incredible. However, my life took this unexpected turn and suddenly I was living in an apartment building in the city for a year. Quite quickly, I began to feel weaker. Although I was a good sleeper, I would lie awake for hours. I felt as if my body was being cooked, I was sweating, and I was always hot, especially on my head. One day, when I happened to look around my street, I discovered a cell phone mast on the roof of my building, which must have been continuously emitting microwaves towards me. Great, I thought, just on the roof above my bedroom! In order to remain stable in my health, I had to think of something quickly.

In meeting other cultures, healers and tribes, I had learned how intensely the earth, the salt water of the oceans and the air could heal us. Living close to the beach many times in my life, we walked barefoot along the beach every day to unload and recharge. So I was used to being outside in nature for hours and walking barefoot on the earth, and knew the effect within me. I started looking for ways to be able to do that in the city somehow. It was autumn, winter was coming, and there was little nature as everything was made of concrete and asphalt, so walking around barefoot outside was not an option.

I had the idea to move my grounding technique inside the apartment. There was a grounding movement in America for several years that worked a lot with the healing effects of barefoot grounding. They had developed a collection of special mats for the bed and I bought one. The very first night I fell asleep immediately and woke up between three and six o'clock in the morning no longer sweating and boiling hot from the radiation of the cell phone tower. Slowly my health stabilized and I was soon fitter than before!

During the modernization years after the World War, we lost something very important for our health and well-being, namely the "electrical connection" with the earth. When we started wearing shoes with rubber and plastic soles, insulated mattresses and even more insulated houses, we began to spend our days and nights without skin-to-skin connection with the Earth. So the precious contact was slowly lost and our children now even play with shoes on in concrete covered playgrounds. Their feet do not touch the earth, even in the sandbox.

But all we have to do is step barefoot on the grass, sit by the water or walk along the beach for a while to distinctly feel the benefits of this connection.

The scientifically proven reason why we feel better when we are barefoot outside is: the earth is a huge storehouse of free, negatively charged electrons. This reservoir helps our body's cells to naturally balance the positive charge they receive from all the different electronic devices and our lifestyles. In a blood analysis you can clearly see the effect of the excess of positive charge in the blood, because the blood samples are distorted.

We live in an electromagnetic chaos, a wide spectrum of electromagnetic emissions from computers, radio, TVs, WiFi, cell phones, smart phones, Bluetooth, communication towers, power cables, domestic wiring and other electronic devices stress us more every year. They cause electrical voltages within us and these voltages disrupt the trillions of subtle electrical communications that are extremely important to the healthy functioning of the body. By connecting with the earth, we can reduce the level of disturbing electrical voltages. In our modern life this is not easy and we are challenged to consciously find creative ways. But it is worth to make time for it, because our children and grandchildren will be eternally grateful to us.

This booklet would like to be helpful to demonstrate how we can use the electromagnetic effect of the earth's surface for our health in a simple way. Since we cannot always walk barefoot outside in our latitudes, there is the possibility in any weather and in closed rooms with conductive floor mats and bed sheets, special plasters or tapes, as I did in the period after the accident.

When we are grounding ourselves barefoot, free electrons enter easily in the body and distribute themselves, flooding the body with negatively charged free electrons and immediately discharging the electric charges we have absorbed through electrosmog and other electric fields. Our body is a wonderful bio-machine, it immediately balances itself to the electrical energy potential of the earth. The natural inner electrical balance of the body is immediately restored. The body rhythms that allow our body systems to function normally are also regulated. The immune and cardiovascular systems, the respiratory system and the digestive tract benefit immediately. Thus, the earth contact has a positive effect on our health and stress condition, we are fitter and can master 21st century life. Moreover, the method is free of charge! YE!

I wish you, dear reader, a lot of fun and success with this barefoot earthing with our wonderful planet Earth.

Carolina Hehenkamp

## Chapter 1

### Why Barefoot Earthing Can Heal Us

I would like to start Chapter One by describing the benefits of barefoot earthing. I like it myself when books tell me right away what it is all about. Barefoot walking can mean many things, and we may overlook how important this information could be to you and your family.

Barefoot earthing helps us in the very first instance to neutralize the electrical charge in the body, which has an immediate effect on the immune system. People who have been consciously barefoot earthing for a long time say that they sleep better, are fitter during the day and can work longer on the computer without feeling dull and tired. They feel they are less susceptible to flu and colds, age more slowly and.....their aches and pains disappear.

#### **The following benefits have been noted:**

- ⊗ Reduced stress
- ⊗ Better sleep
- ⊗ Faster healing from injuries
- ⊗ Improved blood circulation
- ⊗ Improved digestion
- ⊗ Harmonization and stabilization of basic biological rhythms of the body
- ⊗ Accelerated recovery after intense sports activities
- ⊗ Reduction of inflammation
- ⊗ Reduced anxiety
- ⊗ Reduced irritability
- ⊗ Reduced electrosensitivity

Please note that this list does not replace medical advice, it was published by American Clinton Ober, who wrote a book about the barefoot earthing phenomenon and has many years of experience as a professional. He does not claim that it prevents or cures diseases and suggests that if you have health problems or diseases, always consult a doctor first for advice.

Consultation should visit. However, what can now be observed worldwide is that it significantly supports and accelerates the healing process and helps people stay healthier.

When people sit or walk outside barefoot for 20 minutes a day, they report that they simply feel better and it reduces their stress tremendously. They have a sense

of inner peace and calm, combined with reduced stress levels.

People with pain often report that it is minimized or even completely eliminated after regular Earthing. People who have experienced negative effects from working on a computer or electrical equipment report a reduction or complete elimination of these negative effects by working with so-called grounding mats on the computer (arm resting on mat or bare feet standing on it).

**The natural barefoot grounding:**

- ⊗ alleviates the cause of inflammation.
- ⊗ Improves or eliminates symptoms of many inflammation-related diseases.
- ⊗ Reduces chronic pain.
- ⊗ improves sleep in most cases.
- ⊗ Increases energy levels.
- ⊗ relieves stress
- ⊗ Promotes relaxation in the body by calming the nervous system (and stress hormones).
- ⊗ regulates the body's natural rhythms.
- ⊗ thins the blood and improves blood pressure and blood flow.
  
- ⊗ relieves muscle tension and headaches.
- ⊗ improves hormonal disorders and menstrual cramps.
- ⊗ Accelerates healing processes and helps prevent bedsores.
- ⊗ Reduces jet lag sickness.
- ⊗ protects the body from potentially harmful electromagnetic fields -EMF -in the environment.
- ⊗ Accelerates recovery after exercise.
- ⊗ Relieves menstrual pain
- ⊗ Relieves hormonal fluctuations during menopause
- ⊗ Helps to breathe easier during asthma and bronchitis
- ⊗ Headaches become less intense or disappear
- ⊗ Improves eksem and poriasis
- ⊗ Helps with food and pollen allergies

In the further chapters I will explain how we humans are made of energy and are basically electrical energy beings living in an electrical universe. The earth, the universe, the power of the seas and air are not there for no reason! They have been present and a vital part of us for millions of years. I always feel a deep love for the children and for the coming generations who must face here on earth how to

survive the ever increasing technical chaos with the often negative effects. To support them, I invite them to give the Barefoot Earth a place in their lives.

## **Chapter 2**

### **Our Body - Health and Disease**

Our body is like a mansion in which we live here on earth. We can keep this building as clean, fit and healthy as we want, we are free to decide! All the natural elements we need are abundantly available and can be used unconditionally as soon as we choose.

The earth is our mother, she loves us and has millions of years of experience to take good care of us. Heaven is our Father. He also takes care of us, just think of the air for our breathing and lungs. Water is like a brother who keeps our water balance in order. There are many elements that are part of our body system and define us as human beings. They keep us healthy, provided we live in harmony with them.

### **Illness - friend or enemy?**

Illness is a screaming sign of the body. It warns us that we have lost harmony somewhere, internally in the depth of our being. It is said that illness is an illusion, but it is an important self-expression and always a cry for change and harmonization. Illness always means that somewhere in the body there is disorder or chaos. As soon as the human being makes the wonderful thing called body clogged, over-acidified, stressed (among other things by electrical pollution) or calcified, the energy system blocks itself. Like life itself, we are bound to an order and when this is lost, we experience disharmony and the pains and illnesses begin.

Illness can therefore be seen as something meaningful, namely as an impetus for reorientation, search for meaning, evaluation or movement in the flow of life. Thus, the disease helps us to find our own path, we learn to overcome any resistance and not to let ourselves go. If we start to listen to him and pay attention, the disease will begin to dissolve. Thus, illness is actually the friend who helps us to find our center again. It offers us a healing opportunity. We only have to learn consciously that we can decide for ourselves whether we want to become healthy or whether we rather want to "get stuck" in disharmony. A doctor or therapist can basically not heal, he can only help us humans to heal ourselves.

### **What actually is health?**

Right after that arises the question "What is health?" It is written, "Health is the balanced state of harmonious integrity of the whole personality." A mouthful. But you could equate health with harmony in the whole body system. When everything in the body works in harmony, our organs do not cause problems and



we feel well.

Our organism loves to maintain this harmony because it has been organically designed for health and endowed with great self-help powers. Millions of immune cells and antibodies are destined to protect our life. Our defense mechanism is strongly active and contributes to healing. Since our self-healing powers not only come from the physical, but from the intertwining of the physical, mental and spiritual within us, a righteous lifestyle with lots of positive thoughts and visions is vital.

Although we speak of modern medical progress, there seem to be more sick people and diseases every year. There is a myriad of disease conditions, too much to be known, but there is only one

## **Chapter 3**

### **We are electrical beings**

Most people do not have the slightest idea of how the physical body works and do not know that we are bio-electric beings living in energetic connection with the earth. Physicians learn a lot about the effects of pharmaceutical drugs, most of which are chemical and synthetic, in their student years. They are often overwhelmed and no longer see the simple wonderful tools that the earth, plants, minerals, etc. give us. The parents can usually teach their children little about it, because they were never taught by their parents. We cannot expect too much from the contemporary schools and thus, we have lost, especially in the western world, without realizing it, this precious connection with the earth and the knowledge about it.

Our bare feet rarely touch the earth anymore and through our so-called modern lifestyle we have basically become disconnected from it. We live on a planet full of natural forms of energy, its surface teeming with gently pulsating vibrations. Who considers the sand, the meadow, the sidewalk or the ground beneath their feet to be an energy field? But that is exactly what the soil is - an energy field! And it always was! The rhythmically pulsating, natural earth energy that flows through and radiates from the earth's surface gives the entire life on earth rhythm and balance. Including all the people, animals, fish, plants, trees, viruses, bugs and bacteria that live on it.

### **Energy flows through the bodies**

In my lightworker trainings, the first day was always dedicated to "What is energy? How does it flow through us? What is grounding? I used to first show my students how energy flows through our emotional and mental bodies and how it manifests in the physical body by condensing into its substance. When we come to understand that we are made purely of energy, we can begin to address the causes of our illnesses at higher energy levels. When an energy blockage or adhesion is energetically cleared at that level, the information slowly trickles into the physical body and begins to regenerate the balance in and around the cells.

Through meridians (energy pathways) located in the body, energy flows up and down, providing us with the universal energy of the cosmos and the earth. Our body has an electrical conductivity that was known in ancient indigenous cultures. In Chinese culture, which is over 5,000 years old, they speak of Qi or Chi. The awareness that the earth, life and health are fundamentally connected has always been there, allowing them to greatly refine their healing techniques. Qi is the

central principle and is seen as the natural force that fills the universe.

The ancient Indian tradition of the Vedas called it Prana, which means universal life force. We are electromagnetic beings that ideally need to be electrically recharged every day. The universe is like the womb, it takes care of us and protects us.

We unconsciously know that we are energy beings, and when you approach a lamp in the house, for example, or operate household electrical appliances, if you take a moment, you will notice how your own voltage changes. (with voltmeter devices we can make this visible). When we are passing a radio set, the transmitter is very often affected. It either emits clearer, louder or becomes less clear.

### **Our appliances also need to be grounded**

Every house has extra sockets in the kitchen to ground our household appliances, which is absolutely necessary for washing machines, refrigerators or the stove, among others. When building a house or apartment block, special wiring is placed, which ends in the earth in order to ground these devices. These devices are connected to the modern grounding system through the socket through a protective wire and thus well grounded.

### **Electrical impulses**

Man was equipped with soul, spirit, consciousness and creative intelligence. He got the power to think and reflect - processes that take place in the brain. As in a control center, more than 100 billion nerve cells communicate smoothly with each other. With the help of electrical impulses and highly sensitive frequencies (based on electromagnetism) these bio-electrical processes function quite reliably. The brain and the nervous system work for the control of all body functions with electromagnetic signals of unimaginably tiny intensity. Electromagnetic environmental influences can quickly disrupt these functions. The electromagnetic radiation surrounding us, the so-called electrosmog, is millions of times more intense than the fine and fragile impulses in the brain. If these stimuli constantly affect us over a wide area through interference frequencies, the body gets into a stress situation, which leads to functional disorders.

Every physical or mental function, whether conscious or unconscious, is supplied by low electrical currents. The perception of pain, muscle contraction and movement, nerve function, glandular secretions, healing and regeneration, and brain activity are all electrically powered functions of the body. The heart is a

muscle which is controlled by low electric current. This can be measured with an ECG and, if it is vital, this voltage is compensated with an inserted pacemaker. The brain is like a highway of electrical signals, processing and delivering millions of messages from the entire infrastructure of the human body.

Did you know that the human brain generates enough electrical current at any given time to power a 15-watt light bulb? Humans absorb and radiate more electrical current than you can imagine. Now, if a person has an excessive chronic charge of static electricity, then he must discharge himself somehow.

Often we feel good near a certain person, our electroreceptors receive his energy and his vibrations benefit us and influence us positively, making us feel better. Animals immediately sense if a person is emitting bad or good vibrations, or if the Earth's energy fields are changing, which is the case with natural disasters or extreme weather changes. Thus, every living being consists of different frequencies, which together form certain bio-electrical fields.

We can consider our body to be like a radio receiver that is tuned to a certain

frequency of a station. Although all frequencies exist simultaneously, we focus only on this one frequency.

Injuries or traumas cause local shifts and interruptions in the flow of electricity. When the body experiences these disruptions, it immediately begins the healing process. This natural current flow of the body can be influenced by a healer through a touch of the hand, if the healer can create an appropriately charged current flow. The person then experiences a natural healing process.

Humans are electrical beings, there is little doubt about that. It is only recently that experts have been increasingly researching and explaining the connections between man and the earth. Scientists from the fields of medicine, geophysics, biophysics, electrical engineering and electrophysiology explain how the electrical earth energy maintains the order of our bodily oscillations, in much the same way as a conductor prescribes the interplay and rhythm of an orchestra.

If I can summarize in a nutshell : "We live and function electrically on our electric planet and each of us is a collection of dynamic electrical circuits. In the living matrix of the complex body, trillions of cells are constantly transmitting and

receiving energy as part of their programmed biochemical reactions. A true marvel of nature!

## **Chapter 4**

### **The human being between the sky and the earth**

We humans live with our feet on earth and our head in the sky and as electrical entities we are dependent on the vibrations and frequency changes that take place. On the other hand, they are also dependent on our vibration and energy fluctuations. I often think of us as a membrane\* between earth and sky, ensuring that an active interaction between the two is maintained.

Earth's natural vibrations are energy waves, caused by the movements of subatomic particles called free electrons. These electrons are not easily seen, but we can think of them as planets orbiting freely around the sun. The atomic nucleus contains both protons, so called particles with a positive charge, and neutrons, which are neutral, meaning they carry no charge at all. The electrons themselves are negatively charged.

### **We consist of several bodies**

The body is a compact, in itself structured unit and level, which is based in the subtle matter as well as in the form of a physical, biological living being. In denser levels it consists of three bodies, namely mental body, emotional body and physical body. The mental body is the subtle zone in which the individual intelligence unfolds to find three-dimensional form. It is directly connected to the Source and filters out the divine impulses, which then become thought.

Then there is the emotional body, the so-called sentient world, which therapists often see in aura readings. It is strongly tied to the physical body. If we are in bad shape emotionally, we usually feel weak, sick or sad because of this direct feedback. If we are in love, the physical body reacts intensely and we feel fresher and look younger. Other bodies include the aether body and light body.

They form a complex unity, which in the most favorable case functions perfectly and allows us to grow. Precisely because we are such special energy beings between heaven and earth, and because everything flows through us, we should pay good attention to what energies we are allowing into our lives.

### **The Cycles**

Ancient civilizations have recognized the cycles of nature, planets and the sun for their importance towards a healthy survival and they have been attuned to them since eternity. They were always aware of the basic rhythms that control sleep-wake cycles and maintain health. They knew that the organism functions in

accordance with the cycles and rhythms of the earth. The life energy or life elixir was called qi, prana, etc.

The Chinese tradition called the energy that flows through us Qi. For them, the Heaven Qi consists of the forces that stars and planets exert on the Earth, such as the sunshine or the effect of the moon on the tides. Earth qi consists of energy lines and energy patterns, as well as the earth's magnetic field or the heat hidden under the ground. The Heaven Qi influences and controls the Earth Qi, or in other words, the Heaven is conditioning the energy on Earth. Within this earth field all humans, animals and plants and all living beings have their own individual energy field.

When walking barefoot, we now absorb this earth energy without thinking about it and let it flow through our body, whereby the emotional and mental bodies are also energetically influenced.

Yoga, tai chi and qigong are practiced to strengthen the body and calm the mind, usually without shoes, so that the body can balance itself electrically while doing the exercises. Many Chinese exercises are about growing roots in the earth and strengthening them. Well grounded, the human membrane functions in optimal condition. The energies between heaven and earth then flow through us, supporting both our spiritual growth and our health. There are always vibrations of certain frequencies that we hear, see, feel because ultimately every body, every matter, indeed the entire universe consists of vibrations. All life, from the infinitely large macrocosm to the infinitely small microcosm vibrates continuously and our (defense) cells recognize which vibrations are useful or harmful for us.

So basically everything vibrates, from the orbit of the planets around the sun to the movement of the electrons around the atomic nucleus. So we are subject to the law of vibration from the plus & minus. When we humans collectively begin to understand that we are energy, light and vibration, we will better understand how discordant and negative energy fields affect us, and why the body begins to fight back and become ill.

### **Negative and positive charges**

The earth itself contains geopathically negative places that affect us, for example where water veins cross. Natural negative earth rays can also make us sick or burden us. The body's own regulatory systems are disturbed and the self-healing

ability diminishes. The defense system then does not function well, but "the natural barefoot earthing" can offer good help in this case.

On earth, gravity and electricity are always present. While we are aware of gravity through falling objects and the feeling of heaviness, we often only see the electric field during a thunderstorm when the charge differences are dissipated by lightning. The negative charge of the earth's surface is opposed by a positive charge in the higher layers of the atmosphere. The fact is that the earth is electrically negatively charged on its surface and everyone realizes this when they see the thunderstorm lightning.

### **Where do the electrical charges come from?**

The sun emits rays of different wavelengths, as well as particles with different charges. These result in the negative charge of the earth. The average value is 130 volts per meter of altitude. The magnetic field allows electrons to reach the Earth's surface only in the area of the poles, and therefore the aurora borealis shines at the poles and the charge decreases from the poles to the equator. Should the orbit of the universe ever change and the planets and the sun orbit around each other differently, the Earth's energy field would naturally change with it.



## Chapter 5

### **Earth Contact and Healing Power**

Our land and oceans are alive because they contain a supply of electrons that is infinite because it is continuously replenished. The earth is negatively charged and contains an endless source of negatively charged electrons. When we seek direct contact with the surface of the earth, and our skin meets the skin of the earth, our body naturally balances energetically with it. Our physiology changes as a result, as our low electron level is replenished. Whenever two conductive objects come into contact with each other, such as our bare feet with the earth, electrons flow from the object that has electrons in abundance to the object that has fewer. This creates a balance and this process we can then call natural skin on skin / barefoot earthing. When we stick a metal rod in the earth, the electrons of the earth flow to the object that we have previously connected to the rod.

Science teaches us that our body is a dynamic conductor of electrical impulses and that is why it is called living matrix. The second our feet touch the earth (or we are connected to it by a wire) our physiology changes.

There is an article by Gaétan Chevalier\* Ph.D. and James Oschman Ph.D. in which they clearly explain the "barefoot earthing process" and indicate why there are never any harmful effects and why this natural earthing is not only beneficial but also perfectly safe.

They state that barefoot earthing reduces exposure to EM fields\* and refer to a worldwide organization, the Society for Barefoot Living, which can demonstrate many health benefits of removing shoes and socks and walking barefoot on the earth.

Based on their experience and the support of medical research in the field of biomechanics, these barefoot enthusiasts are convinced that most foot and back problems are due to wearing shoes. Shoes force us to move in a way that is not natural for the human body, causing deformities in our feet. Recent research has shown that the feeling of well-being that comes from walking barefoot is accompanied by important physical benefits. As the earth is a natural source of electrons and fine electrical fields that support our immune system and blood circulation, allowing them to function properly and re-aligning body rhythms and other processes in the body. I find the following statement particularly significant: modern biomedical research has shown a connection between chronic inflammation and chronic diseases, including most diseases of old age and the aging process itself.

Chronic inflammation is a disease that we can alleviate or prevent by regularly connecting the body to the earth. Likewise, it has been found that the increase in chronic and stress-related illnesses began during the time when the leather from which our shoe soles used to be made was replaced by rubber and plastic.

Leather becomes slightly moist from the sweat of our feet when we move, creating a super conductive channel for the flow of electrons between the body and the earth. Thus, with these shoes, we were in direct contact with the earth's soil. Rubber and plastic are strong non-conductors that insulate us from the earth ground, preventing the flow of electrons from the earth to the body. So the advantage of barefoot grounding is the direct contact with electrical earth currents and earth fields.

Now we experience in daily life more or less a chaos of all kinds of radiating fields and we can look how to cope with this and inform ourselves as well as possible. Of course, there are always people who worry whether natural grounding increases exposure to electrosmog or dirty electricity, but in fact it reduces exposure to these disturbing fields. To understand exactly why this is so and how it works, you need to look a little closer at the physical and biophysical principles of electricity and magnetism.

Some of the confusion about this subject is due to the fact that we know too little about it. Thus, confusion often arises about whether the unnatural frequencies (called electrosmog) that flow through residential wiring can be eliminated with filters. As electromagnetic radiations they are practically omnipresent and cannot be completely eliminated by filters in the wiring. However, natural grounding significantly reduces this load.

But it is interesting that doctors and experts often emphasize that according to their research and experience this is not the most important effect of barefoot earthing, but it is far more significant for our health that it provides us with anti-oxidative electrons, which stabilize the function of the immune system and other physiological processes in the body.

Materials such as metals are electrical conductors. They contain free or mobile electrons that transport electrical energy from one place to another. For example, by flipping the light switch, electrical energy is conducted through the wire to the light bulb, which in turn converts the electrical energy into light energy. Since we use the system of alternating current, the electric energy can be transported over

long distances. It is flowing extremely fast, but the electrons are not moving very much. They merely twitch back and forth a little in the wires.

The human body is conductive because it contains numerous charged ions (electrolytes) that are soluble in water. Blood and other body fluids are therefore very good conductors. Free or mobile electrons can also move in the body.

Other materials, called insulators or non-conductors, have few free or mobile electrons. Plastic and rubber are good insulators and are therefore used to cover electrical wires, preventing the wires from making contact with each other or touching our skin, which would cause an electric shock.

At this point it is not wrong to say a little about the phenomenon of electricity. We know three different forms of electricity: direct current (DC), alternating current (AC) and static electricity. These occur in our environment and can affect our well-being. In my opinion, it is always an advantage to know more about these phenomena, as we could then start to make our environment healthier. In this book we focus on direct current and alternating current, while consciously stating that static electricity also affects us and that static charges can also be cancelled out by barefoot grounding.

As an example of direct current we can take a normal flashlight with two batteries. As soon as the light is turned on, a current generated by chemical reactions in the batteries causes electrons to flow into the bulb. It converts the electrical energy into light. The electric field itself flows to the bulb almost instantaneously, while the electrons move only slowly (about 7 cm per hour).

Alternating current is the form of electricity delivered to residences. Alternating current is generated by generators and distributed in the community through wires that run above or below ground. Unlike direct current electricity, the actual flow of electrons in an alternating current circuit is virtually zero, because the electrons mainly move back and forth without actually traveling along the line. Therefore, the electrons in the lamp wire basically do not flow in AC. Rather, they oscillate back and forth over a distance of about one hundred thousandth of an inch. This means that the same electrons were probably already in our house wiring when the house was built. Unlike direct current, the electrons excited by a generator do not flow to our home and then flow back to the generator after they have delivered their energy to our lights and appliances. The electrical energy flows approximately at the speed of light, but the electrons, on the other hand, only oscillate back and forth. This fact is important because some statements on this

subject can cause confusion: "Every time an electron leaves the power plant to generate electricity for our home or school, it must return to generate more energy".

This statement is false. No law of physics requires that an electron emitted from an AC generator return to the generator to produce more electricity. It is also often claimed that electricity companies use the earth as part of the AC grid to save the cost of new transmission lines needed because of an increasing demand for electricity.

In reality, the National Electrotechnical Standards (in Germany we have the VDE and EN standards) do not allow our electrical system to be directly connected to the earth. The standard prohibits the use of the earth as a conductor for this purpose and requires that electrical systems have a separate earth connection to stabilize the voltage in case of lightning, voltage surges or accidental contact between power and high voltage lines. Although these standards are not official laws, they are strictly followed because companies can be held responsible in court with 100% success if they do not follow the recommended rule.

The wires in the houses and the electricity distribution network act as antennas that can transmit and receive natural and man-made electromagnetic fields. Many devices contribute to this field: cell phone towers, wireless network connections, WiFi routers, satellite TVs, play stations and cordless phones. Above all, the new smart meters\* are extreme polluters. There are devices that emit peak voltages and spurious signals that interfere with the 60Hertz field in the wires, especially when the devices are turned on or off. Examples of these are: Additives in fluorescent tubes; high efficiency lighting such as energy saving lamps; computer hard drives; electric heaters and hair dryers; refrigerators, air conditioners and vacuum cleaners.

Signals and disturbances in the AC field produce what we now call dirty electricity. There are various reports on how these so-called dirty energy fields affect us and what long-term consequences they have. It should be noted that many people, especially children, are nowadays sensitive to these electromagnetic fields and get really sick if they are exposed to them on a daily basis.

If you would like to know in more detail, a simple voltmeter can help you determine how much AC electricity is being radiated in your environment and how much of it is entering your body. The voltmeter can also be used to show how the charge is decreasing due to barefoot grounding. You could simply test

this yourself, for example when you are lying in bed or sitting on the sofa in your living room, or while surrounded by devices such as a computer, smartphone, monitor, telephone, etc. You can also test it outdoors by first measuring the charge with your shoes on, then taking your shoes off and measuring it again.

Inexpensive meters are available in electrical stores and are easy to use. One of the instrument's test wires is held between the thumb and forefinger, and the other is connected to the ground rod in the earth or to the electrical system with the protective clip. There are now also good outlet testers that measure whether the outlets in your home are properly grounded.

It is important to remember that, for example, the cable of the lamp next to the bed emits AC fields even when the lamp is switched off. However, if we use a grounding mat, the value on the voltmeter immediately goes down in the millivolt range, very close to zero. If they and the children "play" with the voltmeter for some time in the house, they will learn to protect themselves and their children in a playful way.

### **The miraculous healing power**

One of the most obvious benefits of barefoot grounding is the wonderful effect it has on our blood. In dark field imaging microscopy of blood taken before and after barefoot earthing, they could clearly indicate a thinning and uncoupling of the blood cells. In his book "Earthing" Clive Ober describes how blood samples taken by Dr. Stephen Sinatra MD in the presence of many scientists clearly indicated how the blood showed fewer formations of red blood cells and seemed thinner. Clinton Ober, who has deliberately walked barefoot many times for years, was the only one there with a fairly healthy blood count.

Well-known nutrition researcher David Wolfe lectures around the world talking about the positive effects of barefoot grounding on health. He can show his audiences in pictures, using blood samples and other research, how grounding regenerates the blood and how it makes us healthy and, more importantly, keeps us fit. He specializes in healthy food and the aging process and says that natural earth contact helps us more than we realize.

For years I have heard stories from people who noted how they felt better when they regularly walked barefoot on the earth. Modern research tells us why this is so: "Our immune system works best when the body is abundantly supplied with electrons, and our bodies obtain them easily and naturally through barefoot contact with the earth."

Scientific research indicates that the electrons absorbed from the earth act as anti-oxidants in the body. That is, they protect the body from inflammation and from their numerous negative health consequences, which is well documented in medical, scientific literature. If barefoot contact is impossible (in big cities or when you are ill), you can choose from various conductive systems were designed for this purpose, to connect us to the earth while we sleep or are in our homes.

**To bring it to a point: What happens during grounding?**

The body is flooded with negatively charged free electrons, which are abundant on the surface of the earth. It then immediately adjusts to the electrical energy level, or energy potential, of the earth.

**In short, there are three main reasons why this electrical connection is so important:**

1. the earth is a huge storehouse of free, negatively charged electrons and we desperately need them. Without the connection to this store our body cells are not able to balance the positive charge we get every day.
2. our modern environment is saturated with electromagnetic emissions caused by: Computers, cell phones, TV, WiFi, communication towers, power cables and other electronic devices. This electromagnetic radiation causes an electric voltage in our body. This voltage interferes with the trillions of subtle electrical communication processes that are extremely important for the healthy functioning of our body. By grounding barefoot, we greatly reduce the level of induced, electrical tension. It is always a wonderful thought to know that Mother Earth supports and protects us.

In subtle dimensions, the connection we create with the Earth provides us with information that helps us live in harmony with the great cosmic intelligence of the planet.

## Chapter 6

### **Lack of earth contact and its effects**

The essence of this book is "Earth contact heals and keeps you healthy!" IT is designed to show you how soothing, strengthening and healing the power of the Earth can be. It will change your perspective of the soil beneath your feet and your relationship to our beautiful planet on which we live. Reconnecting with the earth, for most people, is about going camping, to work in the garden, going to the beach or mountains, or doing something similar that brings your body and soul back into the lap of nature. But the true reunion with the earth that we are addressing in this book is something else. By healing earth contact, I mean taking off shoes and socks and sitting, standing or walking barefoot on the ground, which can be done anywhere and for free. But this re-connection can also include connecting the electricity of our body and the electricity of sleeping pads or floor mats that are connected to the earth.

Lack of grounding is like cut roots. When we are disconnected from this naturally negative earth charge, we are more susceptible to oxidation\* and develop inflammatory problems more quickly. Oxidation is the uptake of oxygen or the release of electrons. Combustion processes in the body are called oxidation processes. In nature, the oxides are the most frequently occurring compounds. They are compounds of oxygen with other elements. Almost all of us suffer from a lack of excited electrons and this condition is causally involved in many civilization diseases.

A group of scientists and doctors have made all possible and known biological tests to see if there is a difference between the person who is grounded (standing barefoot on the earth) and the same person who is not grounded (shoes with plastic soles). Their answer was "Yes, it makes a huge difference". In all tests they could clearly see that. (including cortisol levels, bilirubin, heart rate levels, heart rate variability, respiratory levels, white blood cells). Most of today's diseases probably have to do with an excess of positive charge in the body. What that really means is that there is a deficiency of electrons. When we have excess positive charge, there is too much oxidation and free radical damage, and electrons are robbed. That means we don't have enough electrons because of oxidation. If we remain permanently isolated from the earth by our rubber shoe soles, we are more susceptible to free radical damage and age faster.

It is interesting how little known is the fact that the human organism only functions properly when it has regular contact with the earth. However, most

people know that it is necessary to ground electrical appliances. In the home there is a third conductor for this purpose in the socket. So both communications between the earth as a planet and the earth as a concrete substance under our feet (sand, rock, mud, water, etc.) are of great importance for living life.

To understand the basic relationship between our bioelectric properties and the electrical quality of the planet, we can think of three kinds of materials used in connection with electricity, namely conductors, non-conductors and semiconductors. An example of a conductor is the metal copper wires in the walls of houses or in the power cord of an appliance that you plug into the wall outlet. In conductors, the outer electrons are held together only loosely enough to move easily between atoms - in simple terms, they correspond to planets orbiting the sun at great distances. Electricity can therefore flow through them. They form a kind of gas around the atoms and flow freely through the solid, conductive material. That is why they are called free electrons.

In non-conductors, the atoms have a tight grip on their electrons. There are no free electrons, so no current can flow in these materials. Examples of non-conductors include plastic, rubber, glass, and wood. Now we see how we are disconnected from the earth most of the time because the soles of our shoes are made of plastic or rubber. Many parts of our homes are made of conductors or non-conductors and semiconductors are in between: Sometimes they are conductors, sometimes they are not. Their conductivity is not as good as that of a conductor, but not as bad as that of a non-conductor. Semiconductors are important components of our modern electronic devices because their conductivity can be controlled with an electric field.

Like the earth, our bodies are composed mostly of water and minerals, and both are excellent electrical conductors. Free electrons pulsate ceaselessly on the surface of the conductive Earth, fed by natural phenomena, namely solar radiation, thousands of lightning strikes per minute, and the energy generated by the planet's core. Our skin is in direct contact with the ground, these free electrons easily reach and spread throughout our body.

The fact that grounding the body is an important healing concept to improve our health condition in the simplest way has been widely spread in the USA for years. The book "Earthing" by Clinton Ober and Stephen Sinatra has helped in this dissemination. As an expert in the cable television industry, Clinton Ober was familiar with technical grounding as a way to protect the integrity of transmissions. At some point, he began to wonder if this concept might be useful



and necessary for humans as well; after all, humanity walked barefoot for millions of years, then with conductive leather soles, and only recently have they walked isolated from the earth.

After ten years of research, he concluded that electrons from the earth act as natural anti-oxidants, neutralizing positively charged free radicals. It would mean that almost all of us humans suffer from a deficiency of excited electrons and many civilization diseases resulted from it. Co-author and cardiologist Stephen Sinatra commented, "I consider grounding to be the greatest health breakthrough in all my years of medical practice. "Natural barefoot grounding" restores the body's natural electrical state, harmonizes the nervous system, reduces inflammation and improves circulation. No medicine on earth can do what Mother Earth can do for us!"

It appears to be possible for a few people to have essential earth contact on a regular basis by walking barefoot, and we have to think about how we can connect in an alternative way. Where do we spend most of our time? Asleep in bed! So this would be an ideal time to take advantage of.

Today there are materials and fabrics interwoven with conductive fibers on which you can sleep grounded. They are connected with a cable to the grounding pole of a socket connected or with a metal rod stuck into the ground.

Unfortunately, the way our modern footwear has developed is rather against us if we do not use it consciously. It has a disastrous effect on human physiology and health, certainly because according to more modern researches, inflammation is the result. Many tests have been done with athletes, and it was found that ocean surfers are the best athletes in the world. Probably because they are constantly in the water and thus well grounded? When we are not in contact with the earth, it affects our breathing and physical PH (acid/base balance). Barefoot grounding normalizes this pH level in the body and allows it to relax. If our body is over-acidified, we are prone to inflammation and disease.

## **Chapter 7**

### **The 21st Century and Electrosmog**

Every household is now equipped with 40 electrical devices or more. We are learning more and more how electrosmog is the downside of luxury and is not getting any less. It has rather doubled in the last ten years. In addition, our life has changed in the years after the world war in such a way that we must internally ask ourselves, "Who does still have a real earth contact today?" If we realize how often the soles of our bare feet touch the earth, the answer must be, "not often." On the one hand, the electromagnetic loads increase and on the other hand, less discharge takes place. So we stumbled into an unnatural state of life and discovered how many new diseases are afflicting us now.

When after the 2nd World War the global economy and communication began to be rebuilt, few could foresee into which technical electrical, nuclear and communication pollution period we would be entering. The economy was supported with the newest electronic devices, which in addition were being constantly developed on a monthly basis. Countries celebrated their economic successes. These new technical tools are quite important for mankind and we can benefit a lot from them, but if I look at our development in the last 15 years, we have grown at a rapid pace into a society that is surrounded both on Earth and in the atmosphere by thousands of (working or broken) communication satellites, space probes and cell phone towers. The fact that we are so intensively exposed to electrosmog has a negative impact on our health. Cell phone radiation is now considered to be the most harmful, especially to our babies, toddlers and young teenagers.

### **Our wired and wireless world**

Not even Thomas Edison was able to foresee in 1879 what health problems would result from his invention of the light bulb. Meanwhile, it seems impossible to imagine 21st century life without this energy source, let alone the newer technologies and life-saving devices that have come from it. All power lines, transmission towers, cables and appliances generate electric and magnetic fields - invisible fields of force that surround every device that runs on electricity. Our love for these electrical helpers has resulted that we live today in a dense fog of electromagnetic waves called EMF radiation, which is about 100 to 200 million times more intense than it was 100 years ago.

The problem lies primarily in the explosion of wireless technologies, such as cell

phones, Bluetooth, WLAN (WiFi), the technology that provides Internet access in airports, cafes and schools. Then there are the millions of transmission towers needed to spread those microwaves. This seductive wireless world emits a particular spectrum of electromagnetic radiation that harms all organisms, simply put. In just two decades, wireless technology has spread like an epidemic, and in Germany alone, the number of cell phone connections probably exceeds 125 million. In addition, there are thousands and thousands of transmission towers, including places that have public WLAN connections. Our homeostasis, the so-called balance of body functions, is completely upset by the unprecedented amounts of EMF, so that our body is in serious danger of not being able to function properly.

### **Electrosmog, what is it really?**

The 100+ trillion cells in the human body communicate with each other by means of complicated, low frequency electromagnetic signals and bio-chemical reactions. This is how the information is transported, which is then implemented in the biochemical and physiological processes of the body. When the body is constantly exposed to electromagnetic radiation, these cell communication pathways can be disrupted, leading to abnormal metabolism and ultimately disease.

Stress always affects physiological processes and the inter-cellular communication to a considerable extent. You only have to imagine the chaos that occurs in a city when the lines of communication break down. In the body, a similar chaos breaks out in the area of the cells when the normal processes are disturbed and the communication channels do not function well anymore. The cells' work deteriorates, the cell membrane hardens, nutrients can no longer get in and toxins can no longer get out. The breakdown of healthy cellular processes leads to chaos in the body and we feel sick, tired and weak. When we also lack a regular natural grounding to discharge the accumulated electrical charges and harmonize ourselves with negative electrons, our body is left with little power to keep itself well.

Although the electric current is ingenious, it also brings us disadvantages. It inhibits the healthy pulsation of human cells. Although there are enough publications about the influence of too many electric wires in our lives, publicly much is swept under the carpet, or talked about as little as possible. Everything alive pulsates, every human cell pulsates, also our heartbeat, our breath, the fluid of the spine, even the whole human being pulsates. This pulsation brings us life. Every metabolic function works according to the same pulsating principle, namely

inhale - exhale and exhale - inhale. If we support this pulsation, the vibration of the cell can increase and we feel powerful and healthy again. The higher the vibration, the greater the likelihood that abilities such as clairvoyance, and a certain sensitivity to the spiritual planes will develop spontaneously.

If the pulsation frequency of the cell decreases, the opposite happens. Electrosmog, alcohol, nicotine, excessive meat consumption, bad nutrition (chemical additives & GMO\*), trauma and negative thoughts have a negative effect on this pulsation. Depression and disease may develop and all bodily functions become sluggish.

### **Right- and leftturning magnetic fields**

In the bi-polar world, magnetic fields rotate clockwise and counterclockwise as they occur during the flow of electric current. Most of the processes in the human body are clockwise (in our northern hemisphere) and it is known to many people that we can strengthen our digestion via clockwise lactic acids, while we tend to weaken it via counterclockwise lactic acids.

It is interesting to know that our houses, however, build up a left-turning magnetic field due to the many electrical connections caused by the installation and placement of meter boxes.

In Germany, it is standardized and compulsory that when the main connection is installed in a building, the electrical works are instructed to use rotating field meters in order to avoid the health risk caused by a left-hand rotation of the electric field.

In the last few years, new technologies (e.g. the smart meter, which is considered to be incredibly dangerous for health) have been coming out of the woodwork, and it seems to me that it is vital that we keep up to date with new developments and learn how to protect our children as much as possible.

## Chapter 8

### **Smartphone, TV, computer & Co in the children's bedroom**

If we look around in a child's bedroom, we almost always spot several devices. Very often there is an electric alarm clock next to the bed or a cell phone or smartphone right next to the child's head. Of course, these devices must remain switched on during the night to serve as wake-up alarm clocks or to receive messages. In addition, most children have a computer or laptop in their room, maybe a TV and stereo, a game boy and other (WiFi) tablets.

Unfortunately, electro-hygiene is not yet offered as a discipline and we are not properly informed about the effects of these radiation exposures. Therefore, these devices are not turned off and your child sleeps in a chaos of various low and high frequency waves, which are electrical and electromagnetic. Not good!!!

"The biggest environmental polluter in the world is the propagation of electromagnetic fields" says Dr. Robert Becker the physician, researcher and expert on electromagnetic radiation. He has been nominated twice for the Nobel Prize and is extremely concerned about the spread of electrosmog. Recent research shows that the density of background radiation from many electrical devices and new wireless hotspots is equivalent to a high-frequency carrier wave, which means that the radiation reaches us whether we are in close proximity to a cell phone or not. It is likely that the common children's rooms have become highly dangerous energy fields, which affect our children and young people more than we can imagine.

### **Cell phones and the short-range radiation**

At this point I would like to share a little bit about cell phones and the danger they present. Although cell phone manufacturers and governments always assure us that these devices are totally safe, in recent years many research reports have been published that prove the exact opposite. We know that the signal emitted by the cell phone antenna in the so-called short-range field is a dangerous form of electromagnetic radiation that affects our brain and body functions. In the more recent models, the antenna is hidden in the device (no longer visible!), but the radiation in the near field remains intact.

The radiation penetrates from this antenna in a range of about 15 to 18 centimeters in all directions. It is caused by energy surges that are necessary to send radio signals to a station that may be several kilometers away. When the device is turned on, we are automatically exposed to this dangerous radiation whether we

hold the device to our ear, wear it on our belt, or carry it in our pocket. The radiation from the phone's electrical circuitry adds to this. They generate an energy that can completely disrupt a person's energy field.

If someone walks through the apartment with a measuring electrode in his hand, the value of electromagnetic stress changes. In a geopathically undisturbed place the voltage decreases and above an interference zone it increases again. In this way it is possible to determine where we should place the bed in order to avoid these interference zones. Besides the geopathic stresses, we can also find high charges near appliances and when using cell phones. In the past, when electrosmog was still bearable, values of 50 - 200 mV\* could be registered. Today most people live with values of more than 1 V, sometimes up to 10 V and this with increasing tendency. You understand that this pollution represents stress for the organism and its regulatory systems.

The best thing would be if our children would never be exposed to these radiations. If we use the devices with a cable (i.e. not WiFi) and always turn them off in between, or disconnect them completely from the electronic network, we would make a step in this direction. A low-radiation environment would be important for all living beings, but for children it is vital especially during sleep, because hormones are turned on during deep sleep. Unfortunately, they cannot be turned on in an environment with electromagnetic radiation (for further information see chapter 11). If your child sleeps restlessly and regularly crawls into a certain corner of the bed, it could be an indication of exposure to electric pollution or geopathic interference, e.g. from water veins.

### **A healthy children's room**

I feel that a child's room should be a recreation zone and, above all, it should remain free of electrosmog! Let's see what you can do, without too much trouble and with minimal cost?

1. avoid placing electrical appliances in the children's room. It is better to use battery-operated devices. Especially unfavorable are transformers of halogen lamps and toys (e.g. iron or race track). Always unplug appliances when they are not needed! You can buy a multiple plug socket with cord, which has an on/off switch.
2. remove the cell phone, tablet, laptop, TV, etc. from the children's bedroom in the evening before the children go to sleep. You can put them on flight mode, turn off the WiFi and put the smaller devices in the hallway.

3. Do not place the child's bed in close proximity to electrical outlets. Keep at least one meter safety distance! Make sure that there are no electrical devices on the other side of the wall. Particularly unfavorable are fuse boxes, electrical (night storage) heaters and risers (supply lines for the entire house, e.g. in apartment buildings). These lines should be at least three meters away from the bed. 4.

4. Do not run extension cords under or next to the bed! The bedside lamp right next to the head is also inconvenient. If your child needs it to read books in the evening, you can unplug it overnight and put a battery-powered flashlight next to the bed for emergencies.

5. Refrain from using dimmable nightlights. The increased alternating magnetic fields are very stressful to your child. The energy-saving lamps, led lamps and fluorescent tubes are also not favorable. In terms of electrosmog, the good old light bulb is still the very best choice!

6. avoid metal parts in the bed. A spring mattress or a bed base made of metal is usually made of conductive steel, which amplifies any electromagnetic field in its environment, no matter how small. Place a mattress made of natural material, such as coconut or horsehair, in the child's bed. The slatted frame should be made of solid wood, with as little metal as possible. Small screws and metal clamp will not do any harm.

7. Do not use the radiant heater above the baby changing table. Instead, move the diaper-changing area to a warmer place, such as the bathroom. There you do not need the radiant heater.

8. consider buying grounding mats/sheets for the children. During the night the body can balance itself energetically, the child can sleep in a relaxed way while discharging.

Barrie Trower, an English scientist in the field of military intelligence and famous microwave specialist has been warning strongly for years against the misuse and use of microwaves. He says they make us sick and weak and have been used for many years in military applications to destroy and control the enemy. He says that we must be careful when buying protective devices without knowing what radiation and signals they emit.

We automatically assume that they will help us, but often they bring us more harm. Many futuristic techniques and improvements have now been developed

worldwide and could be installed immediately, but they are patented and held back by large companies. People don't know about them and therefore don't ask about them. So the big companies don't need to improve anything or tighten up the safety of their products.



## Chapter 9

### **Why we love to spend our vacations at the beach**

How often do we not wish to be able to go on vacation once again soon, preferably to the sun? How often would we not love to "get away" to be at the beach to be with our feet in the waves or to chill out on the beach, to relax and just do nothing at all? Whenever I was preparing to go to Hawaii for the winter ( what I did every winter from 1995 on) everyone told me "Oh, that's my dream, I want to go to Hawaii too, be on the beach and swim in the ocean".

I am a person of extremes and always worked a lot (either I do 100% nothing or I work 100%) and I had to search for ways to stay healthy and fit. In Bavaria, where I lived for 22 years, I was hiking a lot in nature, in the mountains, at the lake, but when I discovered the wonderful island of Maui as a place to relax, I figured out the perfect solution. Work hard and then head to the island. So it became the paradise of healthy living for me. During this time I regenerated, my skin glowed again, my eyes were seeing better, I slept more relaxed and lost excess kilos.

The climate by the ocean is beneficial to us, even in places where it is not always warm. The contact with the earth and the water in Hawaii are at the fingertips and everyone is outside for many hours a day, unconsciously or consciously. In the morning between 6 and 8 o'clock everybody is walking barefoot on the beach, meeting friends and I often went canoeing. Later in the day, people go to the beach again, this time to swim or hike barefoot again.

Everybody understand the positive effect and dream again and again about beach, sea, sun and the positive physical feeling. We love how we feel during that time, which is vigorous and energized.

When we have a stressful life, there is nothing better than going on a beach vacation. Once on the beach and in the water, all stress just falls away from us. Why do you think? Very simple! You ground in a natural way, balance your energy levels as the earth ensures that you discharge electrically!

When we walk barefoot, we are immediately grounded! When we go to the beach and lay down on our bath towels, we are instantly grounded and usually so relaxed that we fall asleep on the beach, as our breathing becomes more balanced and falling asleep becomes easy. Whether we are walking barefoot through puddles, on the beach, in the water or on the grass, we are grounded. Energies are being conducted up from the inner earth, into us. These energies are free moving anti-oxidant electrons that help our bodies fight off oxidation. And....they keep us young.

It's really no wonder that everyone loves to vacation on the beach and countries like Italy, Spain, Egypt and Greece have become popular vacation destinations over the last 60 years. The beach in itself is one of the most ideal places for barefoot earthing on the planet and when the sun is shining additionally the much needed vitamin D is turned on in the body for free.

For years, people suffering from debilitating diseases, such as rheumatoid arthritis, have been observed to experience noticeable relief from barefoot earthing. Unfortunately, this is easily overlooked in the general health care system. If we were to take up grounding outside of the vacation season, we could probably see a noticeable improvement in multiple ailments and chronic fatigue. It's great that changes often occur within 30 minutes and people with inflammation can benefit from this earthing exercise, including those with severe autoimmune conditions.

## Chapter 10

### Inflammation & Co

It has been discovered that inflammation in many cases is the foundation of disharmonies and autoimmune diseases in the body, and many conditions have recently been linked to chronic inflammation and are considered to be the foundation of over 80 chronic illnesses.

#### What is inflammation?

Inflammation is a reaction of the organism and tissues to various stimuli. By definition, inflammation is not a disease, but the body's response to damage from the outside. With the immune reaction the body tries to eliminate the cause - no matter what kind - and to repair the damage done.

It is therefore rather part of the healing process and the body's early warning system. Only when the inflammatory processes get out of hand we need to intervene, because if an inflammation cannot be controlled and in an extreme case floods the whole body, it can become threatening for the patient. If we look at it on the energetic level, it is as if the inflammation arises from a destruction of the geometrical arrangement of the molecules in the tissues, the nerves and the DNA. The reasons for this can be -poisoning, malnutrition, excessive stress, radioactive irradiation, but also electromagnetic influences and psychological stress. Through any influence from outside the tissue structure is disturbed in its molecular order, and this disorder is called inflammation. Our immune system is our defense system and we should keep it strong and intact, and an electro-hygienic and healthy way of life helps. Once there is perfect order in the tissues, there is no room for invading foreign energies and the energy in the tissues can flow freely.

#### External influences:

- ⊗ mechanical stimuli, such as friction or pressure.
- ⊗ chemical stimuli, e.g. acid
- ⊗ physical stimuli, such as heat or cold
- ⊗ micro-organisms, such as fungi, bacteria, viruses, etc.

Every inflammation leads to a defense reaction in the body via the immune system, increased tissue perfusion causes increased leukocytes\* to migrate in the so-called wound area. They immediately begin to destroy the foreign bodies that have penetrated. During inflammatory processes, free radicals are increasingly activated. Free radicals are highly active particles that our body produces in the fight against the invading pathogens, so that they kill the destroying bacteria and other germs. So they are very valuable for our health.

Modern biomedical research has indicated that there is a connection between chronic inflammation and most chronic diseases. Diseases of old age and the aging process itself are among them. Chronic inflammation can be well supported and alleviated by regularly connecting with the earth and letting it do its healing work. 10 years ago Clinton Ober wrote about scientific tests that have been done to prove the connection between barefoot and the earth. **Earthing and ignition prove**. His book Earthing contains various scientific evidence and quite interesting testimonials. You also can read about it on the Internet a lot.

## **Chapter 11**

### **Regulating body systems**

Our organism consists of different organ systems, among others:

- the musculoskeletal system with its muscles and bones
- the cardiovascular system
- the respiratory system
- the nervous system
- the digestive tract
- the urinary tract.

Organs that work closely together are organized into specific organ systems. For example, the mouth, nose and throat, trachea and bronchi are part of the respiratory system. The cardiovascular system, which includes blood vessels and blood in addition to the heart, is closely connected to the respiratory system. Through our blood, the cells of the body's defense (the immune system) and the substances of the hormonal system are transported to other organs. Other systems are the digestive system, the urinary tract and the reproductive system. The nervous system controls our body and consists of the brain, the spinal cord, the nerves as well as the sensory organs. The bones, ligaments and the moving muscles belong to the so-called movement and support apparatus. The skin forms with the hair, sweat glands and nails a completely own organ system.

In recent years, a wide variety of tests and scientific research have clearly established how returning to earth grounding has a harmonizing effect on all of these body systems. A grounded person simply has more energy available, feels fitter, sleeps better and experiences less pain. His immune system is supported and has the power to do its job properly.

### **Electro-hyper-sensitivity**

Electro-hyper-sensitive people are people with health complaints that are triggered by electric or electromagnetic fields (radiation) that we find in the environment of electrical devices. Common complaints are chronic fatigue, headache, lack of concentration or sleep, ringing in the ears and muscle or joint pain. The radiation is especially difficult for growing children to handle, and many children complain of "whistling or buzzing in the ears or skin problems (redness, itching, inflammation, spots, greasy hair or dry skin). Some children have blurred vision and complain of watery eyes and balance problems. This electro-hypersensitivity often occurs in combination with other environmental diseases and is spreading faster and faster in our modern world.

## **Chapter 12**

### **Earth Healing Techniques in Other Cultures**

Because humans have lived in a harmonious alliance with the earth and water since prehistoric times, they naturally knew how to use these elements for healing.

could use. In countries in which indigenous people still live today, we find simple healing methods that use earth, mud, sand, powder, ground rocks, crystals or minerals. The indigenous people walk barefoot or use simple shoes with leather soles. This way they have an optimal contact with the earth, spend most of the daytime outside and although they do not grow too old due to the hard physical work, they are fit and quite healthy until old age.

As an earth person I was always interested in all things that had to do with plants, animals, trees, earth and its elements and when I moved to Germany in the mid 70's I was crazy happy to find out how many health food stores there were. Elderly people, mostly women worked in these shops, they knew their stuff and helped their customers to apply old home healing techniques and to consider it as natural to heal themselves with them. What a fortune that I got to know these beautiful organic products and saw how healing earth was used in many ways in Germany and Switzerland and was freely available everywhere and still is today. There is green earth and mineral healing earth (Schindele company), healing earth (Luvos) and various mud earths used as face packs or masks. Also in France there are still many earth applications. The culture of burying people who are weak in lukewarm sand for healing purposes is still very much alive and being adapted. Let's look at earth healing techniques from other cultures that I have had the pleasure of experiencing.

#### **Burying children with fever in earth**

Once when I was visiting a Native American tribe, I witnessed a little girl with a severe fever. Her family was very worried because the fever was so high. In a tribe they always discuss with each other what to do and when the elders discussed it, they decided to take the child out into nature where they buried it in the ground. Only her head remained outside, beyond that the girl was completely covered. An elder remained sitting next to the girl for hours, talking gently to her when necessary.

They were patient and asked the earth to do its work. When he got a sign that he could get her out of the sand, the fever had dropped enough that the danger was over. The girl quickly recovered completely. Being naked in the sand had provided her body with additional electrons from the earth, and this electron

transfer had a beneficial effect on the inflammatory processes, and it regulated her body rhythms.

### **Buried in the sand of the Sahara in Egypt**

People who live in the desert who are sick bury themselves in the warm dry Sahara sand and stay buried there for at least 3 to 4 hours. The dry sand, the electron transfer and the warmth are so intense that additional emotional and mental programming, i.e. blockages, are cleansed. For years I have been leading groups into Egypt where we always spent between 6 and 8 days with a caravan of camels in the desert, riding our camels during the day and sleeping at night in the warm sand under a glowing starry sky. If we were lucky enough to encounter high, newly blown sand mountains on our route, we stayed there to bury the group members naked in the Sahara sand. Each person got his own sand hole and was covered completely with the warm dry sand, while only the head remained in the air. They were able to take an occasional sip of water with a straw that I connected to a water bottle. To protect them from the hot sun, we constructed small tents over their heads out of handkerchiefs. The participants were lying in a row and they were able to indicate when they wanted to be dug out.

This process is very powerful and although it was sometimes violent, most of the participants only wanted to be dug out after 3 hours. As all-around regenerated people, they emerged from the sand grave feeling cleansed and detached. The internal process often lasted several days. Since I do not take sick people on my journeys, I do not know if inner diseases could have been healed. On these trips I am more interested in spiritual and emotional processes and these are triggered by the Sahara sand baths.

### **Green earth and healing clay**

There are great clays and their exact composition varies according to their mining area. Basically, they are very rich in minerals and contain almost all essential minerals, as well as important trace elements. Healing clays are rich in silica, calcium, potassium, iron, magnesium, aluminum and trace elements such as selenium, zinc, copper, manganese and lithium.

One earth powder I always carry is green mineral earth. It comes originally from France and is dried under the sun of Provence. It is powerful in its effect that it has great detoxification potential. I often use this earth powder during my group travels, for example for insect bites, skin injuries, inflammations or for detoxification. In Germany, only the company Luvos is allowed to use the name

"healing earth" for the brown healing clay they sell, due to the law on pharmaceuticals. However, there are many very good mineral clays that trigger various effects. I myself like to take Schindele's mineral clay because of the minerals it contains or bentonite to detox myself (detox). Even my dogs get the Schindele mineral clay and are well supplied with minerals and feel fit and well.

### **Dr. Kneipp and dew walking on the land**

The German priest Sebastian Kneipp was and still is known for a natural healing method that involves the whole person in connection with walking barefoot, on the earth or in the water. He prescribed his patients to walk barefoot in the grass early in the day to consciously receive the healing effects of the earth and the water. His advice helped cure many diseases, strengthening resistance and maintaining health. A conscious lifestyle was of the greatest importance to Kneipp, along with the systematic use of light, air, water, exercise, relaxation and purification through a natural diet.

His system was well studied and he used it to cure the diseases of his epoch, but even today his rules are as up-to-date as they were then, as they are ideal for preventing and curing the civilization diseases of our time. This healing treatment: strengthens the immune system; provides a reflexive strengthening of the abdominal organs; helps against headaches; strengthens the foot muscles, strengthens tendons and ligaments; straightens the arch of the foot; serves as a vein & calf muscle pump; massages the foot reflex zones; serves to reduce stress; helps against foot sweat and prevents athlete's foot.

You start with dew stepping after you wake up and walk on dewy grass for two to three minutes. While doing this, be aware of how cool dew refreshes your feet and thereby gradually boosts your circulation. Then put on dry socks and shoes and keep moving. If it's nasty weather and you don't feel like going outside, you could briefly dip your feet in cold water and take a walk indoors without drying them off.

### **Earth Healing - The Roots Healing Exercise**

A wonderful way to consciously connect with the earth is a practical root exercise that I teach in my trainings and describe in my book *The Indigo Phenomenon*. It can heal our ancient connection with the earth, causing this energy flow to re-activate and begin to function optimally again. You can do this healing method at home, even with your children, ideally you would do it once with a therapist. A feeling of true connection is established and afterwards you can "maintain and nurture" the condition of the roots.



### **Sea water makes healthy**

In addition to barefoot grounding, salt, when applied externally, can help heal skin, respiratory or joint ailments. Salt regulates the body's metabolism and sea salt water relieves the symptoms of illness and if we can't go on a beach vacation, it can also be used at home. Salt from the Dead Sea would be an ideal salt because it contains almost three hundred grams more salt per liter than average sea water, which has a salt content of about 35 grams per liter. Dead Sea salt is also rich in trace elements and minerals. In the warm sea water bath at 34 degrees, the ingredients can develop their positive effect, when they easily penetrate the skin. A bath in the sea salt water is also super with psoriasis, neurodermatitis and eczema. Furthermore, rheumatic complaints, muscle cramps and back pain can be alleviated. The substances absorbed through the skin have an anti-inflammatory and analgesic effect. Regular salt baths serve for relaxation and help us with nervousness and exhaustion.

As a child, I saw my father, while suffering from a cold, rinse his nose with lukewarm salt water. He was a firm believer in this method and it really helped him. Even we children did this rinsing with salt water when we had a cold or the flu. In case of persistent colds or sinus catarrh, nasal douches with a glass vessel are to be recommended. The bowl is held to one of the nostrils in such a way that the body-warm salt water solution comes out through the other nostril. This type of salt water humidification is especially beneficial for allergy and asthma sufferers, it cleanses the respiratory tract.

We forget all too easily that 75% of our body consists of slightly salty water and that the ocean is our element. It is clear that we feel great when we are in salty water. Salt regulates the balance of fluids and metabolism, maintains tissue tension and enables the functioning of muscles and nerves. There are well-known ocean water therapies around the world, such as thalassotherapy, which are based on ancient healing methods. The Greek word thalassa means "sea" and thalassotherapy was developed on the French coast in Brittany during the 19th century. The health benefits come as trace elements such as magnesium, potassium, calcium, sodium and iodide are absorbed by the skin. Marine mud and algae pastes are also used to achieve optimal healing.

In Hawaii, we have therapists who work with North Pacific Ocean water, which is drawn from the depths of the Pacific Ocean. They use different methods in order to treat the patients with it, for example in a homeopathic dose with a drop of iodine on the skin. They also prepare a drinking cure and drink for 5 days only sea water, which is quite an extreme process and probably not for everyone. The

American Indians in Utah, who lived nearby Salt Lake, regularly drank small amounts of salt water because they discovered how it enhanced the effects of their herbal remedies.

Drinking a teaspoon of Himalayan salt water dissolved in a glass of water has been known in our world for years. Himalayan crystal salt was formed by the drying up of a primordial sea more than 220 million years ago. Due to earth upheavals and the formation of the Himalayan massif, the salt came closer to the earth's surface and is now stored at a depth of 500 meters, protected from all environmental pollution. It is therefore free of pollution and very rich in minerals, as it is completely natural.

Himalayan salt brine is made by adding Himalayan salt granules to a glass of water. The Himalayan salt dissolves until the water is saturated. Water saturated with Himalayan salt (called brine) has an unlimited shelf life. If we add a teaspoon of brine to a glass of water every morning and drink this solution, it regulates the body on many levels. Minerals and trace elements can quickly pass through the cell walls and immediately balance the mineral balance, while strengthening the immune system and purifying the body.

## Chapter 13

### **My Personal Experience with Barefoot Earthing**

Although I was familiar with Barefoot Earthing from Hawaii, I knew nothing at all about the various systems they had developed over the past few years. After all, I was never in need of them, since I lived next to the ocean and was barefoot all the time. In the worst case I had my faithful Birkenstock's on.

At the beginning of this book I told you that my situation changed involuntarily and suddenly and I was separated from the earth, nature, the sea, mountains and beaches. This situation was to last more than a year because of intensive treatment on my broken hand, arm and elbow. In this way, I was literally forced to discover new ways that would help me stay fit and healthy, even though most of the time I had to rest in an apartment and was literally "locked up".

At some point I remembered about the grounding mats or sheets that you could lay in bed to ground yourself while sleeping. They would be connected to the earth via a wire. So I remembered to have seen the American "Earthing-System" for the apartment once and ordered immediately the necessary products in the Internet. After reading about this system, I realized that I could use the grounding of the building by connecting the cable to the grounding outlet in the bathroom or kitchen.

Since this large telecommunications tower, which activated cell phones over a large distance, was located on the roof of that building, I despaired, especially at night, when I felt the microwaves penetrating heavily. Although I was familiar with these radiations, I had to deal with them in a completely new way. Technology and WiFi development had progressed at a fast pace when I lived smog-free in the Pacific.

### **I will not allow them to "microwave" me.**

When I moved from Munich to Schwalmatal, the most important thing was to find a house without a cell phone tower nearby. When finally I found a big house with a garden, after 6 months I was struck by lightning. A farmer, about 200 meters from my house, had sold a piece of land to build a huge cell phone tower on it.

Right now you could say that "everyone must have a cell phone", and of course that's true! But living so close to a communication tower is quite dangerous for your health. Since I was working full-time as a lightworker and healing therapist at the time, I decided to contact the mast and its radiations, and intuitively got shown some remedial techniques that worked great. I had to energetically build a

wall between the house and the mast. This technique worked well as long as I lived there. But I was challenged to be conscious and to clean and activate the energies weekly.

After one year I noticed how suddenly other frequency microwaves were emitted in addition, always in the early morning while we were still half asleep. These new microwaves always lasted only 30 to 35 minutes, but they penetrated deep into my system. I learned to protect myself quite well, but I felt sorry for the neighbors and children who lived on my street.

### **The grounding sheet works**

I got the grounding sheet I ordered right away and was able to connect it immediately. (To the grounding pole in the outlet, which was in the bathroom). Excited and curious, I went to sleep in the evening. I had only been living there for five weeks, but I lay awake every night sweating and boiling hot (especially on my head and lower spine, where the Kundalini is located) from 3:00 a.m. to 5:30 a.m. and felt myself being irradiated. I could not interpret the frequencies well because I was so energetically affected, but they were in no way loving radiations. I fell asleep immediately that first night and continued to sleep all night. When I got up the next day I was pleasantly surprised how much fitter and more refreshed I felt than usual. I must have made a brilliant decision.

In the weeks that followed, I sat for hours during the day on a smaller grounding mat that I grounded through a grounded outlet and clearly noticed the difference, especially when watching TV or working on my computer. I rotated feet and arms and after a week noticed how my "radiation problem" was resolving. Three months later, I did a biofeedback treatment with the Scio\* to verify it and was grateful to see how healthy, active and hard-working my body had become.

### **Electron Deficit Compensation**

We have several ways to compensate for the electron deficit. One simple way is to eat anti-oxidant-rich foods and drink plenty of living water. When we receive free electrons from the earth, it acts like a natural healing cure. It is so simple and the effect is so profound.

In the beginning, you may feel a little uncomfortable temporarily, perhaps developing flu-like symptoms, similar to a homeopathic treatment. In practically all cases, this passes quite quickly. These symptoms are caused by the detoxification and regulation process. The moment this process starts, the body begins to eliminate accumulated toxins and this can manifest itself as temporary malaise.

I felt much fresher after a few days and felt how my meridians were better balanced and the feeling of being “fried or cooked” at night from microwaves ceased. All electrical charges were now immediately discharged through the earth connection while I slept. I had serious internal injuries to my legs, knees and feet from the accident and what was interesting was that my back pain and partially numb thighs recovered super fast.

### **Trees help with grounding**

When we hug a tree, we are immediately grounded. The tree is a living timber that contains electrolytes and water, allowing it to conduct electricity and ground us. If we stick a metal rod in the ground and touch it with our hand or foot, we are grounded. If we repeat this every day, it has a tremendous impact on our well-being. We would be protected against the damage of free radicals and EMF, as our electromagnetic energy field becomes lower in frequency, making us more resistant. When the EMF radiation hits us it can flow right on into the earth and the earth can absorb an infinite quantity of this radiation.

### **Barefoot phone call**

If we make a phone call with our smartphone while standing barefoot on the earth, we get less radiation! Of course, in many cases this is not possible, but we could consciously seek ways to make this earth connection, which would allow us to live healthier lives if we have to be on the phone a lot for work.

Meanwhile, I travel with a specialized grounding sleeping bag that I can use anywhere, by plugging the cord into a ground-derivative outlet. Although I find it hard to prove scientifically, I felt my body functioned better and this electrons transfer had a favorable effect on internal inflammatory processes.

Negative charges are also used to regulate bacterial infestations. Nature has solved this problem by providing us with conductive systems that supply electrons to all parts of the body through the feet, wonderfully provided by nature. Thanks to the Earth, these negative charges were always available and prevented inflammatory processes from damaging healthy tissues. I would like to invite you to take off your shoes and sit barefoot in the park, in the garden or at the water, so that Mother Earth can do her work!

## **Chapter 14**

### **Practical Tips for Adults**

You should be aware of the importance of your and your children's health and that it costs little effort, time and money to try this wonderful, magical grounding technique to see if it does any good for you. All you should do is spend 20 minutes a day barefoot in nature and relax.

You can make so called grounding mats for your bed if you are in need. On the Internet, in YouTube\* for example, there are many DIY (do-it-yourself) videos in which people explain how they made their mats at home. They show what materials you need and how you can make your own grounding mat. A homemade mat usually doesn't cost more than 20€. Making a grounding mat may seem complicated to you, but fortunately it is easy to make.

Would you like it even easier? Sticking a rod in the ground is not really difficult. You could just stick a metal rod outside in the ground, put the cable that you previously attached to the rod up inside the house and you connect to the cable. So you can get a wonderful, fairly direct connection with the earth while you're in the house. You are then grounding yourself naturally. But to be naturally grounded, the easiest method is to go outside and put your feet and/or hands on grass or earth. I mention the earth quite a bit, but if we go into the water, walk in seawater or take a bath in it, we achieve the same result.

### **Would you rather buy a tested product?**

Instead of attaching a cable to ourselves, there is a great selection of grounding products available through the American barefoot grounding movement that are specifically designed for grounding purposes. The effect of grounding can be measured directly, as you can measure the static charge on your skin through skin resistance. The more often you connect to the earth through your skin, the better it is for your well-being. Twenty minutes is better than never getting barefoot and 1 - 2 hours is better than 20 minutes.

Many people mistake products such as copper mats, which are placed in bed as a shield against disturbing rays, for grounding mats. However, it is important not to confuse the healthy and necessary grounding of the body by conductive material with these other products.

### **The grounding mats do not operate with electricity**

Often people who are unfamiliar are unsure if electricity is used to ground themselves with grounding mats. No! The grounding tools do NOT use electricity,

they only absorb the energy of the earth through the grounding contact of a properly grounded outlet (or through the grounding rod, which is inserted directly into the earth). The earth energy only flows through the wire in the conductive grounding mat, bed pad or body strap, which are specially designed to safely ground people.

You will NOT get an electric shock when you use grounding products. You insert the plug of the cable into an electrical outlet. Plug, cable and grounding\_product are designed to pass only the grounding through the building grounding wire in the outlet. So they never conduct the current that makes the light burn. Finally, I would like to say something about safety, the safety of the grounded person who touches the metallic device that is electrically charged due to a defect in the wire. In such a situation, it is impossible to get an electric shock, because the cables of the grounding products have a resistance of 100,000 ohms built in and this resistance would prevent any current from flowing through at all.

#### **Summary of practical possibilities:**

1. grounding by walking barefoot on the ground - free
2. grounding by swimming in the sea or river (does not apply in the swimming pool!) - free
3. grounding by connecting yourself with a cable stuck in the earth – nearly free
4. grounding by connecting yourself with a self-made grounding mat with a cable that is stuck in the ground – see internet offers.
5. grounding with plaster/small mat/blankets – see internet offers.

#### **High-tech developments**

As we rush into the future, which seems to offer increasingly complicated high-tech developments, we should be aware that we are all part of this gigantic adventure. No one knows exactly what impact these smart devices will have on us. Electropollution, however, is a real threat to us and countermeasures are therefore not a luxury but a simple necessity. Whether we like it or not, the all-devouring realm of electromagnetic radiation is getting bigger, stronger and more powerful. Thus, each person must be responsible for himself and his family. Preventive measures are certainly to be considered to protect oneself and future generations.

#### **The human being as a membrane**

As discussed in this book, the connection with Father Sun and with Mother Earth is a sacred alliance that is seen as holy for the indigenous peoples. It may contain

a deeper meaning than we have guessed. It seems to be much more than a romantic, nostalgic New Age idea. Our so-called diseases of civilization could probably disappear pretty quickly if we return to a lifestyle as practiced by these ancient peoples. Respect for the earth, the air and all the elements combined with the knowledge of the 21st century could support us to be healthy for a long time. It seems to me that grounding, food, air, water, sun, plants and earth are the most important remedies we possess. Plants with their deep roots and their leaves stretched towards the sun show us in a wonderful way how this works.



## **Chapter 15**

### **Practical advice for children**

Especially for children, who are growing up and need all the attention and protection they can get, we should be careful about the dangers of the new smart devices. We should closely examine the benefits and hidden problems that these electrical and electromagnetic devices offer us. In order for children to grow up healthy and strong, they need optimal conditions and immediate help when they get out of balance, whether it is physical, emotional or mental.

Unfortunately, we are inundated with reports of a health crisis and it is noted worldwide, especially in the West, that people's immune systems are generally weakening. Asthma, pollen and other allergies are becoming more widespread and the number of children with food allergies is increasing quickly. It should also be noted that this negative health spiral has started mainly in countries of Europe, Canada, USA and Australia. Other countries are following this trend, but more slowly. Auto-immune disorders are increasing worldwide and a non-functioning immune system unfortunately becomes an immune system that starts attacking itself and cannot heal itself!

### **The pineal gland produces melatonin**

At night, the hormone melatonin is activated. Our pineal gland is the main producer of melatonin and many central processes in the range of growth and health are regulated by it. Researchers are always astonished at how many physiological processes are either controlled or influenced by melatonin. For example, it controls our daily rhythms and our sleeping and waking times. It also destroys free radicals very efficiently, ensuring that DNA synthesis and cell division proceed correctly. Needless to say, therefore, it is important for the body to produce adequate amounts of melatonin on a daily basis!

Unfortunately, sleeping in a room filled with hot-loved devices (such as a wireless phone, smartphone, digital clock, CD player, radio, computer, and television) can severely hinder our nightly production of melatonin. This is devastating to children or teenagers who have not yet grown up. It is believed that this is where electromagnetic radiation mainly has its most harmful side effects. Evidence has been discovered that the effects of weaker electromagnetic radiation were actually much more powerful.

Therefore, my most important tip in this book is: "a healthy children's room

should absolutely be a free electrosmog zone and a recreation zone for the child". It is wonderful to experience how quickly children calm down when they are barefoot and are quickly better grounded. Since children put on their shoes as soon as they get up in the morning and only take them off again in the evening, they hardly get any contact with the earth without specific guidance from their parents. Therefore, they are constantly in an unearthed state. For some children this is not easy, because they unconsciously experience a lot on the subtle energetic level, causing them to "quickly take off in a dream world" and no longer be present or mindful. In the last 15 years, there have been more attention deficits disorders each year, and they are treated with medications. However, if the body is well grounded, i.e. anchored, this attention deficit disorder can quickly improve. It often happens that the child's astral or emotional body, which should actually be perfectly attached to the physical body, begins to separate from its (physical!) feet. It then floats upward out of the crown chakra (sitting at the top of the head). These children then are no longer able to realize their ideas and projects. Until they become truly anchored in the physical body, little will move forward in their lives.

In order to intuitively receive information from the universe, the child must be well anchored in their body. People who are successful and achieve their dreams are guaranteed to always be super well grounded. They have a lot of power, they are connected to the earth and the cosmos, the energies flow and they can put their life's mission into action.

If a child is not "at home" and therefore disorganized and undisciplined, they can never finish what they start. It will be more or less impossible, since in this condition he will not have the endurance or perseverance to finish anything. He will also not have the maximum physical energy and will often not have the desire, much preferring to hang around and be dissatisfied or even aggressive! As a result, many children get low self-esteem and often develop a victim mentality. Depression is also common among this group. Once well grounded the child possesses more energy, becomes more responsive, productive, disciplined and organized..... they will have the perseverance and focus to do and finish what they want.

### **Better to take off their shoes once in a while?**

The best way we could help the children is by allowing them to take off their shoes often. As parents, you could set an example. You could invent nice little stories and explain to the children, for instance, how Mother Earth is just waiting to give her power to them, to support them, to make them strong and healthy. You could make a game out of it everyday again with them. The children love such

unexpected games and will surely enjoy them. The children should be allowed to put on clothes to play in the sand and mud without worrying. I am sure you will get unexpected answers from your children when you ask them after half an hour of playing barefoot if Mother Earth gave them something or if they felt anything.

### **Stress at school**

Children experience school as stressful and therefore their nervous system is not really stable. Barefoot Earthing can help them to balance and stabilize this, making the child better able to cope with their school situation. Unfortunately, the naked feet with their extensive network of nerve endings rarely touch the ground, even though they need it so badly.

### **Pulsating fields**

We should realize that our body tissues do not tolerate pulsating fields well. These alternating fields create electrical currents that flow through our cells and tissues, removing calcium ions from cell membranes, causing them to begin leaking. You have to be a medical doctor or a bio-scientist to understand these important physical processes, but recently many articles have appeared suggesting that this inward leakage of calcium into the neurons of the brain, stimulating hyperactivity. It could be a reason why children often have trouble concentrating and experience ADHD-like symptoms.

### **How can you get your kids excited about natural grounding?**

You could explore together how plants behave, for example. In the American movie "Grounded"\* (about barefoot grounding), experiments are shown in which two bouquets of flowers are placed next to each other in vases, with one bouquet grounded by a wire.

They could go buy identical bouquets of flowers together and place them in the living room next to each other, clearly visible. Every day they meet by the flowers and watch with each other how they behave. They will discover that the grounded flowers will stay fresh much longer. This experiment can be done well at home if you know how to ground a wire. Children love experiments like this and will often check it out. They playfully learn to understand how the earth can help us and then enjoy imitating it or trying it out.

### **Brief summary of simple tips:**

1. Take the children out in nature as often as possible, in the city park, in the mountains, by the river, stream or beach. Walk barefoot for as long as possible.
2. Explain to the children why you are doing this and how they can feel the contact with the earth. Children understand more than you think, they often talk to

plants and trees without telling us adults.

3. If your child is sleeping poorly or restlessly, consider purchasing a grounding sheet. My tip is that children benefit the most from natural grounding while they sleep (they regenerate super fast). Unplug all devices from the wall socket.

4. every couple of months, check again the dangers of new models of smartphones, tablets. Consciously choose which ones you allow in your home.

5. always let your children walk barefoot in the house or apartment, so they get used to it and do it outside as well.

6. ask the children about their feelings and experiences with electrical devices they have in the environment. Let them surprise you! They often sense a whole lot can tell you a story about it.

7. final thought: You are the master over all devices! The devices should never be master over you!

**The author**

Carolina Hehenkamp is a native of the Netherlands. After studying fashion design in Paris, she worked as a designer and journalist in Germany, Spain and France. In 1990 she ended her career as a fashion designer and devoted her energy to the search for truth and true healing. As this lies hidden within us, she teaches and supports people on their individual path to a healthier and more spiritual life. Writing books, worldwide trainings and leading journeys to ancient power places became the foundation of her work. In 1999 she founded the Indigo Children's Light Ring, wrote 4 best-selling books including The Indigo Phenomenon and The Indigo Work Book.

She has traveled worldwide with groups to places such as Machu Picchu, Hawaii, Easter Island, New Zealand and Tahiti. During her travels, she kept a journal that was published in a book titled "Power Places at the Edge of the World." Currently, she offers a trip to Peru twice a year and accompanies people in 15-day booster programs to become healthier and more aware. Her special concern are the children and the future generations who inherit this world from us!

**Contact**

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