

Vibrant Health

Change Your Habits, Change Your Life!

HABIT 2

EARTHING



22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit

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Quick Guide

Habit 2 is entitled ~ **Earthing**.

A beautiful gift from nature 😊!

We're all born naturally in tune with mother nature and the earth itself.

When you connect directly with it, by placing your bare feet on the earth, you receive wonderful healing energy in the form of electrons, to boost your health and wellbeing.

A '**no-brainer**' as they say!

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 2 ~ Earthing

“Tesla proved over a hundred years ago that the earth holds an unlimited supply of natural energy, here’s how to tap into it to boost your health and vitality.”



Earthing

What is Earthing?

Glad you asked, earthing (also referred to as grounding), is where we harness the electrical power of the earth to assist us towards better health and a stronger immune system.

Did you know, planet earth is an electrical planet that has a natural frequency known as the Schumann resonance. Humans are also electrical beings and our connection to the planet (which is simply the flow of electrons into our bodies) is vital for our health and wellbeing.

The Problem!

Unfortunately, due to modern living and the advent of rubber and plastic soled shoes along with insulated housing (carpets, mattresses etc) we've become very disconnected from the Earth.

It gets worse, our environment is full electromagnetic radiation (EMF's), from devices, mobile phone masts, TV broadcasts, Wi-Fi, power lines, domestic wiring etc.

All this electromagnetic radiation induces voltages in our bodies, disrupting the internal electrical communications, which are a vital part of the function of our body's systems.

This means all the electrical items within your home may be having a negative impact on your health, which is backed up by a lot of scientific evidence.

The earthing solution

Simply by walking barefoot on the earth you become grounded and receive electrons from the earth to boost your health.



Walking on grass, soil, concrete, and the beach will earth you. Tarmac is non-conductive so doesn't work the same.

Have you ever wondered why you've felt so good after your summer holiday at the beach?

A large part of it is because you get lots of vitamin D from the sun and you spend a huge amount of time earthed (bare feet) to the planet. This combination has a very positive effect on your health and wellbeing as you're naturally energising your body.

Earthing indoors

Even if your daily life isn't conducive for earthing, let's say you live in a flat and it's difficult to get the opportunity to earth. Why not can bring the earth electrons to you!

You can purchase earthing products that will earth you in the home or workplace and even while you sleep with an earthing bedsheet.

David and I both sleep on an earthing bed sheet, so we're connected to the earth for several hours every night.

You can even get earthing sheets for your pets.

When to earth?

You can earth as much as you wish. The more time, the better, you can't overdo it.

The minimum I do daily, is a couple of 5-minute walks barefoot around my garden and all night on an earthing bedsheet. Some days, I'll spend a few hours barefoot in the garden, particularly in the summer.

Adopting the Habit

I wholeheartedly recommend you adopt the habit of walking barefoot in the garden twice a day as a minimum, perhaps early morning and in the evening.

Attention: Massage Therapists & Hands-On Healers

Grounding helped therapists who were experiencing higher stress to cope with those stressful situations by providing them with extra energy.

Grounding also helped those therapists who were experiencing higher levels of pain to become more relaxed with less anxiety, less depression and improved sleep.

These findings combined with the results of a prior study indicating improvements in inflammatory biomarkers, blood viscosity and heart rate variability (HRV) suggest that grounding is beneficial for therapists in multiple domains, improving health and quality of life.



Suggestion for therapists/healers

As a therapist/healer, you could purchase an ankle earthing strap that you plug in near to your treatment table/couch so you can wear it whilst working on the client.

Although your energy and healing power will already be enhanced through the habit of earthing, by being earthed during a treatment too, your healing can become even more powerful. Food for thought!

Useful links

Book: [Earthing, The most important health discovery ever!](#) by Clinton Ober, Stephen T Sinatra, Martin Zucker.

Movie: [The earthing movie](#)

Earthing products: www.groundology.co.uk
Earthing Research: [Further clinical research](#)

Case study: [Earthing technology used in Tour De France to help the riders recover better overnight.](#)

Therapist/healer study references;

- i) Zucker M, Goodbye pain and inflammation: Massage table grounding pad relieves therapists overuse injuries: *Dermascope* 2016; 108-109
- ii) Oshman JL, Earthing a new perspective on the cause and prevention of therapist burnout, massage, and bodywork 2016 74 – 81

Earthing study references

1. Chevalier G, Sinatra ST, Oshman JL, et al. Earthing health implications of reconnecting the human body to the earth's surface electrons. *J. Environ Public Health* 2012.2012:291541.
2. Ober C, Sinatra ST, Zucker M. Earthing: The most important health discovery ever! 2nd edition Laguna Beach, CA. Basic Health Publications. Inc 2014.
3. Oshman JL, Chevalier G, Ober C. Biophysics of earthing (grounding) the human body. In: Rosch P, ed *Bioelectromagnetic and subtle energy medicine* 2nd edition, New York CRC Press 2015: 427-448.

Final word

Once you understand the benefit of earthing, it's an absolute 'no-brainer!' It's free, very simple to do and will make you feel good 😊.



Recommended habit action steps

- ✓ Watch the earthing movie at the first opportunity (very inspiring!)
- ✓ I would recommend you do it as often as practically possible every day.
- ✓ Consider purchasing earthing products if circumstances permit.

Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

11. You will likely forget all this...but you can remember it whenever you want 😊.



Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA

