

Earthing!

Marlenea La Shomb

Getting Grounded to Mother Earth

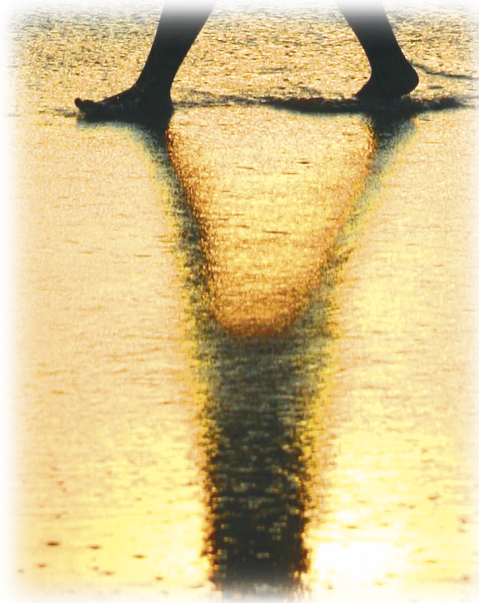
In grade school my favorite subject was Earth and Space Science. I loved learning about this wonderful world and planet we live on. Today I'm still learning. An electrician friend introduced me to the concept of getting grounded. It makes sense: all electricians know about how the essential grounding wire goes into the earth.

We live on a planet that is alive with natural energies. Its surface teems with subtly pulsating frequencies—a phenomenon unknown to most people. Who today regards the sand, grass, sidewalk, or dirt beneath their feet as a vibrating energy field? But this is what the ground is and always has been.

Put another way, this planet is a six-sextillion-metric-ton battery (that's six followed by twenty one zeroes!) that is continually being replenished and recharged by solar radiation, lightning, and the heat from its deep-down molten core. Just like a battery in a flashlight that keeps it glowing, the rhythmic pulsations of natural energy flowing throughout and emanating from the Earth's surface keep the biological machinery of all global life running in rhythm and balance for every living thing on land and sea: people, animals, fish, plants, trees, bugs, bacteria, viruses, organs and cells.

Growing up in Phoenix, I went barefoot everywhere. You couldn't get me to wear shoes! Little did I know that I was connecting with the Earth's natural energy. In Arizona's 100+ degree heat, you could fry an egg on the pavement so, of course, you naturally chose the dirt and grass to walk

on. It became a habit; even in the winter months, I would carry my flip-flops as I walked barefoot to school, slip them on at the classroom door, sit down at my desk, and slip them off again.

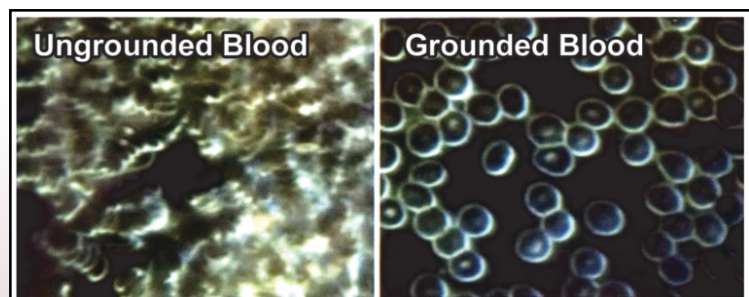


When I moved to snow country, my household was still “shoes off at the door,” but by my third winter here, while running barefoot over the snow to take the garbage out, I said to myself, “Now that's cold—I may have to break down and buy a pair of showshoes!” Slowly but surely, I began disconnecting myself from the Earth's natural energy through the common shoe!

David Wolfe, an author, speaker, and outspoken authority on grounding and healthy living, deems the common shoe as perhaps the world's most dangerous invention. After 15 years of research, he incriminates the shoe as one of the

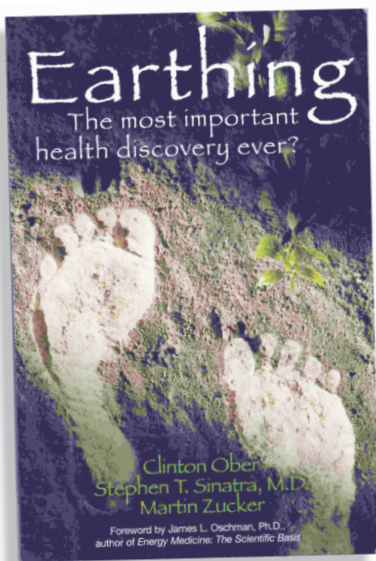
most destructive culprits of inflammation and autoimmune diseases because it separates us from the Earth's healing energy. All shoes? Practically all—as most soles are made of rubber or plastic that insulates and blocks the flow of that energy. It's no wonder why I love my moccasins and feel so good wearing them! Now I know why.

Throughout history, humans have sat, stood, strolled, and slept on the ground, most of them not knowing that this simple contact transfers natural electrical currents to the body. (The Native Americans understood this and in times of sickness would dig a trough in the earth and lie in it.)



Only recently has the significance of this connection been explained by geophysics, biophysics, electrophysiology, and medicine. We are learning that the Earth's electricity maintains the order of our bodily frequencies, just as a symphony conductor controls the coherence and cadence of his orchestra. We are a collection of dynamic electrical circuits; trillions of cells constantly transmit and receive signals in the course of their biochemical reactions. The movement of nutrients and water is regulated by electrical fields and their signals. Your heart, brain, nervous system, muscles, and immune system are prime examples of subsystems operating within your bioelectrical body. All of our movements, behaviors, and actions are energized by electricity.

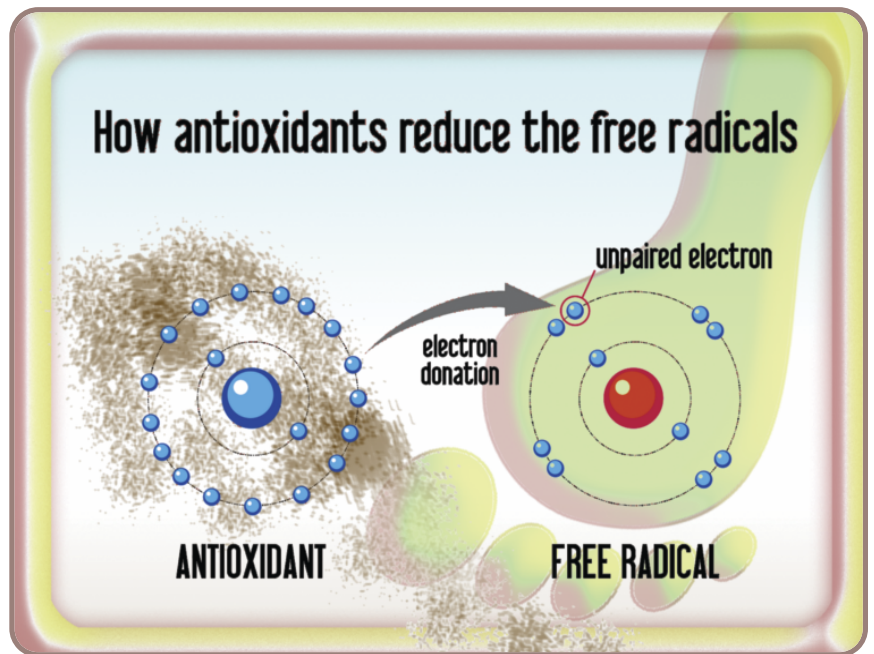
We are sun-activated, chemical, hormonal, electrical-light beings! If this science interests you, I suggest you read, *Earthing: The Most Important Health Discovery Ever?* by Clinter Ober, Stephen T. Sinatra, MD, and Martin Zucker. This book is a Nautilus Book Award Winner, for excellence in



writing that promotes spiritual growth, conscious living and self-improvement. This book has brought me back to the joy of my barefoot childhood days!

Most people are unaware of their electrical nature and their connection to the Earth. We have essentially lost our electrical roots, especially in modern society.

Our bare feet rarely, if ever, touch the ground. Our elevated beds are made from insulating materials. We are suffering from this disconnect in more ways than we can imagine. Disconnected, the body is vulnerable and prone to dysfunction, inflammation-related diseases, and accelerated aging.



Here is the science behind Earthing:

The natural frequencies we speak of are waves of energy caused by the movement of subatomic “free electrons.” As you know, the nucleus of an atom contains protons (positively charged) and neutrons (with no charge, as their name implies). The outer encircling electrons have a negative charge. The Earth's surface (along with oxygen in our air and water) is our ultimate antioxidant! It is vibrating and rich with electrons; many of which are “free” and waiting to be given away, to bond with other atoms—your atoms. They are in a limitless and continuously renewed supply, fed by the natural phenomena of rain and thousands of lightning strikes per minute. Establishing contact with the ground allows your body to receive and become charged with these free electrons. Absorbing them reduces electrical imbalances and neutralizes oxidative free radicals (involved in the creation of inflammation and thus, pain and multiple diseases). The simple act of connecting with Mother Earth rebalances your electrical being. The next time you're out hiking, or even in your own back yard, go barefoot. It works! ■

For more information, visit: Earthing.com, or call toll-free 1-888-223-8454. Marlenea LaShomb, freelance writer on natural health, is the originator of the Brain Gym Circuit, living in Emigrant, MT. She is a massage therapist and holistic health practitioner. Call her at (406) 224-5425.