

PASCAS CARE

Earthing



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Em: info@pascasworldcare.com
Em: info@pascashealth.com

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

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Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

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We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*



Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love. JD

**EARTHING: SLEEP BETTER
 FEEL BETTER
 HAVE MORE ENERGY**



Earthing – the most important health discovery ever?

Earthing restores and maintains the human body's most natural electrical state, which in turn promotes optimum health and functionality in daily life. The primordial natural energy emanating from the Earth is the ultimate anti-inflammatory and the ultimate anti-aging medicine.

Earthing is perhaps the most simple and natural remedy against proliferating, painful and often deadly conditions, including the diseases of aging, created by various kinds of inflammation.

Earthing at a Glance:

What is Earthing?

Earthing involves coupling your body to the Earth's eternal and gentle surface energies. It means walking barefoot outside and/or sitting, working or sleeping inside while connected to a conductive device that delivers the natural healing energy of the Earth into your body. For more than ten years, thousands of people around the world – men, women, children and athletes – have incorporated Earthing into their daily routines. The results have been documented and they are extraordinary.

What isn't Earthing?

You are not in any sense being electrocuted. Earthing is among the most natural and safest things you can do.

What happens?

Your body becomes suffused with negative-charged free electrons abundantly present on the surface of the Earth. Your body immediately equalizes to the same electric energy level, or potential, as the Earth.

What do you feel?

Sometimes, a warm, tingling sensation and often feelings of ease and well-being.

Will you feel better?

Usually yes, and often rapidly. The degree of improvement varies from person to person. The important thing is to make Earthing a long-term addition to your daily routine and to do it as much as possible so as to gain maximum benefits. When Earthing is stopped, symptoms tend to slowly return.

What does Earthing do?

Observations and research indicate the following benefits from Earthing; we expect many more to emerge with ongoing studies. Earthing:

- Defuses the cause of inflammation and improves or eliminates the symptoms of many inflammation-related disorders.
- Reduces or eliminates chronic pain.
- Improves sleep in most cases.
- Increases energy.
- Lowers stress and promotes calmness in the body by cooling down the nervous system and stress hormones.
- Normalizes the body's biological rhythms.
- Thins blood and improves blood pressure and flow.
- Relieves muscle tension and headaches.
- Lessens hormonal and menstrual symptoms.
- Dramatically speeds healing and helps prevent bedsores.
- Reduces or eliminates jet lag.
- Protects the body against potentially health-disturbing environmental electromagnetic fields (EMFs).
- Accelerates recovery from intense athletic activity.

Our bodies have the ability to recover from almost any condition if we relieve imbalances caused by stress. To do this, we must provide our bodies with essential natural elements, including clean air, proper nutrition, pure water and respect for our bodies and the missing link, our connection to the natural electrical rhythms of the Earth.

The 'World's Most Dangerous Invention'.

David Wolfe, an author, speaker and outspoken authority on health and lifestyle deems 'the common shoe' as perhaps the 'world's most dangerous invention'. After fifteen years of nutritional and lifestyle research, he incriminates the shoe as one of the 'most destructive culprits of inflammation and autoimmune diseases' in our lives because it separates us from the healing energy of the Earth. "Put a shoe on," he says, "and it's gone".

Within the context of modern times, a variety of practical suggestions could seemingly fit into most of our lifestyles. They include the following:

- Walk into the wilderness and choose the grassy areas instead of the asphalt roads (asphalt insulates you from the earth, as does wooden floors and vinyl floors). Try to walk barefooted or at least with a covering that allows the electrical contact or exchange. You will notice the difference in your mood and your health. It will keep you alive with joy in your heart.
- As often as possible expose any part of the skin of your body to the Earth or grass or any natural water, lake, stream or ocean. In your garden ... moist grass is a perfect conductor.
- Use the trunk of a tree to lean on and rob it of some of its electricity for your health's benefit.

- Bathing, especially in ocean water (because of the salts) or lake or river, is extremely good for you. If you can, walk barefoot in these waters. If you have ever done it you have already seen the benefits on your nervous system, your sleeping, your appetite and your attitude. When you are linked to the Earth and involved in the electric exchanges, you start feeling like a human being again.

For thirty days two groups from a sleep clinic had grounded pads to sleep on, one half was earthed and the other half was not. Here is what we found afterward when we compared a grounded group with an ungrounded group:

- 85% went to sleep more quickly.
- 93% reported sleeping better throughout the night.
- 82% experienced a significant reduction in muscle stiffness.
- 74% experienced elimination or reduction of chronic back and joint pain.
- 100% reported feeling more rested when they woke up.
- 78% reported improved general health.

Several participants reported unexpected but significant relief from asthmatic and respiratory conditions, rheumatoid arthritis, hypertension (high blood pressure), sleep apnoea and premenstrual syndrome (PMS). There were also reports of fewer hot flashes.

Many further studies have been undertaken and reported on, see Earthing by Clinton Ober.

Reported remarkable turnarounds are nothing more than Earth energy in action. It reveals the largely unknown fact that the ground represents the biggest and best natural antioxidant and anti-inflammatory that exists.

Your immune system protects you against pathogens and facilitates the rebuilding of tissue at sites of injury or surgery. When a problem develops someplace, your body does the equivalent of calling 911 or 000. The alarm sounds. White blood cells and other specialised cells rush to the site – the first responders. The white blood cells constantly cruise through the tissues of your body, like police patrol cars, ever on the alert for viruses, bacteria or other alien micro-organisms, as well as, damaged cells created by trauma or internal irritants. As weapons, some of the cells release a shower of powerful free radicals (called an oxidative burst) that aid in the destruction of invading micro-organisms and damaged tissue.

Free radicals have gotten a bad rap and you will see why in a minute, but, in reality they perform an essential service to the body. Simply put, they are positive-charged molecules (short of one or more electrons) that search for free electrons to become stable. You can call them electrophiles – electron lovers. Normally, these free radicals obtain their missing electrons by stripping electrons away from pathogens and damaged tissue. This activity kills the bad bugs you want out of your body and breaks down damaged cells for removal. As the remedial work winds down, excess free radicals produced during the immune response are neutralised by anti-oxidants or free electrons in the body.

Earthing



This response is triggered whenever you have a disease or an injury. It is called the “inflammatory response”. As a result, you may feel the familiar signs and symptoms of inflammation: swelling, redness, heat and pain and depending where the site is, decreased range of motion.

What is Inflammation?

Everyone is susceptible to inflammation – from high-performance athletes to non-performance couch potatoes. It’s an equal opportunity hit man.

The word “inflammation” comes from the Latin *inflammatio*, meaning to set on fire. Inflammation is the complex biological response of the body to harmful stimuli, such as pathogens, damaged cells or irritants. It is a protective attempt by the system to remove injurious or threatening agents as well as start the healing process for the affected tissue. In the absence of inflammation, wounds and infections would never heal and progressive destruction of the tissue would compromise survival.

Chronic Inflammation = Electron Deficiency

Inflammation comes in two forms: acute or chronic. The acute type takes place as an initial response of the body to harmful stimuli. It involves the mobilisation of plasma (the yellow-coloured liquid component of blood) and white blood cells from the blood into the injured tissue, as just described. That’s okay. You want that to happen.

Then there is chronic (prolonged) inflammation. That you don’t want. Chronic inflammation means a progressive shift in the type of activity going on at the site of inflammation. You get simultaneous destruction and healing of the tissue. But a harmful free-radical encroachment into healthy, surrounding territory. The destruction derby continues and it can seriously harm you.

Free radicals obviously have starring roles in the immune response, but, problems arise when the process fails to wind down completely after the job is done. The good guys become bad guys on a rampage, ripping up innocent, healthy cells. Think of security dogs that snag the burglar and then go after their owner. They continue attacking and oxidise healthy tissue. The immune system gears switch into overdrive, sending in more white blood cells that produce more free radicals. This activity is why free white blood cells produce more free radicals. This activity is why free radicals have a bad rap and why scientists unanimously agree that free radical activity is at the basis of chronic disease and the aging process, particularly accelerated aging and limited lifespan.

We believe that normal inflammation veers out of control because of lost contact with the Earth. People are suffering from an electron deficiency – not enough free electrons on hand to satisfy the lust of rampaging free radicals. They continue to attack the adjacent neighbourhood of healthy tissue in an ever-expanding vicious cycle. The non-stop attack mode generates an autoimmune response manifesting as chronic inflammation. The immune system has run amok, attacking its owner – you.

We’ve simplified the scenario, but, this basically how it works. A destructive process unfolds that can continue silently and indefinitely even for dozens of years and lead to so many intractable modern diseases. There is a new scientific term for this – inflamm-aging. Now you can see where it comes from.

Inflammation as a Disease-Maker

We have to think of heart disease as an inflammatory disease, just as we think of rheumatoid arthritis as an inflammatory disease.

Dr Ridker estimated that approximately 25% of Americans have normal to low cholesterol, lulling them into complacency, but at the same time they have elevated C-reactive protein (CRP) they don't know about. This means that millions of Americans are currently unaware they have an increased risk for future cardiovascular disease, heart attack or stroke.

CONDITIONS RELATED TO CHRONIC INFLAMMATION	
Disease	Health Effects
Allergies	Inflammatory messengers stimulate release of histamine, leading to allergic reactions.
Alzheimer's	Inflamed brain tissues develop plaque; chronic inflammation kills brain cells.
Amyotrophic lateral sclerosis	Damage to motor neurons causes the body to launch an overzealous inflammatory counterattack, killing the motor neurons. (ALS is often called Lou Gehrig's disease)
Anaemia	Inflammatory messengers attack red blood cell production.
Arthritis	Chronic inflammation destroys joint cartilage and inhibits the release of lubricating and cushioning fluid in joints.
Asthma	Inflammation leads to blocking of the bronchial passages.
Autism	Brain inflammation is present in most autistic children.
Cancer	Inflammation contributes to free radicals, tumour growth, and inhibits the body's defence against abnormal cells.
Cardiovascular disease	Inflammation causes thick, unhealthy blood and arterial disease, leading to blockage and plaque and increased risk of dangerous clots in the blood vessels that feed the heart and brain; inflammation also damages heart valves.
Diabetes types 1 & 2	Type 1 diabetes, inflammation induces the immune system to destroy pancreatic beta cells; type 2 diabetes, fat cells cause the release of inflammatory messengers, leading to insulin resistance.
Fibromyalgia	Inflammatory compounds present in the body at an elevated level.
Common intestinal disorders	Crohn's disease, irritable bowel, diverticulitis, and other intestinal problems involve inflammation that cause pain, interference with digestion and assimilation of nutrients, and damage to the sensitive lining of the digestive tract.
Kidney failure	Inflammation restricts circulation and damages kidney cells that filter blood.
Lupus	Inflammatory compounds spark an autoimmune attack.
Multiple sclerosis	Inflammatory compounds attack the nervous system.
Pain	Activation of pain receptors, transmission and modulation of pain signals, and hypersensitivity of nervous system are all one continuum of inflammation and the inflammatory response.
Pancreatitis	Inflammation induces pancreatic cell injury.
Psoriasis and eczema	Inflammation-based skin disorders.

The discovery of the relationship of grounding to inflammation suggests that the once adaptive response called inflammation has maybe gone sour because of an electron deficiency from loss of direct contact with the Earth.

If you have a battlefield with positive-charged free radicals running amok inside your body, guess what's going to happen when you make contact with the Earth?

Big negative-charged Earth overwhelms little, positive-charged free radicals.

Electrons are the smallest possible negative charges of electricity. It is well established that negative charges (electrons) are attracted to positive charges (free radicals). Connecting the body to the Earth automatically enables the conductive tissues of the body's living matrix to become charged with the Earth's free electrons. When this occurs, excess or residual immune response free radicals (which are positively charged) suddenly have, as the old song goes, the object of their affection – a readily available supply of free electrons to bond with and reduce their oxidative and inflammatory mode. They are neutralised, quenched, satiated, and satisfied. Kind of like giving kids the keys to the ice cream store or opening the blood bank to Dracula.

As a result, the addiction of immune system-produced free radicals to oxidise healthy tissue to obtain their fix of missing electrons naturally disappears. The rampage is naturally inhibited, and with it the underlying mechanism of chronic inflammation and autoimmune disease. The body naturally conducts, and becomes charged with, the Earth's free electrons; that is, it equalizes with and maintains the natural electrical potential of the Earth. The end result, our observations and research indicate, is that the reconnection prevents or reduces chronic inflammation and consistently speeds recovery from exhaustion, acute trauma, and minor injuries.

Typically, there's a quick reduction in inflammation-related aches and pain. Some acute headaches can vanish within minutes. The intensity of chronic pains often lessens significantly in 20 to 40 minutes.

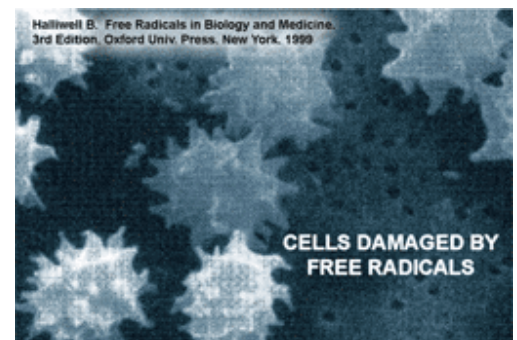
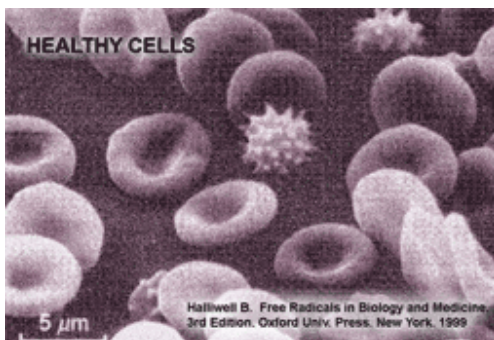
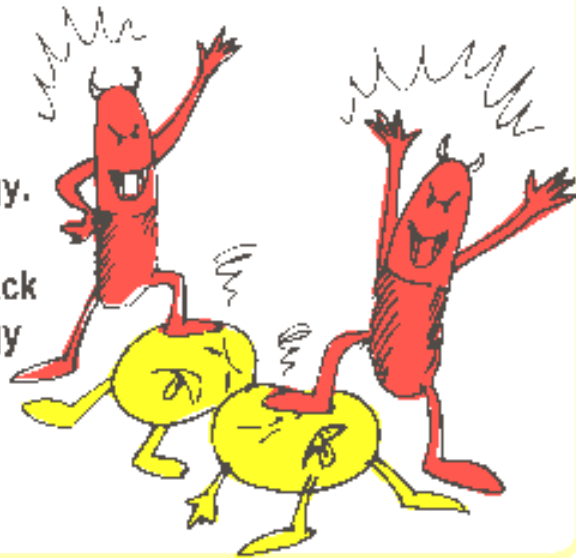
“The moment your foot touches the Earth or you connect to the Earth through a wire, your physiology changes”, James Oschman says. “An immediate normalisation begins. And an anti-inflammatory switch is turned on. People stay inflamed because they never connect with the Earth, the source of free electrons, which can neutralise the free radicals in the body that cause disease and cellular destruction”.

IMPLICATED DISEASE STATES



What are Free radicals ?

- Free radicals are like robbers which are deficient in energy.
- Free radicals attack and snatch energy from the other cells to satisfy themselves.



<http://www.amazing-glutathione.com/what-are-free-radicals.html>

Every moment, as we breathe in oxygen and our cells produce energy through our normal everyday living processes, molecules inside of our cells react with the oxygen we breathe in. This is called oxidative stress.

It is exactly as oxygen reacting with certain metals (like on a car) producing rust. In fact, the scientific name for rust is oxidation.

That same “rust” (oxidation) happens in every single one our cells, as long as we breathe in oxygen. In other words, every moment of every day our cells our “rusting” (oxidating).

The oxidation also occurs through our normal everyday internal processes, such as metabolism and immune defense. (Of course, this rusting or oxidation is known to us as "aging".)

As these molecules within our cells react with the oxygen (oxidation) they become free radicals. So now this free radical molecule is a molecule that has at least one unpaired electron and is therefore very unstable and highly reactive.

The free radical (unstable molecule) now goes around the cell literally stealing electrons from other healthy molecules. Imagine, if you will, a small, yet powerful war going on in every one of your cells.

This is where antioxidants come in. An antioxidant is a natural biochemical substance that protects all your trillions of living cells from free radicals and the damage they cause. In fact, the word antioxidant literally means “against oxidation”.

Hopefully we have enough antioxidants to "fight off" the Free Radicals!

Unfortunately, free radicals are not just formed through breathing and other normal bodily processes, but, we have many outside influences and factors that dramatically further produce free radicals in our cells. (stress, toxins, chemicals, etc.)

Then there are many things that deplete our antioxidant supply. (medication, cigarette smoke, Tylenol, etc.)

So, not only do we have more stresses in our life that create more free radicals than even just 30 years ago, but, we have also become dependant on drugs, surgeries and medication that deplete our natural antioxidant supply. Now, more than ever, we need to eat antioxidant rich foods and take antioxidant supplements.

Free radicals in our cells are like little fires. Once a free radical is formed that “small fire” begins to grow just like a real fire.

If this fire is not put out by antioxidants then these fires cause serious damage to our cells, tissues and then organs.

Free radicals will damage our cell membranes, enzymes, blood lipoprotein, unsaturated fatty acids in our cell membranes and even damage our chromosomes and DNA.

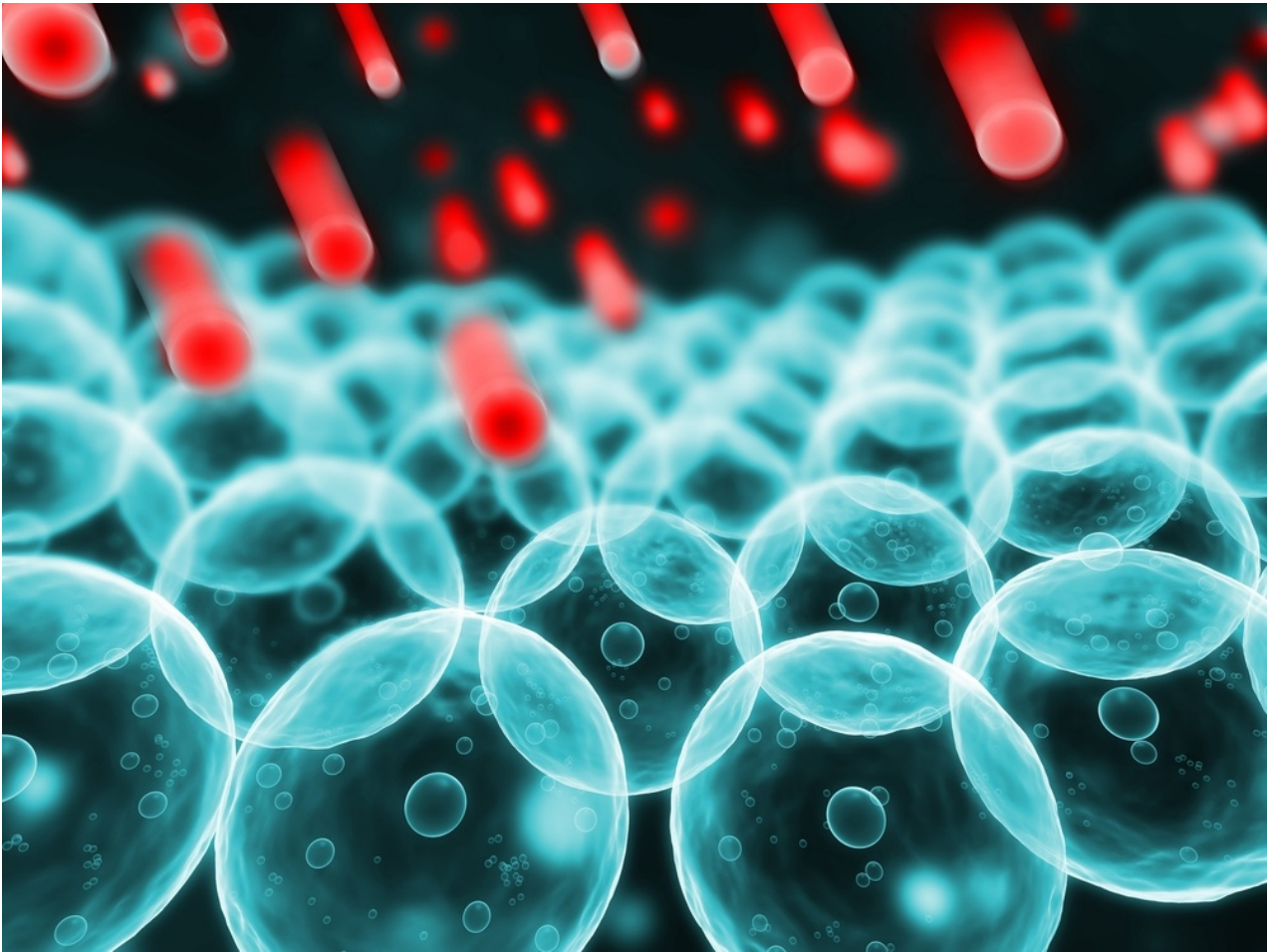
All of this damage will eventually lead to premature aging and disease.

Fortunately this can be prevented!

- 1) **Limit your exposure to toxins and chemicals that create free radicals and reduce stress.**
- 2) Eat **foods high in antioxidants.**
- 3) **Take antioxidant supplements, preferably ones helping your body to produce more glutathione (the master antioxidant).**
- 4) **Earthing.**

Oxidative stress molecules, also called free radicals, are highly reactive oxygen molecules that damage cells and tissues by robbing them of electrons which destabilizes and injures those cells and tissues.

As a supplement, CoQ10, often being over abundant in electrons, which are not critical or its function, is free to give up an electron and stabilize the free radical, rendering it less harmful. If CoQ10 can be made hyper abundant in cells and tissues, free radicals will have greater opportunity to rob electrons from the CoQ10 rather than healthy cells and tissues and thus protecting the health of the body and its organs.



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How are **free radicals** produced ?

Free radicals are produced during the various metabolic activities carried out inside our body.

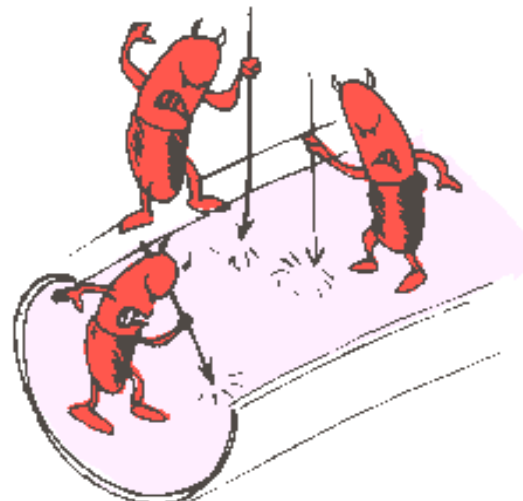
Our body also gets exposed to free radicals present in the environment. for e.g.

- Sun light
- Automobile exhaust
- Cigarette smoke
- Alcohol consumption
- Emotional stress
- Exposure to heavy metals like mercury, cadmium, lead etc.

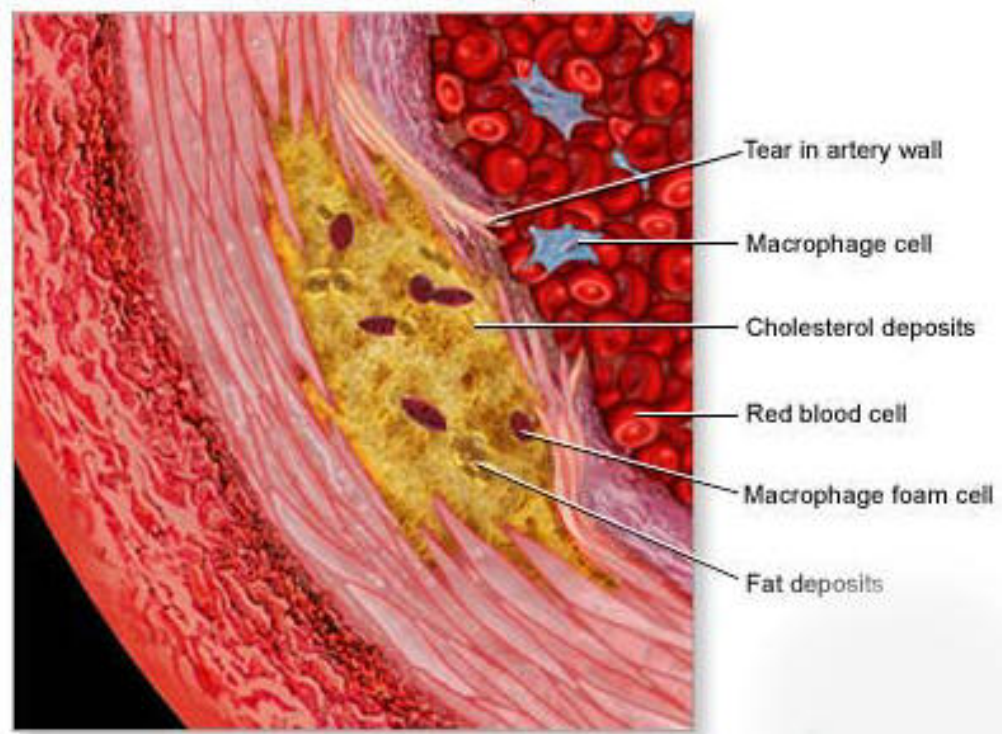


How are they Harmful ?

- Free radicals cause the damage to the blood vessels.
- This injury leads to deposition of LDL (Bad Cholesterol) in blood vessels and blocks them.



Cut-section of artery



Why is it that despite the presence of antioxidants, **free radicals are able to cause the damage?**

- Free radicals and antioxidants are produced from childhood.
- As age progresses, the capacity to produce free radical increases.
- Generation of antioxidants cannot keep pace with the excess free radicals produced.
- All this leads to an imbalance and causes the damage.

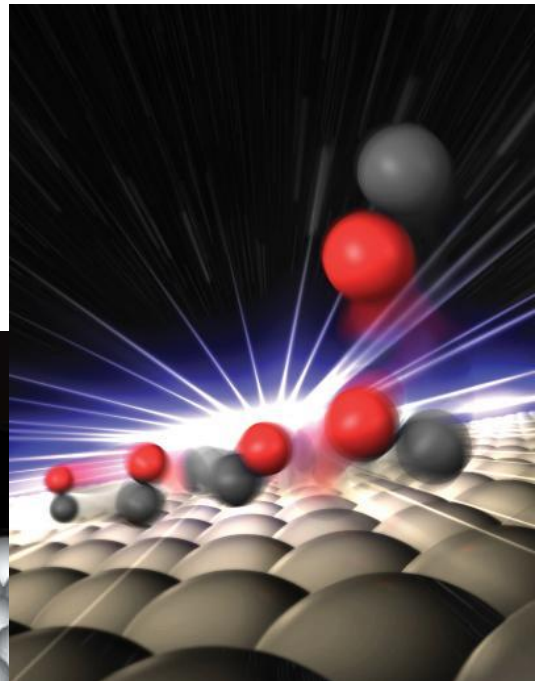
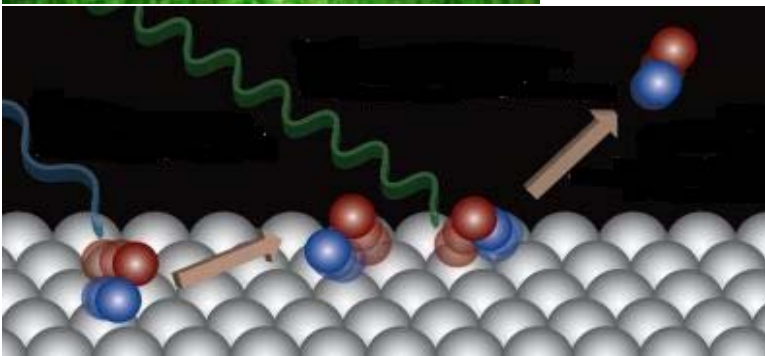
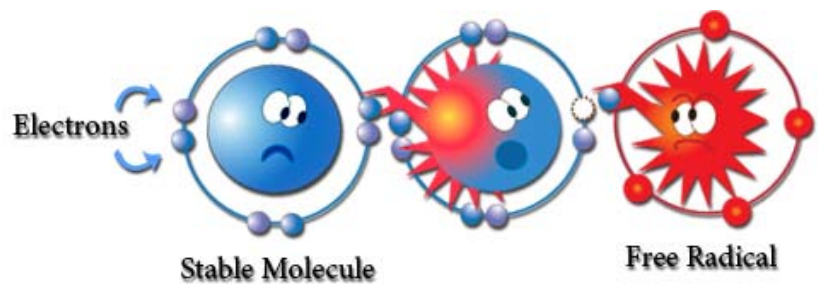
What Happens When you Absorb Free Electrons from the Earth?

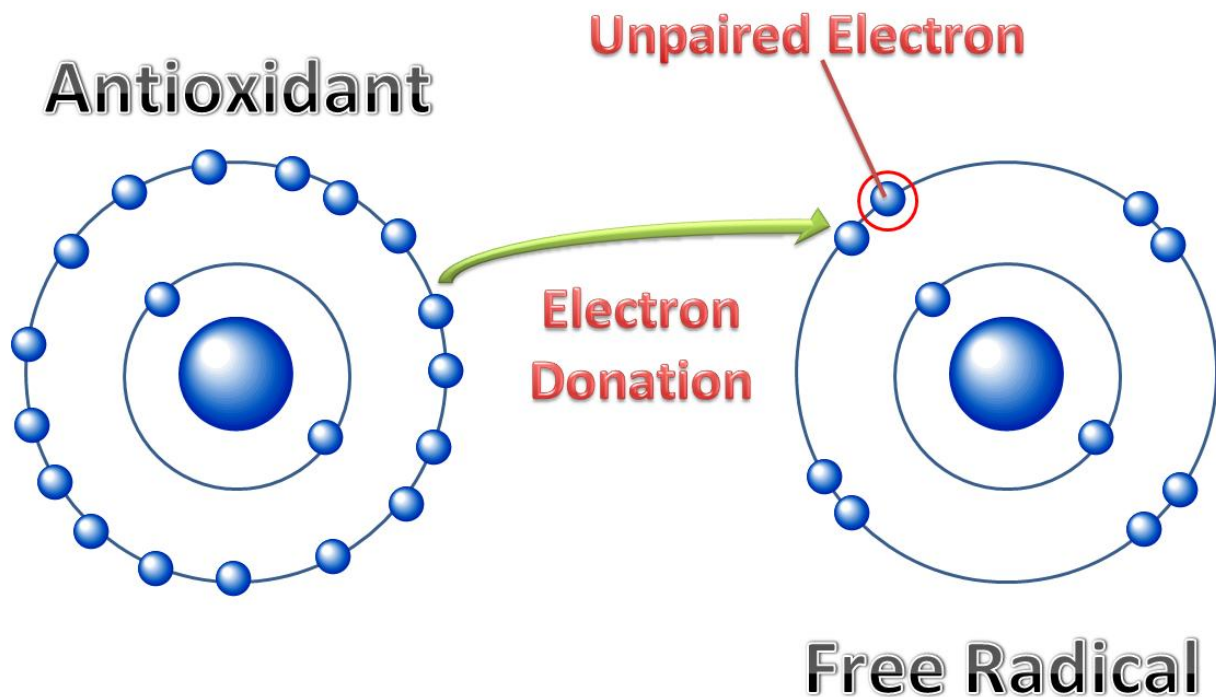
The scientific theory behind the health benefits is that since the Earth has a greater negative charge than your body, you end up absorbing electrons from it. This is one of the most potent antioxidants known and may have an anti-inflammatory and antioxidant effect on your body.

The influx of free electrons from the Earth's surface will help neutralize free radicals and reduce both acute and chronic inflammation, which is at the root of many health conditions and accelerated aging.

Free electrons are electrons that are not attached to a molecule, atom, or ion so that it is free to move about and attach itself to a molecule. Free electrons are created by lightning strikes that occur daily all over the planet as well as from the sun's energy. The Earth absorbs this energy, which can be passed to the human body because we are all electrical beings.

Free radicals are simply molecules that have one or more unpaired electrons, or missing electron, which makes the molecule inherently unstable. When free radicals are present in mass numbers, they can wreak havoc on a broad range of molecules. "A prominent feature of radicals is that they have extremely high chemical reactivity, which explains not only their normal biological activities, but how they inflict damage on cells."





What Surfaces Will Allow You to Properly Ground?

Good grounding surfaces include:

- Sand (beach)
- Grass (preferably moist)
- Bare soil
- Concrete and brick (as long as it's not painted or sealed)
- Ceramic tile

The following surfaces will NOT ground you:

- Asphalt
- Wood
- Rubber and plastic
- Vinyl
- Tar or tarmac

**Feeling
Healing with
Divine Love is
the key!**



An interesting tidbit offered by Dr. Sinatra is how to ground *while flying*. I typically bring a grounding pad with me when I fly, but Dr. Sinatra claims that simply taking your shoes off and putting your feet (bare or with socks) on the steel struts will do the trick.

The Earth Is a Rich Source of Healthful Electrons

The earth is struck by lightning thousands of times each minute, primarily around the equator. Subsequently, the earth carries an enormous negative charge. It's always electron-rich and can serve as a powerful and abundant supply of antioxidant free radical-busting electrons.

The human body appears to be finely tuned to "work" with the earth in the sense that there's a constant flow of energy between our bodies and the earth. When you put your feet on the ground, you absorb large amounts of negative electrons through the soles of your feet. In today's world, this is more important than ever, yet fewer people than ever actually connect with the earth in this way anymore.

Free radical stress from exposure to mercury pollution, cigarettes, insecticides, pesticides, trans fats, and radiation, just to name a few, continually deplete your body of electrons.

"We now know that oxidative stress causes disease. It causes inflammation," Dr. Sinatra says. "[But] we have this Earth – Mother Earth, that's going to give us all these free electrons."

Recharge Your 'Batteries' with Grounding

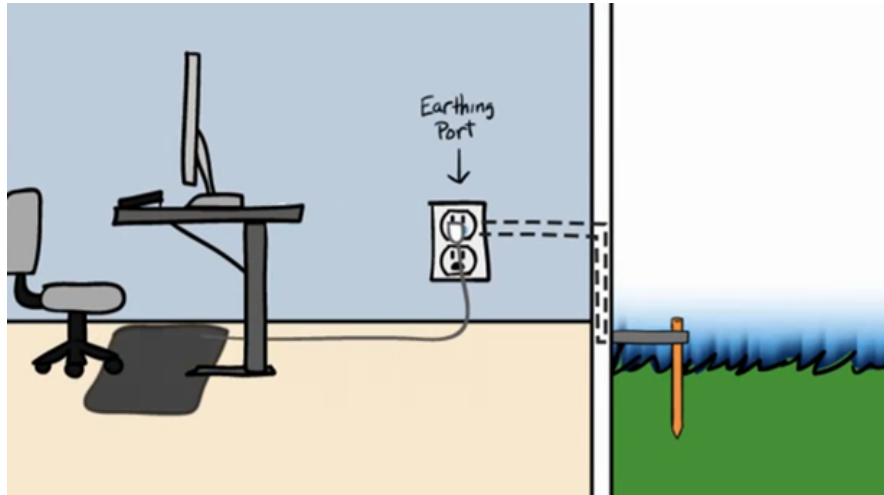
Dr. Sinatra, like myself, is a proponent for CoQ10, as it is a major electron donor and helps turn over ATP, which is the energy generated within each of your body's cells. Amazingly, grounding can also enhance ATP, via another mechanism. How do dietary-derived, oral antioxidants compare to the electrons transferred from the earth through your skin? According to Dr. Sinatra:

*"Whether you take antioxidants... or whether you get electron donors through the skin, what you're taking in -- into your skin, and taking in orally -- is going to be **synergistic**. It's going to help your body... What's a healthy lifestyle? It's eating healthy. It's avoiding sugars. It's avoiding trans fats. It's eating organic much of the time. It's avoiding pesticides, insecticides, and chemicals. It's drinking healthy water, breathing in healthy air, and getting healthy sunlight... In other words, taking in these natural energies is a healing energy. Grounding is another natural energy that everybody should do in their lives, because it just makes sense. It incorporates a healthier lifestyle."*

Walking Barefoot Is a Valuable Aspect of a Healthy Lifestyle

Exercising barefoot outdoors is one of the most wonderful, inexpensive and powerful ways of incorporating Earthing into your daily life and will also help speed up tissue repair, as well as easing the muscle pain you sometimes get from strenuous exercise. A review of the available research, published January 2012 in the *Journal of Environmental and Public Health*, agrees with the concept of reaping health benefits when connecting to the Earth⁴. According to the authors:

"Mounting evidence suggests that the Earth's negative potential (free electrons) can create a stable internal bioelectrical environment for the normal functioning of all body systems. Moreover, oscillations of the intensity of the Earth's potential may be important for setting the biological clocks regulating diurnal body rhythms, such as cortisol secretion.



It is also well established that electrons from antioxidant molecules neutralize reactive oxygen species (ROS, or in popular terms, free radicals) involved in the body's immune and inflammatory responses. The National Library of Medicine's online resource PubMed lists 7021 studies and 522 review articles from a search of 'antioxidant + electron + free radical.' It is assumed that the influx of free electrons absorbed into the body through direct contact with the Earth likely neutralize ROS and thereby reduce acute and chronic inflammation.

Throughout history, humans mostly walked barefoot or with footwear made of animal skins. They slept on the ground or on skins. Through direct contact or through perspiration-moistened animal skins used as footwear or sleeping mats, the ground's abundant free electrons were able to enter the body, which is electrically conductive. Through this mechanism, every part of the body could equilibrate with the electrical potential of the Earth, thereby stabilizing the electrical environment of all organs, tissues, and cells.

Modern lifestyle has increasingly separated humans from the primordial flow of Earth's electrons. For example, since the 1960s, we have increasingly worn insulating rubber or plastic soled shoes, instead of the traditional leather fashioned from hides. Rossi has lamented that the use of insulating materials in post-World War II shoes has separated us from the Earth's energy field. Obviously, we no longer sleep on the ground as we did in times past.

During recent decades, chronic illness, immune disorders, and inflammatory diseases have increased dramatically, and some researchers have cited environmental factors as the cause. However, the possibility of modern disconnection with the Earth's surface as a cause has not been considered. Much of the research reviewed in this paper points in that direction."

<http://www.youtube.com/watch?v=Z4F8mterVGE>

Grounding Helps Thin Dangerously Thick Blood and Fights Inflammation and Disease

<http://articles.mercola.com/sites/articles/archive/2013/08/04/barefoot-grounding-effect.aspx>

August 04, 2013

Dr. Stephen Sinatra is a prominent cardiologist and an innovative pioneer. He promotes a number of natural strategies as "add-ons" to the field of cardiology, such as grounding or earthing, which is the topic of this interview.

He'd done five years of post-graduate training in conventional medicine when, in 1977, he met Dr. Jacob Rinse, a 91-year old Dutch chemist who exposed him to alternative medicine.

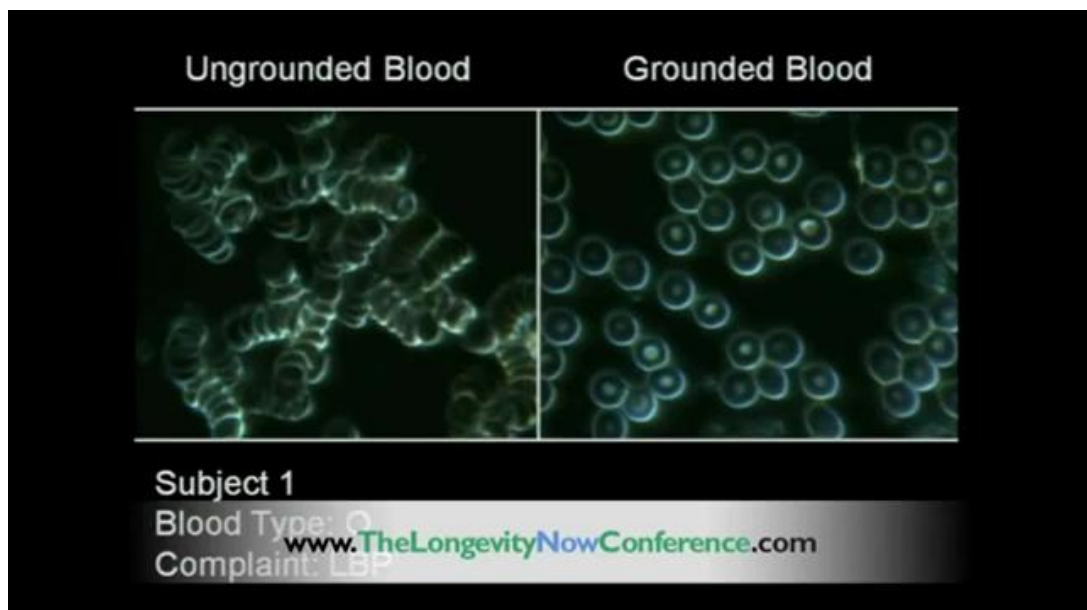
"After that I studied some nutrition," he says, "but I became a psychotherapist. I spent 10 years training in psychotherapy. I studied bioenergetic psychotherapy, which looks at energy blocks in the body.

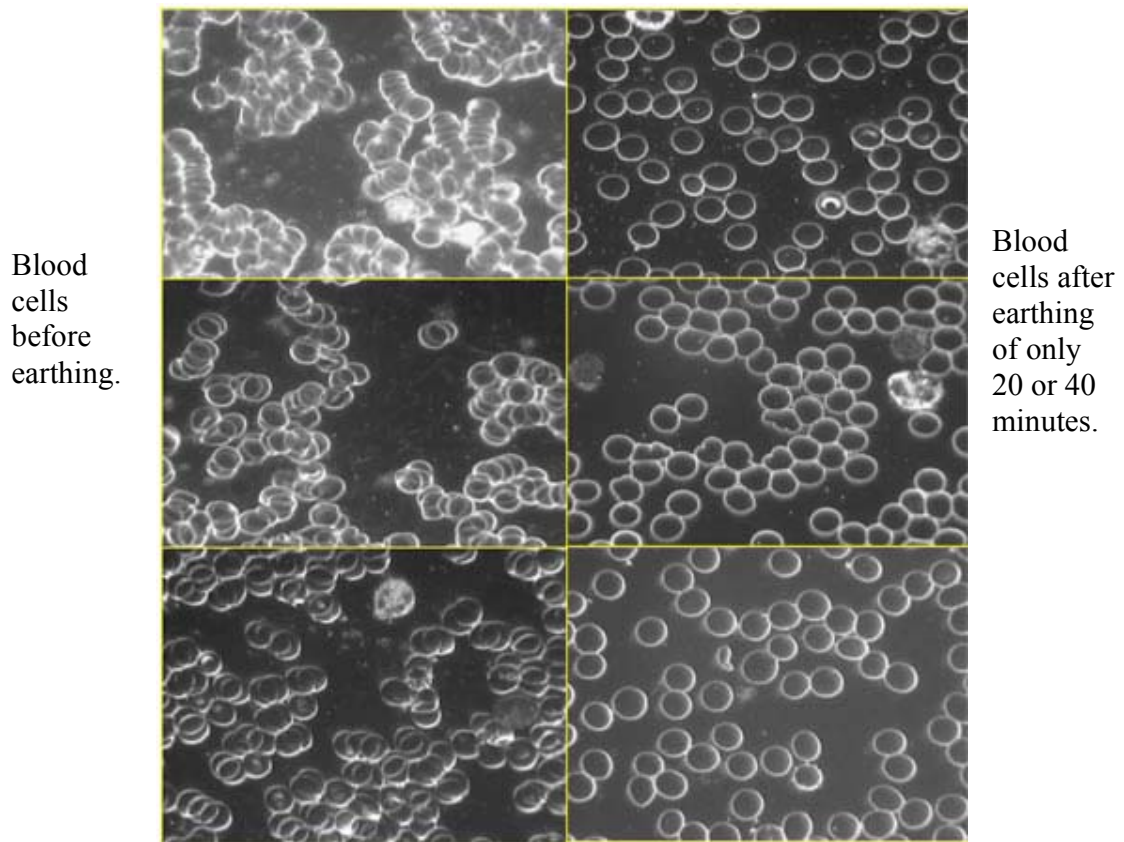
That really helped launch me even more into alternative medicine. Then I decided that nutrition needed more work, so I studied for the American College of Nutrition exam, a test to certify a nutrition specialist. "

Then, 10 years ago, he met Clint Ober, who introduced him to grounding. (Ober is the co-author with Dr. Sinatra of the 2010 book, *Earthing: The Most Important Health Discovery Ever?*).

"At first I was sceptical," Dr. Sinatra admits.

"I said, 'My gosh, putting my feet on the ground is going to improve my heart, my body; or at least the things that Clint is talking about?' But then... I spoke to him for about an hour, and went from sceptical to being all in! ... [the heart is the most electrical organ of the body. We are electrical beings]."





What Is Earthing?

The terms "earthing" and "grounding" are interchangeable. It is simply the act of placing your bare feet on the earth, or walking barefoot. When you do, free electrons are transferred from the earth into your body, and this grounding effect is one of the most potent antioxidants we know of.

Unfortunately, few people ever walk barefoot anymore to experience it.

Hopefully, as more and more people become aware of the importance of being grounded, this will change, or at the very least spawn a much needed change in the way most footwear is made. Synthetic rubber soles disconnect you from the earth. Leather soles do not. So you can still find shoes that allow you to remain grounded without going barefoot.

Grounding has numerous benefits, aside from creating a general feeling of well-being. For example, walking barefoot can help ameliorate the constant assault of electromagnetic fields and other types of radiation from cell phones, computers and Wi-Fi.

By getting outside, barefoot, touching the earth, and allowing the excess charge in your body to discharge into the earth, you can alleviate some of the stress put on your system. That is the grounding effect. I have personally prioritized grounding myself to the earth as much as possible for over 5 years.

Inflammation -- The Root of Most Disease

One of the primary health benefits of grounding is its antioxidant effect. It helps alleviate inflammation throughout your body.

*"I told [Clint Ober] 10 years ago, "What you need to do is show that grounding improves inflammation. If you can show that, then you can show that it improves heart disease. Because the real cause of heart disease is inflammation. **It's not cholesterol like everybody believes. It's really inflammation,**" Dr. Sinatra says. ... His experimental work was just really awesome, and I got involved with research myself. I'm still smack in the middle of it right now, but it took me 10 years. "*

Dr. Sinatra goes on to tell the inspiring story of a contractor he met about 23 years ago, who at one point worked with a group of Scandinavian carpenters who really understood the benefits of grounding and supported each other in maintaining this healthy habit:



"They all took off their shoes in the morning and walked barefoot on the wet grass," he says. "He came to work as a young carpenter, and the foreman said to him, 'Hey buddy, you better take your shoes off, because if you come to work right now with those shoes on, you're going to be busted up in 10 years. Your joints are going to be aching. Your muscles are going to be aching. Everything's going to be aching...' He told him to take his shoes off for an hour in the morning. Guys slugging sledgehammers, digging and hammering. It's stress to the tissues. But if they put their feet on the ground for an hour and had their coffee breaks with their shoes off, it made a difference. "

According to Dr. Sinatra, inflammation thrives when your blood is thick and you have a lot of free radical stress, and a lot of positive charges in your body. Grounding effectively alleviates inflammation because it thins your blood and infuses you with negatively charged ions through the soles of your feet. But beware; not all surfaces allow you to ground.

THE RADIANT EARTH – OUR ANCIENT HEALER

http://www.radiantlifecatalog.com/the_radiant_earth

Science Re-discovers the Ultimate Anti-Inflammatory

“The old people came literally to love the soil. They sat on the ground with the feeling of being close to a mothering power. It was good for the skin to touch the Earth, and the old people liked to remove their moccasins and walk with their bare feet on the sacred Earth. The soil was soothing, strengthening, cleansing, and healing.”

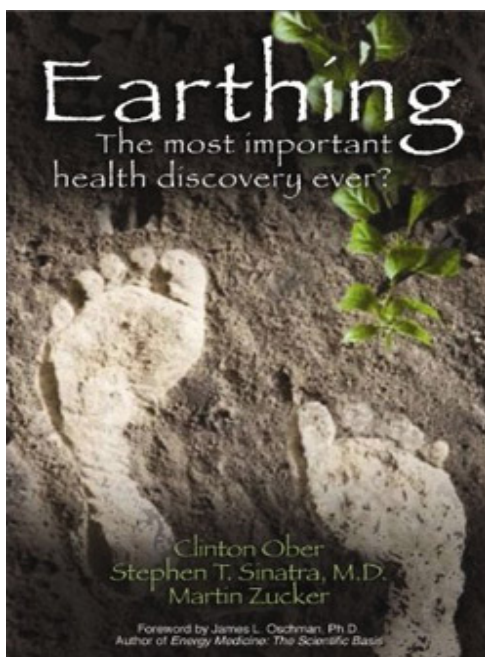
Ota Kte (Luther Standing Bear)

Lakota Sioux writer, educator, and tribal leader

For a genuinely revolutionary, virtually cost-free revelation about a wellness-resource that:

- Defuses the cause of inflammation and improves or eliminates the symptoms of many inflammation-related disorders.
- Reduces or eliminates chronic pain.
- Improves sleep.
- Increases energy.
- Lowers stress and promotes calmness in the body by cooling down the nervous system and stress hormones.
- Thins blood and improves blood pressure and circulation.
- Relieves muscle tension.
- Lessens hormonal and menstrual symptoms.
- Improves the efficiency of the cardiovascular, respiratory, circulatory, and nervous systems.
- Speeds healing by lessening inflammation.
- Reduces or eliminates jet lag.
- Protects the body against potentially health-disturbing environmental electromagnetic fields (EMFs).

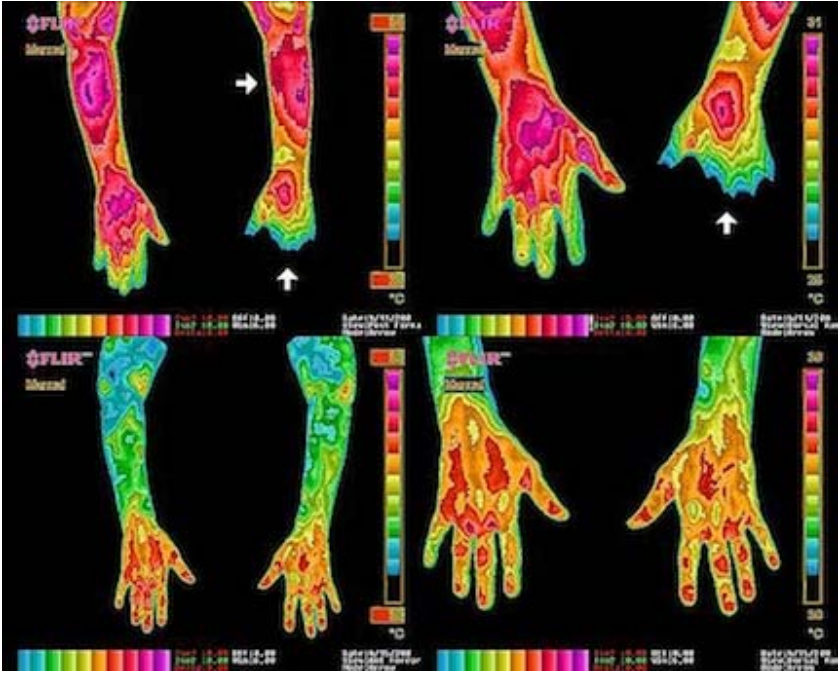
Accelerates recovery from intense athletic activity



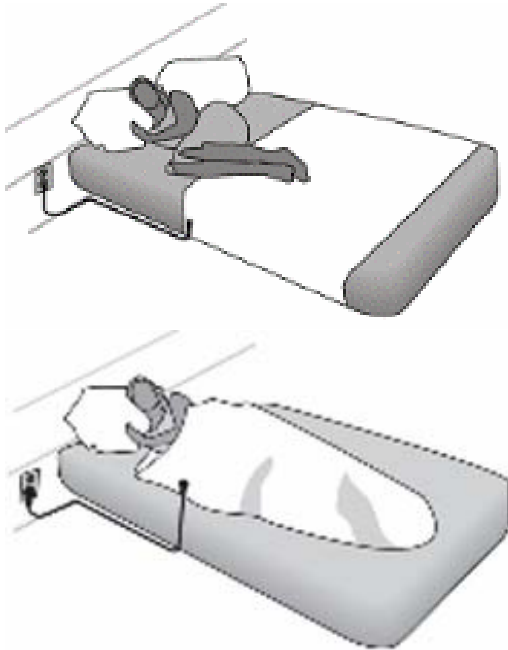
"The earth itself is the original anti-inflammatory. And the planet itself is the biggest electron donor on the planet."

Martin Zucker

Inflammation before earthing.



Inflammation after earthing.



The Umbrella Effect of Earthing

The Applewhite study showed the protective effect of Earthing against environmental electrical fields. Another way to think of this is an umbrella effect.

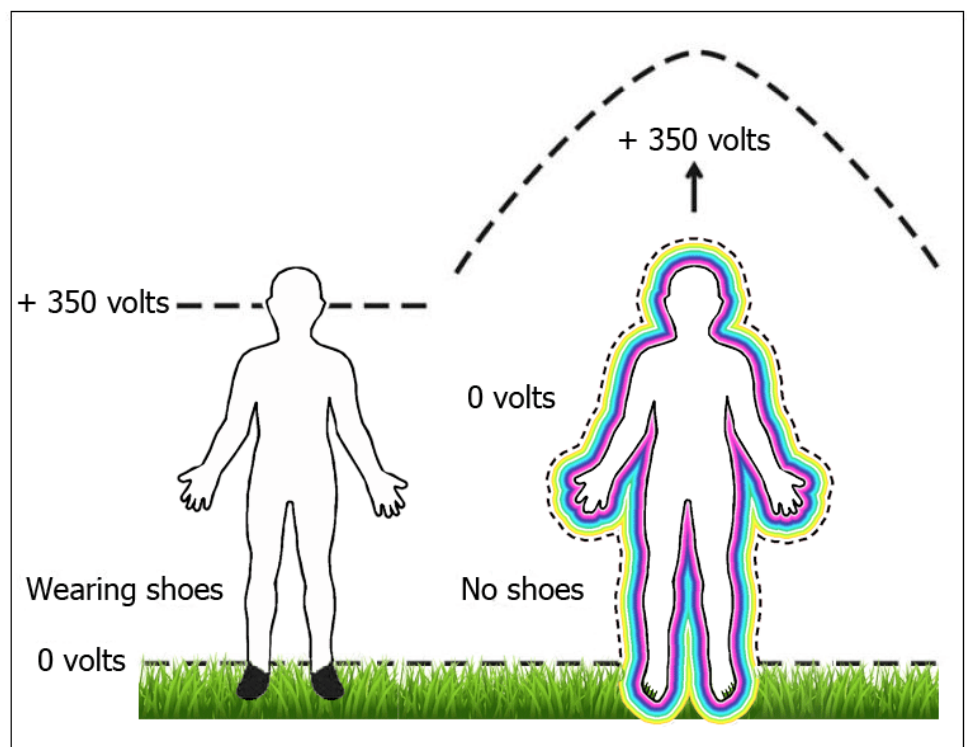
Let us look for a moment at the electrical properties of the Earth's surface and the way the Earth's energy influences our biology. In his classic *Lectures on Physics* from the early 1960s, Nobel Prize physicist Richard Feynman describes the Earth's subtle energies. The surface, as we have seen, has an abundance of electrons, which give it a negative electrical charge. If you standing outside on a clear day, wearing shoes or standing on an insulating surface (like a wood or vinyl floor), there is an electrical charge of some 350 volts between the Earth and the top of your head if you are 5 feet 9 inches (1.75m) tall. Keep in mind it is about 0 volts at ground level.

You might ask, "If there really is a voltage difference of 350 volts from head to toe why don't I get a shock when I go outside?"

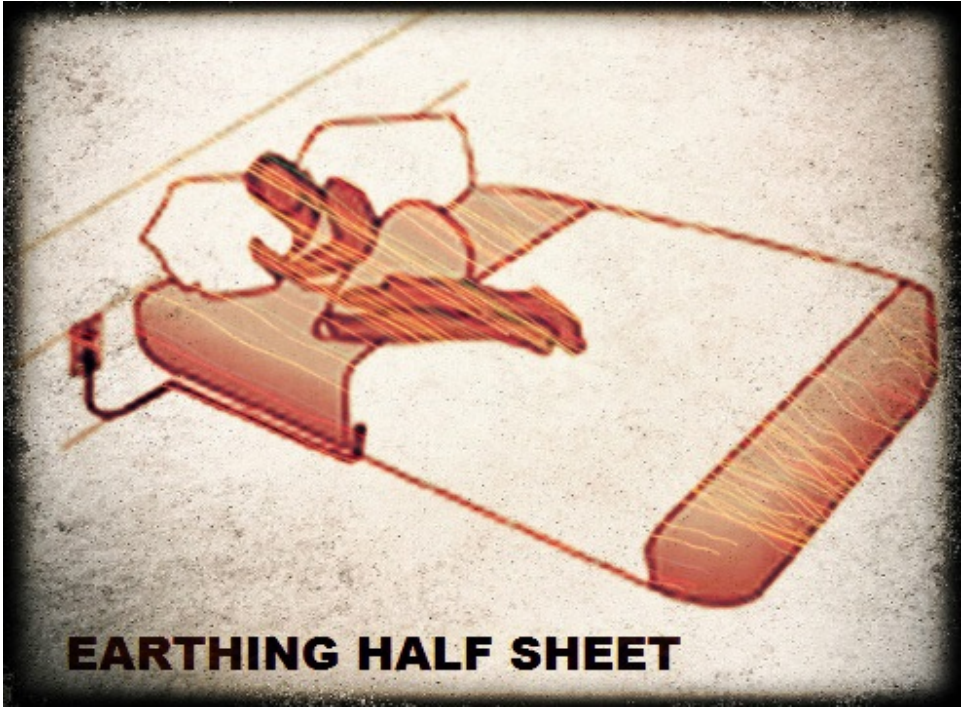
The answer is that air is a relatively poor conductor and has virtually no electrical current flow. If you are standing outside in your bare feet, you are earthed; your whole body is in electrical contact with the Earth's surface. Your body is a relatively good conductor. Your skin and the Earth's surface make a continuous charged surface with the same electrical potential.

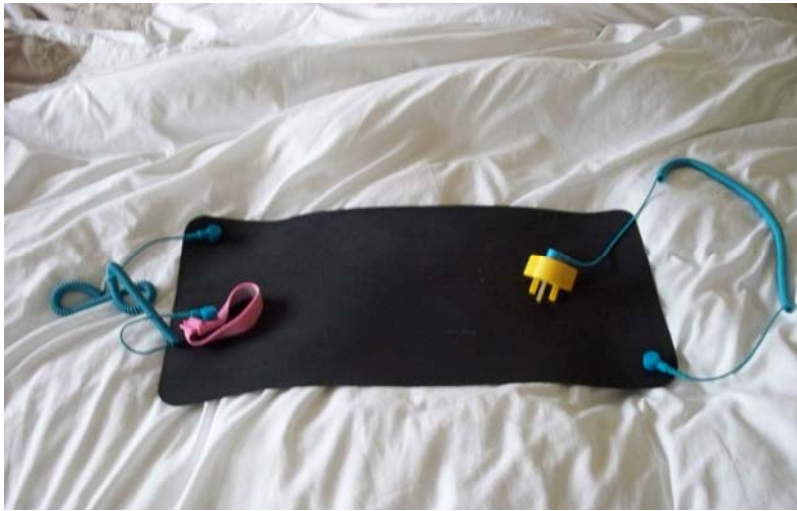
Also notice in the drawing on the right that the charged area is pushed up and away from your head if you are grounded. Any object in direct contact with the Earth – a person, a dog, a tree – creates this shielding effect. The object is essentially residing within the protective umbrella of Earth's natural electric field.

This protective phenomenon also occurs inside your house or office, if you are connected to the Earth with an Earthing device like a bed pad.



Umbrella Effect of Earthing





Earthing: Restoring Health From the Ground Up

<http://www.holisticprimarycare.net/topics/topics-o-z/psyche-some-a-spirit/1198-earthing-restoring-health-from-the-ground-up>

By Camilla Rees, MBA – Vol. 12, No. 3. Fall, 2011

An emerging body of research called ‘Earthing Science’ is shedding light on the ways in which the electrical charge on the surface of the Earth can regulate human physiology. The discoveries have significant implications for the healing professions.

The Earth’s negative charge is based on a limitless and continuously-renewed supply of free electrons (1,2). Optimal human health requires frequent contact with the planet’s negative charge. People who lack direct contact with the Earth predictably experience greater stress(3,4,5), sleep impairment(6,7), inflammation(3) and altered blood viscosity(8).

Studies comparing a host of laboratory parameters in ‘grounded’ and ‘ungrounded’ subjects also suggest that a deficiency of electrons from the Earth may be an important factor underlying many, if not all, major chronic illnesses.

Earthing research shows associations between lack of grounding and autonomic nervous system imbalances(4,5,8); immune system irregularities(9); chronic pain and stiffness(3,6,7); endocrine disorders(9) including thyroid, cortisol and glucose regulation problems; sleep irregularities(6,7,9); low zeta potential on the surface of red blood cells (the electrical charge that influences blood viscosity)(8); and respiratory conditions(10).

Many people these days spend the majority of their time indoors, often several stories above the ground. They wear rubber-soled (i.e. insulated) footwear, and rarely have direct contact with the ground. This, Earthing advocates say, results in dysregulation of the body’s innate bioelectric systems and predisposes to a host of chronic conditions.

It appears that if we deny our part in the global electric circuit, by lack of physical connection with the Earth, we deprive ourselves of powerful and inexpensive health support. The good news is that the problem is easily and inexpensively remedied. A host of “Earthing” tools have emerged in recent years, opening up a new set of modalities that are integrative and holistic in the deepest sense.



What is Earthing?

In its most basic form, Earthing is as simple as doing what people have done for eons: walk, run, or sit outside barefoot. Anyone can do it. Conductive surfaces include sand, dirt, gravel, grass and concrete. Wet surfaces are more conductive than dry. Wood, vinyl, asphalt and painted concrete are not conductive.

The recent surge of scientific interest in Earthing was spearheaded by Clinton Ober, a former cable television and telecommunications pioneer, who became personally interested in the Earth’s effect on human bioelectric regulation following a near-fatal illness. He contemplated whether electrical

grounding practices used in industry—for example, the use of grounding to improve television signals—might also have relevance to human health.

“We humans have a bio-electrical connection with the earth. One that, with simple ground contact, neutralizes charge in the body and naturally protects the nervous system and the endogenous fields of the body from extraneous electrical interference,” says Ober in a biographical statement explaining his emergent interest.

Planet Earth, “is a six sextillion metric ton battery that is continually replenished by solar radiation, lightning and heat from its deep-down molten core,” says Ober and co-authors, Dr. Stephen Sinatra and Martin Zucker, in their recent book, *Earthing* (Basic Health Publications, 2010). “Just like a battery in a car that keeps the motor running and the wheels turning, so too, do the rhythmic pulsations of natural energy flowing through and emanating from the surface of the Earth keep the biological machinery of global life running.”

The authors compare life without adequate grounding to a light bulb with a loose connection: “The bulb flickers, shines weakly or doesn’t light up at all. Many people go through life with flickering or weak health.”

Physics & Physiology

According to the laws of physics and electromagnetism, a body grounded to the Earth’s surface, “readily builds up a reservoir of free electrons that stabilizes your bioelectrical systems and prevents the oxidation of healthy tissue.”

In addition to the basic approach of sitting or walking barefoot on the ground, connection to the Earth can also be achieved through man-made conductive materials. Ober developed Earthing tools originally for research purposes, but, later began to market them to meet consumer demand as word of Earthing benefits spread.

Among these tools are: **Earthing bed sheets that contain conductive silver threads; conductive wrist, ankle and body bands; conductive carbon loaded rubber computer desk mats; and electrode patches that can be placed directly on the body. Each is connected either directly into the ground with a ground rod or to the ground via the ground port in an ordinary electrical outlet.** Ober recently introduced the first grounded mattress.

Grounding vs. Earthing

The basic concepts behind Earthing are not new. In the manufacture of electronics, employees wear grounded shoes, wristbands and clothing to prevent build-up of static electricity. **In operating rooms, patients are grounded to protect the inner electrical workings of the body, in particular the heart, from outside electrical interference.**

Earthing goes beyond this concept. **It not only discharges static from the body, but, ‘uploads’ subtle electrical energy from the Earth into the body, providing an unlimited supply of free antioxidant electrons, equalizing the electrical potential between the Earth and the person (or animal).** This

creates an electrically stable internal environment, supporting self-regulation and healthy biorhythms. It also quickly neutralizes reactive oxygen species (free radicals) produced by the immune system that would otherwise lead to inflammation.

“Everything is energy”, says Ober. **“This is not metaphysics. It’s Electromagnetics 101”**.

The current work by Ober and other Earthing researchers is affirming concepts articulated more than forty years ago by French agronomist, Matteo Tavera. **In his visionary paper, “The Sacred Mission,” Tavera emphasized the then- unrecognized electrical relationship of all living things to the ground and sky.** We are like antennas, he wrote, designed by Nature to receive and transmit that energy. He lamented that the modern lifestyle, including houses with insulated floors, plastic clothing and rubber-soled shoes have slowed down or totally eliminated the electrical contacts, resulting in an increase in chronic illness.

Electron Deficiency: the Root of Inflammation?

Physical contact with the Earth—or lack thereof—affects inflammation, a causal influence in most common diseases. Inflammation has been linked to rheumatoid arthritis, diabetes, asthma, multiple sclerosis, lupus, autism, atherosclerosis, Alzheimer’s, bowel disorders, osteoporosis and cancer (3).

James L. Oschman, PhD, author of *“Energy Medicine: The Scientific Basis and Energy Medicine in Therapeutics and Human Performance,”* and a co-investigator on two of the Earthing studies(4,8), says, “Inflammation is an artifact caused by lack of electrons in the tissue. It doesn’t have to happen.”

The anti-inflammatory effect of contact with the Earth’s negative electric charge has been documented with thermography (Figs.1-2). Dr. Oschman says, “The observation that Earthing or grounding the human body vastly diminishes inflammation may well be the most important discovery in the history of the phenomenon, which dates back to 30 BC and before.”

One study showed that after about 20-40 minutes of contact, there is an increase in oxygen consumption and higher respiratory rate, positive metabolic changes that are perturbed when a person stopped being grounded(10). The timing of this metabolic process correlates perfectly with the time it takes for acute inflammation and pain to improve, as can be seen on thermal imaging.

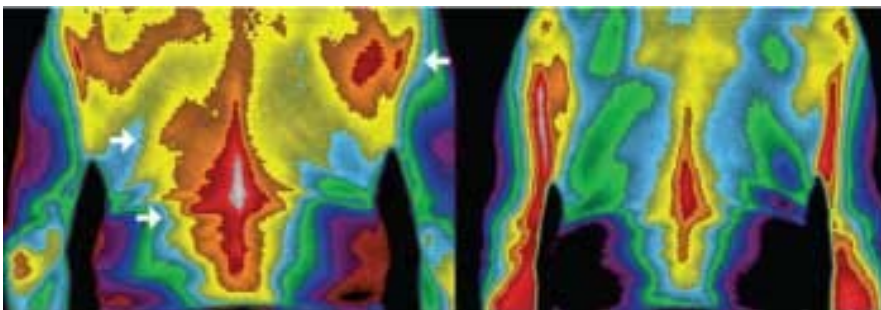


Fig. 1: Back & Shoulder Pain: Scans pre- and post-grounding of 85 y.o. man with chronic left low back pain & right shoulder pain. The pain interfered with sleep. Arrows denote areas with highest inflammation, which corresponded with subject's areas of complaint.

Patient had been on prolonged courses of medication with poor results. After 2 nights' sleeping grounded (Right) patient experienced reductions in inflammation, a 50% reduction in pain, and 75%

reduction of morning stiffness & soreness. After 4 weeks, pain resolved completely (From, *Medical Thermography Case Studies* by Dr. William Amalu.

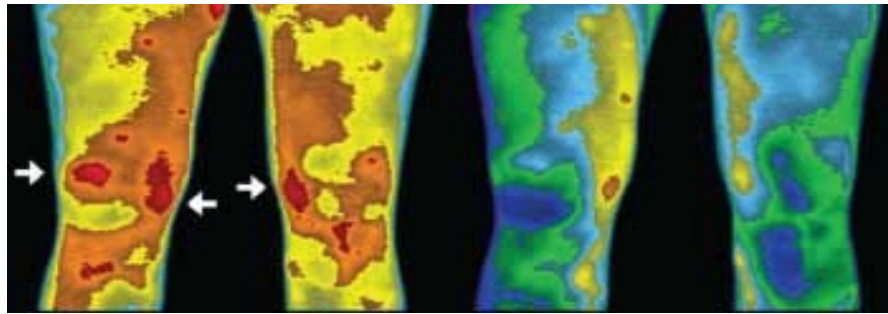
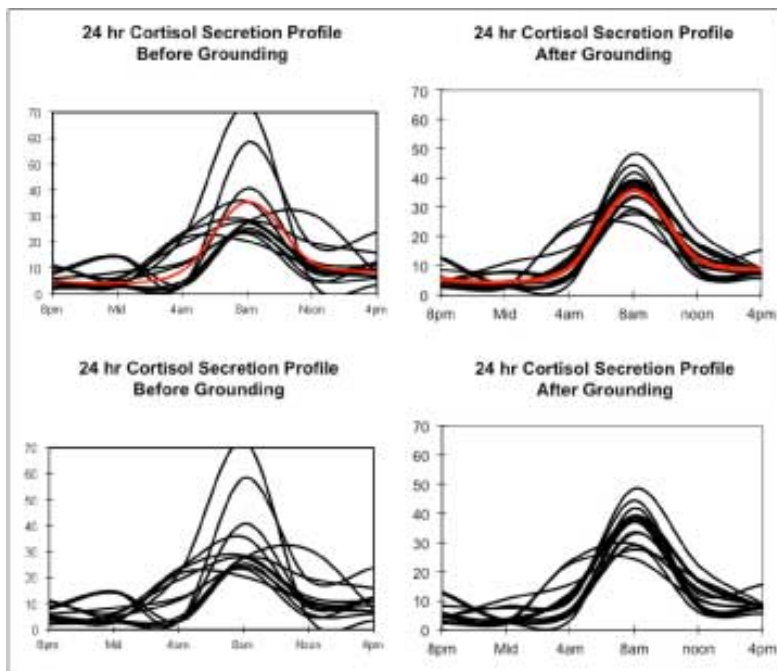


Fig. 2: Knee Pain: Pre- and Post-grounding thermography of knee inflammation in a disabled 48 y.o. woman. Prior to treatment, patient needed a walker, walked with a limp, and had 3 prior knee surgeries. After 30 min of "Earthing" (Right), thermography showed dramatic reduction in inflammation. After 12 weeks of daily earthing, she experienced a 90% reduction in pain and swelling.

Effects on Cortisol

Dysregulated cortisol secretion due to chronic stress, contributes to hypertension, cardiovascular disease, decreased immune response, autoimmune diseases, abnormal glucose levels, mood disturbances, anxiety and depression, decreased bone density and poor sleep. (7)

A pilot study, published in 2004, focused on cortisol and sleep disturbances in 12 people suffering from stress, pain and sleep problems. The subjects slept on a conductive mattress grounded to Earth every night for an 8-week period. Compared



with baseline measurements, their average cortisol levels improved significantly, with circadian patterns showing a clear trend toward normalization. (7), On average, the patients showed a 54% reduction in midnight cortisol levels and a 34% increase in 8 AM levels (Fig.3). Subjectively, they reported better sleep and less pain and stress.

Figure 3 – Composite cortisol circadian levels before and after grounding to Earth during sleep.

Autonomic & Cardiovascular Benefits

Electroencephalogram (EEG) and electromyogram (EMG) experiments show that even relatively short periods of Earthing---as little as 30 minutes---can produce rapid, significant and beneficial changes in measures of stress, tension and autonomic nervous system (ANS) balance (4,5).

Earlier this year, physicist Gaetan Chevalier, PhD, and cardiologist Stephen Sinatra, MD, showed that grounding improves heart rate variability (HRV), suggesting that connection with the Earth's electric field has a balancing effect on the sympathetic and parasympathetic systems, which in turn attenuates stress responses(12).

The authors suggest grounding could benefit people with cardiovascular disorders, as well as, mental and emotional problems. This simple, cost-effective and non-invasive intervention improves autonomic function and the benefits may increase over time.

In a soon-to-be-published study(8), Drs. Sinatra and Chevalier demonstrated that Earthing also affects the electrodynamics (zeta potential) of blood, significantly improving viscosity and flow. High blood viscosity is a major problem in hypertension, diabetes and cardiovascular pathologies, including myocardial infarction and it is affected by the electrodynamics of red blood cells.

Further studies are needed to confirm these effects, but, Dr Sinatra believes that if validated, Earthing represents an important new strategy for preventing and treating CVD “No pill on Earth can do what Mother Nature does,” he says. Besides seeing improvements in his patients, Dr. Sinatra says he saw his own longstanding psoriasis virtually disappear with Earthing, which he calls, “the most important health discovery in 35 years as a doctor.”

An Aid to Athletes

Hundreds of professional and elite athletes now use Earthing sheets, recovery bags and electrode patches. A recent study in the Journal of Alternative and Complementary Medicine, documented some of the benefits athletes have reported.

Dick Brown, PhD, a well-known Oregon exercise physiologist and trainer of elite athletes, showed that grounding the body to the Earth alters immune system activity and pain and speeds recovery from delayed-onset muscle soreness (DOMS), a common effect of excessive exercise. White blood cells, neutrophils, lymphocytes, bilirubin and creatine kinase all showed beneficial changes in grounded subjects, who also had better scores on subjective and objective pain measures. Dr. Brown suggested that grounding has the potential to reduce recovery time and improve muscle function. (13)

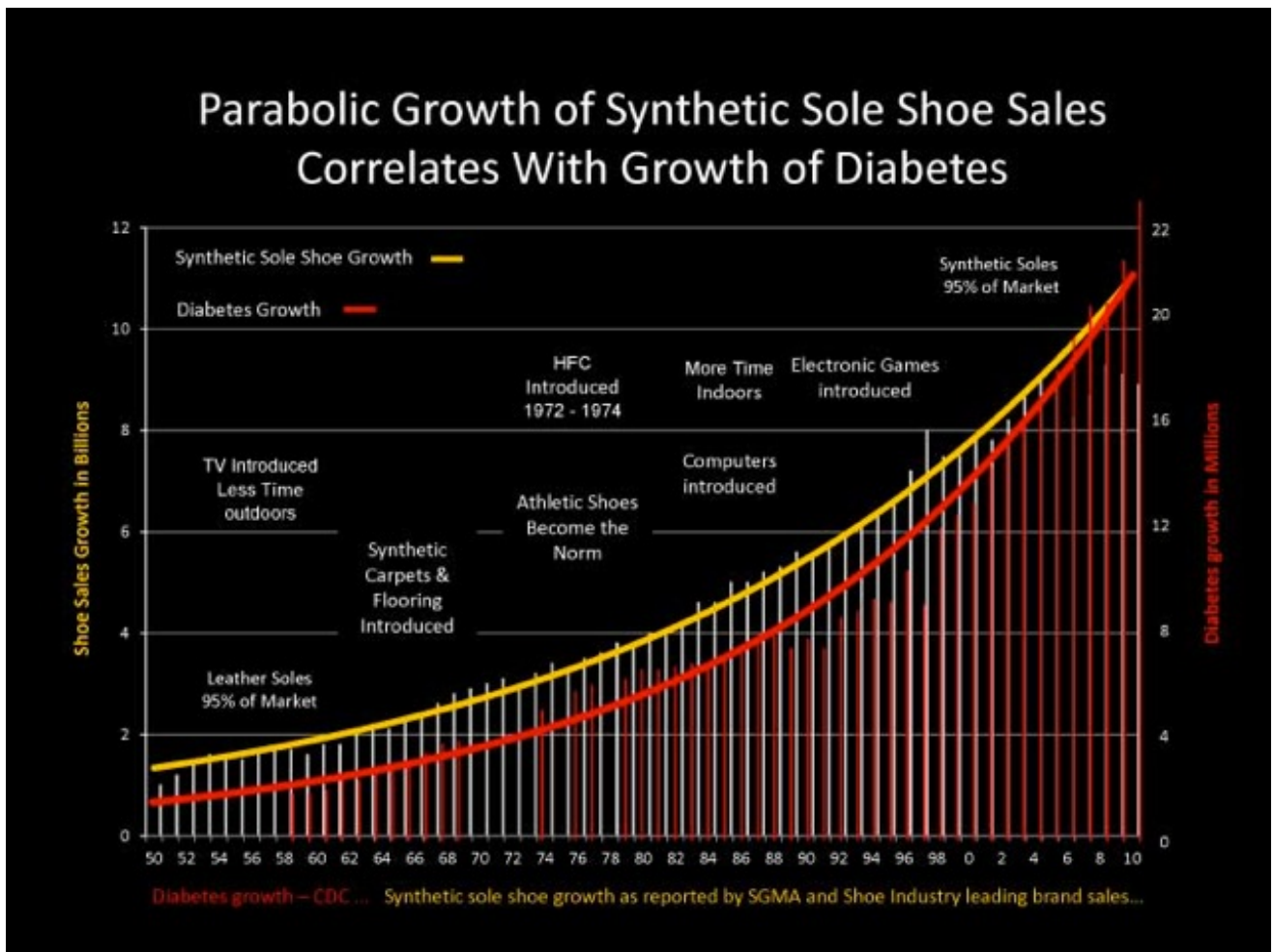
Public Health Implications

After over a decade of observing Earthing effects, Clint Ober has arrived at an interesting perspective on the alarming growth of unexplained chronic illnesses over the past half century.

“The growth in chronic illnesses since the early 1960s is likely related to the fact that we have become increasingly disconnected from the vital life force of the planet. Rubber soled shoes, indoor lifestyles

without any Earth contact and living in multi-storey, ungrounded buildings, where the voltage on a person rises the higher in the building one resides, is where we are beginning to find the answers.”

“Little more than 100 years ago, 90% of homes still had dirt floors. People put on shoes only when they went to church, school or for protection in certain occupational settings,” Ober says. “Leather soled shoes conduct some electrons, but, plastic and rubber-soled shoes conduct none. They insulate. I believe that when we switched from leather to rubber-soled shoes in large numbers, starting in the 1960s, that this was the beginning of our downfall. ”



*Figure 4: Growth in Sales of Synthetic Soled Shoes Correlates With Growth of **Diabetes** Incidence. The diabetes curve began to rise long before the introduction of high fructose corn syrup (1972-1974), and correlates closely with growth in synthetic soled shoes. (Source: CDC-**Diabetes Growth**. Synthetic soles shoe growth as reported by SGMA and Shoe Industry Leading Brands)*

He contends that mankind’s missing electrical connection with the Earth may be a more fundamental stressor even than environmental toxins. “When the electrical connection is restored and internal

bioelectrical stability enhanced, people notice reactivity to environmental stressors, including allergens and wireless radiation, is often reduced,” he says.

If substantiated, this observation has a profound public health implication, namely that Earthing may offer an important coping strategy in a very toxic world.

Is Earthing Safe?

Earthing is believed to be as safe as walking barefoot on the grass. **Earthing devices with cords that plug into a ground port in an outlet incorporate 100,000 ohm resistors that limit the amount of current that could possibly flow, should someone accidentally touch a live wire while grounded.**

During lightning storms, Earthing appliances should be disconnected from power outlets or dedicated ground rods, just as one would want to disconnect all electrical appliances. When lightning strikes close to one’s home, admittedly a rare phenomenon, all appliances can receive a high power surge.

Occasionally, some people initially experience subtle tingling sensations or a bit of malaise and leg cramps when they start Earthing. Drinking more water often minimizes this discomfort.

Clinicians should carefully monitor individuals who take medication to thin blood, regulate blood sugar, control blood pressure or regulate hormone levels, since the regular practice of Earthing may affect all of these—for the better.

Similar to other health-supportive regimens such as juicing, switching to a vegetarian diet, avoiding fatty and processed foods or increasing raw foods, Earthing can sometimes lessen a patient’s need for drug treatment or prompt the need for dose adjustments. In particular, people taking blood thinners should be watched closely.

Some people have asked whether being grounded increases one’s vulnerability to electromagnetic fields, stray current, wiring errors, ground current or dirty electricity. There is no evidence of this. By equalizing the body’s electrical potential with the electrical potential of the planet, Earthing actually decreases one’s vulnerability to potentially disruptive electromagnetic pollution, according to Chevalier and Oschman. “Earthing does not stress the body. In fact, Earthing reduces every measure of stress we have used in our studies,” they say.

The Promise and Potential

Earthing science offers a new approach to disease prevention, health restoration and healthy aging. It is based on the understanding that all life on the planet functions electrically and that our optimal functioning is dependent on an electrical connection with the ground. This opens the door to a new frontier in medicine, significantly greater sustainability in health care and healthier lives for all. Electrical energy from the ground may be as important to our health as sunshine, air, water and good nutrition.

How might understanding our electrical interrelationship with the planet reshape our health care system? How might it reduce the almost \$3 trillion annually the US spends on healthcare? Might we live longer?

Insights from the field of Earthing could inspire a new unifying paradigm for a broader Integrative Medicine, one that allows practitioners in all areas of health care to develop therapies based on a larger understanding of the greater planetary electrical network in which we all are a part. Earthing is a “foundational” medicine, one that can be supportive of many other modalities and therapeutic approaches.

Camilla Rees, MBA, is a freelance health writer, integrative care counsellor, Radio Host on health and environmental topics and leading U.S. health advocate on the biological effects of electromagnetic fields (www.ElectromagneticHealth.org). She is co-founder of the International EMF Alliance, Campaign for Radiation Free Schools and co-author of “Public Health SOS: The Shadow Side of the Wireless Revolution”.

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DIVINE LOVE – what does it do?

Earthing is enormously beneficial for our wellbeing, asking for and receiving Divine Love at the same time escalates the beneficial possibilities beyond our comprehension.

The divine gift from asking for and receiving Divine Love will steadily, but with certainty, raises one's quality of life and also of all those around such person who is seeking and receiving this love.

The receiving of Divine Love, which is a substance, with certainty, progressively:

- Raises one's love for those around them, whilst embracing one's Feeling Healing.
- Raises one's perception of all things – naturally grows one's intelligence – soul intelligence.
- Enables one to feel and resolve negative emotional issues more readily during Feeling Healing.
- Humility becomes self evident. Humility enables one to feel their errors and emotions.
- Divine Love strengthens one's resolve to express errors, emotional injuries and untruths.
- Divine Love with Feeling Healing to remove emotional errors, enhances one's health.
- Divine Love enables one to become more childlike – not adult serious at all times.
- Divine Love raises one's capability of feeling – no longer needing to be mind controlling.
- By becoming feeling orientated, one no longer is mind / intellectually dominated.
- The strength to fight and overcome sin and error is strengthened through the Divine Love.
- The Law of Compensation process is more resolved by Feeling Healing with Divine Love.
- Receipt of Divine Love grows one's faith, beliefs become faith and then knowing.
- As our faith grows our intensity to ask and then receive Divine Love grows.
- We begin to follow our passions and desires, no longer fear and mind driven.
- Truth being told at all times then progressively becomes a way of life.
- Our quality of life blossoms, our finances and relationships prosper.
- Man creates his own environment, seeking Divine Love can vastly improve one's environment.
- Health carers receiving Divine Love enhance healing outcomes beyond comprehension.
- Receiving Divine Love may assist in bringing a struggling marriage back into harmony.
- You progressively become dependent upon our Heavenly Parents, not self dependent.
- Personal growth in love directly assists the soul condition growth of one's children.
- Divine Love assists one's rate of soul condition to progress whilst embracing Feeling Healing.
- Divine Love is a substance that changes the human soul to that of the Divine.
- Without Divine Love, one cannot progress into the Celestial Spheres (8th sphere and higher).
- Divine Love, with Feeling Healing, enables everlasting Love and Life in the Celestial Heavens.

The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Mother and Father's Grace.

Judas – August 19th, 2001

The BEAUTIFUL MIRACLE:

5 Oct 2012

The DIVINE UNIVERSE

The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality is unaware of such a soul potential, the potential still exists. The Divine Love is entirely suitable in its energy of harmony to be the energy that a mortal soul can utilise. The Spirit covers the spirit body when the individual sincerely asks the Soul of God for the Divine Love and this covering of the spirit body is where the dynamic of this beautiful miracle takes place. From the internal longing of the individual for the Divine Love this activates the Spirit Law that activates the Spirit that is then attracted to the spirit body upon which the Spirit material of the spirit body draws the Divine Love in to its soul and this union complete. The key here is to gain a perceptive insight into realising that the spirit body is not an inert body but that it is living and has activity, recognisable from its first forming from the Spirit Law that materialises a spirit body. The Spirit and the spirit body to give an analogy are like two attracting magnets and when the surface of the spirit body is touched by the Spirit, this causes the automatic response of the Divine Love to permeate into the attribute of soul and so begins the transformation of energy from the natural into the Immortal Divine Harmony. If the individual continues the receipt of Divine Love the energy that is Divine Love actively begins to change the soul and this is felt in the spirit body systems and can produce feelings of love and elation. The spirit-mind begins to change as all spirit body systems are affected by the changed condition now experienced in the soul as the soul becomes living and vital. In one's progression of this Divine transformation, the soul will mature enough from the amount of Divine energy it receives and at that moment the surface of the spirit body and the Spirit are continuously attracted to each other and one is living in the presence of our Mother and Father in perfect harmony and this clarifies the truth about what it means to be truly at-one with God.

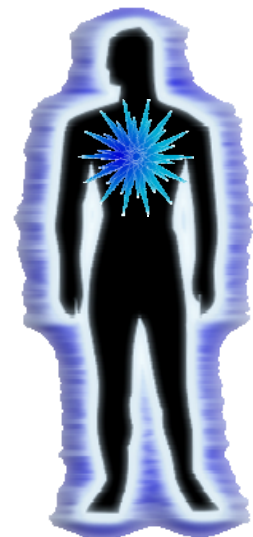
**Soul within
spirit body
prior to receiving
Divine Love.**



**Divine Love being received
from The Spirit, covering the
spirit body of the requesting
personality.**



**Divine Love having been
assimilated within one's soul,
now being reflected through the
radiance of the spirit body.**



To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

Our salvation IS by embracing Feeling Healing with the Divine Love.

God's Divine Love: Pray for it, ask for it, and receive it.

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.

“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”

“Mother – Father, I desire your Love and I am loving you.”

“Soul God, I love you and I love receiving and experiencing your Divine Love.”

“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”

Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.

One can simply receive the Love without following any religious or spiritual teaching taught by man!

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.

Three Great Truths:

- **God is Soul, being Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
 Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

God's Divine Love: Pray for it, ask for it, and receive it.

Whilst we are receiving our Heavenly Parents' Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.



Oliver Twist asked:

Please, sir, I want some more!

Maybe we should simply ask:

Please, Mother and Father, I want some more!

Long and pray for Divine Love and it will loosen the errors / injuries / unhealed / denied trapped and/or inherited emotions, resulting in a flowing out of these negative embellishments within one's soul as Divine Love flows in – Divine Love being the greatest gift in all the universe.

REVELATIONS



Revelation 1: Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively embrace our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

Revelation 2: We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



Immortality with the Love.

FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing to let ourself feel, and accept them instead of denying them. And to fully accept them, one needs to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

Doing this all with the intention of seeking the truth of why you are feeling them, of speaking about and expressing all such feelings; all feelings you have, but ALL WITH the INTENTION of UNCOVERING the TRUTH THEY WANT YOU TO SEE ABOUT YOURSELF. And it's the wanting to see the truth of them that is very important, because if you just look to accept them and speak and express them, but not seek their truth, then that's all you'll be doing, speaking and expressing them, but not healing their causes, so not fixing the things within you that are making you feel bad. And it's the truth part of it, seeking the truth of your feelings, and so, seeking the truth through your feelings, that's vitally important. It's the truth of yourself, life, nature and God, that is the spiritual aspect to it all.

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings?**
- **And remember, bad feelings are Good! Not bad. They are not to be despised. And as hard as it is to accept them, they are still you, and a very real part of you. And if you persist in denying them and not allowing yourself to fully live them, then you are only going to keep yourself in your errors making things harder for yourself.**
- **All sickness and suffering, all bad things that happen to you, all your problems, all your addictions – your whole feeling-denying and untrue life, is all caused by your denial of bad feelings.**
- **Every problem in the world is brought about because everyone has been brought up to deny feelings, and in particular, most of their bad ones.**

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.**

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE
AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR
NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING
YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU
FEEL, THINK AND ARE.

Release one's pain through expressing one's feelings.

in conjunction with

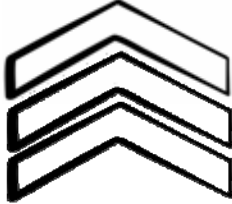
Longing for the Truth when also longing for Divine Love.

The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;

Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.



THE MIND WAY

Mind – Transcendence
 Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



All religions, New Age, agnostic,
 atheists, no spiritual interest,
 Living the Rebellion and Default.

Hell:
 Exploiting the Rebellion and Default.

The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father’s Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity’s turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



Negative Spirit Influence
blocked
22 March 2017
Law of Compensation
quickenning
22 May 2017
Rebellion and Default
officially ended
31 January 2018



FEELING HEALING with DIVINE LOVE is SOUL HEALING:

Firstly, consider discovering the truth of your emotional pain through Feeling Healing. Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing. Primary and most important readings are the writings of James Moncrief. Then consider the Padgett Messages, and then The Urantia Book.

Pascas Papers are located within the Library Downloads www.pascashealth.com
<http://www.pascashealth.com/index.php/library.html>

PASCAS – document schedule.pdf downloadable index to all Pascas Papers.
FH denotes Feeling Healing, DL denotes Divine Love – living with the Love.

PASCAS INTRODUCTION NOTES:

Pascas Care Letters A Huge Upturn
 Pascas Care Letters Big Revelation
 Pascas Care Letters Feeling Healing Benefits Children
 Pascas Care Letters Feeling Healing Way
 Pascas Care Letters Little Children
 Pascas Care Letters Women's Liberation and Mother

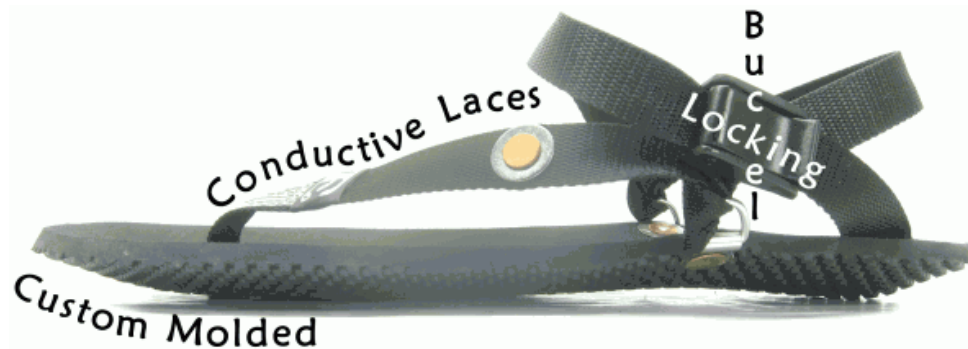
MEDICAL – EMOTIONS:

Pascas Care – Feeling Healing
 Pascas Care – Feeling Healing All is Within
 Pascas Care – Feeling Healing and Health
 Pascas Care – Feeling Healing and History
 Pascas Care – Feeling Healing and Parenting
 Pascas Care – Feeling Healing and Rebellion
 Pascas Care – Feeling Healing and Starting
 Pascas Care – Feeling Healing and Will
 Pascas Care – Feeling Healing Angel Assistance
 Pascas Care – Feeling Healing Being Unloved
 Pascas Care – Feeling Healing Child Control
 Pascas Care – Feeling Healing Childhood Repression
 Pascas Care – Feeling Healing End Times
 Pascas Care – Feeling Healing is Rebelling
 Pascas Care – Feeling Healing Live True
 Pascas Care – Feeling Healing Mary Speaks
 Pascas Care – Feeling Healing My Soul
 Pascas Care – Feeling Healing Perfect State
 Pascas Care – Feeling Healing Revelations X 2
 Pascas Care – Feeling Healing the Future
 Pascas Care – Feeling Healing Trust Yourself
 Pascas Care – Feeling Healing Versus Cult

**PASCAS
PAPERS**

Minimalist Earthing Sandals

<http://www.earthrunners.com/about>



Earth Runners are minimalist ‘grounding’ footwear inspired by the world renowned long distance runners, the Tarahumara Native American Indians of Northwestern Mexico. Our custom moulded sandals recreate that one-of-a-kind primal experience of running or hiking barefoot, while minimizing risk of injury to your feet. Earth Runners give you that satisfying “ground feel”, while offering both protection and comfort in a great fitting sandal. What distinguishes Earth Runners from other minimalist footwear is our original design that allows you to absorb the ever-present subtle electrical energies of the earth: this provides an experience similar to going barefoot, while still enjoying a measure of safety from varied terrains or street hazards.

Our feet are our body’s natural connection to the Earth. Typical footwear blocks the incoming flow of vital bio input present on the earth and thus impacts our health and how accurately our body is able to tell time. Earth Runner’s barefoot technology offers energy flow between the foot and earth. Both our copper inserts and conductive laces ground you electrically by allowing electron transfer from the planet – direct to your body.



How it all started...

Returning home from the beach one day, a friend and I found ourselves at a trailhead with only thong sandals and athletic tape, so we taped on our sandals—and the rest is history. After discovering the book **Earthing**, by Clint Ober, I had this epiphany. I’d create minimalist running sandals that would “ground” wearers by allowing them to connect to the unlimited source of the electric potential of the Earth – footwear that was also suitable for all day use by anyone in all sorts of settings.

Mission

Our goal is to create affordable USA-made earthing sandals that allow your feet to function closest to how they’re naturally designed – and that’s barefoot. We’re passionate about promoting a more grounded way of living that’s possible when we’re connected to the electrical energy of the Earth. This is why we pledge that for every ten sandals sold, we will donate a pair to **Seva Sandals** – a non-profit organization dedicated to providing protective footwear to children in India.

Barefoot Healing



EARTHING™ AUSTRALIA

1300-EARTHING



1300-327-844

Connect to the earth and heal!

<http://www.barefoothealing.com.au/?gclid=CLnV2LWipLoCFcFipQoduyAA8Q>



<http://www.earthingoz.com.au/online-store/earthing-mat>



<http://soulspacebrisbane.com.au/earthing-mat/> #Buy Now Earthing Mat

EARTHING SHEETS

<http://soulspacebrisbane.com.au/earthing-sheets/>

WHERE TO USE THE EARTHING SHEETS

Our earthing sheets coming in a variety of sizes and are designed to replace your usual fitted or standard bottom sheet on your bed.

WHEN TO USE THE EARTHING SHEETS

It is important we spend as much time as possible connected to the earth to receive all the benefits the earth can provide. This is why sleeping on earthing sheets is an ideal time to reconnect and recharge for a long period of time. The use of earthing sheets are particularly required in our society because when sleeping we are generally in close proximity to harmful EMF emitted from wiring in the walls, bedside lamps, mobile phones and other electric devices in the room.

Using earthing sheets can help improve quality of sleep by assisting the body to repair, rebuild and regenerate at an optimal level. For comfortable and convenient earthing while sleeping we recommend use of an earthing sheet or universal earthing mat with a cover to provide extra comfort.

HOW TO USE EARTHING SHEETS

We have in stock two different types of earthing sheets.

FITTED SHEETS

The fully fitted earthing sheets are used as a regular bottom sheet.

UNIVERSAL HALF SHEET

The Universal half earthing sheet is placed over your bottom sheet and each side tucks under the mattress. You can place the universal half sheet anywhere you like however the most common practice is at the end of your bed where your bare feet can be in direct contact with the sheet. In times of injury or sickness the universal half sheet can be wrapped around your



body or you can place the sheet lengthwise on the bed for greater body contact. It is important to note in order to receive the benefits of your earthing sheets ensure some area of your bare skin is in direct contact with the sheet. A limited connection can also be made through thin fabric, however, for maximum benefit, especially when requiring protection against EMF.

ABOUT THE EARTHING SHEETS

Earthing sheets are now sold in Australia. The earthing sheets we provide are woven with soft conductive silver fibres. The sheets are made from 100% cotton fabric and are white in colour. The sheets can be connected to the Earth in two ways, 1) via a power point using an Australia ground plug adaptor (comes with purchase), or 2) by using a ground cord and earthing rod which is installed in a safe place outside your home. Sheets can be washed as normal in a washing machine with a mild detergent.

NOTE: ALL sheets come with a US to AU grounding adaptor plug, which is all you need. However, if you are concerned about the quality of 'earth' in the wiring of your house, or a specific wall outlet you wish to use, it is very easy to test with an [Australian Wall Socket Tester](#). In the case that you would prefer to connect to 'Earth' at your home, rather than at an electrical pole, all you need is a simple to install earthing rod – see product options below in shopping cart.

For more information about our earthing sheets please see [FAQ's](#) or feel free to email us at info@pureelementstherapy.com.au.

JODIE de ROME

0403 534 637 FREE

& CHRIS KNIGHT

0401 002 930 FREE

23 Parker Street Newmarket QLD 4051 | Ph 0401 002 930

Email hello@soulpacebrisbane.com.au

07 3352 6155 FREE



Groundology

<http://www.groundology.com/au/earthing/grounding-sheets>

Universal Earthing Sheet



© Groundology.com

This is a universal grounding / earthing sheet or 'bed pad' for grounding while sleeping. It is a 100% cotton half-sheet with soft, yet durable conductive silver fibres woven throughout the material – in total each sheet contains nearly 1/3 mile of silver.

The sheet measures 305cm x 84cm (120" x 33"). This is big enough to fit across the bottom half of any size mattress, with ample tuck length. The sheet can also be used fitted length-ways from top to bottom covering the whole mattress. The actual conductive area is 201cm x 84cm (79" x 33") with a non-cotton tuck under of 52cm (20.5") on each side. Colour is natural cotton (off-white).

Optional accessories:



Socket Tester



Extension cord – 3m



Extension cord – 12m

Fitted earthing sheets



© Groundology.com

A range of fully fitted grounding / earthing bed sheets for whole body grounding while sleeping. These are 100% cotton with soft, yet durable conductive silver fibres woven throughout the material. Each sheet contains between 1/3 to 2/3 of a mile of silver, depending on the size.

Colour is natural cotton (off-white). The sheets have a connection stud at the edge where the connection cord fits.

The product set includes everything you need for use: the earthing sheet, a 4.6m (15ft) connection cord, and your choice of Earth connection.

[Read more...](#)

Product	Nominal size		Will fit			
	cm	inches	UK/Ire.	European	USA	Aust./NZ
Slim single fitted earthing sheet	90 x 200	35 x 79	Single	90 x 190 90 x 200		Single
Single fitted earthing sheet	99 x 191	39 x 75	Single	100 x 190	Twin	
Long single fitted earthing sheet	99 x 203	39 x 80	Single	100 x 200	Twin XL	King single
Double fitted earthing sheet	137 x 191	54 x 75	Double	140 x 190 140 x 200	Full	Double
King size fitted earthing sheet	152 x 203	60 x 80	King	150 x 200 160 x 200	Queen	Queen
California king fitted earthing sheet	183 x 213	72 x 84		180 x 200	Cal king	
Super king size fitted earthing sheet	193 x 203	76 x 80	Super King	200 x 200	King	King

Choose size:

Slim single (A\$217.21) ▼

[View table of sizes](#)

Choose option:

select connection for your country ▼

[View details of connection options](#)

Socket Tester



Extension cord – 3m



Extension cord – 12m

Optional accessories:



Earthing throw / blanket

The Earthing throw is a plush, ultra-soft, organic cotton conductive blanket, with a soft microfibre backing. The throw has a thick, luxurious feel; with highly conductive silver fibres woven throughout the quilted organic cotton face (the microfibre backing is non-conductive).

It measures 102cm x 165cm (40" x 65"). Colour is natural cotton (off-white) and the backing is a dark tan colour.

It's perfect for curling up with on the sofa, or can be placed over a mattress to sleep on, or used as an over blanket. There just needs to be

some bare skin contact with the conductive side of the throw (this is the side with the silver fibre stitching and the word "Earthing" embossed).

Connection options

For general information about connecting to Earth, see the section [How to be Grounded](#) on our [About Grounding](#) page.



Connection plug for UK and Ireland

The UK type connection plug is also suitable for use in Bahrain, Bangladesh, Botswana, Brunei, Cyprus, Ghana, Gibraltar, Hong Kong, Iraq, Ireland, Jordan, Kenya, Kuwait, Macau, Malawi,

Malaysia, Malta, Mauritius, Nigeria, Oman, Pakistan, Qatar, Singapore, Sri Lanka, Tanzania, UAE, Uganda, Yemen, Zambia and Zimbabwe.

All our products have built in protection resistance so they are completely safe. There is no connection to the mains itself – only the Earth pin is metal, with the others being plastic.

If you have any doubt about whether your mains system is properly earthed, we advise using a [socket tester](#) to check.

Connection plug for Europe

The European type connection plug is suitable for use in Austria, Belgium, Bulgaria, Chile, Croatia, Czech Republic, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Indonesia, Italy ('Schuko' type sockets), Latvia, Lithuania, Luxembourg, Netherlands, Norway, Pakistan, Poland, Portugal, Romania, Russia, Serbia, Slovakia, Slovenia, South Korea, Spain, Sweden, Turkey and Uruguay.



All our products have built in protection resistance so they are completely safe. There is no connection to the mains itself – only the Earth pin is metal, with the others being plastic.

If you have any doubt about whether your mains system is properly earthed, we advise using a [socket tester](#) to check.

Connection plug for Switzerland

All our products have built in protection resistance so they are completely safe. There is no connection to the mains itself.

If you have any doubt about whether your mains system is properly earthed, we advise using a [socket tester](#) to check.

Connection plug for Italy

The Italian connection plug is the type with 3 pins in a row.

Some sockets in Italy are the European 'Schuko' type – often these are found in kitchens. If you need a Schuko type connection plug then choose the Europe option instead.

All our products have built in protection resistance so they are completely safe. There is no connection to the mains itself – only the Earth pin is metal, with the others being plastic.



If you have any doubt about whether your mains system is properly earthed, we advise using a [socket tester](#) to check.

Connection plug for South Africa

Suitable for type M sockets, with large round pins.

All our products have built in protection resistance so they are completely safe. There is no connection to the mains itself.

If you have any doubt about whether your mains system is properly earthed, we advise using a [socket tester](#) to check.



Connection plug for Australasia

The Australasian type connection plug is suitable for use in Australia, New Zealand, Fiji, Argentina and Papua New Guinea.

All our products have built in protection resistance so they are completely safe. There is no connection to the mains itself – only the Earth pin is metal, with the others being plastic.



© Groundology.com

If you have any doubt about whether your mains system is properly earthed, we advise using a [socket tester](#) to check.

Connection for North America

The supplied cord fits directly into the 'Ground' pin of a North American type socket, used in Canada, the United States and Mexico. It can also be used in Central America, the Caribbean, northern South America (Colombia, Ecuador, Venezuela and parts of Brazil), Japan, Taiwan and Saudi Arabia.

Since it is not uncommon for sockets of this type to be missing an Earth connection, this connection option includes a socket tester to verify correct socket wiring.

Note that not all outlet sockets of this type have a 3rd pin for Ground. Sockets with only 2 pins cannot be used for grounding, and so a grounding rod must be used instead.



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<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

Worldwide adapter set

The worldwide adapter set is suitable for use in most countries around the world. It covers the following socket types:

UK: Bahrain, Bangladesh, Botswana, Brunei, Cyprus, Ghana, Gibraltar, Hong Kong, Iraq, Ireland, Jordan, Kenya, Kuwait, Macau, Malawi, Malaysia, Malta, Mauritius, Nigeria, Oman, Pakistan, Qatar, Singapore, Sri Lanka, Tanzania, UAE, Uganda, United Kingdom, Yemen, Zambia and Zimbabwe.

US: United States, Canada, Mexico, Central America, the Caribbean, northern South America (Colombia, Ecuador, Venezuela and parts of Brazil), Japan, Taiwan and Saudi Arabia.

Europe: Austria, Belgium, Bulgaria, Chile, Croatia, Czech Republic, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Indonesia, Italy, Latvia, Lithuania, Luxembourg, Netherlands, Norway, Pakistan, Poland, Portugal, Romania, Russia, Serbia, Slovakia, Slovenia, South Korea, Spain, Sweden, Turkey and Uruguay.

Australasia: Australia, New Zealand, Fiji, Argentina and Papua New Guinea.

Switzerland, South Africa, India, Nepal and Italy (both types of socket).

If you have any doubt about whether your mains system is properly earthed, and especially when travelling, we advise using a socket tester to check. A [UK socket tester](#) can be used with this adapter set to test any socket.

Grounding rod kit

If you don't have a properly earthed mains outlet (for example some European houses or a pre-1960s house in the United States), then you can instead use a grounding rod kit to make a connection directly with the ground outside.

A grounding rod is required for use in Denmark where the mains outlets are not compatible with the European connection plugs.

The kit consists of a 0.3m (1ft) stainless steel rod with a 12m (40ft) cord. The rod is pushed into the ground outside, which makes a good electrical connection to the Earth. The cord is only 2mm in diameter so it can usually be run through the edge of a window frame with the window closed.





<http://www.rawpower.com.au/barefoot-earthing-products/barefoot-single-sheet-fitted-copy>

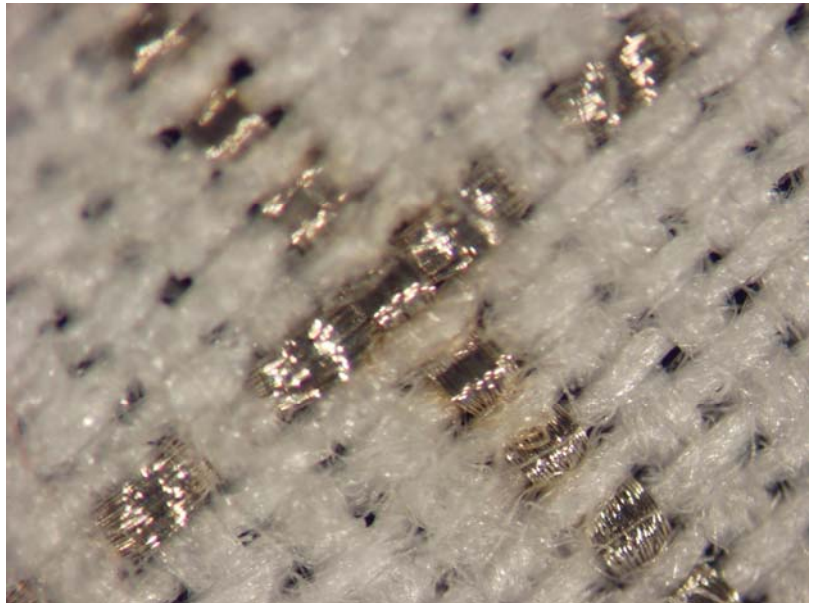
Earthing or grounding, refers to connecting your body directly with the Earth.

Earth is an electrical planet, charged with a subtle surface energy commonly known in the electrical world as "grounded." When in contact with the Earth, this tranquil energy naturally transfers to any conductive object—whether it is a metal rod, a wire, a tree or plant, an animal or a barefoot human—and they become "grounded".

The known effect of grounding is that it discharges and prevents the buildup of electrical stress. Walking barefoot on the Earth, as humans have done throughout history, naturally grounds and discharges the body. The most reported benefit from people who place their bare feet directly on the Earth and ground themselves is that they "feel better".

The products offered on this website allow you to conveniently ground yourself when indoors. They are "barefoot substitutes".

The Full Fitted Sleep Systems are natural colour poly/cotton sheets (39" x 75" with a 16" pocket) containing woven in conductive silver fibres. The Earthing sheet is used exactly like a normal bottom fitted sheet. The sheet connects to the Earth via a cord. One end of the cord snaps onto the sheet, while the other end connects to a US to AUS adaptor (supplied with the product) to connect to the Earth via a standard power point. You may want to check that your power point is wired correctly and provides a connection to ground by using the [Earth Leakage Tester](#). Lying on the sheet easily grounds you to the earth during sleep. Single Size 99cm x 190.5cm (39" x 75")

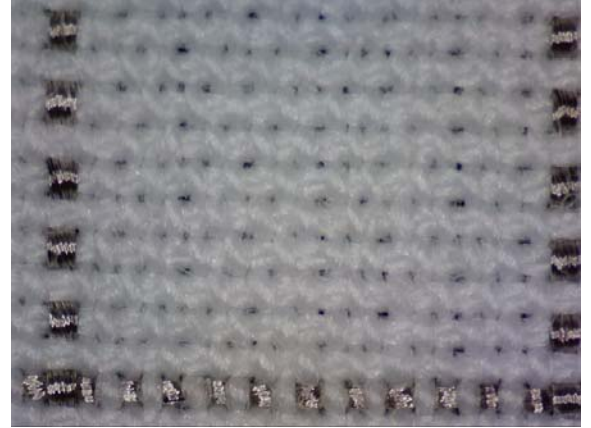


<http://www.made-in-china.com/>

<http://www.made-in-china.com/showroom/kazhtex/product-detailToKErzgMInYI/China-Earthing-Fabric.html>

Product Description

Surface Resistance Average: 0.6 ohm/cm²
 Conductive Interval: 0.5 x 0.5cm
 Working Temperature: -30° C--90° C
 Composition: 5.4%Silvered yarn +62%Polyester
 +32.6%Cotton
 GSM: 155 g
 Breadth: 150 cm
 Electrostatic controlled.
 For bed sheet, pillow and quilt cover.



www.made-in-china.com/showroom/kazhtex/product-detailbqBQGfPIVJrc/China-Grounding-Sheet.html&docid=zmdVRDD6w8NpGM&imgurl

<http://www.made-in-china.com/showroom/kazhtex/product-detailbqBQGfPIVJrc/China-Grounding-Sheet.html>

Pattern:	Natural	Trademark:	KAZHTEX
Material:	100% Cotton	Packing:	One Sheet Per Plastic Bag
Usage:	Hospital and Home	Origin:	CHINA
Style:	Twill	HS Code:	6302319990
Size:	1.5*2.3m	Company:	KAZHTEX Technology Co., Ltd.
Export Markets:	North America, Eastern Europe, Oceania, Western Europe		

