

Grounding: The Barefoot Connection

excerpted from the book, *Earthing: The Most Important Health Discovery Ever!*

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Electrical You and Your Electrical Planet

Have you ever noticed a subtle tingling or sensation of warmth rising up from your feet during a barefoot stroll on a sandy beach or grassy field glistening with the morning dew?

Did you feel revitalized at the end of your walk?

If you did, you experienced the Earth energizing your body.

The fact is that we live on a planet alive with natural energies. Its surface teems with subtly pulsating frequencies, a phenomenon unknown to most people. Who regards the sand, grass, sidewalk, or dirt beneath their feet as an energy field?

But that indeed is what the ground is and always has been.

Put another way, your planet is a six sextillion (that's six followed by twenty-one zeros) metric ton battery that is continually being replenished by solar radiation, lightening, and heat from its deep-down molten core. And 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 in rhythm and balance—for everything that lives on the land or in the sea.



We all live and function electrically on an electrical planet. We are each of us a collection of dynamic electrical circuits in which trillions of cells constantly transmit and receive energy...

People.
Animals.
Fish.
Plants.
Trees.
Bugs.
Bacteria.
Viruses.

Throughout history, humans have sat, stood, strolled, and slept on the ground without knowing that such

simple contact transfers a natural electrical signal to the body.

Only recently has the knowledge and significance of this connection been explored and explained by scientific experts in geophysics, biophysics, electrical engineering, electrophysiology, and medicine. From them, we are learning that the Earth's electrical energy maintains the order of our own bodily frequencies just as a conductor controls the coherence and cadence of an orchestra.

We all live and function electrically on an electrical planet. We are each of us a collection of dynamic electrical circuits in which trillions of cells constantly transmit and receive energy in the course of their programmed biochemical reactions.

Think of them as microscopic electronic machines. The movement of nutrients and water into the cells is regulated by electric fields, and each type of cell has a frequency range in which it operates. Your heart, brain, nervous system, muscles, and immune system are prime examples of electrical subsystems operating within your bioelectrical body.

The fact is, all of your movements, behaviors, and actions are energized by electricity.

Our Lost Electrical Roots

Nobody knows that we have largely



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become disconnected and separated from the Earth. In developed societies, in particular, we have essentially lost our electrical roots. Our bare feet, with their rich network of nerve endings, rarely touch the ground. We wear insulating synthetic-soled shoes. We sleep on elevated beds made from insulating material.

Although it is not something you probably have ever thought about, you may be suffering severely, and in more ways than you could ever imagine.

As an analogy, think of a lightbulb 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.

Disconnected, the body seems vulnerable and prone to dysfunction, inflammation-related disease, and accelerated aging—a startling theory just beginning to gather scientific momentum.

The natural frequencies of the Earth that we speak of are waves of energy caused by the motions of subatomic particles called free electrons. Nobody has ever seen an electron, but you can think of them in the setting of a beehive. The bees, buzzing around the hive, are like electrons that move around the atomic nucleus in a "cloud" of energy.

Another analogy used over the years is that of planets revolving around the sun. The nucleus contains protons, with a positive charge, and neutrons, that have, as their name implies, no charge. Electrons have a negative charge.

It is these electrons that give the Earth's surface a natural, negative charge. They are present, as science informs us, in a virtually limitless and continuously renewed supply, fed by the natural phenomena of rain and thousands of lightning strikes per minute.


Maintaining contact with the ground allows your body to naturally receive and become charged with these electrons. When thus "grounded," you automatically absorb them, which in turn reduces

electrical imbalances in the body and the oxidative free radicals involved in chronic inflammation and multiple diseases. The body's natural electrical state is restored.


This is the theory behind Earthing.

Clint Ober will present
"Grounding: The Barefoot Connection"
with an exclusive screening of
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