

# GROUNDING

*Mother Earth, get in touch with her.  
She has so much to give.*

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In order to understand the positive effects of *Grounding*, and how and why it works, we need to understand where the energy comes from, and why it is so essential to life. Simply put, without the energy that pervades this universe, and the energy within and surrounding our planet, life could not possibly exist.

The *geomagnetic shield* that protects our planet came to life as a result of a synergistic electromagnetic reaction between the inner and outer cores buried deep inside the belly of Mother Earth. Bursting forth at the North Pole, the geomagnetic field reaches out into space and reenters Earth at the South Pole.

One of the life-giving properties of this geomagnetic force field is the production of *circadian rhythms*. The positive effects circadian rhythms have on plants and animals, including humans, have been known for many years, but it was three scientists, Jeffrey C. Hall, Michael Rosbash, and Michael W. Young who isolated a gene that controls the normal daily biological rhythm by encoding proteins that accumulate during the night, and are then degraded during the day. Using fruit flies as a model organism they were able to reveal the exquisite precision by which our 24-hour body clocks adapt our physiology to the dramatically different phases of the day by regulating critical functions such as behavior, hormone levels, sleep, body temperature and metabolism. They were jointly awarded the 2017 Nobel Prize for Physiology or Medicine.

In addition to protecting us from excessive exposure to the sun's infrared rays, and showing us which direction is north, the biorhythms of our bodies are in sync with the flux lines of Earth's magnetic field. Our brain cells align us with the magnetic flux lines which move longitudinally from the North Pole to the South Pole, and are tangential to the movement of the Sun. These combined forces control our biological *circadian clock*, an innate mechanism that is further divided into three circadian rhythm segments.

The circadian process was first described by Androthsenese, a ship's captain serving under Alexander the Great during the fourth century BCE. He observed the *diurnal activity* (that of being active during the day and sleeping at night) of Tamarind plants. Most mammals (which include humans), insects, reptiles, birds, and flora are diurnal. Nocturnal species are those that sleep during the day and hunt and feed at night, a life-pattern based on survival and the use of darkness to more effectively hunt and capture prey.

Life is function driven. The driving force behind our biological circadian clocks are proteins called *cryptochromes*, which play a pivotal role in the generation and maintenance of the

circadian rhythms by aligning us with Earth's geomagnetic force field. This alignment is referred to as *magnetosensing*.

Circadian rhythms remain constant under immutable (unchanging) conditions, but there are slight differences in the length of complete rhythms. In diurnal species, the period is slightly longer than 24-hours, while in nocturnal species it is slightly less than 24-hours. The circadian rhythm segments in humans each occupy a time frame of 8-hours, give or take a few minutes.

Irrespective of where you live on this planet, the hours from **noon to 8 p.m.** mark the *appropriation* period, which is the ideal time for the ingestion and digestion of food. The hours between **8 p.m. and 4 a.m.** define the *assimilation* period, when your body will best absorb the nutrients from the food you have eaten. The remaining hours, between **4 a.m. and noon** mark the *elimination* period, when your body will dispose of its waste products.

If you have ever suffered jet lag, it was because your body was transported very quickly from one magnetic time zone to another, or across many time zones, without giving it sufficient time to adjust. Fortunately, our brains and our bodies usually adapt to the new time zone within a day or two. If you travel by ship your brain will readjust ever so slightly on a daily basis, and you will not experience the effects associated with rapid plane travel.

In addition to it being the source of the energy that creates circadian rhythms in our bodies, the geomagnetic field that surrounds our planet is the source of *electrons* that are essential to all life.

In 1897, British physicist, J. J. Thompson, discovered the electron, which we now know is a constituent of all of the matter in the universe. Electricity is produced commercially by rotating a copper wire coil between positive and negative magnets. This is what happens when you start your car. The stored electric charge in the battery turns the starter motor, which in turn starts your car. The motor then takes over and runs the alternator which produces electricity of sufficient magnitude to run the electrical system in your vehicle, and recharge your battery.

Electrons, from which the term electricity is derived, become excited when under the influence of positive and negative force fields. This causes free electrons to dislodge electrons that are bound to atoms in an ongoing process of catch and release in which free electrons fill the bonding sites made vacant by the action of the positive and negative force fields. The energy released during this make and break sequencing is electricity, which we are able to transport along a conductive wire, usually made of copper.

In an electrical circuit there is an *active* wire that supplies the power, and a *neutral* wire that carries the now reduced electron field back to the source, in what is termed a *circuit*. If there was only an active wire the device would not work as there would be no circuit. As some of the electrons from your power source are used to run your appliances and give you light, this depletion in intensity is why a continuous flow of electrons requires replenishing, be it from an alternator, a generator, a storage battery, or a powerhouse

There is another wire, called an *earth* wire which is really a safety valve. If you walk around outside your house you may find a wire attached to a tap, or to a pipe that has been driven into

the ground. If a malfunction occurs in the electrical system it will send the electricity through this wire into the Earth, at the same time blowing a fuse or disengaging the circuit breaker. This means the Earth absorbs electrons. If this were not the case, free electrons from the Earth would be absorbed by the wire and fed back into the circuitry system, thereby totally negating the whole process.

Another consideration is gravity. Gravity is a negative electromagnetic energy that exerts a downward force on Earth's surface. Albert Einstein's Theory of Relativity postulates that gravity is more than a force; it is a curvature in space-time continuum. Well, that cleared that up—thanks Al! Although scientists consider the Theory of Relativity to be the Holy Grail of quantum physics, it appears a definitive understanding is still eluding us.

The source notwithstanding, apart from all of the other obvious occurrences that rely on gravity, a good example is when it rains the surface water on open ground quickly disappears because of the surface pressure (tension) applied to it by gravity. Without gravity, the water would likely just form semipermanent pools. To demonstrate surface tension, partly fill a glass with water and put it on a flat surface. If you look closely at the surface you will see it is slightly concave, with the edges climbing ever so slightly up the sides of the glass. This is surface tension, which is gravity in action. So, it is apparent that the Earth's surface draws into its mass, including electricity, which of course is comprised of electrons.

Our nervous systems operate on an electrical charge of around one millivolt (1 mV, or a one-hundredth part of a volt), which requires the constant availability of free electrons; but where do they come from? The answer is, the electrons absorbed by our bodies are supplied by the electromagnetic energy that is also the source of the energy that drives our circadian rhythms, which comes at us somewhere approaching the speed of light, travelling at 186,000 miles/300 kilometers per second.

Those who work with electricity should wear thick rubber soled footwear. This acts as an insulator to prevent the circuit being completed should they get a jolt. What we have done is insulate ourselves from completing the circuit initiated by the earth's geomagnetic field by wearing shoes, and walking on wood or concrete floors, which are often tiled or covered with carpet or vinyl. This also applies to our housebound pets if we don't let them run around outdoors.

Bottom line, if you don't complete the circuit on a regular basis, the positive effects of the electrons available to you from earth's geomagnetic force, which also drives our circadian rhythms, will be partially negated and your health will suffer; but, there's more. If the body's electrical circuit is suppressed, the build-up of trapped electrons can have a far more damaging effect on our nervous systems and physiologic functions than may otherwise occur with an insufficiency of supply, if in fact an insufficiency ever exists.



In their book, *Earthing* (published by Basic Health Production, Inc., Laguna Beach, California), joint authors, Clinton Ober, Stephen D. Sinatra M.D., and Martin Zucker, write about the health benefits of walking bare foot on Mother Earth in order for the abundance of negatively charged free electrons in the earth to be absorbed into the body.

In describing *Earthing* they state:

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.

Your body becomes infused 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.

The authors go on to list many important and quite spectacular case studies, some ailments more serious than others, where a reversal of symptoms has been dramatic after the sufferers have adopted Earthing. Many other converts report increases in energy levels and general wellbeing.

I am telling you this because, while I agree with the concept, I disagree with the scientific aspect proffered in *Earthing*, which in turn may affect the efficacy of the exercise.

- Firstly, there are no free electrons in the true sense of the word. By definition, any electron that is not attached to an ion, atom, or molecule is *free to move under the influence of an applied electrical or magnetic field*. This means electrons cannot exist in complete isolation and cannot be passively absorbed by our bodies. This means there are no free electrons fluttering around our feet like butterflies on a flower.
- Secondly, it is not that we do not have enough electrons entering our bodies. Our problem is they cannot properly perform their designated tasks if the circuit is not completed. We evolved barefooted which gave us the natural ability to complete the electrical circuit by coming into direct contact with Mother Earth. Have you ever wondered why most pets don't get sick as often as their owners? I think there's a clue in there somewhere.
- Thirdly, the authors suggest we sit, stand or walk barefoot each day, which they claim can also be performed on a concrete floor. Concrete is a poor conductor, although if you are bare footed and your get a full charge of electricity from a commercial power source, it will ground you, but only because of the intensity of the electrical charge. As most properly constructed slabs have a moisture resistant membrane between it and the earth, it pretty much negates any conductive properties the slab may have when very low energy electrons in the 1 mV range are involved. If you live or work in a high-rise building, standing on an upstairs balcony will likely do nothing for you.

Clinton Ober developed an under-bedsheet made of conductive material that is attached by a wire to a metal prong stuck outside in the ground. His claim is that electrons from the Earth travel up the wire and are absorbed by the sleeper's body. What does happen is exactly the opposite. By earthing the bed sheet it is theoretically possible that it can complete your body's electrical circuit by drawing trapped electrons *out* of the body, but only if the soles of your feet are in direct contact with the conductive surface; but, that's not all.

Because there is impedance within the conducting apparatus developed by Clinton Ober, the low energy electrons in our bodies are not of sufficient magnitude to overcome this barrier. By comparison there is little, if any, impedance between the sole of your feet and Mother

Earth, which means the body's circuits are adequately completed and any residual electrons in your body are drawn out by the conductive energy of the earth.

There is another extremely important source of exogenous energy, and that is the energy that binds us to the universe. Texts written in the ancient Sanskrit language of India suggest knowledge of this energy source and its passage through the body was known as long as four thousand years ago. Utilizing electromagnetic imaging we are now able to see this energy as it ascends through the body from its point of entry between the legs, through the seven major chakras, until it exits through the top of the head. The benefit of this energy is life itself.

We are being bombarded from above with electrons from earth's geomagnetic force, energy that goes from top down, terminating at the feet. This is in the opposite direction to the flow of the universal energy which travels (literally) from the bottom up.

Clinton Ober, Stephen Sinatra and Martin Zucker were totally correct in their evaluation of the enormous benefits of making pedal contact with the earth. But in my humble opinion they just got the science, the source of the electrons, and the direction of flow back to front. More importantly, it is not about the supply of electrons available to our bodies, it is the completion of the circuitry, and the expression of excess electrons.

One final point; while the authors or *Earthing* claim exclusivity over its discovery, the benefits of *Grounding*, the traditional name, have been known to various cultures for a very long time.

Notwithstanding, what the authors of *Earthing* discovered adds credence to the incredible connection we have with our planet, and with the universe at large. It also underscores the probable folly of seeking to discover other planets that will support human life. Without a geomagnetic force field, and around thirteen other synergistic energies that may be peculiar to our planet, human existence would be impossible.

Mother Earth – ya gotta luv her! So let's start treating her with the respect she deserves.

## **METHODOLOGY OF PERFORMING GROUNDING**

My research indicates that sitting with the soles of both feet in full contact with the ground will deliver the best possible results from your *Grounding* experience.

Commence by doing this for one seven (7) minute period for five (5) consecutive days (say Monday to Friday). This initial five-day period will awaken your body and your brain to what is happening, give it time to complete its electrical circuits, and to rid the body of excess electrons. You may now perform your *Grounding* exercise just three times each week (say Monday, Wednesday and Friday, leaving your weekends free) which is sufficient to maintain maximum results. Don't perform them on three consecutive days.

Sitting is best because the connection between the soles of your feet and the earth remains constant. I don't advocate moving around because of the repetitive breaking of the circuit with each step you take. If this is your choice, stroll don't powerwalk, and remember running doesn't work because your feet are off the ground for most of the time, only making brief and periodic contact. You will also have to extend your session accordingly, so why not take the

weight off and relax in a comfortable chair.

Why seven (7) minutes? I have found it takes about two (2) minutes for the body to initiate the connection between your body and the earth's surface. It takes around three (3) more minutes to complete the body's electrical circuits, and two (2) additional minutes to clear the body of excess electrons.

I have a spot in my yard where I sit barefooted on a plastic chair and use my *Grounding* time to quietly meditate. Allow your head to fall slightly forward, close your eyes, and rest your hands palm side up on your lap. Clear your mind of all other thoughts and concentrate on your feet. You may detect a tingling starting in your feet and extending up your legs, and eventually feel a tingling in your hands, and to a lesser degree in your body. This may take a little time to perfect, so be patient. It is possible you may not have been in contact with your body for a very long time. *Now is a great time to start!*

In a three-for-one deal I also undertake my two (2) minute period of *Connecting* (explanation and instructions also available as a free download on this website), which I perform after I have completed the full seven minutes of *Grounding*.

I follow my *Connecting* experience with a two (2) minute exercise in breathing, which I call *The Big Gulp*, also available free of charge on this website. Don't try to perform these exercises simultaneously – all you will negate the benefits that these three health-promoting exercises have to offer.

Before commencing any of these exercises, please read my free download paper entitled, *Be Careful What You Think – Your Cells Are Listening*. This very important understanding of *Epigenetics*, the study of how the cells in your body communicate with each other and with your brain, will significantly influence the effectiveness of your *Grounding*, *Connecting* and *Big Gulp* experiences, together with the additional benefits positive thinking can bring to your day-to-day life.

Enjoy!

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