This feature is one seeker's attempt to share what seem to him the most valuable contemporary insights, innovations and discoveries that promise to restore humanity's original radiance. The author takes responsibility for the views expressed, whose value, in the end, must be empirically tested by each individual, without reliance upon anyone else's authority. Only in this way can each of us hope to create a way of life that truly expresses our natural uniqueness.

* * *

SECRETS OF RADIANT LIVING

Chapter 1

THE RADIANT EARTH – OUR ANCIENT HEALER

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

– read on! There's a good chance that, before the close of this article, you'll have experienced a *déjà senti* –an always-sensed-but-never-quite-realized intuition that's been lurking just below the surface ever since you can recall; something

you've been too busy and too distracted to see – so natural, so simple and so readily available that you kept overlooking it.

And that revelation is: the profound importance the life-energy of the earth has in nourishing and healing the human system, and in neutralizing the damaging stresses imposed up it by the myriad 20th century technologies which surround us on every side, most significantly the ever-expanding global electrical grid.

INNOCENCE

When I was a lad of three, my absolute favorite treat – which I would literally beg my poor mother to allow me – was nothing less than to have permission to dash outside in my underpants and go cavorting, barefoot, in the thick grass around our house.

What ecstasy! It was polymorphous pleasure – felt over every inch of my little body; was instant bliss, refreshment and delight. During those special moments I was an utterly joyful soul.

Of course, I didn't understand anything at that age – but my passion was no mere whim; it was the fruit of a deep instinctual knowing – the birthright of all unspoiled human beings. It was an instinct that told me – pulled me, actually – to where my deepest joy lay waiting.

In the grass, against the trees, under the sky, on the earth.

And – if truth be told – I'm not much different today, some six decades after the fact, looking for any chance I can find to bury myself, face down, in the manna of green grass, of pine-needle carpets, of waterfalls, lakes and oceans.

It was never enough to merely look upon Nature's thrilling vistas, beholding them purely visually. No, I had to "eat" my scenery, my world; to inhale it, to taste it, to feel it firsthand – an almost erotic experience for a new young being on the planet.

And only now – sixty years later – do I know the mystery that lay behind that hunger. But first, let's take a glimpse at what all us once-innocent nature-lovers are up against at the outset of this most challenging 21st century.

THE END OF INNOCENCE

From cell phones and computers to fluorescent lights and ambient house and high rise fields, our brains, nervous systems and vital organs are constantly bombarded by voltage-induced inflammatory stresses undreamed of by our pre-industrial ancestors.

It is no accident that, one by one, virtually all of the major contemporary pathological profiles reveal a core of chronic inflammation in the human system – cardiovascular disease, cancer, auto-immune disorders, arthritis, fibromyalgia and innumerable others – the first two accounting for over 90% of humanity's sufferings.

In its desperate attempt to meet this virtual epidemic the mainstream medical system has zeroed in on NSAID's – non-steroidal anti-inflammatory drugs – such as aspirin, ibuprofen and naproxen. Yet, at the same time, yearly deaths from prescription-drug intake have topped 100,000, making the pharmaceutical solution risky to say the least, and often prohibitively expensive.

Meanwhile, in the world of alternative health and medicine, the focus has veered sharply in the direction of supplements, herbs and phytonutrients with potent anti-inflammatory capacities, such as quercetin, circumin and resveratrol, costly investments all, to be sure.

RETURNING TO OUR LOST ROOTS

But just under our noses – or perhaps I should say our feet – our *bare* feet – lies by far the most potent, enduring and available anti-inflammatory the world has yet known: the ancient and present force-field of planet earth.

When direct or conductive contact is made with the surface of the earth, there begins an immediate discharge of positively charged, electron-seeking free radicals, which are quickly neutralized or "quenched" by the inflow of negatively polarized electrons.

Lest we be tempted to think this is all so much New Age nonsense, it should be noted that the human system is a bio-dynamic electrical matrix, whose cardiovascular, neurological, immune and muscular systems – just to name a few – are catalyzed and regulated by micro-electrical currents at the cellular level, and that those cells each have their own unique frequency ranges.

Just as with delicate electrical components in industry, the human system works poorly or not at all when there is an accumulation of static electricity or excessive voltage in its supersensitive bio-electrical grid. This is why industrial technologies always take care to ground such systems, enabling their impulses to flow undisturbed and undistorted.

Within mere minutes after being "connected" – to earth directly or to a verifiable ground – remarkable and well-documented changes occur in the human system.

As summarized in Martin Zucker's article on Earthing in the esteemed Townsend Letter, Dr. Stephen Sinatra ran a telling experiment in which dramatic reductions in cell aggregation – thinning and de-coupling – were documented via darkfield

microscopy in three subjects who were earthed at his home for just 40 minutes.

The initial blood-draws reveal massive clumping and irregularity, whereas the final samples show relatively uniform and symmetrical cell distribution.

Before grounding..... After 40 minutes of grounding
(photos courtesy of Dr. Stephen Sinatra)

THE NEW PIONEERS SPEAK

This discovery – termed "earthing", and largely pioneered by Clint Ober, co-author of the new book *Earthing - The most important health discovery ever?* – was enough to cause long-time health/longevity guru David Wolfe to openly proclaim it so important as to dwarf all other wellness regimens, practices and products encountered in his 30 years of experience in the field:

"I've been in the health field for literally 20 years – as a professional for 15 years. In all the research, all the foods, all the holistic technologies I've been exposed to – it looks like we've narrowed it all down to the biggest culprit of inflammation… of auto-immune disorders – the most destructive invention in the history of humankind – the common shoe. Recent scientific innovations have discovered that the rubber sole completely blocks all the free electrons that shield and nourish the entire earth. When you step outside barefoot, especially when you step onto stone, you are encompassed at the speed of light with free electrons that the earth just gives you – all day, every day – all night, every night – forever. As soon as we put this (the shoe) on, it's gone – totally gone. We are insulated. Recent scientific advances have discovered the following -- and I know this because I was on the phone last night with three of the leading technologists in this field…that circadian rhythm problems, hormonal disorders, cortisol disorders, heart rate variability problems are all related to wearing shoes. That's right – meaning the arthritis, the inflammation, the herpes, the hepatitis, the autoimmune conditions are intimately related to wearing shoes. This may be the most destructive device ever created by humankind."

When I spoke directly with "Earthing" co-author Clint Ober by phone at his California home last year, he confirmed for me his absolute conviction about the power and promise of this newly re-discovered tool.

"And are you, at this moment, sitting with your bare feet touching the earth?" I queried him.

"Absolutely," he confirmed.

And when, fearing this discovery was to be co-opted by commercial elitists and become unaffordable by ordinary mortals, I asked him if viable earthing tools

could be made inexpensively at home, he answered unequivocally in the affirmative.

“Then,” I questioned, “could someone simply run a copper wire from a ground rod through his or her bedroom window and fasten it to themselves in order to be grounded?”

“Sure, you could,” he explained. “It would work just as well as a commercial product; it’s just more comfortable to have bedsheets with a conductive weave than to wrap a hard wire around your foot, or whatever.”

Ober and co-authors cardiologist Dr. Stephen Sinatra (who, like Wolfe, also deems it the watershed discovery of his 30 years in complementary medicine) and Martin Zuckerman theorize that the contemporary deluge of chronic immune and inflammatory diseases may all be symptoms of a rupturing of humanity’s ancient root-systems in the earth, produced by its relatively recent shift into synthetic 20th-21st century environments and lifestyles.

To paraphrase the authors of “Earthing” as bluntly as possible – it’s simple, cheap and verifiably effective.

Earthing enthusiast David Wolfe goes on to share:

“Here’s what you can do about it: we have a technology that is so basic and so simple – and protects you from EMF fields better than anything ever discovered, and what it involves is taking this (shoe) and removing it – getting rid of it – and using your own two bare feet to go walk outside with your cell phone, and step on the ground so that you get shielded by the earth’s field itself. The earth’s EMF field – its electron field – is so massive that it automatically dissipates the static field directly off of you from your cell phone, from your camera, from your ipod, from whatever device that you carry around – even your computer.

“This is the reason why it’s so powerful to jump in the ocean, because it discharges off of you the static electrical field of the devices we have around us – a cordless phone for example’ what we may not know is that – not only is it frying us while it’s on, but it leaves a static field around us which must be dissipated by grounding. . .

“We get rid of this, we go jump in the ocean, we lay on a beach, we go jump in a lake, and that static field comes right off of us, and we re-immerse ourselves into the most immense electron-ocean ever, which is the earth’s own electron field. This discovery is so profound that the scientific research is indicating that all inflammatory conditions are related to wearing shoes. It’s ridiculous, it’s absurd, and it’s true.

“All you’ve got to do is take your shoes off, go for a walk in your own two bare

feet, and you will discover the power of the barefoot connection."

How Earthing Works

Electrically speaking, electrons have a negative charge, while free radicals have a positive charge. Free radicals also are constantly in search of negatively charged electrons to which they can attach themselves. What makes free radicals dangerous is that they will strip electrons from molecules in healthy tissue if necessary. But reconnecting to the Earth allows for the transfer of free electrons into the body where they can neutralize the positively charged free radicals that cause inflammation. The end result, as our observations and research show, is that Earthing can prevent or reduce chronic inflammation. This is exceptional news for those of you with cardiovascular concerns who need to keep inflammation in check in order to prevent further arterial damage. It's also good news for people who regularly deal with pain (which is often accompanied or aggravated by inflammation), or are looking for a speedier recovery from injuries.

from *Earthing - The most important health discovery ever?*

THE SALT OF THE EARTH

Not surprisingly, the etymology of the word for a person – human – derives directly from humus, the word for earth. A human is a being of the earth.

It might seem almost too obvious to state that, before any other description of ourselves we care to give, we are "earth beings" – born of and profoundly influenced by the planet upon which we live. We're earth beings, from crown to sole.

If we somehow ignore this and attempt to live as somehow detached beings – unmindful of our earth-connection, we'll soon find ourselves in deep trouble: if we fail to nourish ourselves we'll quickly get hungry – and, if left longer, ravenous. If we ignore our growing thirst we'll soon start shriveling from the inside out, and within a few days be at death's door. If we eat chemicals and synthetics we'll find our bodies confused and distorted, our thoughts troubled and chaotic. If we breathe in diesel fumes, within moments, we'll experience major disruption of our life-support systems – perhaps even death.

It's painfully clear that, however lofty we may imagine ourselves to be, we remain creatures of the earth who cannot ignore their inseverable connection with the life-streams of our mother-planet, at least not without immense risk to our continuation upon it.

If we do make this error in judgment, life soon yanks us awake and puts our feet back on the ground. . .Did I say ground? Indeed. . .which brings me right back to my subject: earth.

THE GREAT LEGACY COMES INTO THE 21ST CENTURY

Ever since Weston Price concluded his world-tour, packed up his journals and cameras and returned to make sense of his astonishing studies back in the United States, the ancient bond original humans had with their earth-mother has been sorely compromised – and in many cases, effectively broken.

How? By the advent of massive industrialization of life and living – the same demon that invaded and decimated the ancient cultures which Price studied in such depth.

Leaving what most Price-devotees believe to be the single most critical issue – food and nutrition – aside for a moment, let us look with as unbiased eyes as possible at aspects of those culture that not even the astute doctor saw fit to include in his monumental treatise *Nutrition and Physical Degeneration.*

Perhaps most salient is the long-overlooked evidence of their "environmental nutrition" – their deep and abiding nurture by the forces of nature and of the earth itself; the land, the waterways, the forests, oceans, mountains and deserts and their atmospheres – and the source of all these – the immensely potent radiance of the star around which our solar system pivots – the sun.

If there were ever a toss-up as to whether purely oral as opposed to environmental nutrition was more critical to the psycho-physical health of the human being, it would be a tough call indeed, and one whose conclusion might surprise food fundamentalists.

THE REALITY OF GAIA

As one of my spiritual teachers, Douglas Harding, once commented, "I can live for weeks (actually months) without food – but cut my sun out of my world and I am doomed to die within a few short days."

Perhaps we've never quite looked at it just this way, but really, we are not merely dwellers in the environment of the earth, human bugs scrambling around on the planet's back: we are actually mobile cells of its living body, essential components of its life. But centuries of civilization and cultural conditioning have convinced us that we are merely underlings – not stockholders.

With this distorted view of life come all the horrors of earth-deprived living – artificial nutrition and synthetic shelter, false relationship with our world and each other, and distorted self-identity – the works. "Unreal" people, inauthentic

lifestyles, two-dimensional views of the universe and humanity's place in it. An exponentially burgeoning population of misplaced souls who no longer even possess an instinctive compass capable of guiding them through their increasingly unnatural –yet apparently "normal" – world.

We read thousands of books and yet remain incapable of having clear, direct experience of reality ourselves; our natural intelligence has never had a decent chance to emerge, much less blossom, suffocated as it is by the overlay of societal imprinting.

This same Douglas Harding of whom I spoke a moment ago, is the author of some dozen books on the art of awakening, all based upon his enlightenment experience, so brilliantly described in his *On Having No Head; the Rediscovery of the Obvious*. One of the most thrilling realizations accompanying his awakening was the distinct and absolutely certain realization that the earth – this planet beneath us – is alive; not merely a collection of living organisms, bacteria, algae, etc., but an integral and living being – just like ourselves – complete with its own life processes, rhythms and unique form of consciousness.

Again, in Maurice Bucke's classic, *Cosmic Consciousness*, the case of the woman identified as "M.C." – who underwent a profound awakening in her mid-forties, is compelling in one discovery among many which turned her view of the world on its head; she said, "I suddenly realized that the flowers I was gazing at were conscious!"

It's not the purpose of this article to plumb the depths of mystic experience, but only to point out that, when seen with new eyes, this seemingly familiar planet of ours is alive, aware and interactive. A romantic notion, perhaps, until we come to see that it's also a plain fact.

And this is where we find ourselves in 2010 on Gaia.

REVERING OUR SIMPLE GIFTS

So, what's the bottom line?

It is nothing less than that, whenever we make direct contact with our planet, or contact with it by proxy through conductive materials which are grounded, we receive an immense network of benefits which can revolutionize our well-being.

For decades – centuries even – we have been almost categorically deprived of that contact, except perhaps for an afternoon on the beach or a rare barefoot walk on the grass, and we have paid a painfully high price in the loss of natural electrical energies which automatically balance and strengthen our immunity to the proliferating world of man-made frequencies.

Starting simple, we can – as did our forbears throughout untold millennia – dare to walk the earth as did they, with our feet freed from petrochemical and plastic shoe-prisons, able to bend and flex once more, and to sense texture and temperature, and absorb the planet's rich surplus of ionic charge, cleansing all excessive voltage from our over-stressed systems.

What could be more abundantly available, free and unpatentable? What more could anyone ask?

And, when the seasons or lack of opportunity make it less possible for us to do this, we can take recourse in newly developed and quite affordable Earthing technologies which can keep us connected even while we are indoors, sitting at the computer or sleeping.

In other words, we no longer have any real excuse for not maintaining our energetic bond with our mother-planet, even amidst in this terminally technologized era,

Which is Very Good News Indeed.

Joseph Marcello, director of Northfield Healing Arts in Northfield, Massachusetts, has pursued the study and practice of the energy arts for over 35 years. He may be contacted at: JosephMarcello@verizon.net.