



Healing Within

Biology of Aliveness: the power of GROUNDING & July Breathwork Gathering

"The earth does not belong to us, we belong to the earth."

Chief Seattle

How do we harness the forces of nature for cultivation of health & vitality?

In **BREATHWORK** we tap into the intelligence of the human design, activating a force that knows how to navigate and transform all body systems from the most physical to the subtlest. It's an internal workout that energizes the entire biology, releasing what doesn't fit or belong anymore to a higher level of functioning. As a result, a sense of cellular wellbeing, renewed-ness and consciousness expansion occurs.

Check out the announcement about the upcoming Breathwork gathering below.

Since we are inescapably entangled with Earth, wouldn't it be amazing to synch our own biology with the super charged biology of Earth – as a reality – and provoke a powerful reset across all systems?

The human body is exquisitely receptive to and affected by the input given by its environment, be it native or man-made. Our work & living environments may be highly efficient, superbly designed & comfortable, but they are also mostly artificial, energized by incoherent electrical fields, toxicity & noise, and as such an effective barrier to the natural rhythms and the coherent signals & currents generated by the earth - from below and from above. As seductive and mesmerizing as our ever-expanding virtual

realities are, there is absolutely NO ground to stand on. On a purely body level, the artificially generated soup we live in, creates dryness and cellular deficiency.

The earth's ground, on the other hand, is solid, rich and reliable!

Over the last 3 months I have spent 20 -30 minutes bare feet on the grass behind my home consistently during the early morning hours. I have experienced immediate shifts in how I feel physically & emotionally. I also ground after I get home from work in the evening. Any headache or heaviness will shift within 15-20 minutes, and I always feel cleansed & refreshed.

GROUNDING might sound silly and simplistic in this complex world. However, standing bare feet on the earth activates an immediate strong current of electrons (negatively charged particles) freely rushing into the entire body and counteracting the predominantly positive charge created by our environment. This internal shower of electrons reduces inflammation & pain, shifts energy & lifts the mood within 30 minutes. Here is a list of documented/researched long term benefits:

- Reduces chronic & acute inflammation and pain
- Improves sleep, mood & immunity
- Red blood cells repel each other so they can't clump
- Blood

viscosity
goes
down
so
overall
circulation
is
improved

- Reduces
muscle
tension
&
headaches
- Speeds
up
healing
from
injuries

Which surfaces conduct electrons: grass, soil, sand, natural stone and to some extent concrete. Stand bare feet on any of those surfaces for around 20 minutes (or longer), ideally early morning. The early morning adds another essential component I will discuss another time. The same is true for our pets. They need to get their paws on the ground.

Afraid of ticks? Here is a company I highly recommend: [Pest protection](#)
Their non-toxic sprays work for lawns, pets & humans.

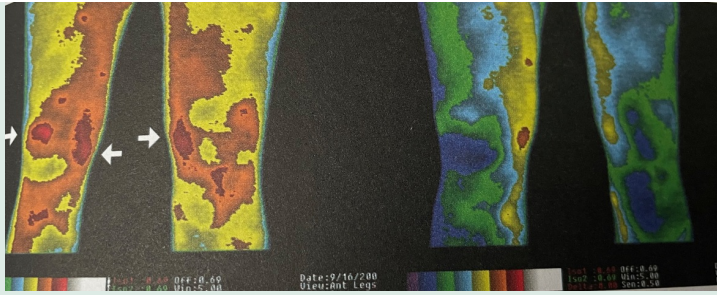
Do not ground on heavily pesticide sprayed lawns.

What to do when you have no earth made surface in proximity?

I have been researching a few tools that ground us indoors. I am currently trying out a grounded mattress panel. I love the all natural material it's made of vs any vinyl or plastic based ones. There are smaller panels for sitting on or placing one's feet on anywhere or when working in an office. These can also be used for sleeping. My initial experience has been positive. More details coming later.

For further reading & research articles check out the link:

[Earthing benefits](#)



through infrared imaging. Red areas indicate inflammation. These photos were taken only 30 min apart - before (left) and after (right)

grounding.

July Breathwork gathering!

A while back I wrote about getting back into leading some breathwork gatherings. It took some time to get momentum and catch the wind in my sail.

This is an in-person exploration of breathwork & rebirthing breathwork within a group field. All willing & curious are welcome!

"Ignite your awe of your body, your mind, and your beautiful humanity. Witness your own being blossoming" *Wim Hof*

Hit the Contact button to register or for questions.

Date: July 22nd - 11:30 to 2:15

Location: W 27th Street betw. 6 & 7 in Manhattan

Fee: \$55



**Happy Grounding,
Malou**

Contact me

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