



Natural Healing

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Theosophical Society
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Disclaimer & Disclosure

- The following presentation is for information and educational purposes only.
- I am not a doctor or medical practitioner, but I think it may be valuable for some people to explore new scientific protocols.
- *You are responsible for your own health choices and decisions.*
- *See a licensed medical professional before self-diagnoses or self-treatment.*



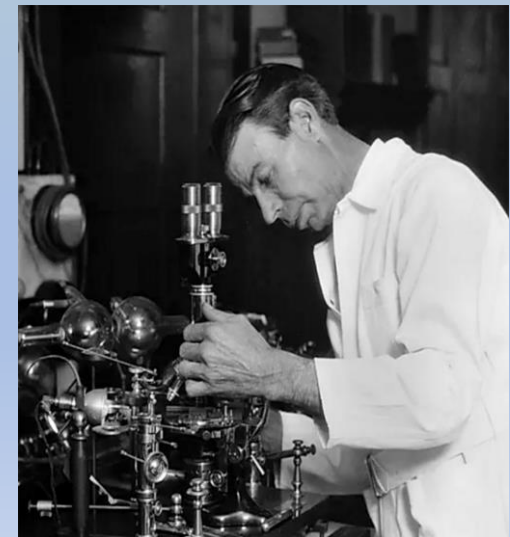
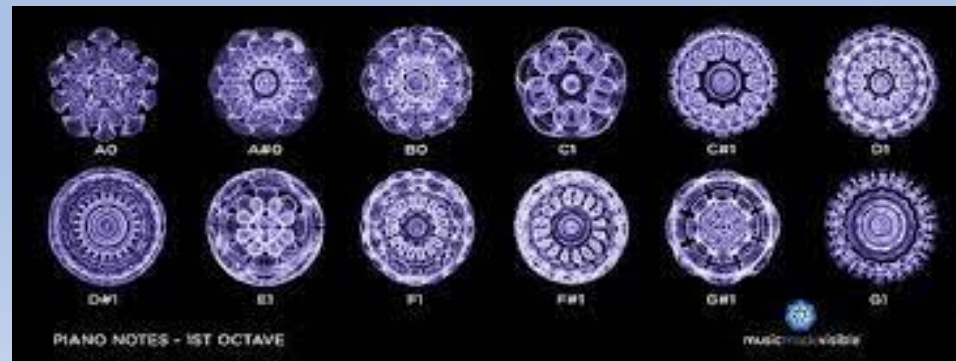
Outline

- Introduction
- Earthing
 - Electrons & Healing
- Forest Bathing
 - Infrared reflection, Phytochemicals
- Sound
 - Music, Chant, Tuning Forks, Cymatics



Introduction

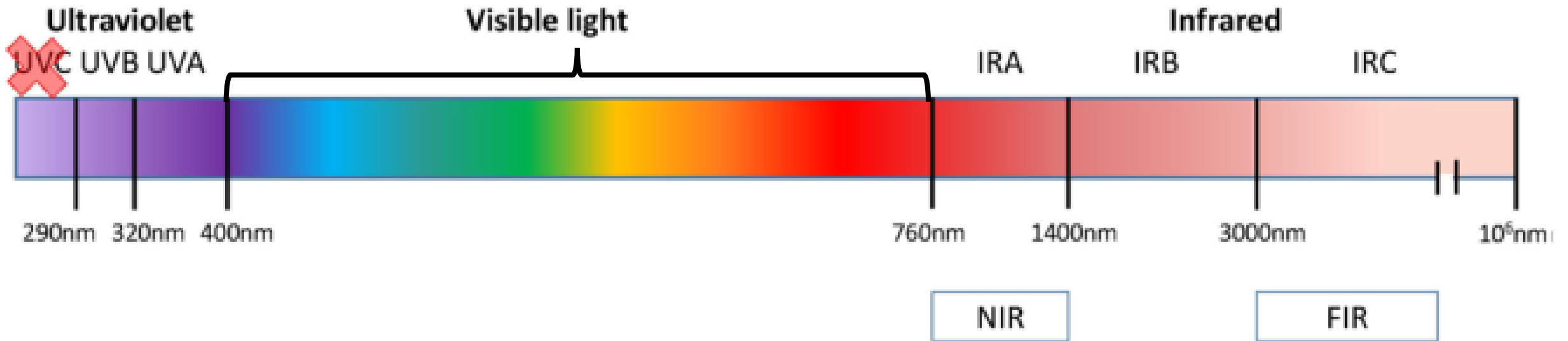
- Hippocrates described one form of healing as the “force which flows from many people’s hands”
- *“If you want to find the secrets of the universe, think in terms of **energy, frequency and vibration.**” --Tesla*
- *“The day science begins to study non-physical phenomena, it will make more progress in a decade than in all the previous centuries of its existence” – Tesla*





<https://www.heartmath.org/research/science-of-the-heart/energetic-communication/>

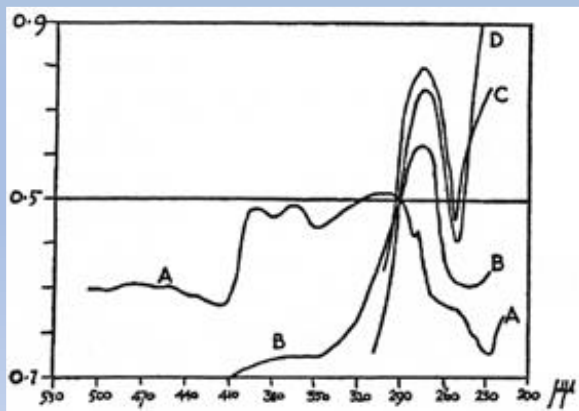
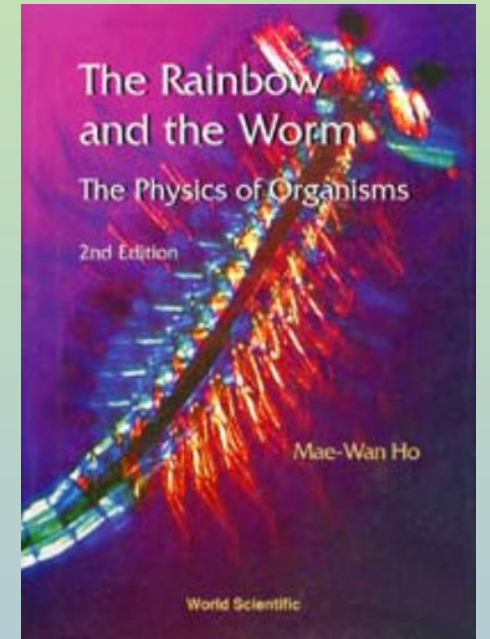
Solar spectrum



- Everything can be identified and analyzed by its 'spectra'
- All chemicals can be identified by their spectra
- This is how we know what gases are emitted by stars, for example

Liquid Crystal Organisms

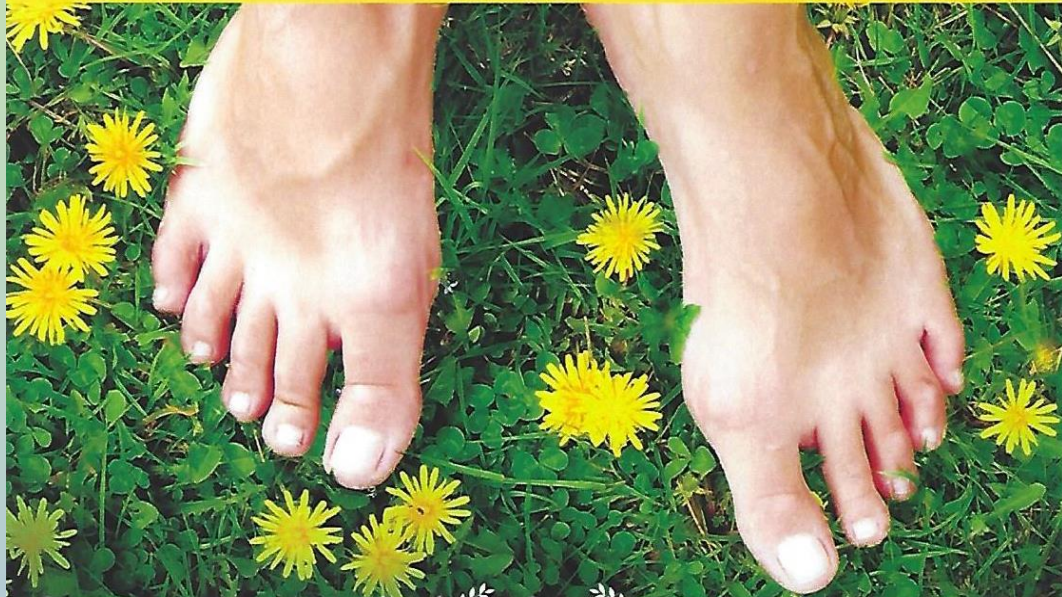
- “The summary of [this book] suggests that **organisms are coherent space-time maintained macroscopically** far from thermodynamic equilibrium **by energy flow.**”
- “...we come full circle to **validating the *participatory framework*** that is universal to **all traditional indigenous knowledge** systems the world over.”
- “This enables us to go some way towards **restoring ourselves to an authentic reality of nonlinear, multidimensional space-time** as experienced by the truly participatory consciousness, who is also the repository of free will and coherent action.”
- “The chemist, George Gray, who has studied liquid crystals for many years, refers to **liquid crystals as “tunable responsive systems”,** and as such, are ideal for making organisms.”



<The ultraviolet spectra of the *living* cytoplasm of a sea urchin egg
The ultraviolet lights in a drosophila fly larva>



Free Movie Pass



A JOSH AND REBECCA TICKELL FILM



THE EARTHING MOVIE

THE REMARKABLE SCIENCE OF GROUNDING

FEATURING

AMY SMART, MARIEL HEMINGWAY AND DEEPAK CHOPRA, M.D.

BIG PICTURE RANCH PRESENTS A JOSH & REBECCA TICKELL FILM AMY SMART, MARIEL HEMINGWAY, DEEPAK CHOPRA, M.D., AND CLINT OBER "THE EARTHING MOVIE"
COMPOSER RYAN DEMAREE EDITOR RYAN NICHOLS CINEMATOGRAPHER SIMON BALDERAS COPRODUCED BY ALEXA COUGHLIN AND OLIVIA SMITH WRITTEN BY TICKELL AND REBECCA HARRELL TICKELL
DIRECTED AND PRODUCED BY JOSH TICKELL AND REBECCA HARRELL TICKELL

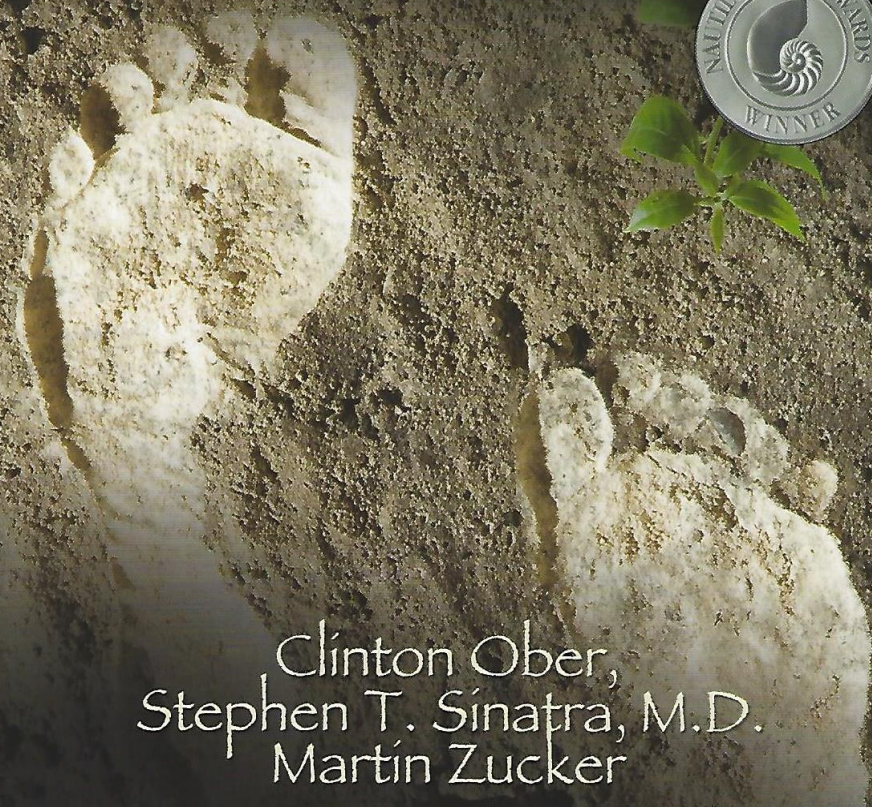
EARTHING.COM  

The
easiest
healing
modality
possible!

SECOND EDITION

Earthing

The most important
health discovery ever!

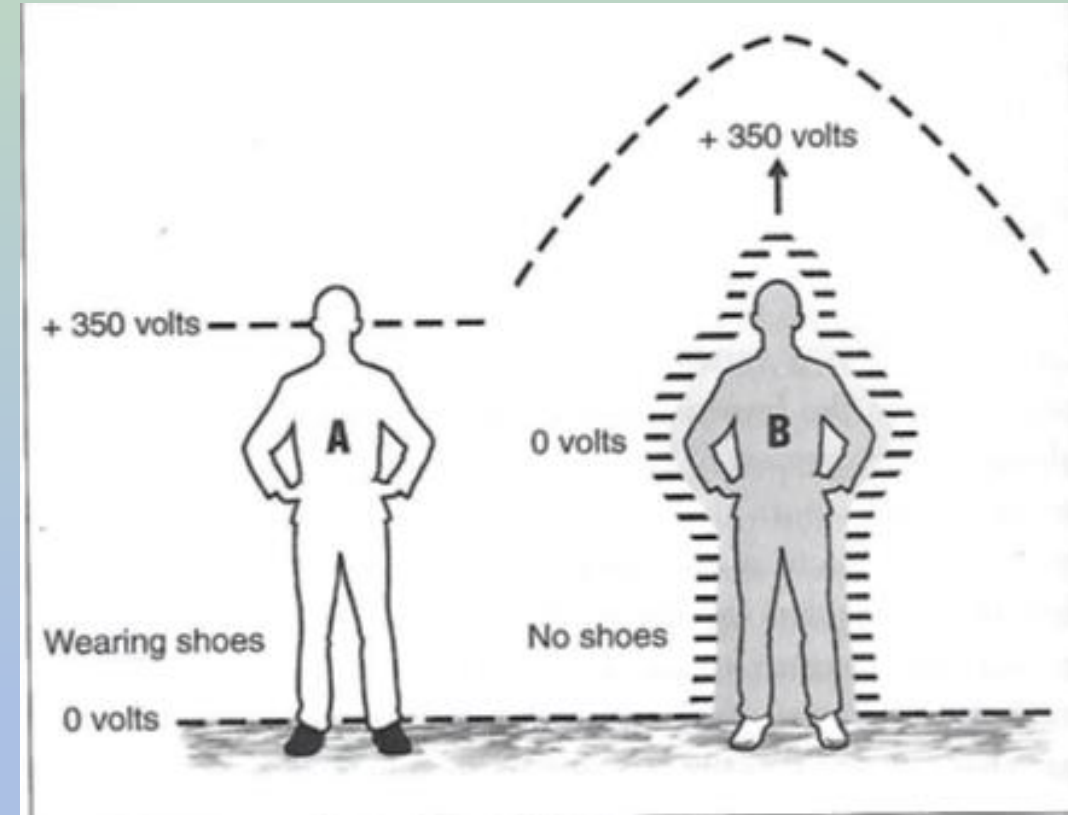


Clinton Ober,
Stephen T. Sinatra, M.D.,
Martin Zucker

Foreword by James L. Oschman, Ph.D.,
author of *Energy Medicine: The Scientific Basis*
With commentary by electrophysiologist Gaétan Chevalier, Ph.D.

“Life is a Little Electric Current”

- The surface of the Earth has an “abundance of electrons” (Feynman)
- If you are standing on an insulating surface, there is an electrical charge of 350 volts above your head!
- If you are barefoot, you are “Earthed”(grounded)
- We live under a protective umbrella of Earth’s electric field.



Earthing

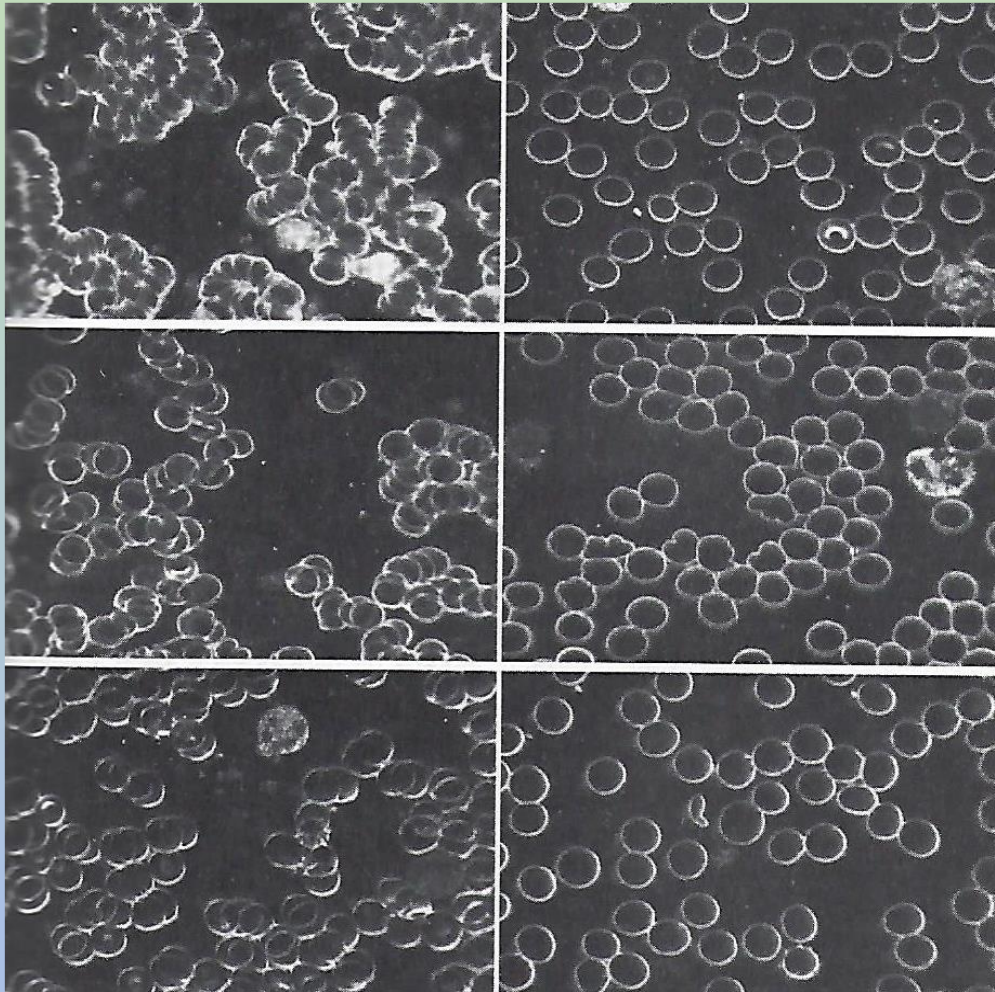
- Earthing connects your electrical body to the Earth's natural charge
- Humans lived barefoot to the ground for millennia before the introduction of rubber and synthetic shoes
- This broke our much-needed connection with the electric energy in the soil
- Your body is mostly water and minerals, great conductors!
- Earthing is most effective walking barefoot on wet grass or wet sand



The prime connector to Earth is acupuncture point Kidney 1, often called 'Bubbling Spring.'

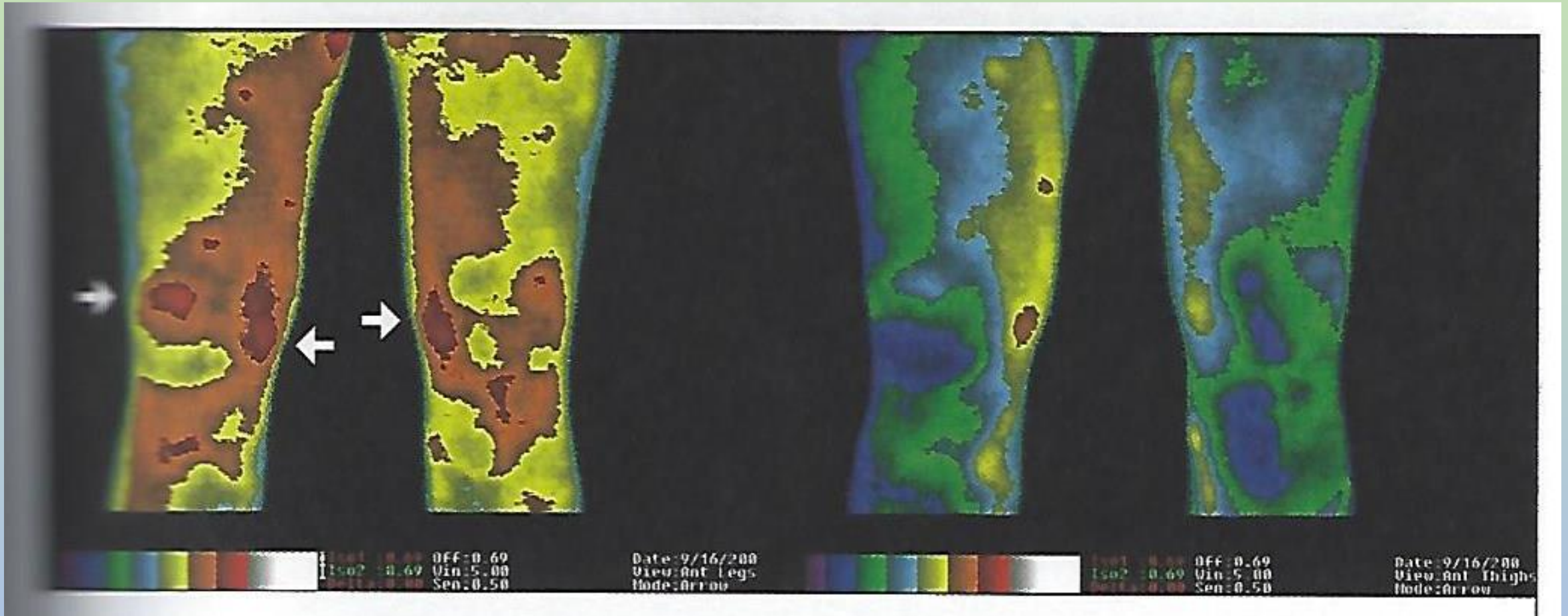
Before

After



Darkfield microscopic images of blood from three persons taken **before** and **after** 20 minutes of grounding.

Note the rouleaux formation indicating clumping and potential clotting.



Inflammation as seen through infrared imaging. Tissue damage causes increased heat, seen as red in the scan on the left. After 20 minutes of grounding, the inflammation has been mostly resolved!

Earthing Help for Earthlings

- <https://www.earthing.com/>
- Yoga mats, bed sheets, flip flops, foot pads....
- Podcasts, articles and videos
- Watch the Earthing movie for FREE!



Forest Bathing= Shinrin yoku



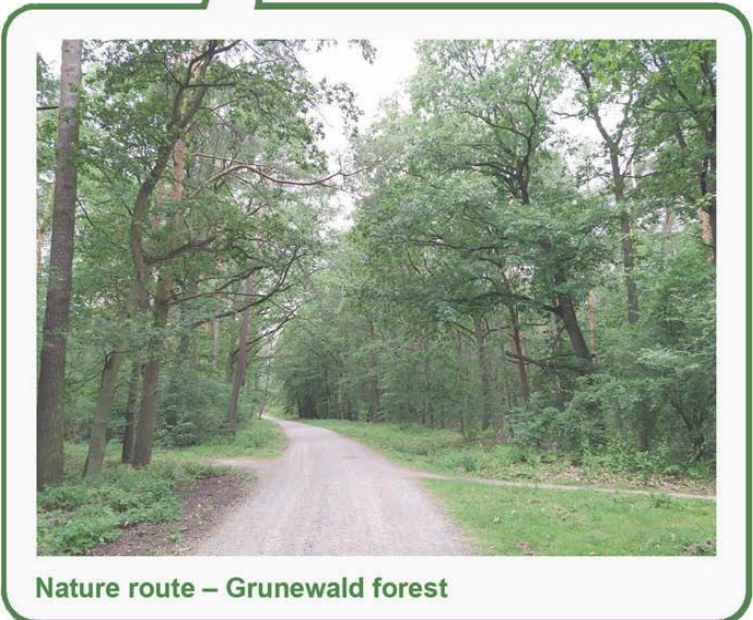
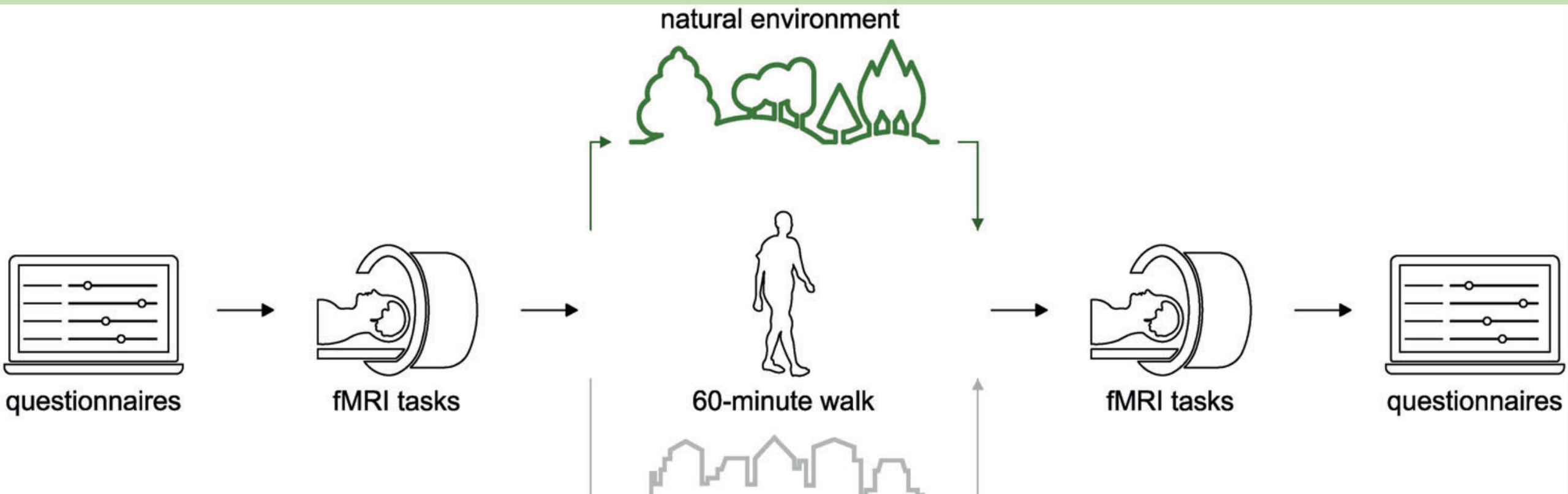
- Forests are enjoyed for their beauty, shade, fresh air, foods, and shelter
- Recent science has shown that essential oils from cypress trees enhance natural killer cells in the human body
- Intracellular anti-cancer proteins in lymphocytes, showed increased levels for 7 days after a *virtual* forest bathing experience using vaporized cypress volatiles
- Phytocides, such as α -pinene and β -pinene were released in the air

Trees and Health Benefits

- Urban forests provide environmental, economic, social and health services in cities
- A review of over 200 studies showed increased protection from air pollution, ultraviolet radiation, heat exposure
- Adverse conditions included increased pollen
- The review also indicated increased mental health and stress reduction as well as attention benefits

Trees and Health Benefits

- Several studies have supported mental health from walking in forested areas
- The amygdala, associated with stress levels, showed decreased activity after a walk in a natural environment (2022)
- Likewise, a study from 2019 showed that human well-being is linked to the environment as ‘eco-system services’
- “Psychological Ecosystem Services” is included now as the benefits for mental and physiological human health are recognized

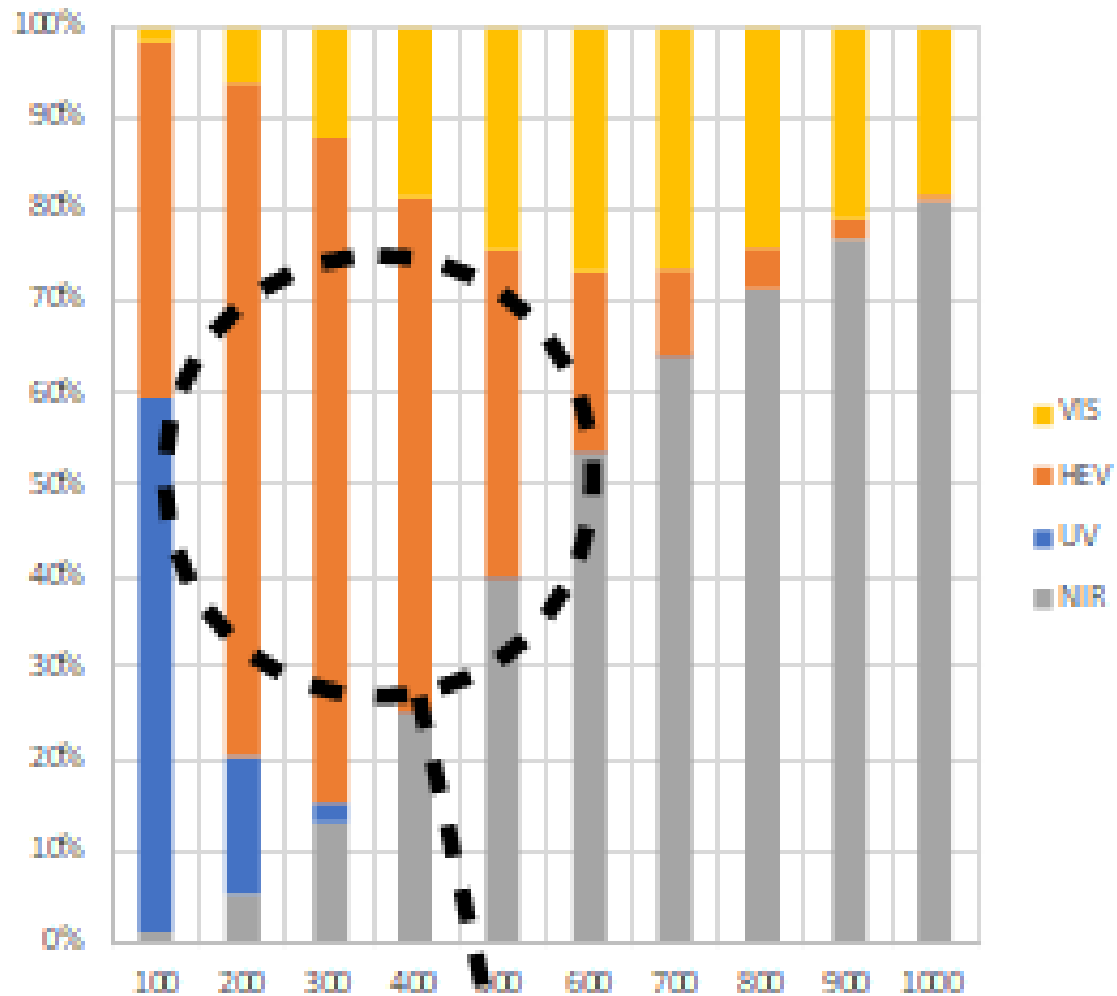


Trees and Infrared Light

- Near infrared light in sunlight stimulates antioxidant reservoirs of melatonin and reduces free radicals in the mitochondria
- The human body evolved optical mechanisms *under natural sunlight* to localize NIR in blood vessels, retina, brain and skin
- Indoor light, computer displays, LED lighting, etc. emit zero NIR photons
- NIR photons stimulate subcellular or extrapineal biosynthesis and stimulate bone marrow stem cells

Nature & Infrared Light

- For millions of years, sunlight was the largest external stimulus to the human body
- NIR represents 70% of the total solar spectrum from photochemistry viewpoint!
- More NIR is absorbed under natural sunlight because of the increased number of photons
- The retina filters out UV but gathers NIR photons



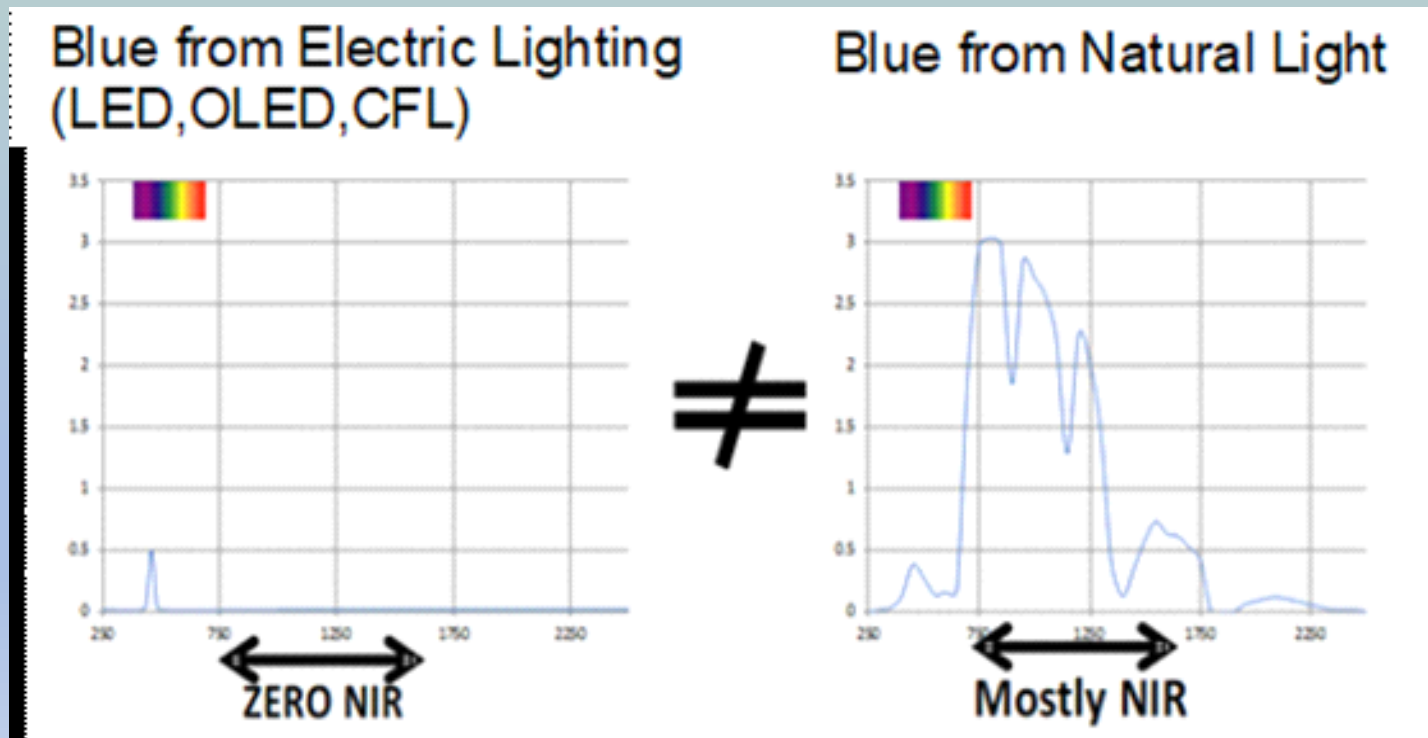
Wavelength/Value

Decreasing and Increasing

Although there is a lot of absorption in the blue-violet range of light, most of it is beneficial NIR light, rather than UV, Visible, and HEV (High Energy Visible), which release more free radicals.

Nature & Infrared Light

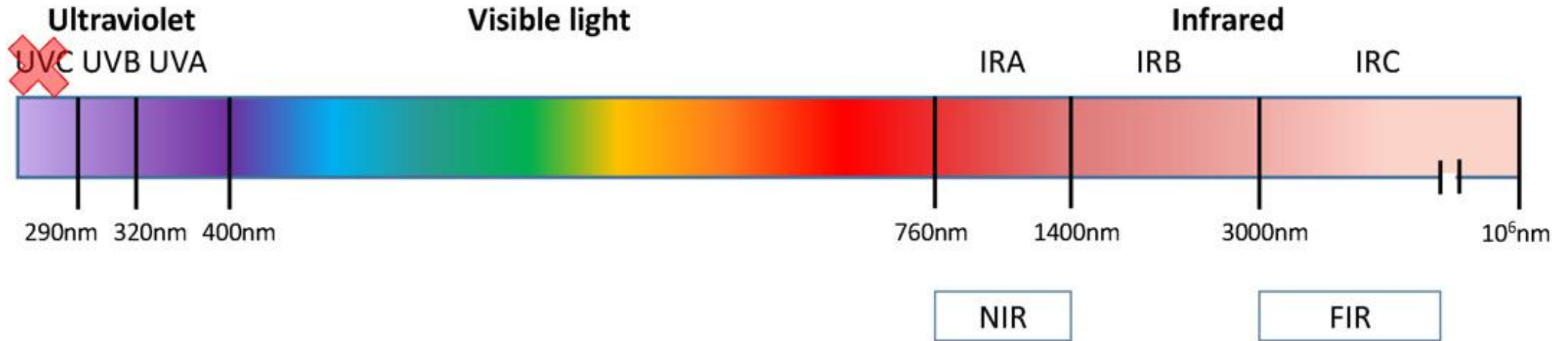
- Artificial surroundings scatter whatever NIR we receive, but grass, clouds, and even soil absorbed visible photons and reflect NIR photons



Healing power of IR

- ***IR-A may be more beneficial when an appropriate dosage is used: Early morning exposure readies the skin for mid-day deleterious UVR. Low-level light in the evening repairs collagen.***
- Low level light therapy has been reported in thousands of articles
- NIR heals wounds faster and aids is anti-inflammatory
- FIR stimulates cells and tissue and is used in specialty lamps and saunas

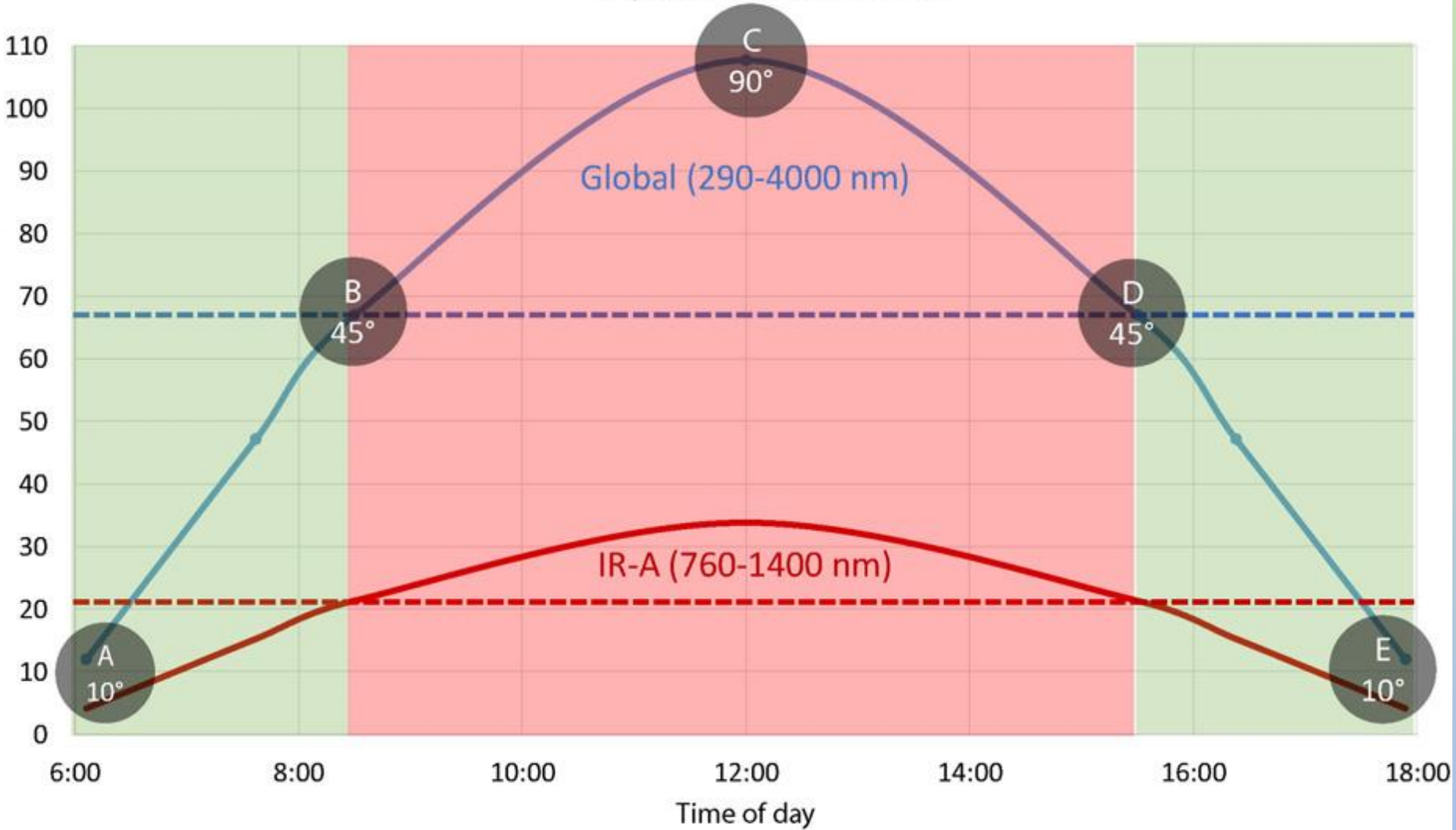
Solar spectrum



Infrared light

- Barolet et al (2016) Reported that the “infrared light” used in studies indicating that IR-A was detrimental to the skin’s collagen were not valid as the light used ‘was not representative of solar irradiation.’
- The studies were done *in vitro* NOT *in vivo*

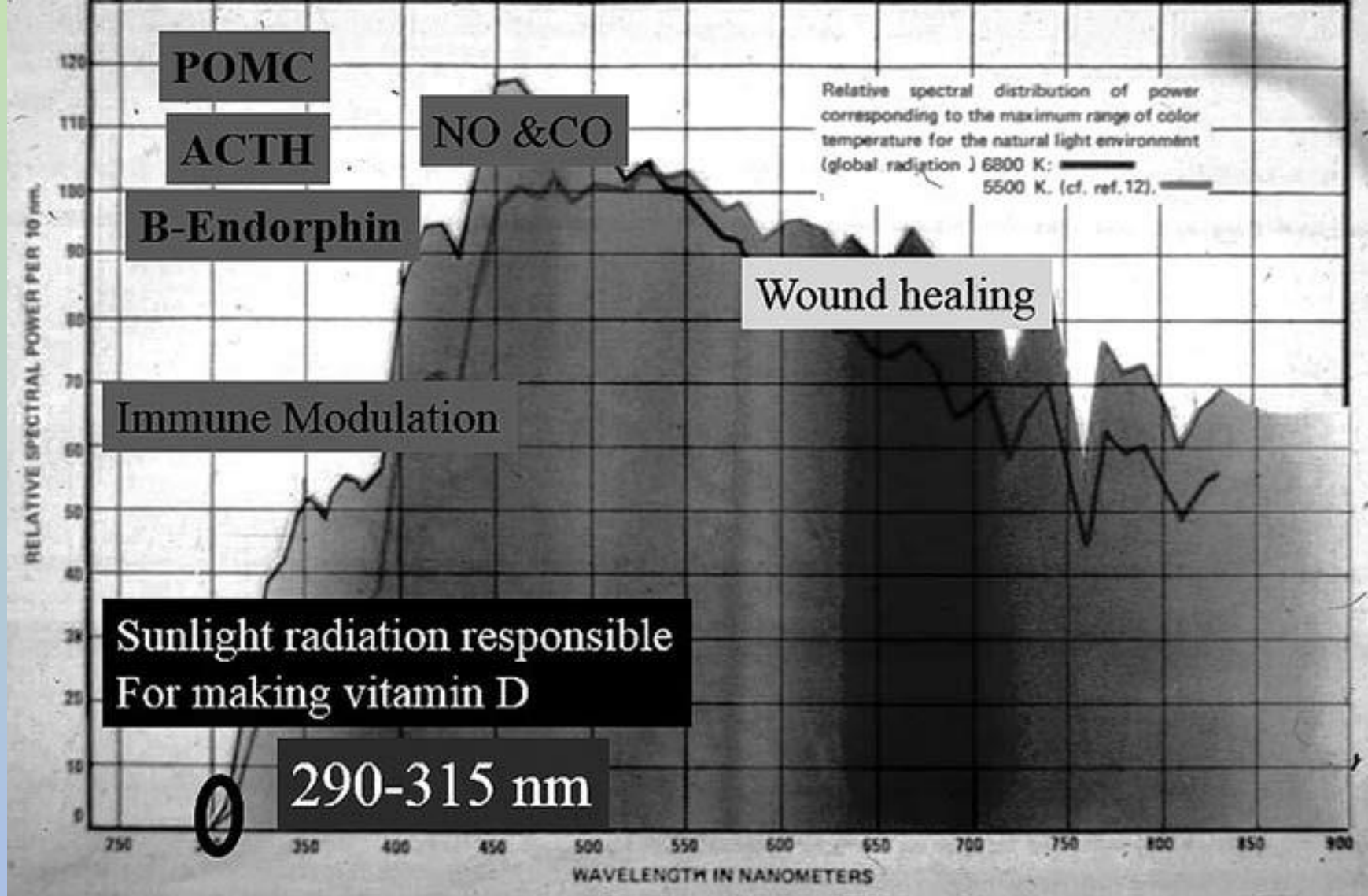
Tropics: Summer Solstice



- Chronic sun exposure causes skin damage and photoaging
- Exposure to visible and IR-A light can be beneficial to the skin
- Increases collagen metabolism
- **If your shadow is taller than you are, you're taking advantage of the beneficial and avoiding the detrimental effects**

Sunlight= IR-A & Vitamin D

- Humans evolved with sunlight for over 200,000 years!
- The sun produces cosmic and gamma rays, x-rays, UVB and UVA radiation, visible and infrared radiation
- Much of this is absorbed by our atmosphere, but about 5% of the UVA radiation reaches the surface



- Only radiation from 290 nm reaches the earth
- Different biologic functions are activated at different radiation levels

Health & Vitamin D

- The importance of Vitamin D3 was discovered in the early 1930's
- Beta-endorphin is an endogenous opioid peptide
- Endorphins are produced by the body when the skin is exposed to sunlight
- Sunlight deprivation is associated with depression and can be correlated with Seasonally Affected Disorder
- "Clock genes" are also activated by sunlight (controlling the circadian system)

Health & Vitamin D3

- Heart health is affected adversely by low Vitamin D3 levels
- Vitamin D3 levels affect stress and DNA repair, DNA replication, immune regulation and reduce blood pressure
- Reduces risk of multiple sclerosis, rheumatoid arthritis, & type 1 diabetes
- Likely that our hunter-gatherer ancestors had optimal bone health, as well!

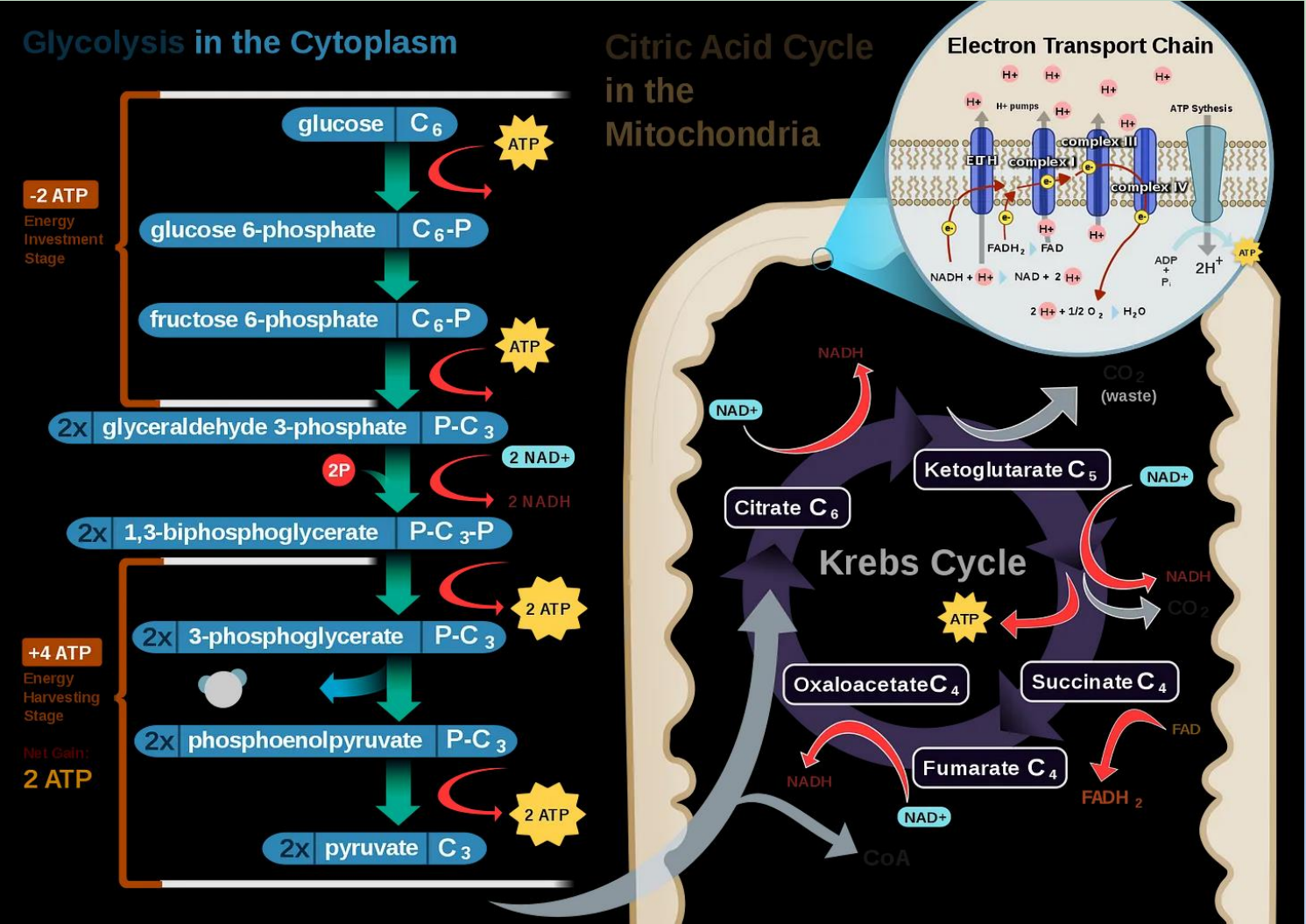
Health & Vitamin D3

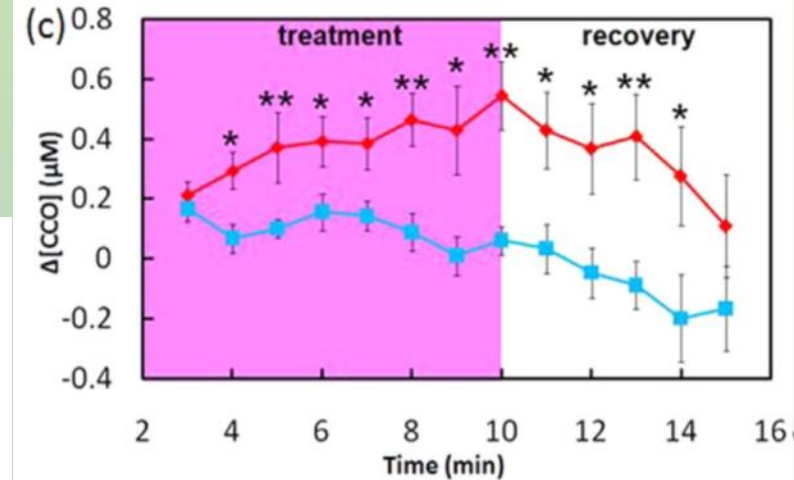
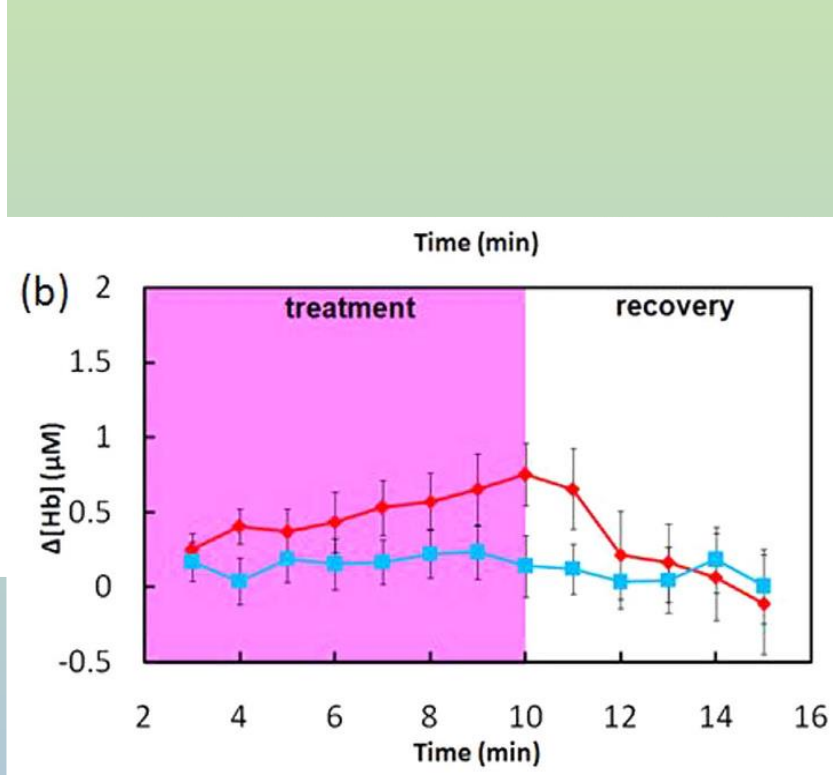
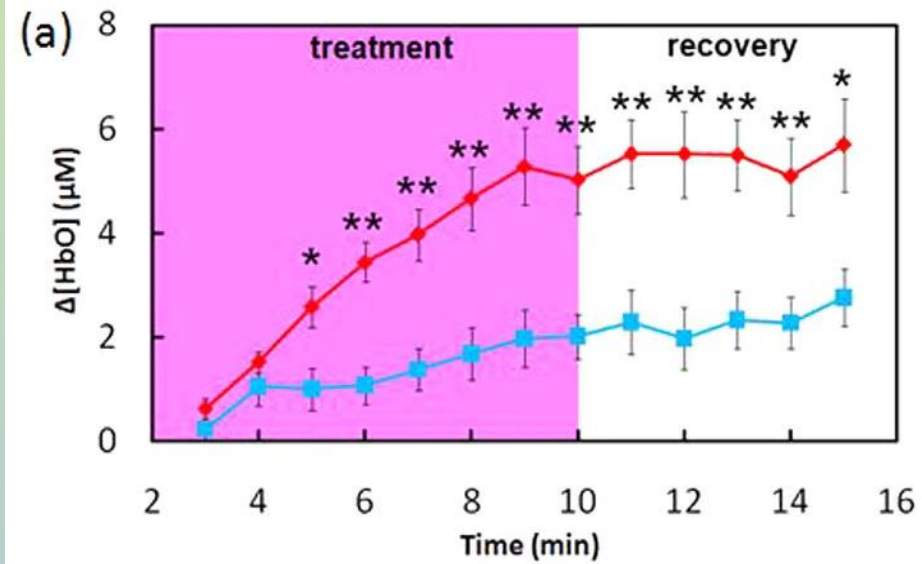
- Holick suggests the following to promote beneficial D3 levels:
- Ingest foods that are high in Vitamin D3 (fish liver oils, fatty salt-water fish, eggs, butter, sweet potatoes, et al.) [Organic, non-GMO!]
- Sensible daily or often sun exposure in early and late hours, avoiding sunburn and soaking up beneficial rays
- Use a supplement daily, suggested dosage ~2,000 IUs daily to maintain blood levels above 30ng/mL

Near-infrared lasers and health

- Photobiomodulation low-level laser/light therapy (LLLT) (lasers) uses red to near infrared to stimulate cellular functions
- *In vivo* tests were done using a 1064 nm laser that improved wound healing, reduced pain, and treated chronic traumatic brain injuries, and depression
- LLLT is likely to use photo absorption by cytochrome c oxidase, the *terminal enzyme in the mitochondrial respiratory chain the catalyzes the reduction of oxygen for energy metabolism*

Electron Transport Chain





Red is LLLT laser; blue is placebo. The pink area is the treatment time 10 minutes.

A.) Change in HbO levels (oxygenated hemoglobin)

B.) Change in Hb levels (hemoglobin)

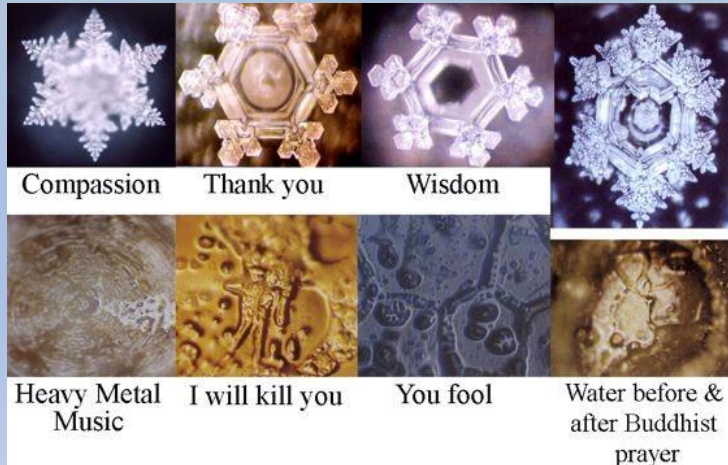
C.) Change in CCO levels (cytochrome c oxidase)

Using Healing Modalities

- Bengston et al (2023) reported that “healing with intent” demonstrated that healing does occur in the presence of a human healer (“The Bengston Healing Method”)
 - Healers treated mice with injuries or cancer
- Bengston & Nies (2023) demonstrated that water could be ‘charged’ with healing intentions, called “informed water” and successfully showed a decrease in ‘covid’ levels
- Your body is about 75% water...therefore....

Sound Informs Water

- Masaru Emoto demonstrated that water is informed by the frequency and vibrations of its history
- Homeopathy is based on the fact that water carries information even if no molecule of the original element is present
- Veda Austin showed that thought forms could be recorded in water



<https://masaru-emoto.net/en/>



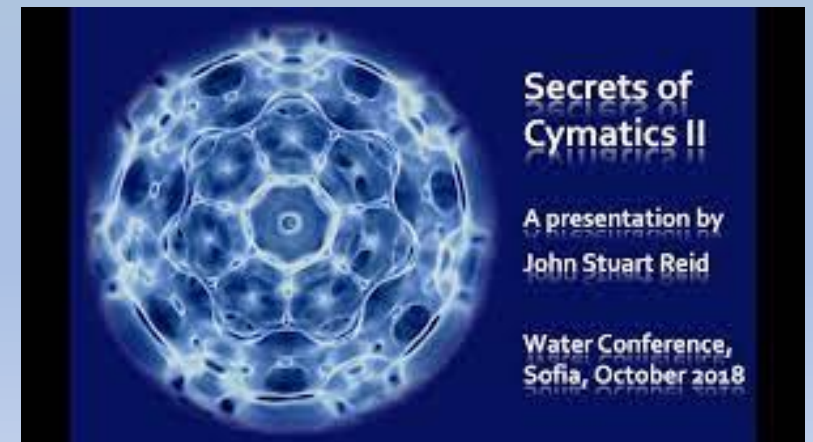
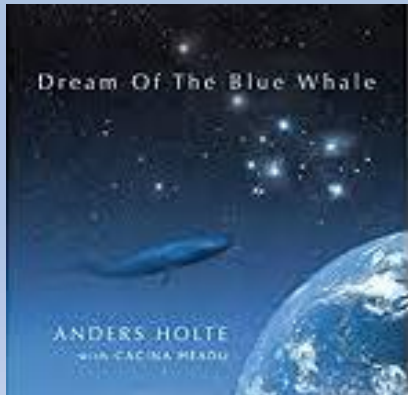
<https://www.vedaaustin.com/examples-1>

Sound Healing

- Sound is a free healing modality!
- Edgar Cayce said that the medicine of the future will be sound
- Listening to music is soothing, but singing or chanting is better
- Vocalization + Intention = Manifestation
 - Frequency + Intention: “Encode” the message
 - Encode your intent between the in-breath and out-breath

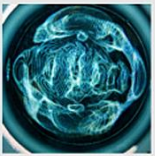
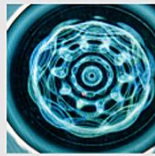

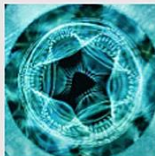

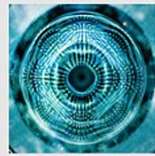
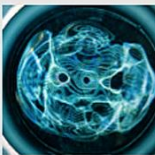



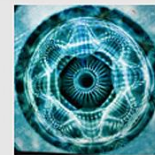

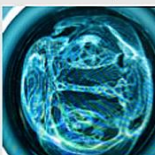
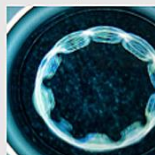

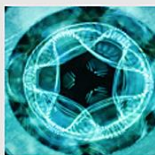


Sound Healing and Cymatics

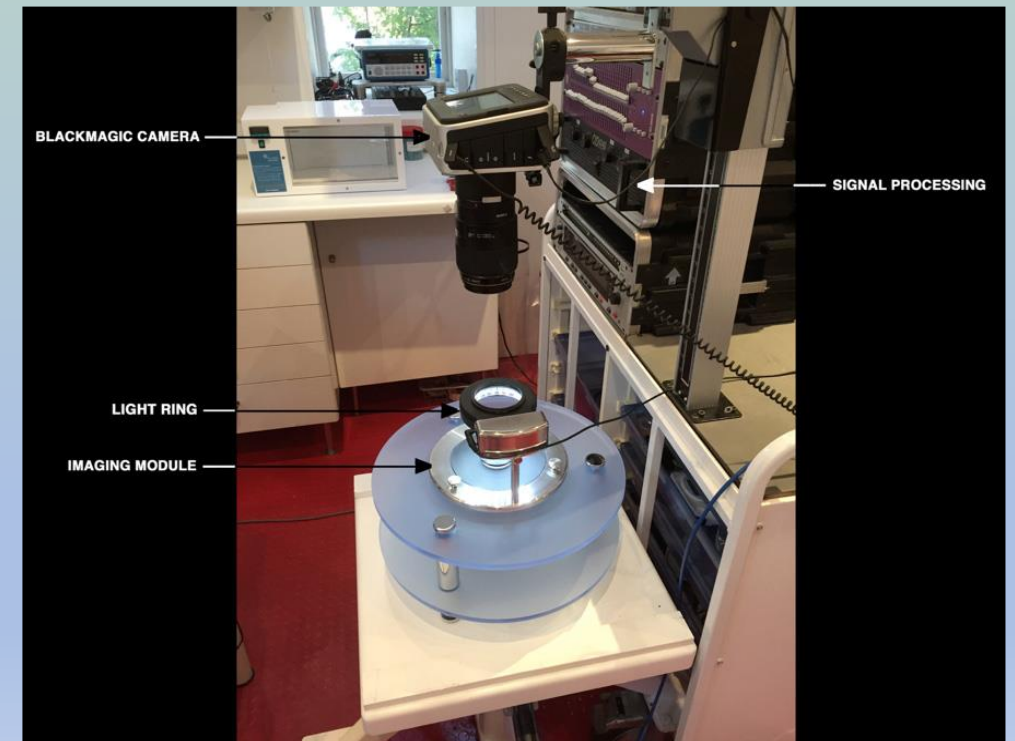
- John Stuart Reid has done many studies with sound & cymatics
- He did a study on **live** blood cells using **live** music by Anders Holte and Cacina Meadu (Dream of the Blue Whale)
- The red blood cells were counted before and after the music
- Not only were the red blood cells increased, but senescent blood cells revived!



Sound Healing and Cymatics

- Reid also used the Cymascope to visualize the sonic patterns emitted by cancer cells in human brain tissue

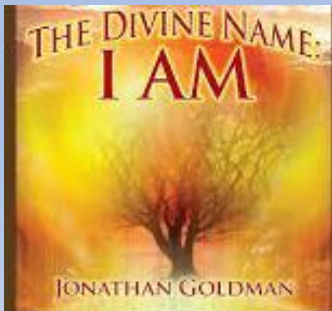
Time Point	Cancer Cells in Brain Tissues						Healthy Cells in Brain Tissues											
	1		2		3		5		6		7							
	Image #	I _{ps} /H	#	I _{ps} /H	#	I _{ps} /H	#	I _{ps} /H	#	I _{ps} /H	#	I _{ps} /H						
1							80	6.095 3.017	80	6.024 3.448	80	6.302 2.782	57	7.372 1.616	27	7.345 1.636	88	7.339 1.676
2							81	6.035 3.147	81	6.163 3.313	81	6.102 3.076	58	7.328 1.614	28	7.423 1.667	89	6.417 2.328
3																		

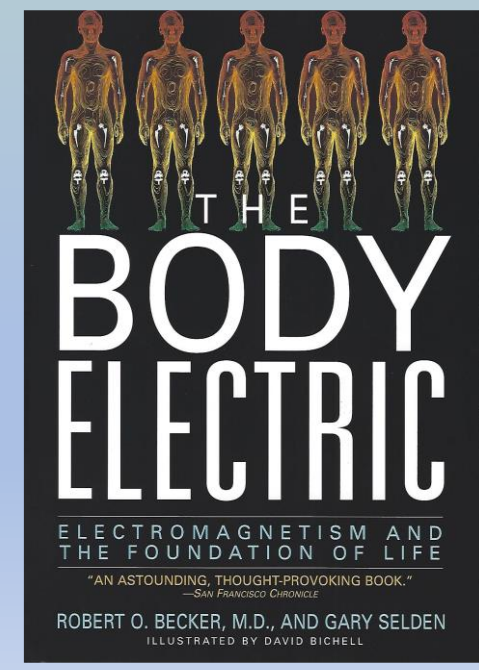
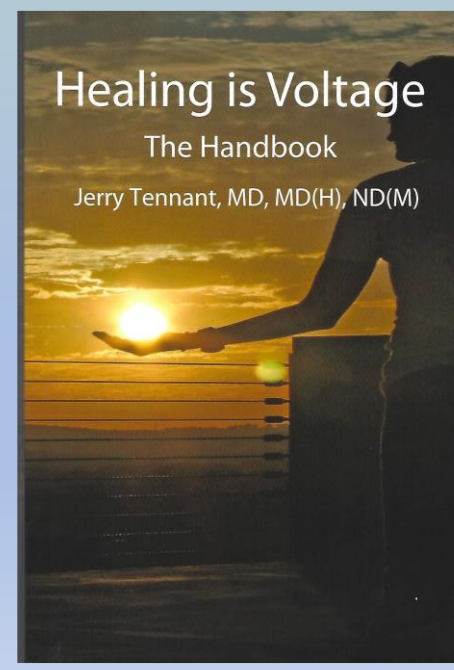
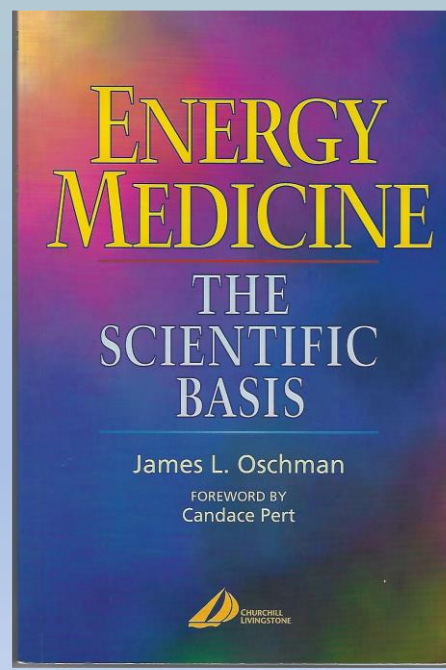
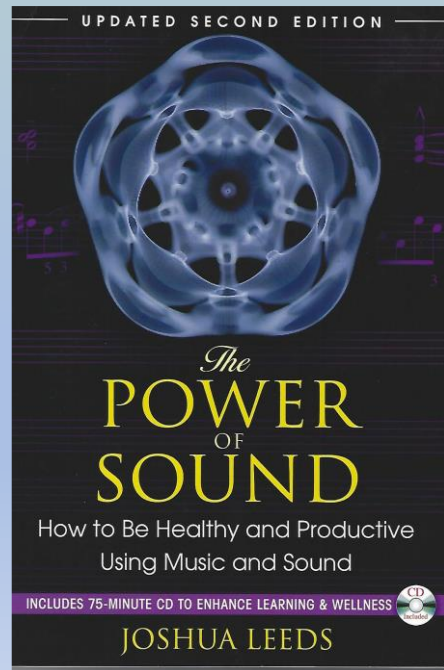
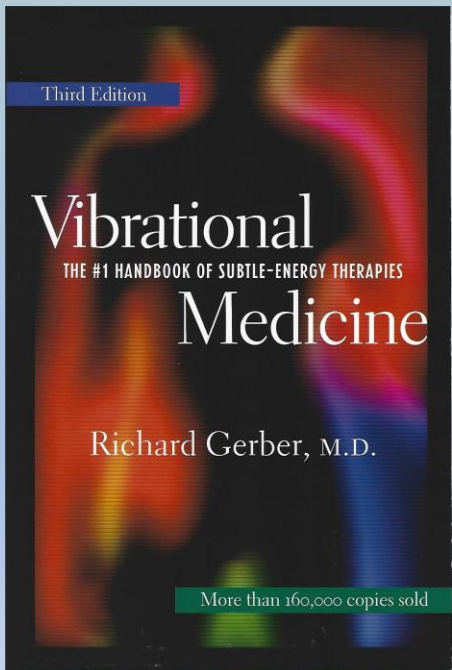
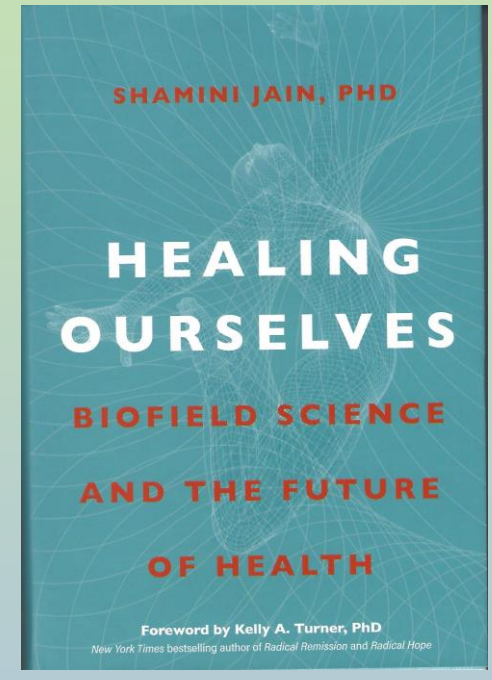
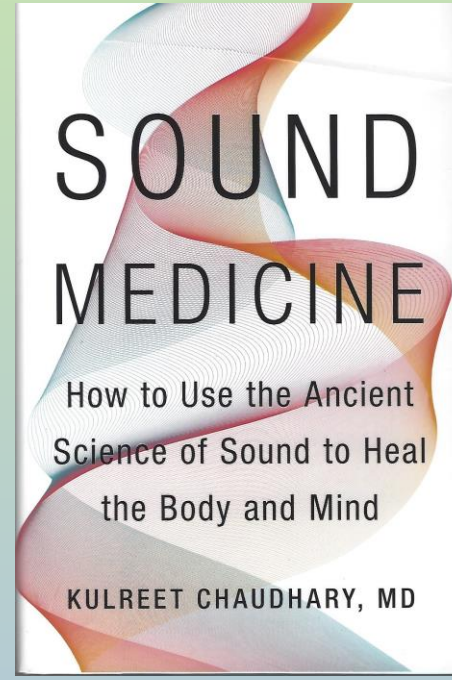
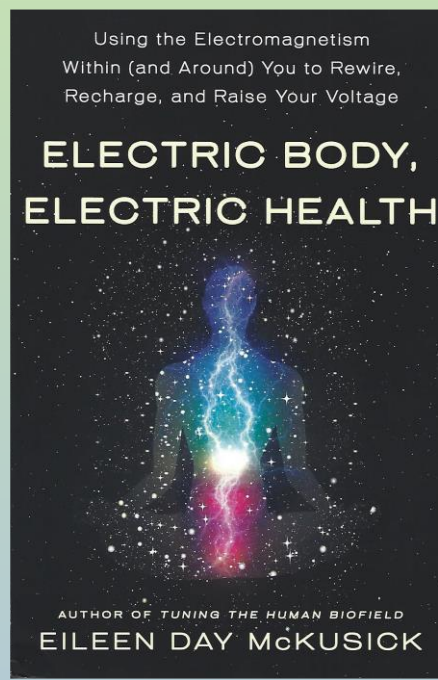
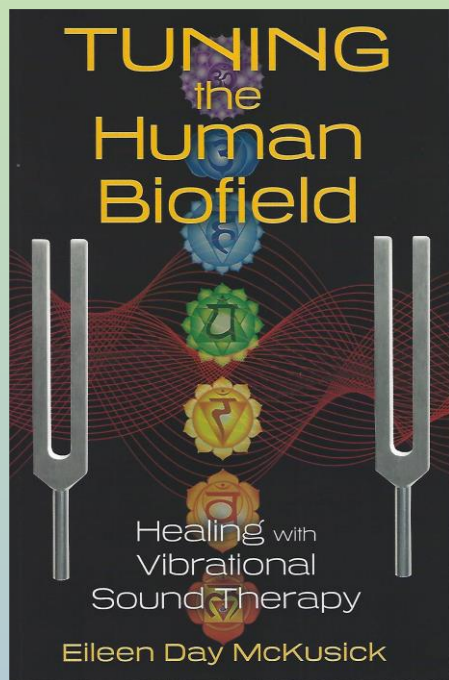
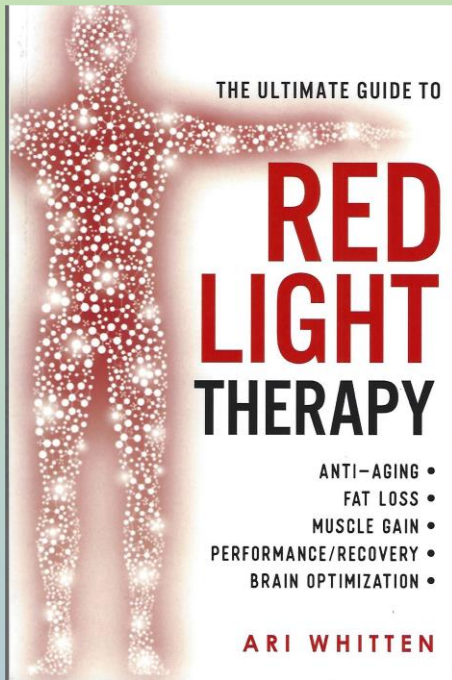




Sound Healing Notes

- John Beaulieu states that tuning forks C and G can reset your body's chakra system
- Jonathan Goldman states that chanting vowels or humming is beneficial
- Shamini Jain, PhD has many papers on chanting
- Kulreet Chaudhary, MD support chanting mantras as healing





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