

THE 5-MINUTE

GROUNDING RESET

*Reconnect with the Earth, Your Body
& Your Natural Frequency*

NATURE • BREATH • STILLNESS • AWARENESS



THE ART OF
SOUND HEALING

A WORLD THAT RARELY SWITCHES OFF

Phones. Wi-Fi. Computers. Bluetooth. Artificial lighting. Electrical devices. Constant stimulation.

And yet the human body evolved in environments with far more sunlight, fresh air, trees, soil, water and direct contact with the natural world than most of us experience today.

AT THE SAME TIME, YOU ARE AN ELECTRICAL BEING.

Your heartbeat is coordinated through electrical signaling. Your brain and nervous system communicate through electrochemical activity. And cells throughout your body maintain electrical gradients that are fundamental to how they function.

So perhaps it shouldn't be surprising that many of us feel different when we get outside, take off our shoes, breathe, become still and reconnect with the natural world.

The practice of intentionally making direct contact with the Earth is commonly called grounding or earthing.

But rather than asking you to believe what grounding might do... I'd rather invite you to experience it.

TRY IT: YOUR 5-MINUTE GROUNDING RESET

Go outside and find a quiet place. If possible, put your phone away.

MINUTE 1 — ARRIVE

Take off your shoes if the environment is safe and comfortable. Avoid sharp, irritating or chemically treated surfaces. Feel the grass, soil or sand beneath your feet. Don't try to change anything yet. Just notice how you feel.

MINUTE 2 — BREATHE

Slow your breathing. Allow your exhale to become a little longer and easier. Feel your feet beneath you.

MINUTE 3 — CONNECT

Find a tree. Place one or both hands against its trunk. Feel the texture of the bark. Notice its temperature. Notice the solidity of something that has been rooted in the Earth—perhaps for decades or even centuries.



BECOME STILL. CHECK IN AGAIN.

MINUTE 4 — BECOME STILL

Close your eyes if you'd like. Don't try to make yourself relax. Don't decide what you're supposed to feel. Simply breathe and notice.

MINUTE 5 — CHECK IN AGAIN

How does your body feel now? Your breathing? Your shoulders? Your thoughts? Your sense of steadiness?

DID ANYTHING CHANGE?

There is no right answer. The point is to begin noticing what happens in your own body when you deliberately reconnect with the natural environment. This simple experience brings several things together—nature, breath, stillness, touch and attention—so it is less about proving one cause than becoming more aware of your own response.

WHY A TREE?

Here's where things get fascinating. Trees aren't simply beautiful scenery.



Studies of forest bathing—or Shinrin-yoku—have reported changes in stress-related, autonomic and other physiological measures associated with time in forest environments. Study sizes and methods vary, but the findings offer an interesting window into how natural settings may affect us.

Researchers have also studied phytoncides—volatile compounds released by trees and other plants—as one possible contributor to some of the physiological changes observed during forest exposure. They are one part of the story, alongside sensory experience, movement, attention, fresh air and the simple act of stepping away from constant stimulation.

A TREE IS QUITE LITERALLY CONNECTED TO THE EARTH BENEATH YOUR FEET.

Its roots are embedded in the Earth. Its trunk reaches upward. Its leaves interact with sunlight and atmosphere. It exists at the intersection of Earth, air, water and sunlight.

Could direct contact with a rooted tree provide some form of electrical grounding?

That idea has not been established by direct human research, so I hold it as an open question—not a proven mechanism.

But you don't need to wait for every answer to do something humans have done for thousands of years: Go outside. Take off your shoes. Put your hands on a tree. Become still. And notice.

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YOU ARE A FREQUENCY BEING

This is where grounding becomes especially interesting to me.

I have spent years working with sound, vibration and frequency, and one of the things that continually fascinates me is how responsive the human body is to its environment.

When I say that you are a frequency being, I am not suggesting that a person has one single, scientifically defined frequency. I am thinking about the many electrical signals, biological rhythms, oscillations and environmental inputs involved in being alive.

THE RHYTHMS OF BEING ALIVE

Your heart generates measurable electrical activity. Your brain communicates through electrical signaling. Your nervous system carries electrical impulses throughout your body. And every cell maintains electrical gradients across its membrane.

Sound is vibration. Light is electromagnetic radiation. Our brains produce rhythmic electrical activity. Our hearts produce electrical and magnetic activity. Even the atoms making up our bodies are governed by electromagnetic forces.

SYMPATHETIC RESONANCE

Strike one tuning fork and another tuned to the same frequency can begin to vibrate in response. The second tuning fork wasn't touched. It responded to its environment.

I'm not suggesting that your body is simply a giant tuning fork, or that resonance proves how FLOW works. But it gives us an intriguing way to begin asking a much larger question:

**What are we responding to all day long
without even realizing it?**

THE FREQUENCY ENVIRONMENT HAS CHANGED

Before electrification and wireless communication, people were not surrounded by today's dense network of human-made power-frequency and radiofrequency sources. Today we've added something unprecedented.

Cell phones • Wi-Fi • Bluetooth • computers • electrical wiring • smart devices • cell towers • artificial lighting

The number, variety and everyday proximity of human-made electromagnetic sources have increased dramatically within a few generations.

Different electromagnetic fields are not interchangeable. Wi-Fi, Bluetooth and cell-phone signals use non-ionizing radiofrequency energy, while electrical wiring and appliances can produce lower-frequency fields. Frequency, intensity, distance and duration all matter.

Researchers continue to study what different types and levels of electromagnetic exposure may mean for human health, and many important questions remain open.

At the same time, many of us spend much of our lives indoors, in vehicles and on manufactured surfaces, with less direct contact with soil, grass, sand, water and the living world around us. So we have simultaneously increased our technological exposure while decreasing our physical connection with the natural environment.

***Nature. Breath. Sound. Movement. Meditation. Grounding.
And, more recently for me... FLOW.***

HOW I DISCOVERED FLOW

I wasn't looking for a pendant.

I was exhibiting my sound-healing work at the New Living Expo when I came across a booth demonstrating something I had never experienced before.

They asked me to try a simple strength and balance test. First without the pendant. Then with it.

What I experienced felt immediate enough that I wanted them to do it again.

And they did.

I became so intrigued that I started sending people from my own booth over to experience it for themselves. Before long, we were inviting people walking by to try it.

By the end of the event, every member of my booth had purchased a pendant. And eventually I asked if I could begin sharing them with other people.

That's still how I introduce FLOW today.

WHEN SOMEONE ASKS, “BUT HOW DOES IT WORK?”

*“Let me show you first. Then
let’s talk about it.”*

Because I'd rather have you experience something in your own body before I give you an explanation for what you should experience.



WHAT'S INSIDE FLOW?

At the heart of FLOW is a proprietary mineral-and-crystal blend. Current supplier information identifies volcanic mineral materials, germanium and tourmaline among its ingredients, along with other mineral components.

Exactly how the materials inside FLOW may contribute to what people experience is something I remain deeply curious about. The demonstration—and the experiences people continue to share—are what first captured and still hold my attention.

I don't pretend we have every answer. But I've experienced enough to keep asking the question.

LET FLOW MOVE WITH YOU

For me, grounding isn't something I want to think about once a week. It's something I want to return to throughout my day. And that is also how I use my FLOW Pendants.



MY LARGE FLOW

When I'm getting dressed, going out, meeting people or simply want my pendant to work as a piece of jewelry, I usually choose my Large.

I think about what I wear most: Gold? Silver? Black? And choose accordingly.



MY MINI FLOW

For everyday life—running around, exercising, yoga, casual clothes or when I simply want something smaller—I often reach for my Mini.

It's easy. It's practical. And it's the FLOW I personally wear most often.

One pendant doesn't necessarily go with everything you wear. If FLOW is something you want to wear regularly, having a jewelry option and an everyday option can make sense.

THE FLOW PAIR

Choose your Large in Gold, Silver or Black ♦ add a Mini for everyday wear.

One for your style. One for everyday FLOW.

ONE LAST EXPERIMENT

Tomorrow, try something.

Leave your phone behind for five minutes. Go outside. If it is safe and comfortable, take your shoes off. Find a tree. Put your hands against it. Breathe. Become still.

And instead of asking:
“Is this doing anything?”

Ask:
“What do I notice?”

That same curiosity is what led me to FLOW. And it's the reason I still love showing people rather than simply telling them.

Experience first. Notice. Then get curious.

Experience FLOW for yourself at GroundingPendants.com



— THE ART OF —
SOUND HEALING