

## The Schumann Resonance: Connections, Correlations and Healing Techniques

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Every life form contains a bio-electric field which can be viewed as the blueprint for the physical body. This field acts as a battery does by supplying the required life energy for all living things to thrive. With the appropriate technological equipment, this force field can be photographed and even scanned. Our vitality and ability to thrive in our bio-electric field depends on its size and how evenly it is distributed around the body. When this field is flowing completely, the planet and every life form on it is in perfect health but any deficiencies or blockages in this field will lead to adverse health effects and eventually manifest as disease or other weaknesses.

The term Optimum Biological Frequency Resonance (OBFR) devised by biophysics researcher Ingrid P. Dickenson helps people to understand the frequency foundation for good health in all life. Research surrounding the OBRF suggested that there is a profound connection between the human biological system and the atmospherical frequency of planet, also known as the Schumann Resonance which resonates at an average steady pulse of 7.8Hz. This beat is active all around the planet between the cavity of the earth and ionosphere. It has also be found that 7.8hz is active within all mammals as a dominate brainwave rhythm.

Unfortunately, due to the manmade radiation noise created by digital magnetic fields the natural frequency of the planet and OBFR is currently being drowned out. These artificial electro-magnetic pulses can be devastating to the human bodies immune system which is largely connected to the brain's neurotransmitters and the release certain hormones. With lots of interference signals being introduced, the body and brain creates new patterns in which it acts that were previously unknown. There abnormal conditions can result in new auto-immune disorders that can be looked at switches being turned on suddenly that were turned off previously or vice-versa, leading to unpredicted consequences.

So what is the Schumann Resonance exactly? Well to simplify its understanding, one can view the phenomena as a mathematical equation. First, you must look at the ionosphere, (one layer of the atmosphere) which surrounds the planet and contains a positive (+) charge. Next, you take the earth surface which is a negative (-) charge. The combination of the two

forces create a prevailing electrical tension within the cavity between which pulsates at an average of 7.83Hz and is most commonly referred to as the Schumann Resonance. This built up tension is discharged only when thunderstorms occur and the lightning we see can be viewed as a result of the built up resonance that is developed within the cavity. Within the ionosphere layer is also responsible for transferring wireless information over long distances by bouncing off radio waves emitted on the earth's surface from man-made transmitters.

The discovery of this resonance actually dates back to Nikola Tesla who a quarter century before Schumann carried out wireless energy experiments at Colorado Springs, USA. He was able to produce electrical tensions that were so powerful that they created artificial lightning, which when flashed produced radio waves as well. These waves, due to their extremely low frequency were able to penetrate the surface of the earth with no resistance. This led to Tesla's conclusion that there is in fact a resonant frequency that envelopes the earth but unfortunately these discoveries were not taken seriously then, showing that Tesla was a head of his time.

It wasn't until 1952, when Professor W.O Schumann, a German physicist of the Technical University of Munich was able to predict through a number of experiments that the atmosphere contains electromagnetic standing waves within the cavity formed by the ionosphere layer and the earth. During a lesson about physics of electricity using ball condensers, Schumann asked his students to find the frequency between the inner and outer ball. Through their calculations, they came up with a frequency of 10Hz. Two years later in 1954, this was confirmed after further measurements had taken place between Schumann and colleague Herbert König who averaged out the calculations, detecting resonances which stayed around a steady pulse of 7.83HZ. Further investigations have been done since then which led to the establishment of a number of properties and characteristics surrounding Schumann's discovery, hence the name "Schumann resonance" came into the public sphere.

Since this profound discovery about our planet's atmospheric vibration, many more connections have been made between the Schumann resonance and human life. An amazing correlation came about when it was found that there are similar patterns within the human brain and our resonant brainwave frequencies. Right after Schumann published his breakthrough research and results, another physician in Germany named Dr. Ankermueller made the immediate connection between the Schumann resonance (7.83HZ) and the human brain's

alpha rhythmic state. Dr. König who became Schumann's successor at the University of Munich demonstrated this brain wave connection by comparing EEG recordings with electromagnetic fields found in the natural environment and eventually arrived at an exact frequency of 7.83Hz. However, this frequency correlation is one that specifically applies to mammals since tests were done on marsupials as well and they resulted slightly lower.

Other experiments and further connections that have been done regarding the Schumann resonance include the research of Dr Wolfgang Ludvig whose direction was aimed at finding what type of natural signals actually exist in a healthy environment. He came to realize that within the city, it is nearly impossible to measure Schumann waves accurately due to all man-made electromagnetic waves in the atmosphere. Having said this, Ludvig decided to take his study out to sea to gather more accurate results where the Schumann waves were stronger. He also took his measurements underground in mines where he found that the earth's magnetic field contained a resonance as well. After comparing the results of the two measurements, one from above and one from below at the surface of the earth, Ludvig concluded that is necessary for humans to have two signals from the natural environment in order to thrive in balance. He connected this need of balanced energies to that of the ancient Chinese teachings of Yin and Yang. Yang being the representation of the masculine signal from above and Yin being the feminine signal coming from below. The ancient understating fits the measurements of Ludvig exactly with the Schumann resonance being the strong field surrounding the earth (Yang) and the weaker geomagnetic signals coming from within the planet below (Yin) together create a dual force vital to sustain life. However, when out of balance can result in serious health defects.

Now, although the Schumann resonance has been confirmed over the last century through lots of research and measurements, it is obvious that in today's day due to all the man-made radiation and artificial frequencies, life on planet earth is undergoing energetic changes that are still unknown and hard to predict. For this, there is an urgent need for further research and understanding of how lifeforms respond to subtle fluctuations in the electromagnetic and geomagnetic fields around us. There is an imminent rise of wireless technology, more specifically the pulsating microwave frequencies that resemble close to that of the Schumann resonance (7.83Hz) such as cell phones which are critical. These new frequencies pose a potential serious threat to the natural signals that have been existing for aeons as they are becoming drowned out and even possibly retuning our planet just as a tuning fork does which

won't just affect the mammalian brain's biological oscillators but also the natural processes of all lifeforms.

To conclude, it is important to know and recognize that there are healing techniques and technologies that do exist as well as certain environments that can help counter the man-made electro-magnetic activity and help to restore the proper frequencies including the Schumann resonance back into our field and planet. For examples, there are many electronic devices and therapies that one can purchase online which emit the Schumann resonance, one being electro-crystal generators. These generators emit healthy frequencies into a tube (glass or plastic) filled with quartz crystals. One then holds the tube above and around the body to allow the frequencies through a piezo-electric effect to penetrate their own energy field and restore the Schumann deficiencies and natural vibratory imbalances. There are also many self-healing techniques including the practice of "earth breathing" which is a meditation designed to entrain the human brainwave rhythms into a state alpha state that synchronizes with the Schumann resonance and the natural pulses of the earth vital for a human's bio-electric field. Binaural beats can also be used to correct energetic imbalances through electronically produced rhythms mimicking brainwave states and help us just as the meditation does to restore the necessary frequencies back into the listeners field. Overall, the best therapy in my opinion is to return physically to the many thriving natural environments that still do exist on our planets outside of city and away from the high-impacts of man-made radiation. On our planet, there are many vortex energy locations that contain high levels of both the Schumann resonance as well as the geomagnetic frequencies coming from the within the earth. A few examples of the natural energy centers include: Mt. Shasta (USA), Stonehenge (UK), The Great Pyramids (Egypt), Lake Titicaca (Peru) and Sedona (USA). The Sedona effect is a known phoneme due to many studies that have occurred there and the ancient Native American legends that emphasize the powerful vortex energy in the desert environment around. Many locals believe it is due to the high concentrations of iron oxides in the earth which has now been proved to be true scientifically. A Navajo elder states when speaking on the fact that "this is where the Earth speaks" and it is in these spaces where the sacred vibrations of our planet and all its life is able to reconnect with the energetic flow of nature which allows us to be fully alive, thriving in complete balance and enables our capacity to expand our natural vibration to the highly conscious resonant beings that we are.

Sources:

1. <http://www.earthbreathing.co.uk/sr.htm>
2. <https://skeptoid.com/episodes/4352>
3. <http://www.lunarplanner.com/Bioenergy/PlanetaryCorr.html>
4. <http://www.silvalifesystem.com/articles/brain-waves/how-music-affects-the-brain/>
5. <http://sedonanomalies.weebly.com/index.html>

Audio/Video links:

1. Resonance: Beings Of Frequency (<https://vimeo.com/54189727>)
2. Ambient electronic music at 7.83Hz (<https://freefloatingmusic.bandcamp.com/album/783-hz>)
3. <https://www.youtube.com/watch?v=JottrWyH7tA> - Earth sounds
4. <http://www.lunarplanner.com/Bioenergy/PlanetaryCorr.html> - Planetary mediations (bio-harmonic)
5. <https://www.earthfrequency.com.au> - Transformational festival in Australia