



Grounding

S O L E X



Earthing, or **grounding**, is the process of connecting your body directly with the earth. Being in direct contact with the ground would allow a person to "absorb" the energy from the Earth.

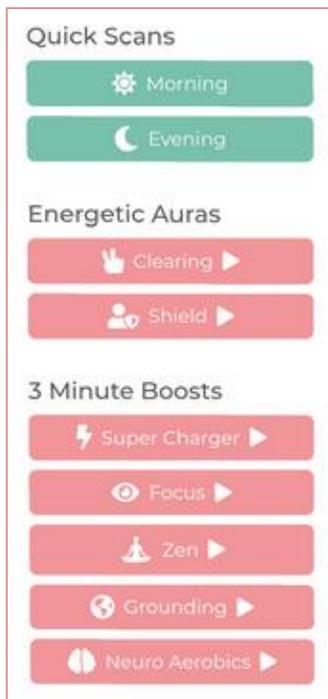
Being ungrounded is a worldwide epidemic. This epidemic is so entrenched few of us fail to recognize the problem. Being ungrounded is the root cause of a great deal of human suffering.

Signs of Being Ungrounded:

- Easily distracted
- Space out
- Over-think or ruminate
- Engage in personal drama
- Experience anxiety and perpetual worrying
- Possessed by desire for material things
- Easily deceived by yourself or others
- Obsessed with your personal image

Physical signs of being ungrounded include:

- Inflammation
- Poor sleep
- Chronic pain
- Fatigue
- Poor circulation



Grounding has been shown to:

- Reduce inflammation
- Improve immune response
- Enhance blood flow
- Elevate mood
- Decrease emotional stress, anxiety & depression
- Diminish chronic fatigue & chronic pain
- Ease sleep disorders

BEFORE and AFTER an AO Scan session,
use Quick Scans **Grounding**.

Grounding naturally protects the body's delicate bioelectrical circuitry against static electrical charges and interference. Most importantly, it facilitates the reception of free electrons and the stabilizing electrical signals and energy of the Earth. Grounding remedies an electrical instability and electron deficiency you never knew you had. It refills and recharges your body with something you never knew you were missing ... or needed.

Humans are beings of energy.

Electrical currents and their associated magnetic fields fill and surround the human organism.

These currents make up a web or system of interactive energy fields that govern the body's functioning.

In energy medicine, it's called the human biofield.



DURING an AO Scan session,

remain grounded.

- Follow your Breath
- Stay present and focused on the client.
- Place your feet / arms on an Earthing Mat

We found a nice size Grounding Mat Pad Kit with Grounded Cord, 23.6"x 13" Inches

https://www.amazon.com/dp/B08JJ8KCVV?psc=1&ref=ppx_pop_dt_b_product_details

Note: we have no affiliation to any company; there are many out there, research as needed.

AFTER an AO Scan session,

Use Quick Scans **Grounding.**

Wash your hands & go outside in nature, barefoot, if possible.

Offer gratitude as the vehicle for awareness and higher consciousness.

Sources: <https://scottjeffrey.com/how-to-ground-yourself/>

<https://www.healthline.com/health/grounding#benefits>

The AO Scan Mobile device is NOT a medical device and does not diagnose, treat or cure any disease.