



GUIDELINES  
*for*  
HEALTHY & HEALING ENVIRONMENTS

**ALEX STARK**

CREATING OUTSTANDING ENVIRONMENTS  
WITH GEOMANCY & FENG SHUI

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NEW YORK | SAN FRANCISCO | LONDON  
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**Geomancy** is the art of creating Harmony, Health and Fortune in everyday life. It achieves this by manipulating the physical placement of objects (walls, equipment, furniture, plants) in space as well as the invisible energies associated with those objects. Its goal is to make life easier and more conducive to the achievement of personal as well as familial potential.

**Geomancy is useful for enhancing** personal success in private and public life, as well as for improving relationships, health, joyfulness, creativity, career, reputation, prosperity, self-knowledge, and spirituality. It achieves this by maximizing positive energetic potential while simultaneously minimizing negative or destructive factors.

**A harmonious, well balanced environment** liberates creativity and vitality. It also helps to enhance the healing experience and works to support good health and physical well-being. Because geomancy is a holistic discipline, health is never seen in isolation, but rather as the result of harmony and balance in life as well as in the energy of the home

**The following set of guidelines** outlines basic considerations for the design and evaluation of healthy and healing environments. These are to be taken only as a guide, as the practice of geomancy involves many analytical tools which are beyond the scope of this document. For optimal results, always consult with a professional practitioner.

**GENERAL CONSIDERATIONS:**

- The quality of a building's immediate surroundings have a significant impact on the overall prospects for the health and well-being of its occupants. It is important to choose a healthy location.
- Vital energy or *chi* is a force that animates and activates life processes. Proper flow of vital energy through a building is necessary for health and recuperation.
- Entrances determine the overall quality of energy flow entering a building. Consequently, proper dimensions and proportions of doors and entry foyers are extremely important to the health of a building's occupants.
- Corridors, hallways, and stairwells are similarly important in encouraging good energy flow.
- Good orientation has a positive impact on the health prospects for a structure. This is true not only of architectural design and interior layout, but also because intangible forces are acting on the structure from the directions of the compass. The study of the interactions of these forces in time is known as Flying Stars feng shui.
- These intangible forces change in time, so its is important to make periodic adjustments. At the very least it is important to check the Flying Star chart of a building once a year.
- Exposure to a given direction can have a marked influence on the health potential of a room or function. It is important to match the room and its user to the proper orientation.
- Certain sectors of a floor plan have greater potential to enhance health or recuperation. These sectors are a function of the orientation and age of the building. Hence it is important to be aware of the possibility that a different building orientation could result in different health prospects for the structure.
- It is best of a building is matched to its occupants. Compatibility is a function of the orientation of the building and the date of birth of the occupant.
- Clarity of layout is important to health. Crowded or congested environments, lack of clarity in the circulation system, and poor distribution of functions and activities can all lead to health problems.
- The history of a structure can also have an impact on the quality of health that its occupants will enjoy. Sites that have seen traumatic events such as war, death, misfortune, depression, suicide, or crimes can have a detrimental effect on the occupants' health.

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**CHOOSE A HEALTHY LOCATION.**

*The quality of the immediate surroundings can have a significant impact on the health prospects of a building. A substandard location will not only affect the potential for health, but under certain circumstances, it can actually promote disease. Although a proper analysis of siting and orientation is a matter for professional expertise, certain basic rules need to be observed.*

- Locate your building in a successful neighborhood with a proven record of good health. Investigate local mortality and morbidity statistics, as many communities are located in unsafe areas never intended for habitation.
- Locate your building in an area that shows evidence of “dragon veins” (green areas with abundant chi on the earth’s surface). These have abundant life-affirming chi. It is possible to raise earth chi from deep in the earth by adding hollow light poles.
- Avoid settling on or near flood plains, in damp or excessively windy locations, or anywhere near dumps or spillways, especially if they contain polluted materials.
- Locate your building in an area with balanced earth and water formations. Too much or too little water can be detrimental to health.
- A location above a confluence of streams is good, as is the head of a bay. However, locating on an exposed point can be detrimental.
- Avoid placing your home near land formations that resemble threatening forms. Do not place your home under a ridge, rock outcrop or tall mountains.
- Avoid locating your home near fast moving water, water falls, or in line with water courses.
- Avoid locations directly on the “dragon’s tail” or “head” (mountain ridge tops).
- Avoid locations on or near buttes, hill tops, hills shaped like broad couches or upside-down boats.
- Avoid locating your home near fast traffic or close to intersections.
- Look out for forms in the landscape that resemble beneficial forms and symbols.
- Avoid buildings adjacent to power plants, highways, railways, bridges, hospitals, cemeteries, churches, or communication towers. Avoid homes located close to parking lots or busy streets.
- Locate your building above the road. Homes below road level tend to be damper and can collect negative energy from vehicles.
- Encourage green growth around your property. Vegetation can absorb unsafe vapors and gases and helps to control pollution. However, avoid excessive shade, especially in the south side.
- Locate your building on a street which does not bring excess traffic or noise towards you.
- Traffic or water patterns should not aim directly at your site. This creates difficulty and has negative consequences for health, relationships and career.
- Winding paths or driveways are better than straight ones. Avoid long narrow paths leading up to the front door, especially if they are straight.
- Avoid buildings which have the main door in line with the neighbor’s driveway.
- Avoid buildings that are dwarfed by taller structures or geographical features.

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## ENCOURAGE GOOD DESIGN AND ENERGY FLOW

*The flow of vital energy (chi) throughout a building is a critical component of a healthy environment. The freer and more unrestricted this flow can be, the better the prospects will be for health and recuperation.*

- Avoid plots with irregular shapes. Odd shapes can be corrected with lights, fountains, landscaping, flag poles, or buildings.
- Avoid buildings that have bedrooms, dining rooms or kitchens located behind the front door.
- Avoid L-shapes homes that resemble a boot or a cleaver. Critical functions should not be placed near the “sole”, “toe”, or knife edge. It is best if they are on the “heel” or “handle”. Improper situations can be balanced with mirrors opposite the offending location.
- Avoid buildings that have critical functions above parking garages.
- Avoid apartments or offices which are located next to elevators, stairwells or chutes.
- Wide, curved, graceful stairways opening onto wide landings are best.
- Avoid spiral stairs, and stairs that point directly towards the entrance door.
- Avoid bathrooms or utility rooms located directly above the entrance to your home.
- Avoid unclear traffic patterns. Energy flows best when paths are clear, easy, and obvious.
- Levels within a building should be well defined. Avoid split levels.
- Ceilings with uneven heights are undesirable unless they help to define space more clearly.
- Ceilings should not be too high: nourishing energy will get trapped where it cannot be used.
- Arrangement of rooms should not be too irregular. Rectangular floor plans are best.
- All rooms should receive adequate light: artificial light should not be needed on a sunny day.
- Verandas and decks should be supported by thick, strong pillars
- Do not have exposed beams. They can result in added stress and illness, especially if you sleep or work beneath them. Correct by dropping the ceiling, covering the beams, or using bamboo flutes to raise the sinking energy
- Do not use vertical blinds. They are associated with separation and loneliness.
- Do not build with reflective materials, as this prevents vital chi from entering the home.
- Overly large windows leak nourishing energy and afford poor protection from destructive energy. Avoid buildings with floor-to-ceiling glass windows.
- Clear obstructions and clutter that impede getting in or out of the home, bedrooms, and offices. This includes dark or narrow corridors, stairs, or doors, as well as piles of incoming or outgoing products.
- Provide bins for recycling, garbage, products in transit, or mail. Combat clutter!
- Have your space fully cleaned at least once a month. Vacuum every week.
- Have the windows washed often. It is worth the expense.

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**ENHANCE YOUR ENTRANCES, HALLS, AND CORRIDORS.**

*Entrances are important in determining the overall health of a structure as they are the mouth through which vital energy enters your home. Halls and corridors have a similar effect.*

*Because they conduct energy from the entrance to the rest of the space, they can affect fortune, prosperity, stability, and health.*

- Do not have trees, utility poles or other such obstructions blocking your main entry. This includes poles that may be farther from the door but are directly in line with it. Correct with a bagua mirror.
- Avoid cutting down mature trees that guard your entrance on either side, as you may lose valuable chi. Sick trees should be replaced with healthy ones, preferably larger than the old one.
- Create a buffer between your building and the street. Gardens, trellised walks, terraces and even porches are suitable buffers.
- The driveway of the building across the street should not point at your front door or bedroom window.
- Doorways should be open and expansive. Entry doors should operate smoothly and open directly into unobstructed, wide, well lit areas or lobbies with a warm, happy feeling.
- The front and back doors should not line up. You should not be able to see the back door from the entrance lobby. Correct by slowing the path of chi with plants, curtains or screens.
- Avoid having the front door in line with corridors, windows, or green areas.
- Avoid long narrow paths or driveways leading up to the front door, especially if they are straight. Circular paths or driveways are always preferable. A path that tapers toward the house is fine, one that tapers away from it is detrimental.
- Avoid long, narrow corridors. If you can't, place mirrors along the sides to make them feel more expansive and light them as brightly as possible. To break up a long corridor, hang objects or introduce architectural breaks along its length to divide it or open it into sections. Staggered art or plants can also help. Open up space at elevator lobbies and in front of compactor areas and laundries.
- Avoid doors that open onto walls directly in front of them. If they do, hang a mirror or a bright decorative object on the facing wall in line with the door to extend the entrance visually. Add bright lights.
- Avoid more than two consecutive doors in line along a corridor or between rooms. Three doors or more in a row create divisiveness in the family as well as health problems, particularly of the heart. To solve this, hang objects (such as chimes or mobiles) or place screens in the path of movement to slow down the energy as it moves down its path.
- Unused doors should be sealed. If this is not possible, hang a mirror to cover the door.
- Avoid facing doors that are not in alignment. To compensate, hang mirrors on the overlapping areas.
- Large doors should open onto large rooms, small ones onto smaller rooms. The opposite is detrimental. By the same token, doors should be larger than windows. To compensate, hang a chime on the smaller door.

**DESIGN KITCHENS FOR HEALTH.**

*Health and Fortune are created and enhanced in the Kitchen. It is therefore an essential component in the home and deserving of special consideration.*

- To preserve everyone's health, avoid placing the kitchen adjacent to stairs, elevators or bathrooms.
- Avoid having the kitchen as the first thing you see upon entering the premises, as this will drain away finances and possibly lead to health and weight problems. If this cannot be avoided, shield the kitchen from the front entrance with plants, screens or partitions. Hang a chime over the cook's head.
- The kitchen should be located centrally in a house and sheltered from the rest of the home. Ideally it should not be exposed on more than two sides as this will drain nourishing energy. The kitchen should preferably be located along the central axis of the house and not diagonal to it.
- Avoid L-shaped rooms, especially if the stove is on the sole or toe of the "boot", or on the knife edge of the "cleaver". The heel or handle is best in these situations.
- The kitchen should not be in a cramped space, nor should it have a crowded feeling. There should be ample room for work. Provide generous passage between counters, tables, and stools. Crowded, cluttered environments slow down energy, negatively affecting health and finances. If the space is crowded, use mirrors to visually extend the walls of the space.
- Avoid narrow entrance doors. A kitchen should have more than one doorway in order to ensure good circulation of energy.
- The chef should command a view of the entire kitchen and its entrance as he or she stands in the cooking position in front of the stove. Avoid having the chef's back to the kitchen door, or to guest or family members if it is a sit-in or an open plan kitchen. This will drain their power. If this is unavoidable, place a mirror on the wall behind the stove so that the chef can see what is behind him or her, as with a rear view mirror.
- Avoid sharp wall corners or angled architecture, especially if they are pointing at the chef or the persons sitting at the dinner table. These sharp angles can be softened by placing plants, soft fabric or round molding in front of them.
- Avoid beams over the chef's position. To correct, drop the ceiling and light it from above.
- Avoid sharp, angular cabinets or furniture. It is best if edges on furniture and wall corners are rounded.
- For sit-in kitchens, use oval or round tables and soft chairs. Rectangular tables are acceptable if their corners are rounded.
- Avoid placing the stove, refrigerator, or the sink directly adjacent to each other, as this pitches incompatible energies against each other. This can result in diminished prosperity, conflict, or health problems. If unavoidable, mirror the side of the refrigerator. Place a small plant between a stove and a sink if they are too close together.
- Avoid microwave ovens. A gas stove is better than an electrical one, but always vent the stove.

**OPTIMIZE HEALTH AND AVOID EXPOSURE TO CONTAMINANTS**

*In order to optimize health potential in a home, it is important to consider areas that are intimately associated with nutrition, elimination and exposure to toxic and harmful substances..*

- Bathrooms are best located toward the rear of a building and not near the entrance.
- Under no circumstances place a bathroom or toilet in the geographical center of the structure. This will lead to instability and mental difficulties.
- Avoid bathrooms or toilets which face the entrance door. If they do, keep the door to the bathroom or toilet closed and hang a mirror on it to reflect the entrance. A bathroom that can be seen from the front door causes illness to owners and guests alike.
- Do not place a bathroom or toilet next to the kitchen or dining room. They are incompatible energies.
- Avoid bathrooms adjacent to a bedroom. If this is unavoidable, keep the door to the bathroom closed at all times. Baths and toilets are best kept separate from all other functions through the use of corridors, foyers, or vestibules.
- A bathroom at the end of a long corridor affects the entire family's biological system, especially in reproduction. If you have such a bathroom, divide the corridor in sections by using architectural detailing, or by hanging curtains, mobiles, or chimes.
- Avoid toilets mounted on the same wall as head boards or stoves in adjoining rooms. These can lead to severe illness, divorce, or financial loss. Place mirrors behind the bed and the stove.
- Dining rooms should be bright and cheerful. Avoid crowded situations, especially if the dinner table is in the kitchen.
- Avoid loud or excessive decoration in dining areas. The best environment for digestion is a calm one.
- Avoid using the dinner table to do housework or business. Eating is a sacred activity and should be treated as such.
- To preserve your health, avoid placing dining rooms or bedrooms adjacent to, below, or above bathrooms, toilets, parking garages, mechanical rooms, or workshops.
- Avoid dining rooms or bedrooms with direct views of power plants, highways, railways, bridges, hospitals, cemeteries, churches, or communication towers (including cell phone transmitters).
- Avoid electrical lines that run under the bed or that are located too close to the headboard. A maximum of 2 feet for electrical runs is advised. Similarly, avoid electrical appliances closer than 3 feet from the head position. Look into demand switching that shuts off all power to the sleeping quarters.
- Have the dining room, bedroom, and home office checked for geopathic stress.
- Have the bedroom, dining room and living room checked for geopathic stress.
- Avoid drilling wells under a house. Old existing wells are fine if there is no evidence of illness in the house.
- Stagnant waters are very detrimental. Sewer covers and stagnant wells can be cured by placing healthy plants over them.

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**ENCOURAGE REST AND REGENERATION IN BEDROOMS.**

*Rest and regeneration are fundamental to our well-being and have an important role in aiding in recuperation as well. Because they are the most quiet environments in the home, bedrooms are often the first location where we retire to heal.*

- Bedrooms should be located in a quiet, protected area of the house, preferably towards the rear of the building. A corner with Southwestern exposure is ideal.
- Bedrooms should not have more than one doorway.
- Bedrooms should not face a stairway, elevator or any exit doors.
- Bedrooms should not be located at the end of corridors, next to stairs or elevators or directly adjacent to bathrooms, parking garages, or mechanical rooms.
- Bedrooms should not be visible from the entrance to a home as this can lead to fatigue and health problems. Hang a chime mid-way between the entry and the bedroom.
- Position your bed diagonally opposite the entry door and in such a way that you can see the door when laying in bed. If you can't, hang a mirror so that you can see the door from the bed.
- Mirrors are best avoided in the bedroom. If you have to have one, make sure you cannot see yourself reflected in the mirror when laying in bed. Restlessness, poor sleep and loss of performance can be the result. Shiny and reflective materials such as glass or metals can also cause restlessness.
- Position your bed so that your feet do not point out the door. If you cannot avoid this, place a table, screen or hanging crystal between the door and the bed.
- Avoid overhanging beams or knifelike corners pointing at the bed, especially **across** it. To correct for beams, drop the ceiling and light it from above, or hang tassels or bamboo flutes.
- Avoid bedrooms under slanted ceilings. If at all possible, have a flat drop-ceiling.
- Avoid L-shaped rooms, especially if the bed is on the sole or toe of the "boot", or on the knife edge of the "cleaver". The heel or handle is best in these situations.
- Your bed should rest with its back against a solid wall. The headboard should be higher than the footboard.
- Avoid storing items under the bed. Clean under the bed regularly.
- During pregnancy do not move the bed or install new windows to avoid the risk of a miscarriage. If one exists, do not dust under the bed.
- To increase your energy, locate your bedroom to receive morning light.
- Do not introduce work desks or workout equipment into the bedroom. This affects rest and can cause loss of effectiveness and added stress.
- Avoid bedrooms where you can see messy closets or toilets from the bed.
- Have the bedroom checked for geopathic stress.

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**OPTIMIZE OFFICE CONFIGURATION.**

*Nothing affects personal performance more significantly than personal space. A clear, well defined work space that enjoys protection and which commands a secure power base will generate increased returns in efficiency, performance, advancement, satisfaction and health.*

- Avoid placing the office next to elevators or stairways.
- Avoid placing the office facing elevator or stair doors.
- Avoid placing the office at the end of hallways or corridors, especially if these are long.
- Avoid L-shaped rooms, especially if the desk is on the sole or toe of the “boot”, or on the knife edge of the “cleaver”. The heel or handle is best in these situations.
- The best position for a desk is against a solid wall and with a clear view of the door. Power is increased as you move farther from the entry. Therefore the best position is diagonally opposite the door.
- Avoid sitting positions which place your back to a door, a corridor, a large open area or a very large window. If this is unavoidable, use a “rear view mirror” to see behind you.
- Avoid sitting positions directly in front of a door or very large window. If this is unavoidable, protect yourself with screens, plants or furniture.
- Avoid sitting positions in a large open area without protection from the sides and a clear boundary.
- Avoid sitting positions facing a wall that is closer than six feet. If this is unavoidable, place a picture with visual depth on the wall in front of you.
- Avoid sitting positions directly facing someone who is closer than six feet. If this is unavoidable, place plants, sculpture or decorations between desks.
- Avoid having sharp corners and edges of walls or large items of furniture pointing directly at a desk. If this is unavoidable, shield the desk with plants, screens or soft decorations.
- Avoid placing desks directly under large beams, overhead shelves or cupboards. If this is unavoidable, hang soft items from the beams, or shine lights up to deflect sinking energy away from the sitter.
- Clear out obstructions to desks or workstations. This includes piles of books, files, or bins around desks, as well as broken furniture, old newspapers, etc. Make room to manoeuvre arms, legs, and torso. Make room behind desks for getting in and out of chairs. Keep clearances into account.
- Eliminate all objects lying under desks or chairs. Clear clutter at desks by filing necessary papers, discarding old ones, and using multi-level trays or files.
- Avoid office layouts in which any sitter cannot see the whole space from their position (as in a L-shape). If this is unavoidable, use mirrors to see into the obscured area.
- Avoid electrical lines that run under the desk or that are located too close to the workstation. A maximum of 2 feet for electrical runs is advised. Avoid electrical appliances closer than 18 inches from your head.
- Have the home office checked for geopathic stress.

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**CONTROL THE PHYSICAL ENVIRONMENT.**

*Combat disruptive noise. It is considered the most disruptive of all factors in homes and offices and can significantly raise the levels of stress in our lives.*

- Place computers, copiers and fax machines as far away from workstations as possible.
- Place carpeting or sound absorbing materials under computers, copiers or any vibrating equipment.
- Minimize orange and yellow colors in the workplace. They encourage loud talking and noise.
- Introduce soft greens and blues to calm and quiet the atmosphere.

*Correct inadequate or inappropriate lighting. It rates second as an energy-draining source.*

- Use background lighting that is not excessively bright. If it is, you can remove some light bulbs from the ceiling fixtures.
- If lighting is too dull, add task lights, wash the walls with light, add bright items, or repaint with lighter colors.
- Light should be as close to the normal daylight spectrum as possible.
- Task lighting should be somewhat brighter and easily controlled for intensity and focus.
- Avoid fluorescent lights. If you can't, add red items around you.
- If desks are light in color, add darker items but be aware of excess contrast.
- If desks are dark in color, add lighter items but be aware of excess contrast.
- To combat computer screen glare, add a polarizing filter.

*Control temperature and humidity. Comfort is important not only because it affects the bottom line, but also because it impacts upon health.*

- Install adequate controls and partition zones according to use or function.
- If the environment is too cold and you cannot control heat output, add more lights, or add red or orange to decor.
- If the environment is too hot, use more cool blue or green colors, add water to the environment by placing water in a bowl, by watering plants, or by adding a water fountain.
- If the environment feels too dry, drink lots of water, add lush plants, or purchase a quality humidifier.

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## CONTROL THE PSYCHOLOGICAL ENVIRONMENT

*Control the psychological impact of imagery. Images and symbols that surround you should be affirmative and positive in character. Health can be drained by images that are not supportive to the individual or the family.*

- House maintenance is essential because it can be reflected in a broken-down body. Screechy doors or doors that bump into each other are detrimental, particularly to digestion and immune function. Damaged windows can affect reproduction and the orifices of the body. Broken bathrooms can affect health dramatically.
- Abstract art and obscure images force us to figure them out, and that wastes energy.
- Negative imagery should be avoided. This includes: scenes of desolation and isolation, storms, weapons, drab, dull colors, scenes of destruction, images with sharp angles or points, images of anything dead, images from the past that are sad or unfortunate, sunsets, waterfalls or anything that goes down.
- Positive imagery should be encouraged. This includes: sunrises, birds, airplanes or anything that goes up, bright landscapes, trees, plants or anything growing, natural movement, happy, successful people, teachers, or leaders, gently flowing water or pathways, elegant, prosperous cityscapes, parks, or gardens.

## CONTROL THE IMPACT OF COLOR

*Color can be used to compensate for deficiencies in the environment and as a way of enhancing or augmenting your health potential. Color can also be used as a healing tool.*

- Avoid dull, flat colors such as grey or beige. They stifle creativity and efficiency. If you can't, bring in more life with flowers, bright art or pictures, but avoid color pollution.
- It is better to have light, bright colors than either very strong or very weak colors.
- Soft greens and blues will calm nerves and lower voices.
- Yellow is effective in energizing creativity and brainstorming.
- Soft blue or purple is helpful for work that requires deep thinking or imagination.
- Routine tasks that require extended periods of concentration are supported by green.
- Use warm soft yellow, orange or peach to compensate for slow, uninspiring work.
- Adding a small amount of bright red to an environment enhances the power base of the individual occupying the space.

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## CONTROL INDOOR POLLUTION & USE GREEN BUILDING MATERIALS

*Air pollution is a significant contributor to poor performance, as it negatively impacts health. It is a primary cause of sick leave and absenteeism, and rates high among factors contributing to staff turnover. Indoor air pollution can also exacerbate other medical conditions. Building with green materials are not only safer, it also help to conserve energy and biological integrity. Many new products are now manufactured using sustainable practices.*

- Orient your structure to make maximum use of natural daylight and passive solar heat.
- Place windows to make good use of natural ventilation.
- Select a light-colored roof, or a "living roof"
- Install whole house fans to reduce air conditioning
- Provide combined hydronic heating with baseboard or radiant heating.
- Install high R-value insulation.
- Select Energy Star appliances.
- Install water-efficient toilets and fixtures.
- Use recycled-content insulation drywall, and carpets.
- Use low- or no-VOC paints.
- Choose polyethylene pipe instead of PVC for plumbing.
- Use formaldehyde-free or fully sealed materials for subflooring, cabinets, and counters.
- Install CO2 detectors.
- Design water-efficient landscapes based on native plants.
- If possible, keep printers and photocopiers in a separate ventilated room.
- Keep lots of plants that absorb common toxins. These include: areca palm, Boston fern, bamboo palm, rubber plant, English ivy, ficus, peace lily, king of hearts, dwarf banana, lily turf, spider plant, dwarf azalea, tulip.
- Avoid cleaners and solvents with toxic chemicals. Encourage use of cleaners and solvents made from such natural materials as vinegar, borax, baking soda, salt or lemon juice..
- Avoid building materials, carpeting or housewares made with toxic materials. Research!
- Reduce dust levels by minimizing open shelving and reducing clutter.
- Use vented closets, bathrooms, and mechanical rooms.

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## CONTROL ELECTROMAGNETIC RADIATION

*Electromagnetic radiation is an invisible form of pollution which has been linked to many health problems. It is best to avoid it, as its safety cannot be guaranteed.*

- Locate your home as far away as possible from sources of large EMF's such as power plants, transmission towers, radar installations, transformers, parabolic antennas, cell phone antennas, or high voltage lines.
- Minimize use of high-EMF-devices such as microwave cookers, mobile phones, fluorescent lights, photocopying machines, laser printers, and computers.
- Suppress EMF's at source by using electrical shielding or cork tiles under computers, printers, etc.
- Absorb unwanted EMF's by introducing ferns, evergreens and cacti
- Strengthen your biological system by eating properly, exercising, drinking pure filtered water, and taking the right balance of nutritional supplements to provide minerals, vitamins and anti-oxidants necessary to combat EMF's.
- Avoid electrical lines that run under the bed or desk or that are located too close to the headboard. A maximum of 2 feet for electrical runs is advised. Similarly, avoid electrical appliances closer than 3 feet from the head sleeping position.
- Keep at least 18 inches from your computer monitor, and at least 3 feet from other computers or monitors.
- Insist on at least 5 feet from TVs.
- Avoid electrical shavers, hair dryers, microwave ovens, and florescent lamps altogether.
- Stay away from any motor in operations, such as dish washers, blenders, and power tools.
- Look into demand switching that shuts off all power to the sleeping quarters.
- To preserve your health, avoid placing bedrooms, home offices, or dining rooms directly adjacent, below or above parking garages, mechanical rooms or workshops, as well as any other mechanical equipment that generates significant EMF's.

## CONTROL GEOPATHIC STRESS

*Look into geopathic stress as a possible cause of weakened vitality or disease. Geopathic stress is a form of energy in the earth which is considered unsuitable for humans and exposure to which can result in a myriad complications.*

- Geopathic stress can be caused by a number of sources. The most important of these are dark streams, natural geomagnetic deposits, ley lines, and global geomagnetic grid lines.
- Dark streams are underwater veins that have been made noxious by physically disruptive events such as road cuttings, foundations, steel pilings, heavy industry, military activity, or explosions.
- Natural geomagnetic deposits can also show geopathic activity, particularly if they involve iron ore.
- Ley lines are straight over-ground energy lines that reflect or echo larger underground currents, including underground rivers
- Global geomagnetic grid lines are thought to arise from the earth's magnetic fields in the form of vertical or horizontal radiation.
- Geopathic activity has been implicated in the following disorders: insomnia, nightmares, inexplicable irritability, allergies, sudden infant death syndrome, myalgic encephalomyelitis, migraine, asthma, eczema, arthritis, immune disorders, many types of cancers, and rheumatic disorders.
- Additional signs can include: unwarranted exhaustion, history of poor performance, and odd or unexplainable behavior.
- Certain animals are attracted to this type of energy: cats, owls, snakes, slugs, snails, ants, wasps, bees, parasites, bacteria, and viruses. Odd animal behavior is another sign.
- In the vegetable kingdom these signs can also signal the presence of geopathic stress: withering or contorted trees and plants, repeated lightning strikes, dead or stunted gaps in hedges and tree lines, bare patches on lawns (particularly if they are linear), cankers, and infertile fruit trees.
- Other signs include: unresolved clutter, cracks in glass, brick, or plaster, recurring mechanical or electrical failure, accident-prone areas, and quick spoilage of foods and photographic film.
- There is some evidence connecting geopathic activity with bad-neighbor syndrome, ghosts and other paranormal activity.
- There is some evidence linking geopathic stress to lack of respect to the land as evidenced in the presence of geopathic activity in crime areas, war zones, execution grounds, desecrated burial grounds and in areas that have not been ceremonially cleared for ground breaking, new construction, development, etc.
- Cures for geopathic stress include the construction of protective walls or ditches, the burying of protective items, the placing of special devices such as crystals, coils or rods in the path of the stress, and the installation of radionic devices.
- As this field is relatively new in our society and requires extensive experience, it is imperative to consult with a qualified dowser or geomancer.

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