

## **Schumann Resonance Part 1**

Author: Dr. Samran

What if I were to ask you: are your thoughts and feelings your own? With quantum physics, we are discovering that everything exists as waves and particles, that nothing is purely solid or as it appears. Our thoughts and our feelings have their own vibratory signatures. Most importantly, we are all connected and we affect one another. Lately, there has been much talk of climate change and how it will affect the planet. One question not being asked is: how will climate change affect humans and our psyche. The earth has its own electromagnetic frequency, and this fluctuates. This is called the "Schumann resonance." The link above is a website which shares a live feed of the Schumann resonance, with 2 testing centers in the world (Yellowstone and in Japan). Schumann resonance can be affected by our technology and associated pollution (from our wireless and other communications). If the Schumann resonance can be affected by technology, it then affects all life on earth, including humans. We are also sensitive to the Schumann resonance, with its ups and downs.

I would like you to do an experiment. Next time you feel sad or anxious, make a list of the following: the time, what you are doing, where you are and who you are with. Then, I would like you to click on the website above and map your symptoms onto the Schumann resonance readings. Let's see if there is a correlation. Perhaps your depression could be associated with the dips, and the anxiety could be associated with the spikes on the readings. What if your thoughts and

feelings are shared by many others on the earth who are also sensitive to the earth's changes in electromagnetic frequency? This would further support the theory of collective consciousness and our inherent unity. Please, don't take my word for it, check it out for yourself.

So, don't just shoo away your unpleasant feelings, check the Schumann resonance!

## **Schumann Resonance Part 2**

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In a previous post, I brought up the Schumann resonance and challenged my readers to see if their thoughts and feelings were related at all to the Schumann resonance. This post is a follow up to the previous post.

Many of you are thinking: ok I know about the Schumann resonance but what can I do about it? One way is to simply ground yourself. This includes simple sitting meditation, focusing on your breath, your inhales and exhales. It can also be something simple such as walking on the ground barefoot and syncing yourself with the Earth and its beat.

There is another way which resonates with me. That is the rattle. The website at the top of the page is an interesting proposition. It talks about how the Native American Rattle is linked with the Schumann resonance. Repetitive use of the rattle is in the 7-8Hz range (theta/alpha brain wave) which encompasses the Schumann resonance (~7.83Hz). Theory is

that we can get into a trance state (the altered state) via repetitive use of the rattle for at least 10 minutes.

So, the next time you feel off, rattle off that negativity!

Links:

<https://www.brmi.online/post/2019/09/20/schumann-resonances-and-their-effect-on-human-bioregulation>

<https://thundervalleydrums.com/shamanic-rattling-and-drumming-and-the-schumann-frequency/>