

AN INTRODUCTION TO
**GEOPATHIC
STRESS**



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to Geopathic
Stress

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Some Necessary Things

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Audience / Outline

This is an introduction to Geopathic Stress (GS) for a person new to the topic.

We start with a rigorous definition of GS, present the effects it can have on your health, provide evidence of its existence and its harmful influence, and briefly speak about the remedies and measures available to avoid or counteract GS.

We also provide lots of additional resources on GS and several associated phenomena and concepts.

All terms likely to be new to such a reader have been italicised and defined in the body of the eBook.

Introduction

Geopathic Stress

‘Geopathic’ comes from the Greek words ‘Geo’, meaning ‘of Earth’, and ‘pathic’ comes from ‘pathos’ meaning disease or suffering. ‘Geopathic’ therefore connotes disease of the earth.

In simple terms, Geopathic Stress is the detrimental effects on living things that result when the natural frequency of the earth is distorted by natural or certain man-made radiation. The resulting ‘negative earth energies’, as they are often termed, can result in discomfort and even disease.

Earth is a giant electromagnet; its core produces natural electric currents and magnetic waves. This natural Earth radiation can be distorted by other weak electromagnetic fields — caused by various underground formations such as running water, mineral concentrations, geological fault lines and cavities — as it rises up through the earth.

Geopathic Stress (GS) can also result from electromagnetic fields produced by electrical wiring, lighting, domestic appliances (clocks, computers, microwave sets, radios and TVs), telephones (cellular phones) and power-related equipment (electrical generators, transformers and pylons).

Electromagnetic Radiation

Electromagnetic radiation (EMR) is a form of energy produced by electrically-charged particles moving through matter or vacuum. It is all around us; it comes in many forms, both natural and man-made, and comprises sunlight (which includes visible light, infrared light and ultraviolet light), gamma rays, X-rays, microwaves and radio waves.

Sources of man-made EMR in the home and workplace include air conditioners, CFL bulbs, computers, cordless phones, electric beds, electronic alarm clocks, fans, mobile phones, refrigerators, microwave and electric ovens, power supplies, radios, TVs and WiFi routers.

In general, anything with an electric motor emits low-frequency EMR; computers, cordless / wireless / Bluetooth communication equipment, mobile phones, radios and TVs emit high-frequency EMR.

Mobile phone radiation — EMR emitted by mobile (cell) phones and associated equipment, which use radio waves to communicate — has been a subject of intense study, mainly because of the explosive growth in the use of mobile phones worldwide. While mainstream expert opinion regards mobile phone radiation as only ‘possibly carcinogenic’, several experts assert that it can be lethal.

All EMR distorts the natural radiation of the earth and can be harmful to health. In this book, we use the term ‘Geopathic Stress’ to refer both to stress from weak EMR (underground features, man-made structures) and stress caused by our use of cellular, Bluetooth, wireless and cordless devices.

Schumann Resonances

Closely associated to GS is Schumann Resonances (SRs).

SRs — named after German physicist Winfried Otto Schumann who predicted the phenomenon mathematically in 1952 — are global electromagnetic resonances generated by lightning discharges in the cavity formed by the Earth's surface and the *ionosphere* (a layer of the earth's atmosphere, from 80 to 1,000 km above the earth's surface, which contains a high concentration of ions and free electrons and is able to reflect radio waves).

The fundamental SR frequency (there are other frequencies) is 7.83 Hz; this is often termed the *resonant frequency of the earth*, or the *natural frequency of the magnetic field of the earth*, and produces a 'natural Earth radiation'.

As mentioned in the introduction to Geopathic Stress above, this natural Earth radiation can be distorted or disrupted by subterranean formations — running water, mineral concentrations (eg, coal), geological fault lines and cavities (eg, caverns).

Other structures that can disrupt the natural frequency of the earth are man-made structures such as roads, railways, bridges, embankments, fences, steel pilings, water mains, gas pipes, sewers, underground bankers, tunnels and mines/quarries. As you can see, it's a very long list.

It is these natural/man-made disruptions to the natural frequency of the earth that cause GS in living things.

Human Brain Alpha State

Around the time that Schumann published his research results, a physician, Dr Ankermueller, realised that the fundamental SR frequency was very close to the frequency of *alpha* brainwaves, the first waves ever detected (hence the name after the first letter of the Greek alphabet).

This was verified in 1979 when human EEG recordings were compared with the natural electromagnetic fields of the environment.

The frequency ranges of the human brain in different states are:

- Gamma Waves (40 to 100 Hz)
- Beta Waves (12 to 40 Hz)
- Alpha Waves (8 to 12 Hz)
- Theta Waves (4 to 8 Hz)
- Delta Waves (0 to 4 Hz)

As you can see, Earth's fundamental SR frequency corresponds very closely to the frequency at the low end of the range of the human brain's alpha waves. The alpha brainwave state:

- Has been shown by neuroscientists to be associated with increased relaxation, enhanced creativity and lower depression;
- Has been shown by sports scientists to precede peak performance;
- Is the state most associated with meditation and yoga.

How Does GS Affect Us?

Effects on Health

GS happens when you spend long periods sleeping or working above any place or in a building where the Earth's natural radiation is distorted ('GS zone').

Sleep is one of the pillars of health. Deep sleep is essential for both body and mind; during deep sleep, your cells are repaired or replaced; your kidneys clean your blood; your organs detoxify; your wounds heal; you have more resources available to fight infections; and, very importantly, you consolidate your memories.

Some of the common early symptoms associated with sleeping in a GS zone include bad dreams, behavioural problems in children, fatigue, grinding of teeth, headaches, insomnia, restlessness and sleep-walking.

Prolonged sleeping or working in an area of GS is likely to lead to more serious conditions such as allergies, Cancer, Chronic Fatigue Syndrome, Depression, diseases of the central nervous system, Infertility and Miscarriages and Multiple Sclerosis.

Cancer is usually the most feared of these. Cancer tumours develop almost always at exactly the spot where two or more GS lines cross a person's body as they lie asleep in their bed.

It's important to note that GS itself does not produce disease; it lowers your immunity system and hence your ability to combat disease.

While some stress is good for the body, prolonged stress is known to adversely affect health. Your body reacts to stress in

general, and GS in particular, by modifying its output of hormones to adapt to the stress. This non-natural state of affairs ultimately affects other systems in the body, causing disease.

Over the years, GS has become stronger; this is attributed mainly to the weaker ozone layer that protects the earth letting in more solar radiation. It is believed that the stronger GS is the main factor behind the rising cases of terminal illnesses such as cancer.

Many countries, particularly Austria and Germany, take GS very seriously. Their governments provide aid and conduct research on the matter; their citizens are generally more aware of the harm GS can do. Some schools move their students at frequent intervals to avoid the harmful effects of GS. Other countries such as Belgium, France, the Netherlands, Switzerland and the Scandinavian countries are beginning to follow suit.

What Proof Is There Of Harmful Effects?

GS has been found to be a significant cause of both minor discomforts (allergies, feeling tired, grinding of teeth, etc) and major diseases and psychological conditions (Cancer, Infertility/Miscarriages, Multiple Sclerosis, etc), especially those caused by the immune system being severely compromised.

Here is a tiny sampling of these studies:

- Baron Freiherr Gustav von Pohl, a German scientist and dowser, provided evidence to the Central Committee for Cancer Research in Berlin, Germany, in the 1950s that the likelihood of contracting cancer was low unless one had spent a significant amount of time in a GS zone, especially during sleep. In fact, after extensive study of the

phenomenon over the course of his life, von Pohl concluded that every single disease could be linked to GS!

- Dr. Hager, M.D, the President of the Scientific Association of Medical Doctors, examined the houses of 5,438 people in the town of Stettin, USA, who had died of cancer; in all cases, strong GS lines crossed their homes.
- In the 1970s, Austrian schoolteacher and dowser Käthe Bachler conducted one of the most extensive research projects ever held on GS. She interviewed 11,000 people and dowsed 3,000 apartments in 14 countries. Her conclusions were shocking: of 500 people with cancer she checked, everyone was found to be sleeping over GS lines, and 95 percent of the 'problem' children she found slept in beds or worked at desks placed over GS lines.
- In 1985, Dr. Veronika Carstens, M.D, published a study documenting 700 cases where terminal cancer patients worldwide had fully recovered from terminal cancer when their sleeping area had been shifted from a GS zone. All these patients had tried conventional medicine and were regarded as 'lost causes' by their doctors.
- The German physicist Robert Endross, together with Professor KE Lotz of the School of Architecture of Biberach, Germany, analysed 400 cases of death from cancer; they found that 383 of the cases involved living over geological fault lines or underground water channels, or living in areas where the natural magnetic field of the earth was disturbed.
- The late Dr. Hans Nieper, a German doctor, had identified GS in 92 percent of his cancer patients and 75 percent of his

Multiple Sclerosis patients. Dr Nieper ran one of the biggest MS practices in the world, in Germany.

- Dr Rambeau, M.D, President of the Chamber of Medicine in Marburg, Germany, spent three years looking for cancer patients whose beds were NOT situated in a GS zone. He failed.
- After treating thousands of cancer patients over 30 years of practice, German doctor Dr Ernst Hartmann concluded that cancer was a locational disease, triggered by living in a GS zone. He went on to say that cancer cells are produced in the body everyday but the immune system is able to destroy them unless it's been weakened by GS.

How Do I Know If I am Geopathically Stressed?

The most common effect of GS after relocating to a new home is a disturbed sleeping pattern. If your bed sits directly over a GS zone, you are almost certainly going to be affected since you spend so many hours in that spot.

You may find yourself waking up at odd angles in bed. You will unconsciously push yourself as far away as possible from GS lines. Children will most likely sleepwalk. Cold and restless feet, respiratory conditions and asthma are other typical signs of GS.

General signs and symptoms include:

- You rarely wake up feeling refreshed; more often than not you wake up feeling more tired than you were the night before.

- You always feel in poor health, and stop responding to medications.
- You always feel as if something is not quite right at home. You no longer feel comfortable at home, and prefer to stay away.
- You begin suffering from a serious medical condition, after relocating to your new home, which just will not respond to medication.
- The house you are living in has a history of, or is associated with, serious illnesses.

Specific signs and symptoms of GS include appetite loss; bedwetting; depression; falling asleep on the couch but not in bed; feeling cold; grinding of teeth; nightmares; problems with neighbours; restless sleep; road rage and stressed relationships.

In a weak or sensitive patient, or someone who has been exposed to GS for a long time, the body loses its natural *homeostasis* (the tendency to seek and maintain a condition of balance or equilibrium within the internal environment, even when faced with external changes), leading to being afflicted by several diseases and negative psychological effects.

Remedies & Measures

In the millennia since GS was discovered, several measures, modern and ancient, preventative and neutralising, short-term and long-term, have been devised to counteract the effects of GS. We can only briefly cover them here.

Before you can come up with a solution for the GS affecting your home or workspace, you first need to be aware of it.

You may want to learn how to identify GS zones: how to read the signs in nature, how to read the sleeping patterns of the people in your household, watching the habits of your pets, etc. You may wish to enlist the services of a professional *dowser*, a person trained to detect, classify and measure GS lines.

Then you want to avoid spending too much time in a GS zone, wherever possible, or take steps to neutralise these 'negative earth energies', if avoiding a GS zone is not possible.

Recognizing or Detecting GS Zones

Certain animals like and thrive on GS zones while others avoid it.

Animals that thrive on GS are bees, wasps, snakes and cats. Bees produce more honey when beehives are placed on GS zones (showing that GS is not always bad).

Cats like GS zones, but they also like non-GS, warm and cosy places, so a cat's favourite resting place does not give any firm indication.

Animals that avoid GS are dogs and some fish such as goldfish.

Walls in GS zones develop cracks or attract mould more easily. Roads sections in GS zones are more prone to potholes, and road accidents happen more often there. Non-fireproof material, especially hay, are more likely to catch fire.

You can also procure and learn to use a *dowsing rod*, a simple L-shaped or Y-shaped instrument that's been used since ancient times to detect GS zones in minutes. Modern forms of dowsing rods are widely available.

Finally, you can use *Applied Kinesiology* or 'muscle testing', a technique in alternative medicine that tests muscles for strength and weakness to diagnose or determine a wide range of things, including disease and treatments.

Repositioning Your Furniture

Clearly, once you have determined where the GS zones in your home or workplace are, your easiest and cheapest approach to avoiding GS is simply to reposition any beds, work-tables and chairs that lie in these zones. Start with your sleeping and working places; these are the places where you spend the most amount of time. Other places to look out for are the living room and kitchen.

Using Feng Shui / Vāstu Śāstra

If repositioning furniture away from GS zones is not possible, consider engaging *Feng Shui* or *Vāstu Śāstra* masters.

Feng Shui, literally translating from Chinese as 'wind-water', and Vāstu Śāstra, 'science of architecture' in Hinduism, are ancient

traditional Chinese and Indian systems of science and art that study how to harmonise life with the environment it is in.

Feng Shui is a system of laws formulated to govern the siting (location), spatial arrangement and orientation of buildings, doors and furniture in relation to *chi*, the flow of energy.

Similarly, Vāstu Śāstra is a traditional Hindu system of architecture that describes principles of design, layout, measurements, ground preparation, space arrangement and spatial geometry.

The point of both these ancient systems of design / geomancy is to promote harmony with natural forces, ie the earth's natural frequency mentioned earlier.

Genuine Feng Shui or Vāstu Śāstra masters are not easy to find, but a good one will be able to advise you on measures, tools and solutions to neutralise GS or strengthen your personal energy.

GS Instruments and Tools

Today, there are many instruments or tools on the market designed to shield your home or office, or support the personal energy of members of your family. These include crystals (very popular), energy plates, geo-resonators, pendants, pyramids, space harmonisers and even devices with laser beams.

Not all of these tools and instruments work. Part of the reason is that GS has become stronger over the years, mainly because the weaker ozone layer that protects the earth is letting in more solar radiation.

Do your homework: read widely, contrast alternatives and ask practitioners for testimonials.

Case Studies

Case Study 1

In December 2015, Rosa, a friend of Michael's, requested him to harmonise her home in Hong Kong for GS. Michael did so and Rosa began seeing significant improvements in her health.

Rosa then referred a Traditional Chinese Medicine (TCM) physician who had terminal (final) stage cancer; chemotherapy was no longer an option, and medical doctors had given up.

Michael performed a GS audit in the TCM physician's home, and discovered a -900 BE (BE means Bovis-Einheiten; it's the Bovis scale used by dowsers to quantify subtle energy) node right below where he had been sleeping for years. There was more: in his office, right below where he had been sitting and working for the last 20 years, Michael discovered a vortex of 4 GS lines! Michael harmonised both home and office.

On 14 June 2016, Rosa sent Michael the WhatsApp (WA) message below:

“今早到威爾斯醫院見腫瘤科醫生和取電腦掃描報告，之前肋骨(6粒腫瘤)和肺(1粒腫瘤)的腫瘤陰影不見了，現在只剩餘肝臟有多發性癌腫瘤，但與半年前的變化不大，可以繼續觀察，感謝主的醫治。

Wales Hospital this morning to see the oncologist and the computer scan reports before the ribs (6 tumours) and lung

(1 tumours) tumours of the shadow is gone, and now only have multiple liver tumours, but half a year ago had little change, you can continue to watch, thank the Lord for healing.”

While not all the tumours have gone — the WA message indicates that (small) liver tumours remain — this is huge improvement from before: the tumours in the ribs and lung have disappeared.

Case Study 2

Background

Owner of a 3-bedroom apartment in KL engaged Michael to conduct an audit of his house because his parents were constantly experiencing minor health issues — aches and pains, frequent urination, etc — which doctors had not been able to resolve.

Audit

Audit (see figure) shows several orange lines ('Hartmann Lines' and 'Curry Lines') and black lines.

Notice that most lines register are -40 BE. A measurement of -40 does not constitute a major health risk.

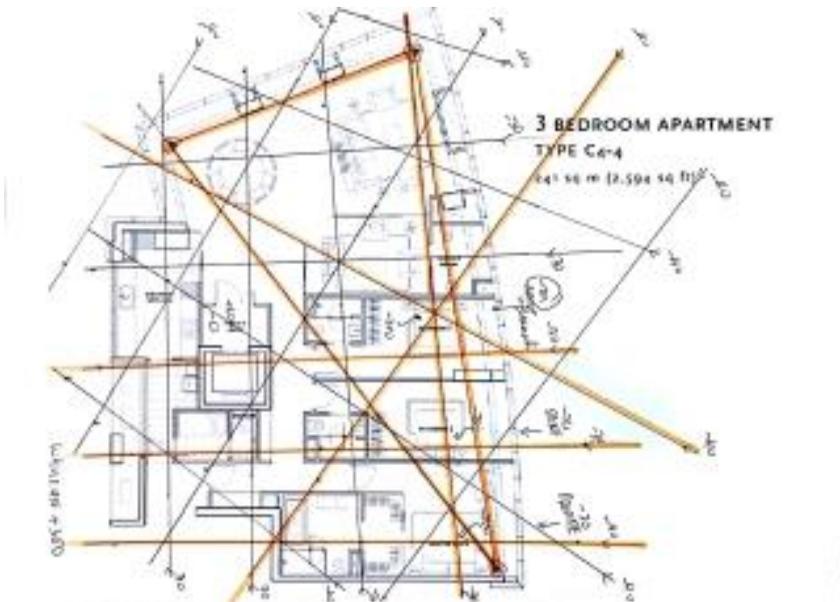
However, in the master bedroom (bottom right), there is a -40 horizontal line crossing a -30 inclined vertical line to produce a -200 intersection right over the prostate area of the person sleeping there.

All three bedrooms are similarly affected, ie have a point where the Bovis value reaches -200:

- Bedroom, Master (bottom right): Cuts near lower part of body, near prostate;
- Bedroom, 1 (middle right): Cuts near thyroid, leading to stress and inflammation issues;
- Bedroom, 2 (between Master Bedroom and Bedroom 1): Cuts near the neck, leading to spine / structural issues;

Solution

Best way of harmonising energies (Hartmann Lines, Curry Lines and EMR) was to place one Harmoniser Rod each at three locations - see the three corners (circled) of the triangle drawn. Effects start to be seen the day after installation, which is what happened in this case.



Conclusion

Geopathic Stress, while not acknowledged by the medical establishment, is considered by energy-medicine practitioners as strongly linked to discomfort and disease. In fact the practitioners most knowledgeable about its effects assert that GS is responsible for all disease.

It is important to understand that the earth energies that fall under GS are not malevolent or dangerous. They are termed 'negative' only because they weaken the human immune system if you are exposed to them for long periods.

GS has been known of since ancient times, in many cultures far more in touch with nature and the earth than modern materialistic societies, by different names reflecting its pervasive long-term influence on the energy and health of humanity.

In modern history, many open-minded scientists and researchers, risking the condemnation of their conventionally-minded peers and the medical establishment, have spent decades or lifetimes understanding the nature of, proving and documenting GS.

This eBook is a small step in that direction. Don't stop here; much more material is available. We've provided links to sources and additional material below.

About The Author

Trained as an electrical engineer, Dr Michael Tan (ND) is the Founder of Life Research Wellness, located in Novena Medical Centre.

Michael has been working in the field of energy medicine and energy psychology since 2003. Fired originally by an interest in meridian diagnostics, he has since devoted considerable time and resources to designing and developing technologically advanced wellness programmes with MEDEC International, Germany, VitaLife Germany and finally his own range of biophoton therapy, sound therapy and PEMF therapy products.

Michael believes in an integrated approach to complementary medicine. Working alongside scientists from China, India and Europe, Michael has done intensive research into human energy management. His general approach is to first look at human energy management, knowing that this will enhance both longevity and quality of health. He has spent many hours working with and supporting people suffering from cancer, in particular.

The experience gleaned from treating hundreds of cases of GS has led him to observe the extraordinary correlation between health and relationship issues and sleep location, specifically the



number and strength of GS lines — known as Hartmann or Curry Lines — crossing over where the person has been sleeping.

This experience, complemented by years of research, has led him to develop his own line of Geo Harmonisers that neutralise the effects of Hartmann and Curry Lines more effectively than anything else he has seen.

Since setting up Life Research Wellness, Michael has developed a unique technology with support from Chinese, German, Indian and Russian scientists and health practitioners.

This innovation combines the concepts of TCM pulse-taking and Real Time Imaging to detect changes in the energy field of the whole body. It is a method of communicating with the body to detect the particular energy distribution signatures that have been shown to lead to illness many years later — in effect, an unparalleled early-stage warning of disease.

His new health optimisation centres in Singapore, China, India and Vietnam will be equipped with the most comprehensive, non-invasive, health-imaging systems available in the world today.

Michael has conducted numerous training and talks in many countries including Singapore, China, Hong Kong, India, Indonesia, Malaysia, Mongolia and Vietnam.

Michael's Certifications, Awards and Appointments include:

- Naturopathic Doctor, Youngson Institute of Natural Science
- Only Certified WSIM (World Society of Integrated Medicine, USA) Asia Trainer for Derma Rejuvenation Therapy

- Anti-Ageing Fitness Specialist, IPFA, USA
- Electro Meridian Imaging, University of Landau and YINS College
- Council Member of the International Academy of Natural Science
- Special adviser to the Victus Life Longevity Institute (World Asia Anti-Aging Association)
- Adviser to La Clinic group (Guangzhou and Qingdao, China)
- Adviser to Human Energy Research Centre (Haridwar, India)
- Adviser to German Medical Centre (Dubai, UAE)

Geopathic Stress (GS) is the detrimental effects on living things that result when the natural frequency of the earth is distorted by natural or certain man-made radiation. The resulting 'negative earth energies', as they are often termed, can result in discomfort and even disease.

Dr Michael Tan, ND, has treated hundreds of cases of GS, His work has led him to observe the extraordinary correlation between health and relationship issues on the one hand, and sleep location on the other, specifically the number and strength of GS lines — known as Hartmann or Curry Lines — crossing over where the person has been sleeping.

This experience, complemented by years of research, has led him to develop his own line of Geo Harmonisers that neutralise the effects of Hartmann and Curry Lines more effectively than anything else he has seen.