

Geopathic Stress & Subtle Energy

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Geopathic Stress & Subtle Energy

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INTRODUCTION

My first book on geopathic stress entitled *Geopathic Stress: How Earth Energies Affect Our Lives* was published in 1994 and was well received. It had been out of print for several years when I decided to update it in 2005. Although I no longer practised as a geopathic stress consultant, I knew that many people were keen to see the book back in print.

At first I thought this would be a quick task but, as I came to read what I had previously written and to research what practitioners are doing currently, the book began to change. By early 2006 I realised that, although much of the material was still relevant, I was writing a new book – a book on geopathic stress and subtle energy – and that it needed a different title to reflect the difference in emphasis. Once I had realised all this the title was obvious – *Geopathic Stress & Subtle Energy*.

My original interest in geopathic stress came about as a result of inconsistencies I was finding in my own natural health care practice. I helped many clients with a whole range of symptoms and illnesses, both physical and psychological, but there was a group of clients who did not respond to treatment. I did not expect to be successful with everyone, but I had developed an instinct for knowing the people I would be able to help. It would have been easy to dismiss these people as hypochondriacs, who did not want to get better, but it was very clear to me that many of them did not fall into this category. I began to wonder if geopathic stress was the missing factor. When I started

correcting geopathic stress problems, I found that some of these clients with seemingly intractable problems started to get better.

I no longer work as a practitioner, but concentrate on research and writing for articles, books, and my web sites for the public and for students and practitioners. I also spend time researching and developing test kits for therapists. A lot of what I write is very practical and based on giving people simple, easy ways they can help themselves, or information on how complementary therapies can help them. But a continuing background interest has been in something more nebulous - the nature of 'subtle energy'. Writing this book has allowed me to explore this concept of subtle energy in more depth than is usual in my writing.

Both terms 'geopathic stress' and 'subtle energy' are difficult to pin down. Are geopathic energies part of the electromagnetic spectrum? Or are they something altogether more 'subtle'? What is the nature of subtle energy? Is quantum mechanics approaching the idea of subtle energy by another name? It would be foolish to claim that I have the answers to these important questions, but in writing this book I have tried to tackle these questions with an open, inquisitive and intelligent mind.

This book does not claim to be totally comprehensive. There are competent and successful practitioners who are not included. There are many devices on the market to counteract geopathic stress and electromagnetic pollution and not all of them are discussed here.

CHAPTER 1

An Overview

Origins Of The Term

Geopathic comes from two Greek words: *geo* means 'of the earth', and *pathos* means 'suffering' or 'disease'. The word 'geopathic' literally means suffering or disease of the earth. Geopathic stress (GS) is the general term for energies emanating from the earth that cause discomfort and ill health in human beings. Because of their detrimental effect, they are often known as negative earth energies.

Some people use the term geopathic stress only to describe ley lines (man-made energy lines, see page 49), or only to describe energy disturbances caused by underground water (see page 40). Yet others use the term in a way that includes both energy disturbances from the earth and man-made electromagnetic pollution such as power lines, radio waves, and so on (see appendix 1). People who restrict the meaning to either ley lines or underground water will miss many energies that have a destructive effect on people's health. On the other hand widening the concept of geopathic stress to include electromagnetic pollution can be misleading and confusing.

The Beginnings

Initial interest in the idea of geopathic stress was stimulated by the work of Winzer and Melzer in Germany in the 1920's. In Stuttgart they

found geological faults present in the areas of the city with the highest incidence of cancer. Gustav Freiherr von Pohl took this work further and studied two places: Vilsbiburg and Grafenau. Vilsbiburg had a very high incidence of cancer and Grafenau a very low incidence. In Vilsbiburg von Pohl accurately predicted the incidence of cancer by dowsing for 'water veins' using a 1:1,000 scale map of the town. This survey was greeted with some scepticism because Vilsbiburg was a small town (8,300 inhabitants) with a high cancer rate. Von Pohl then turned his attention to Grafenau, which was the town with the lowest incidence of cancer in the area. Once again von Pohl showed a link between cancer cases and geopathic zones. (Christopher Bird, *The Divining Hand*).

The Effects

There are many different types of geopathic energies with some people being more susceptible than others. Sleeping, living or working constantly in a geopathically stressed area can lead to emotional and physical problems and difficulties, which exact a heavy toll on both the sufferers and their families. Cancers, miscarriages, chronic ill health and personality changes have all been linked to geopathic stress.

Unfortunately, because most people do not know about geopathic stress, they do not realise what is happening. They do not know that it is possible to make changes that can neutralise the effect of these negative earth energies and allow people to avoid serious ill-health, or re-gain previous good health and well-being.

If exposure to geopathic energies is short-lived, the effects are usually insignificant, although some people will show symptoms of tiredness, inattention and headaches when sitting in a particular geopathically stressed area for even one or two hours. Inattentiveness in long meetings is not necessarily a sign of boredom. An engineer once challenged me to assess a lecture theatre for geopathic energies and

then predict who would experience headaches or lethargy during an afternoon lecture by him. During his lecture he asked people to raise their hand if they had a headache or felt unwell in some way. Many of the people who did were sitting in the seats I had designated. My engineering friend was very impressed by the result.

Any effect from short-term exposure such as this is likely to be transitory. The body quickly recovers and returns to its normal state. Problems only occur when people spend a long time in places where the earth's energy is disturbed, perhaps when an individual's house or work place (or sometimes even both) is in an area of high geopathic stress.

Shortage Of Building Land

As building land becomes increasingly scarce, there is less and less choice about where houses are built. Even if builders and architects had an understanding of GS there would be fewer and fewer options about where to put houses and other buildings. As it is, the location of buildings is determined on purely commercial grounds, taking into account land prices, proximity to transport, planning rules and so on. The day when building sites are routinely assessed for geopathic stress is a long way off.

People may live in the same building for many years, and their exposure to a particular form of negative energy can last a long time. Rolf Gordon, the founder of the Dulwich Health Society (13), has remarked that gypsies very rarely get cancer. Gordon believes this is because they move from place to place, so that their exposure to a 'bad' place would only be for a couple of weeks at most. He also notes that when choosing a site gypsies take into account the feel of a place. There is no conclusive proof that the reason there is so little cancer among gypsies is because their exposure to geopathic influences is kept to a minimum, but it is an interesting theory. Some writers have

suggested that in more 'primitive' times, humans had some understanding of these matters and so would build appropriately, taking into account the feel of the land.

The Evidence

I have used case studies for illustration throughout the book. Unfortunately these do not convince the scientific mind. When I talk to some of my scientific friends, they tell me I am citing anecdotal evidence. While accepting that this is true, it does not mean that the anecdotes are wrong or unworthy of consideration. As we amass more of these, the evidence becomes increasingly persuasive. Sceptics seem to be particularly impressed by the fact that animals are also affected by geopathic energies (see page 15 and 22), and it is hoped there will be more well documented case studies in this area.

Predictive studies also give the sceptic food for thought. (See pages 18, 19 and 78 for examples of these.) Of course, illness can occur even when geopathic stress is not present, so there is not a total correlation between geopathic stress and illness. Most critics who dismiss the concept of geopathic stress out of hand are taken aback when they see how it can be used predictively. This is much more convincing than producing evidence that people pay a practitioner money to fix their houses and then get better. The sceptic mutters: 'Placebo effect' or: 'They got better because they paid you'. When a practitioner can accurately predict problems, the sceptic may still not accept the idea of geopathic stress, but they usually accept that the practitioner has produced an accurate prediction in a way that they cannot explain.

A study using live blood analysis conducted at Wageningen University in the Netherlands in 2005 offers an alternative type of evidence. A blood sample was taken from a woman before she had a Geomack unit installed (see page 111). This sample showed that the red blood cells were in long chains – the Rouleau effect. This severely reduces the

surface area of the red blood cells, and so makes these vital cells much less efficient. Another blood sample was taken twelve weeks later. In the mean time the woman had made no other changes - her house, her diet, her medication, etc. were the same. This blood sample showed very little evidence of the Rouleau effect, meaning that the red blood cells were now able to perform more efficiently.

Ann and Roy Procter (30), who correct geopathic problems without visiting the site, carried out an interesting study. The results were presented at the International Conference in Manchester organised by the British Society of Dowsers (07) in August 2003. The paper was subsequently published in two parts in *Dowsing Today* (Vol 40 nos. 282 & 283). It can also be found on the Procters' web site (30). They enlisted the help of Dr Vicky Wass, who was a tutor in statistics in the Business School at Cardiff University, Wales. She helped design the questionnaires and analysed the results.

The research was carried out with the help of 105 households that had requested the Procters' help (in serial order as they came in, with no exceptions) for problems that they believed were associated with geopathic stress and/or discarnate presences (see page 52). Each household was asked to complete four identical questionnaires. The questionnaire asked about 26 personal and house-related symptoms. The first questionnaire was completed before any work was undertaken.

The respondents were then divided into two groups for the second questionnaire. One group received the questionnaire after the work had been done, and the other group, effectively a control group, before the work was done. No one knew which group they were in, and neither did Dr Wass, who was carrying out the statistical analysis. The third questionnaire was sent after the work had been completed and the fourth about a month later. Of the initial 150 households 105 households completed all four surveys. At the end of the survey 85 of

the 105 respondents “showed, by their filling of the questionnaires, that they experienced some improvement in health”.

What makes this study even more interesting is the responses to the second questionnaire. 16 respondents in the control group said they had benefited, even before anything had been done. 48 of the other group reported a benefit – they completed the questionnaire after the work had been done. The 16 members of the control group who benefited presumably would have improved anyway, or they experienced a placebo effect. This suggests that, of the 48 in the second group who benefited, 16 of them would have reported a benefit even if nothing had been done. This indicated that 32 of them had received some real, immediate benefit. These numbers increased with time, as the effect of the work brought about healing for more people. This is an ingenious study and deserves to be much more widely known.

Although understanding of geopathic stress is still incomplete, it is possible to make dramatic differences to some people's lives by taking these energies into account. We cannot stand back and wait for full understanding and proof, because many people's lives and health are being damaged daily by these phenomena.

Positive Earth Energies

It is important to understand that not all earth energies are negative. In fact a few practitioners would say that none are unless humans intervene. The majority of experts in this field do believe that some earth energies are problematic in their own right, but also recognise that some earth energies can be beneficial.

I took a friend to an area of high geopathic stress and he said that he really liked it because it made him feel very calm and peaceful. He is a man who finds it difficult to relax and is always on the go with new ideas and projects. He experienced the lowering effect as calming.

This benefit would, however, only be short-term. With continuous exposure he too would almost certainly experience ill health and lack of energy.

However, this does suggest a way in which earth energies can be used in the future. It may be possible to manipulate the energies of individual rooms so that we can have rooms which offer a calming and relaxing experience for sleeping and resting, and a more stimulating energy for spaces in which work takes place. This would take into account the feng shui concepts of yin and yang (see appendix 3). A bedroom would require more yin characteristics, whereas an office space would probably need to be more yang. Each room would have its individual ‘energy thermostat’ so that the energy in the room could be adjusted in the same way that the temperature and the lighting can be today. Whether we can (or even should) harness earth energies in this way remains to be seen.

Even now some therapists carry out healing procedures on their clients at particular spots that they believe will enhance the healing potential of their work. Some geopathic consultants seek to enhance positive earth energies as well as removing and transforming negative ones.

Some years ago I put together seven earth energy essences. The essences (Balance, Comfort, Energy & Realism, Inner Wisdom, Need, Pain and Space) are a combination of place, time of day, season, sea-state, weather and prevailing mood. They have been ‘collected’ from various places in west Cornwall (UK) where I live. These essences use the earth’s energy in a positive way to enhance health and life. Some practitioners use them as part of a treatment, but they can also be ‘taken’. The usual way to do this is to place one drop of the appropriate essence on the webbing between the thumb and the first finger of the left hand. (Appendix 4 gives a full repertory of these essences.)

Limited Knowledge

Clearly, our knowledge in this field is limited, but this does not mean that these energies do not exist. The existence of geopathic energy can be inferred from its effect on humans, animals and plants. Much of our knowledge in physics and biology is, at least initially, inferred: the existence of phenomena is extrapolated from what can be seen and measured in the every day world. Models are produced which suggest a certain thing must happen or be there because of the resulting activity, even though the process or phenomenon cannot itself be mapped.

Geopathic energy is an insidious phenomenon: we cannot see it or adequately explain it in current scientific terms. Geopathic energies pass through floors, through windows and through closed doors - they do not recognise boundaries, walls or fences. Geopathic energies are not fixed and stable - they may change according to the season or time of day. They may also change because of building work, even if it is being carried out in a house some way off. Geopathic energies can be distorted and transferred to buildings other than where the work is taking place.

Perhaps one day it will become commonplace to have a geopathic survey done on a new house, or building site. If necessary, remedial action would then have to be taken by the owner or builder in order to ensure a sale. Similarly, it will hopefully become unthinkable to build a hospital on a site that has not been checked, or to make changes to the fabric of a school without looking at the energy implications.

CHAPTER 2 EFFECTS OF GEOPATHIC STRESS

There are many different ways in which geopathic stress can affect people, regardless of the source of the energy disturbance, but these are generally insidious - we do not suddenly drop dead or become ill after standing, sitting or sleeping on a particular spot. Nevertheless there are certain health problems that suggest that GS might be involved.

Disturbed Sleep Patterns & Tiredness

People who live in houses above areas of geopathic stress often have disturbed sleep patterns. They may not be able to get to sleep. They may wake frequently or suffer from strange dreams, so they wake feeling tired and irritable. As Michael and Maureen Rawles say on their web site (31):

One of the 'Telltale Signs' of Geopathic Stress, is associated with 'sleeping long' and 'waking tired'.

This can lead to ill health, a lack of tolerance for others and general feelings of depression. In this situation arguments with loved ones ensue and life can become more and more difficult.

Babies and children in such houses may not sleep, so causing problems both for themselves and for their parents. They will often attempt to avoid sleeping in a geopathic area, and may be found in the morning scrunched up on one side or at one end of their bed. Unfortunately as