

breath love nourish



EARTH

“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth.”

-Henry David Thoreau

Earthing, also known as grounding, is the landmark discovery that reconnecting with the Earth upholds the electrical stability of our bodies and serves as a foundation for vitality, health and healing. In an age of rampant chronic inflammation and disease, “grounding” ourselves provides a natural, simple yet powerful path to better health. The Earthing Institute, believes we all need to *“Reconnect to the Earth!...Throughout time, we humans have sat, stood, strolled and slept on the ground -- the skin of our bodies touching the skin of the Earth. And throughout time, such ordinary contact served as a conduit for transferring the Earth’s natural, gentle negative charge underfoot into the body. You see, we are bioelectrical beings living on an electrical planet. Modern Lifestyle has disconnected us from this primordial charge.”*

To summarize, get barefoot and walk on your lawn, or on the sand at the beach, or just take a seat in the dirt somewhere... and let the earth speak to your body as you’ve never thought of it before. Besides a better night’s sleep, it helps the circulation in your body, lessening the bags under your eyes!!! Not kidding:-)

breathe

My favorite time for earthing is after a walk (usually with the dogs). I squat on the front lawn, take my shoes and socks off, and lay back for a little meditation. I like to double my benefits by soaking in the electro-magnetic energy and calming my brain. There are many types of meditation, but I tend to enjoy listening to music while I breathe; always something appropriate for my mood, and always melodic and moving. I also want to reiterate, that I am not exaggerating when I say I sleep better, every night that I make time for earthing.

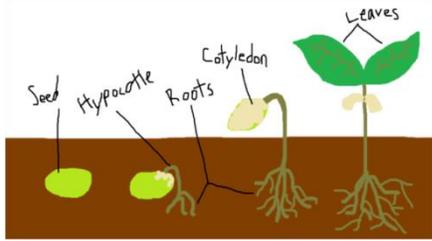
love

Meditating is good, but finding the music to take you to the next level is something extraordinary. One of my favorite meditation soundtracks is by Jai Jagdeesh – “The Expansive Spirit” ... Ek Ong Kar Sat Gur Prasad, Aap Sahaaee Hoaa, and Aad Guray Namay. They are beautiful melodies, with repetitive lyrics, sung by an angel – seriously, give her a listen one day!

nourish

What we put into our soil, finds its way into our bodies... so with the earth as our focus, it seems a good week for local, organic produce. Buy that winter squash, some plump shitake mushrooms (cancer fighters), fennel, and something else that isn’t your normal grocery grab. Whether you choose to saute or roast your veggies... have fun finding a recipe online (I like epicurious.com), and then maybe cook some California wild rice or brown rice, with some sprouted lentils. Top with a roasted chicken (or wild Alaskan salmon), and this makes a perfect rainy day dinner.

“The poetry of earth is never dead.” -John Keats



SPROUTING BEANS

I found the directions below on foodandwine.com and have adjusted them as time went by; these instructions are good for any bean, grain or seed; the smaller the pod, the less soaking and sprouting time needed, likewise rules apply for larger beans, grains or seeds. I tend to do four beans & one grain/seed jar at a time; three types of medium sized beans that I mix together for a fun combo to sauté and add to side dishes or entrees, one larger bean for soups or stews, and one jar of lentils or seeds that I use raw on salads and stir-fry's. I also freeze half my pods for the following week.

The health benefits of integrating sprouting into your diet is worth it... lower glycemic index, increased levels of vitamins and minerals along with increased nutritional absorption and less gas!! I also enjoy the added flavor sprouts provide in my meals. This does require a little prep your first time sprouting, but it's simple to replicate thereafter and well worth your time. Enjoy!!

Step 1: Soaking the Beans

In a wide-mouth 1-quart jar (tall mason), cover 1 cup medium sized beans (or grain) with 2 cups water. Cover the jar with a double layer of cheesecloth and secure with a rubber band. Let stand. I like to rinse & fill a couple times over the next 24 hours.

Step 2: Draining the Beans

After 24 hours, drain and rinse the beans/grains through the cloth, then drain again.

Step 3: Sprouting the Beans

Store the jar in a dark place on its side, propping up the base so excess water drains onto paper towels. Spread beans/grains out as much as possible before resting. Rinse and drain the beans/grains twice a day.

Step 4: Harvesting the Beans

After 36 hours, the beans/grains will grow tails and be ready to eat, but they taste best when the tails are about 1 1/2 times as long as the beans. Rinse well, cover the jar loosely and refrigerate for up to 3 days.