

Ep18

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SPEAKERS

Carol Ritberger, Mary Louder



Mary Louder 00:00

Hi, and welcome, Dr. Mary Louder here. You are joining us for another episode of Since You Put It That Way, our podcast series. And in this series we're now into the Cosmic Health and Wellness again with Dr. Carol Ritberger and myself, Dr. Mary Louder, as your co-host. Today's topic is going to be grounding. You are grounded! Does not mean you're in trouble, it actually means you get well. So we're going to talk about the concept of grounding as we begin to come in better contact with the earth, what that means, electromagnetic field, and things like that. It's going to be quite interesting. And it's, has a positive impact upon our health. So a little bit about us as co-hosts. Carol, who will be co-hosting with me, Dr. Carol Ritberger, she holds a doctorate in Theology and in Esoteric Philosophy and Hermetic Sciences. She draws upon her education in personality, typology psychoneuroimmunology, spirituality, metaphysics and esoteric healing. Carol then weaves these perspectives together with biology, physiology, psychology, and psycho spirituality.



Mary Louder 01:12

This results, she can uncover with her work, the hidden contributors, usually through the use of metaphors and how the metaphors relate to the body, and the contributors behind illness in a credible and understanding way as a medical intuitive. And she's been a medical intuitive for decades. And so it's really fun to work with her. And while I have medical intuition in my background, it's not as extensive as Carol's, and I'm more driven through the physician line and use my intuition there as a physician as I work with all of the patients. And myself, I'm an osteopathic physician who specializes in both integrative and holistic medicine as well as family medicine. And I have practiced for 30 years. And then now I want to educate and reach as many people as possible with the message that your body can heal. And you can heal your body. And you can not only get well, but you can also feel well and be well. And those are all interesting and distinct concepts. My goal is to positively disrupt medical care, positively disrupt our healthcare system, and change our system, one encounter at a time. So welcome to today's podcast. Enjoy, sit back and learn some really cool things.

M

Mary Louder 02:32

Welcome, everyone, and you are here listening and viewing to another episode of Since You Put It That Way, and our sub series of Cosmic Health and Wellness. And we're back with the pair o' docs, that would be both Dr. Ritberger and Dr. Louder being the paradox of the group here.

M

Mary Louder 02:49

And we've got some interesting things to talk about today. And I guess if we titled this podcast, we would call it "You're Grounded!". So any of you who get in trouble frequently, you know, hope that doesn't trigger something and you want to get up and run out of the room. Thinking that we're actually going to put you in a timeout, or the other title could be "Dear earthling, you need to earthing." So, so we're gonna talk about how we need to connect with ourselves, connect with our mother, and by mother, this time I mean Mother Earth, and all about some things relative to toxicities, inflammation, and how we relate. So this is going to be a very interesting topic, this one and the next podcast after this, when that's released, they're linked together. So make sure that you listen to both, because we're going to be having some very interesting conversation. So welcome, Carol to our next section of Cosmic Health and Wellness. How have you been?

C

Carol Ritberger 03:52

I've been good. Thank you. Well, yes, I'm very excited about this topic. It's something that's so, it's something that's so easy, and the easy things we always tend to overlook when it comes to healing.

M

Mary Louder 04:03

Right. Right. So yeah, so our topic to give the title to it is grounding. You're grounded. And we're going to look at how we need to connect to the earth for our health and wellness. And what's interesting is it is so obvious. And I guess even if we buried our head in the sand about this in denial, we would be grounding at that time by doing that.

C

Carol Ritberger 04:28

Absolutely. It would probably help our brain and cognitive abilities completely.

M

Mary Louder 04:34

It totally would. So I find this quite interesting, that this is something that I have just started doing--and grounding, for the definition of that is connecting to the direct current, that's the DC current. And there's two types of electricity, DC which is direct current, and then AC which is alternating current. And I'm going to talk a little bit about the origins of that. But our our discussion is going to be how this grounding or being ungrounded affects our health, and

what's going on in medicine, in health care, in our personal health, and I think even our existential health, there's some components of that. So, if we look at electricity, everybody thinks, at least the Americans do, I'm gonna just speak for the Americans that Benjamin Franklin invented electricity. Well, you know, he didn't, lightning was present, he used a key and a kite. And, you know, I remember when I was a kid, I used to key in a electric, you know, outlet and it connected and hit the screw, and I got a good shock, and it blew me off the bed I was sitting on. So, I didn't invent anything. I well, I did get grounded, though. But that was a different type of grounded, I got in trouble for putting a key in a light socket. So that was never good. Different kinds of grounding, I got there. A nice little mark on the wall. And oh, boy. Um, anyway, so moving right along. I have--I won't take any follow up questions to that one.

M

Mary Louder 06:14

But, so, electricity really was unearthed, I think would be the right word, or discovered by the Greeks, is where that goes back to over 2600 years ago. Certainly, Benjamin Franklin had a connection to it using a key and a kite and a string. And then in our American history, we see both Thomas Edison and then Nikola Tesla. Now, interestingly, the word Tesla's in the, in the news a lot with the car factory, the car manufacturer of Tesla, that Elon Musk owns. And, you know, those, those two gentlemen Edison and Tesla--it's interesting, because Nikola--Nikola Tesla came over from Croatia. And he met up with Edison, and they were together for a total of one year. And this was fascinating. This was in 1884, Nikola Tesla worked with Thomas Edison at the Edison Electric Light Company. And we know Edison Electric Light Company as GE, General Electric, which I didn't know. This is fascinating to me. And then their relationship was complicated, because they were very different people and both very brainiac and driven and, you know, their different approach to inventing. So if you were to look at Nikola Tesla's resume or CV, he was in that position for one year, because then he went off and started his own lab in 1885.

M

Mary Louder 07:46

And then he, you know, looked at--so Tesla went one way. There was competing currents. There was the DC current that Edison liked to work with, and then the AC or the alternating current that Tesla kind of came up with. And he saw has he put those the conductors together, they call it a polyphase alternating current system. Well, why is it important? Well, that's what's in our homes today. And that's the AC current that we get out of the wall.

M

Mary Louder 08:18

So in order for us to have that AC current, we have to be grounded. And that's when the electrician, you know, builds the home, or rewires or wires the home, they literally put a rod down in the ground to ground the home. And so the entire home is grounded that way. And so you've got AC current that we buy from the electric company, and that came from Tesla, because the DC current that Edison tried to move forward was harder to control. It was more volatile, and you couldn't increase the amperage. So what does that mean? That means when you have your espresso maker, grinder, and toaster all on one circuit, you need more amps to

run all of that equipment, versus just a tea pot. And so in order to amp up that electrical current, you have to have a circuit that can hold more. And that usually goes in your circuit board.

M

Mary Louder 09:16

And these are things that we know that when this circuit breaks, when the toaster doesn't work, the espresso machine goes out. Those are the things that we think about electricity, and-or if there's a power outage with a storm. But going back into the late, you know 1800s, 1884, 85, 86 in there, up to the 19--like I think about 1904, is really where electricity came into America. And I guess I think that would be the Gilded Age as well, which is, you know, part of the Industrial Revolution. And so Edison was the direct current, more in line with the earth and then Tesla was more with the alternating current through the polyphase, alternating current system. And that system actually went on to be also what we see in the grids, those power stations, and the hydroelectric and things like that. And so it's just fascinating to think a little bit more about, you know, the electricity and things like that.

M

Mary Louder 10:24

So how does that link into grounding? Well, the more alternating current we're exposed to, we seem to have less exposure to the direct current. And the direct current is derived from the earth. It's derived from the atmosphere, from lightning, from the atmospheric winds and solar winds up in the ionosphere. And so up there, you have positive charges, and on the earth, you have negative charges. And what that does is that drives electrons to be more available on the earth, on the Earth's surface. And so you've got those electrons that are available that when they interact with our human electrical system, which is what we have, because we're technically electromagnetic beings, interestingly, the grounding by using a DC current actually calms our system.

M

Mary Louder 11:25

Now, if we were to get a jolt of lightning, obviously, that would do well beyond calming our system, that's lethal. Typically. And that's not what I'm talking about getting struck by lightning, I'm talking about the fact that you can literally connect to the earth, typically with your shoes off, stocking foot. And that could be sand, water, it can be through the concrete, it can be on the grass, all that type of thing, where we literally begin to have that connection to that DC direct current.

M

Mary Louder 11:59

And what the research is showing is the more connection you have to that direct current, there's a lot of health benefits. And this is literally something then that if we have deep, you know, changes in our health over time, which are they call them what? Non-communicable diseases. Well, what's that? That's everything you don't catch from someone. Right? So that's hypertension, cardiovascular disease, diabetes, cancer, neurodegenerative disorders, those become chronic illnesses that are over time, really, really compounding and interrupting the

health of people because we're living longer. Because of probably many things, our food sources, stress, chemicals that were exposed to things like that. But one of the big things is our lock, lock--excuse me, loss of connection, or lack of connection, to the earth. And I found that confounding and profound at the same time.

M Mary Louder 13:07

And, you know, Carol, you and I read the same article on this as grounding as a universal anti-inflammatory remedy. What was your thought on that article just as we were thinking and kind of putting together for this podcast? What was your takeaway from that?

C Carol Ritberger 13:22

Well, my thinking, well, first of all, it made, just very, a lot of sense. That was the very first thing when I read it. And the second part is, is understanding that we're electromagnetic, it was so obvious. What I recognized the most was how, like your generation, my generation, but how the young people are not being as outdoors, they're not being as active, they're being more in front of computers, they're being more on their phones. They're wearing synthetic soles on their feet. So they have that this insulation between Earth and their own vibrational frequency. And what really struck me was that it wasn't so much--I didn't think about me and my age, to try to understand the connection with what's going on in my body. I was more interested in why is this affecting the fact that we have young people getting diabetes at such a younger age? And yes, it has to do with food, and we both know this in the professions that we're in. But there's something beyond that.

C Carol Ritberger 14:31

And that's what I found this article so interesting is that it looked beyond the obvious of medication, looked beyond the obvious of what's creating, what is the source of it, whether you know, pancreas, insulin, thyroid, whatever it may be. And I thought, this is literally something so simple, even in the recess, if we can go back and even in recess, if we could get schools to get kids to take their shoes off.

M Mary Louder 14:59

Yes.

C Carol Ritberger 15:00

It would make a world of difference in behavior. I felt that it would be a tremendous impact on ADD, ADHD. It was the ramifications of it in the work that I do. It was like, Is it a magic bullet? No, but yes.

M Mary Louder 15:15

Mary Louder 15:15

Yeah. Yeah, I, I, I, I'm stumbling, I'm stumbling over my words, I will begin to use them now. I think it is a magic bullet, because it's something that's so obvious, so big, there is, it's so big. It reminded me of when I went hiking on Pike's Peak, we used to live for a short period of time in Colorado Springs. And our area that we lived in back to right up to Pike's Peak--Pike's Peak. I went, I went up and I was gonna go around this reservoir. Well, it was a lot bigger than I thought. And I got partway around, and then it got lost and turned around, and it got kind of scary. I mean, that was one mountain. Right? Now, you imagine that's a fourteener. So it meaning it's over 14,000 feet, 14,714 to be exact. And I had a good relationship with Pike's Peak, I loved it. Had it, you know, just really enjoyed it being out my window. But it was scary with how big it was, and you're lost on it. And to think of how massive the Earth is, and how tiny we are. And how we could just, all's we have to do is take off our shoes and connect. All the earth is asking us to do is connect.

C Carol Ritberger 16:38

Yeah, and it would ground us. It would--and grounding would basically cause the autonomic nervous system to just slow down, it would cause everything to, our breathing would slow down, our heart rate would slow down. And then that element of fear of being lost, would maybe still be in the back of our mind, but our body wouldn't be reacting to it, we could catch our breath. And we could recount where we went, where we came from, what we did. But we're so busy going and going and going that we don't take the indicators of the energy of the body to basically just say sometimes it's like, you know, stop, look around, this is where you want to be.

M Mary Louder 17:16

Yeah. And we've got the what I call the medical industrial complex. That's the big pharma, that's the big insurance companies, the big hospital systems, all those things that that that take away from the individualization of care, the personalization of care. And they're making money at it hand over fist while people are getting sicker, staying sicker and being denied cares and services. And that's very concerning to me as a physician, ethically. And then I'm looking at this concept of grounding. And for something under \$100, where you could get a couple of these mats that plug into the grounding outlet in the wall, and we'll talk about that in a minute--literally, it can change your life.

C Carol Ritberger 18:06

Yep.

M Mary Louder 18:07

And so grounding is a concept in coming in direct contact with the direct current. And physiologically, what the studies are showing is that it decreases inflammation. It decreases pain. And you get better sleep. So if there's better sleep, there's going to be restoration, because healing occurs in that restorative phase. That's one thing. There there is an increased

response to trauma. Well, what does that mean? You get--are you more traumatized? No, it means if you get injured, wounded, have a surgery, you heal faster. And there's increased blood flow--and that's one of the osteopathic tenets is wherever there needs to be circulation, you got to have--you need to optimize circulation. Absolutely. Circulation includes the lymphatics, it includes the veins, and the arteries.

C Carol Ritberger 19:03
Yep.

M Mary Louder 19:04
Okay. And then it decreases blood viscosity. Well, that means the bloods not thick, it's running well, it's not clumping, it's not getting--it's not sludge, it's actually moving. And there is an increase of what's called heart rate variability. So that means our heart rate actually goes up more and comes down more, because we tend to be so it's a measure of both our inward response to our environment, which is our stress response, and a measure of our outward response, which is, are we exercising, are we going upstairs? Are we pumping our arms when we're going up the hill? Are we walking fast down the aisle at the store? Anywhere that we can change our heart rate variability, the more variability we have throughout the day, the improved resiliency, that our cardiovascular system has. And they're finding now that heart rate variability--because we've been talking about hearts all summer--heart rate variability is one of the key independent risk factors for cardiovascular events, being, heart attack or stroke.

M Mary Louder 20:17
And all's I have to do is ground, all I have to do is take my shoes off, lay on the mat, you know, anywhere from 20 minutes to eight hours. So how do you decide? Well do whatever you want. Start with 20 minutes, we went and did purchase one of the sheets for the bed, it's a fitted sheet, just looks like a fitted sheet, it matches our sheet sets, all different kinds. And you plug that in, there's a attachment to it, a little white cord, just like a charger. And that goes into, if you've got three prongs, it goes into the bottom prong. That's your grounding hole in the wall. That's the DC current.

M Mary Louder 20:18
So then we measured it. My husband's an electrical engineer, so he knew all about this, I got to just follow along with that, which was kind of fun. But he has a tool that you can measure to see if there's actually the AC current present in that material after you're plugged into the wall. And there wasn't, because if there is an AC current this meter would go up. So that could be how you could test to see if you've got a good product. And we'll put, you know, in the resources with this podcast, just a couple of different places to look, I don't have any commercial interest in this just, just good, you know, good quality options.

M Marv Louder 21:47

Mary Louder 22:11

So then you just plug it into the wall, and you go to sleep. And I would say that it's a very powerful thing. Because what I found when I did it, my experience was I got really quiet. And I slept really deeply. And I actually had a detoxification type of reaction. And so then I look at some articles for that. And and there's a physician who, unfortunately, or fortunately, not only talks about grounding, but also sells, what is she--what they have called the best products for grounding. So that made me a little suspicious, but they seem to allude to the fact that you don't have a detoxification reaction, that your reaction is just there's too much AC current around and you're you're hypersensitive to the current.

M

Mary Louder 22:41

So when we measured and found that there was no AC current present on the--on the sheet, in the bedroom area, because we block the the wall charges and things like that, the wall outlets, it had to be a detoxification reaction. There's no other thing because it literally changes your physiology. So how could one not detoxify? And it felt like a detoxification reaction, I've had those before. And it just felt like a mild case of influenza, muscle aches, headache, kind of nausea. And what I wanted to do is just sleep. So what I did was, I didn't sleep longer on the grounding sheet. I just slept on the couch. And the couch is a leather couch, and it just felt really super comfortable. And then I walked around outside and drink a lot of water. And that went on I want to say almost for a week. And I had some days I felt good. Some days I felt like, oh, I don't feel so good. Now I feel really good. Because it's been about three weeks into it. And they're literally circulatory changes, sleep changes. Muscle ache changes that I mean, I can just as a personal attestation, provide feedback from my experience that it's different.

M

Mary Louder 24:10

And so people would say well, can that just be placebo, because you've suggested it to yourself that it would work. Well that's 30%. I'm okay with that. Hyper--hyper placebos, 45 to 60%, I'm okay with that too. This doesn't feel like placebo. This feels like an actual change my physiology. And so I I've actually taken the bold move of adding it to my core steps of care for people with chronic illness

C

Carol Ritberger 24:46

Well, and it just, you know, when we get into that resting state where the nervous system, the parasympathetic is still functioning to keep us breathing, keeping everything, we turn off the volume of the sympathetic part of us, that's always kind of looking around, observing what's going on, very sensitive to the chemistry in the body. But when we go into the sleep state, that sympathetic system is turned off. So we go into a place of quietness and restoration. And by using this grounding process, then what it does is it just, so the metaphor that I kept getting is, it like, it's like, it puts us in the womb of Mother Earth. It's like it--and it's just--it--from a metaphor standpoint, and metaphysical standpoint, that is what many of the metaphysical teachings always say is that we were born from the belly and the womb of Mother Earth.

C

Carol Ritberger 25:51

And the minute we start to divide the cells through our mother, and being in the womb, we are always in touch with Mother Earth, as long as as, as long as she is. And I just, I just kept thinking when I was reading this article, and thinking about it, and ordered sheets as well, is that it makes sense that and from my perspective, is that you would have, or any of us would have, any kind of detoxification, because the body not only uses the pores of the skin to bring things to the light of day to treat them, but so does the soul. So I keep thinking that this has more to do with just turning down the rhetoric of everyday life and getting us off of that hamster wheel in our nervous system and, and grounding us back to what's important: the beauty, the connection, the, the deep feeling of sense of belonging that we have with Mother Earth. And I kept, I kept thinking that this is, again, kind of a magical elixir, I hate--I don't want to put too much into it, to where people think you and I are on a hype on this, or we're gonna get anything out of this. But again, it's so obvious. I will, I've said this in one of the other podcast is that people who are experiencing anger, I'll say, go outside, take your shoes off, sit underneath a tree and see how long you can stay angry.

C

Carol Ritberger 27:15

You just can't. The beauty, the vibration, that connection, whether it's your butt on the ground, or your feet on the ground, it literally is a, it's a--it's not a grounding that we say that, oh my god, I don't want to be grounded, where the mind is like, Oh, if you're grounded, you're going to be stuck, blah blah blah. This is literally vibration, pure vibration, right.

M

Mary Louder 27:35

And it's a hertz level. So there's a Sherman principle of where you've got the solar winds, you've got the lightning that goes on all across the earth, and then the charges that are positive up in the ionosphere, negative on the Earth's surface, that gives us a hertz level at about 6.8 hertz. Well, then Tesla measured the surface of the earth, and he came up with seven for the hertz. So this like within two tenths between the Sherman principle of what's happening in the atmosphere, bringing that to the earth, and what's happening on the Earth's surface. That's really close. So there's even a resonance between the air and the surface of the Earth, our atmosphere. So certainly being out in nature, certainly the wind blowing on us, certainly the the breezes and the the sounds of the trees, and all the things that bring a vibration, certainly can have an effect upon our soul and effect upon our thoughts, and those thoughts then affect to the pineal gland, and the effect of the environment that we feel through the different energy points, which are the chakras, all they can have an influence for us for, well, I guess I would say, a felt sense of grounding or grounded healing.

C

Carol Ritberger 29:04

Absolutely. And each one of the seven chakras in the human body has a range, except for the heart. And a lot of the research is showing that the heart frequency is about 1000 Hertz. And it's a still point. It's--in the teaching of energy. It's the assemblage point, where all of the higher vibration of wisdom meets the lower vibration of acquired knowledge and comes together in the heart forms a still point, this vibrational frequency, that literally unifies the two.



M Mary Louder 29:40

Wow.

C Carol Ritberger 29:41

And that's where when we think of an aura, we think, well, it must come out through the pores of the knees or the belly or whatever. It comes out from the heart. And if we go in and we look at the first chakra, the Root Chakra, the grounding chakra, the survival chakra, our relationship with mother earth, we can even go in and look at that if we wanted to ever explore the impact of Kundalini or the way that shamans look at it, that first chakra, and some of the research shows that the variable in that particular chakra can be as low as 400 megahertz cycles per second and 800.

C Carol Ritberger 30:22

And so if we go in, and we look at grounding, and we look at the frequency, and the one that's basically being embraced now is the 7.83 frequency. That's mother Earth's heartbeat.

M Mary Louder 30:33

Yeah.

C Carol Ritberger 30:33

So what it does is it takes that the thoughts the reality, the contamination, whatever we want to say in the lower frequencies, because Mother Earth is able to absorb that for us. And we connect with her, it brings our frequency up to that highest point close to eight.

M Mary Louder 30:51

Yeah.

C Carol Ritberger 30:51

And then the second chakra goes to its highest frequency. The third chakra goes to its highest frequency. And then when those lower frequencies are at their highest peak, and they enter into the heart, we're not bound by the past, we're not bound by the fears or even the chemistry changes in the body. And that makes it easier for this higher wisdom of who we are--pineal, seventh chakra, pituitary, sixth chakra, thyroid, fifth chakra, comes in and it makes them all merge in the fifth chakra's speaking our truth. Well, when we're out in nature, it's interesting. We don't have any need to talk. But what we talk about in our head, and what we feel in our heart, is absolute appreciation and gratitude.

M Mary Louder 31:38
Yes.

C Carol Ritberger 31:39
I mean, how many times we--and you and I are outdoor people--how many times do we sit on a rock and tell that rock about how bad our life is?

M Mary Louder 31:52
Well, I mean, truthfully, I do.

C Carol Ritberger 31:55
Well, the trees we can, they're a little bit different.

C Carol Ritberger 31:59
But you know, we go sit down, wring our hands and go, Oh, woe is me, you know, life is just sucks and everything. And the trees and trees and the energy of Mother Earth in a heartbeat, she's transparent. It's like, okay, blah, blah, blah, blah, blah. The energy just keeps on going. But that's what I found with the whole grounding and with the frequency. And you know, you take the 7.83. And if you go in, and you're looking at the god frequency, which is 9.63, I think it is. That's so close.


M Mary Louder 32:27
It is.


C Carol Ritberger 32:28
That's so close.


M Mary Louder 32:29
Yes. And then there is the cycles of the cranial-sacral system. Oh, the fluid flow from the, what's called the fourth ventricle in the brain, down to the base of the sacrum and backup. And they say that's anywhere from seven to eight cycles per minute.


C Carol Ritherger 32:47


 Carol Ritberger 32:17
Yes.


 Mary Louder 32:48
So that's at, considered balanced.


 Carol Ritberger 32:51
Absolutely.

 Mary Louder 32:51
I learned that independent of this. So what we're doing is balancing the cranial-sacral system to the earth, Mother Earth's heartbeat.

 Carol Ritberger 33:02
Absolutely. And if we go in, and we look at that 7.83 frequency, that Earth's heartbeat, as they call it, and we look at the vagus nerve, at cranial nerve number 10, and we look at the vagus nerve, and we start looking at the feedback system of that sophisticated nervous system that basically comes out and one branch goes up into the lungs in the heart, the whole part and the other part goes down into the belly and Peyer's patch and all the things, then what we start to see is, we start to see how this earth frequency has a direct impact on the well being of the vagus nerve, and then all of the systems that it's connected to.

 Mary Louder 33:45
Yes. Okay. So how do we get out of the way of that? What do we do?

 Carol Ritberger 33:58
Literally, we just, you know, and it may be because I live in Hawaii with everything, we just need to go outside. We just need, so, very simply said, we need to stop staying in our heads so much and start learning to connect with our heart. And to see the world through the heart and not so much the human heart that we think of, with all of the broken heart and all the bad relationships, but look at that heart with the connection with the Earth's heart. And all there is is love I know that it almost sounds like a Beatles song. All there is is love. But that's what we that really it's, it's our conditioning that says that the mind trumps emotions.

 Mary Louder 34:54
Right.

C Carol Ritberger 34:55
And that's not who we are.

M Mary Louder 34:56
No, and we've discounted emotions.

C Carol Ritberger 34:59
Absolutely.

M Mary Louder 35:00
Name three, happy, sad and pissed off. Yep. And you know, Brene Browns work who I'm a big student of 87, at least. Yep, it's 87 emotions that have been researched out.

M Mary Louder 35:02
And so, and it's, and then those emotions are linked to language. The richer your experience of language around emotions, the richer your connection to yourself and to others. It's like, you go to your most favorite place on Earth, and you can only describe your vacation there in three words. It's very limited how you would explain your visit, right? Or your experience. But if you had a lot more words, you could describe things much more fully and richly and things like that. And so I think that that's something that we need to consider is, even when we get into nature, I think we tend to go, I know that I have, well, if I'm going to go out in nature, I'm going to hike and I'm just going to get my heart rate up, and I'm gonna, you know, get over that sand hill, the sand dunes that we live by, and I'm gonna, you know, do--and I thought, you know what, I just need to meander, or sneak a walk and be in presence. And we live under trees in our backyard, we've got red pine and maple and some hemlock and Norwegian pine. And they all have something to say during the day when the breeze is coming through. And, and we have some Serbian pines as well. And, you know, it's just beautiful to just stop and listen to them.

C Carol Ritberger 35:02
Yep.

M Mary Louder 36:46
Okay.

C Carol Ritberger 36:46

Absolutely. It's like they sing, you know, I was thinking about your, the emotions. Sadness is an emotion that we carry in the human heart. And if we look at heart attack, and we were to do any conversation with anybody that has a heart attack, and to find out where they were prior to it from an emotional standpoint, sadness is the number one thing. They're sad, their life isn't going the way--when you said pissed off, so, pissed off is inflammation in my world as a medical intuitive, it's a self directed anger or resentment that disconnects us from our self. And we're not even--from the souls perspective, if I were to say to the soul, so are you angry, it would basically say, How do you spell that?

C Carol Ritberger 36:47

It understands that we experience anger. But it doesn't buy into if we experience anger, we are angry. And when we're angry, we have inflammation. And when we hit--turn that anger into the self directed qualities of it, which we've been conditioned to believe that somehow, we're at the fault of everything, then what we do is we create the perfect setup physically, for the immune system that wants to protect us. That's what it's designed to do, its job, but then it's doing its job, but it's overdoing it and it's actually harming us, it's actually attacking us. It's like, it's not getting the memo from the heart, like, oh, well, thank you very much, that was really good. So when we use those three emotions, and we look at them, then what we can do is we can start to see why we have inflammation throughout the body, why we have inflammation in the heart, why we have inflammation in the gut.

C Carol Ritberger 38:31

Just through those three words. And one of the things that I found as a medical intuitive, after all these years, is that there's a difference between emotion and emotional. And there's a misnomer, that if we express emotions, we are being emotional. And that's a judgment. And that makes us feel bad about ourselves. And now we go back, and now we start to overthink or feel the trauma of it, the body expresses that. It's like we're beating ourselves up and the body is feeling beat up, and we get chronic pain. So there's all these connections. But the point is, is that something as simple as--and I'm going to use outdoors, and I love the products and everything, but I'm going to use outdoors, is that if you go outdoors, the heat of the sun is going to make you sweat. And it's a great detoxification. It's how we're designed. And you go outside and you can't help but see beauty.

M Mary Louder 39:36

Right.

C Carol Ritberger 39:37

And beauty is one of the--that's the soul, the soul only sees beauty. And so the grounding that we have with that just instantaneously changes everything. It instantaneously changes everything. Our job as humans is to go and to sustain that process, that routine if we want to

call it that, that's one of the nice things with these sheets, because we sleep every night.

M Mary Louder 40:06
Right.

C Carol Ritberger 40:07
Unless we choose to sleep on the sofa or in the recliner or something. But, you know, just like you said, 20 minutes on either these grounding products, or 20 minutes outdoor, just even if you sit, just take your shoes off and put your feet in the ground and just--it just recharges your batteries literally.

M Mary Louder 40:29
Right. You could take a beach towel, blanket outside and just sit on the grass, take off your shoes and sit on--

M Mary Louder 40:38
--the grass. Because the DC, the direct current will go through the cloth, who will conduct it, what blocks it is rubber. The synthetic material, our rubber soled shoes, our cars, our bicycles, all the things that we travel in, our buses. You know, think trains, interestingly, do not because that's metal. So that's fascinating to me. But anywhere where there's rubber, it's going to block that conduction.

C Carol Ritberger 40:38
Absolutely.

C Carol Ritberger 41:12
Absolutely. And that's what it's designed to do.

M Mary Louder 41:14
Right? Yeah.

C Carol Ritberger 41:16
It's a protective barrier. And it's designed to be able to kind of manage all the electromagnetics of this, what's going on, and we need those. You need it, we need some of it,

at least some of it.

M Mary Louder 41:33

Well, you know, I had a number of pairs of shoes that were leather-soled. And they were all like loafers and slip ons that I wore forever. And then actually, I got away from that when, you know, working as a physician, I worked on concrete all the time. And I literally would just wear these shoes out so fast. And they were they were expensive shoes, and I'm like, Okay, I just don't want to just rip through another pair of shoes. So I flipped over to rubber soles. And you know, looking back over time, I can see that just more foot pain from standing, more foot pain from standing. And I never really realized that until, you know, you didn't have your connection, because you could actually feel connection through some of the concrete because some of the buildings were single story and stuff like that. Or if you're walking outside and your shoes and, and, and things like that. So it's interesting that, you know, I think the fastest way to this for me is going to be sleeping. Hundred percent. Sleeping on a sheet that has, as they do it, that's a cotton sheet that has silver threads through it. And then that's connected to the direct current.

M Mary Louder 42:49

And being in direct contact with that, just like when you're sitting on the earth or outside, you can feel just the calming sense that comes. And so this has implications for blood pressure.

C Carol Ritberger 43:06

Oh, absolutely.

M Mary Louder 43:08

You know, implications for blood sugar.

C Carol Ritberger 43:10

Yep.

M Mary Louder 43:11

Implications for women who are what? Peri, pre, post-menopausal. If you're a woman, this is for you.

C Carol Ritberger 43:20

Exactly. Exactly.

M

Mary Louder 43:22

It's all stages, because of, you know, how many swings we go through each month hormonally. If you're stressed, this is for you, because it just calms you down. If you have anxiety. You know, and we talked about that disconnection, because we're--I just wonder if the disconnected disconnection gets compounded? Because we just don't we're not aware of how disconnected we are.

C

Carol Ritberger 43:52

Oh, absolutely. And that's so easy to happen with the demands and the information. And you know, technology is absolutely fabulous, but the amount of information that we have that is not--that is basically researched or whatever, is, we're just inundated. We're constantly being forced to be in our mind. We're constantly being forced to evaluate and to monitor and to see if what we're reading matches who we are. And that creates an opposite that is an irritation. And it just goes on and on. And one of the things that I found with--as I was reading all this, and as we were talking is, is that you know in our humanness Mary, we think anyone who's familiar with chakras, we think that we're just five, seven chakras.

C

Carol Ritberger 44:43

And that those seven chakras are tied to the physical body. But we actually have 12 chakras, which we'll probably talk about more maybe in the next podcast, but we actually have 12 chakras and then we have a 13th chakra. That is basically our connection with our highest divine self or the universe, but the reality of it is we have 144 chakras in the human body.

M

Mary Louder 45:07

Okay.

C

Carol Ritberger 45:08

And each one of those chakras, while they're maybe not as focused on or as defined, so example. In the feet. So in the feet, every toe has a chakra at the end of it. The ball of the foot has a chakra, the heel has a chakra, the knee has a chakra, the hip has a chakra, the tailbone, the coccyx, has a chakra. And if we go in and we start looking at these, and we look at when I say 140, we--44, we look at those chakras, like through the balls of the feet, then we have other little chakras that are tied to the nervous system.

C

Carol Ritberger 45:46

So when we think of ourselves as being electromagnetic and being receptors, and especially through the feet, or like you say, sitting on the ground or laying on the ground, we are actually grounding and stabilizing all of the electromagnetic part of who we are not just the seven

chakras.

M Mary Louder 46:05

Yes.

C Carol Ritberger 46:06

And I think that's another reason that this has such strong implications for our general overall well being that can, in removing pain, can remove the painkillers that we want to take, or the managers of it, or even the antidepressants or their Ritalin for ADD, or ADHD or anything, I think that this ultimately, is going to be part of this sound healing that we talked about, that ancients have talked about, that we're going to actually start using, and I think grounding is the first step.

M Mary Louder 46:39

I do too. Yes, because we talked about the, the pillars of health, and people have their ideas of what those are, diet, exercise, stress reduction, you know, emotions. And then I put in there now, grounding. Absolutely. I think that's the first and foremost thing. And, and I think that connection to ourself, and that connection to earth. Other things that I've noticed since because I've been grounding now for about three and a half weeks, is, I don't care.

M Mary Louder 47:22

I mean, I mean, I care deeply, but I don't care. It's like, you know--

C Carol Ritberger 47:29

You know, and the mind goes in and goes, Oh, well, you're being apathetic. It's like no. Or you've just given up? No, it's just that the things that would amp the nervous system up to change the chemistry of the body. It's, it's almost like the, this grounding part comes in. And it's like, it doesn't say delete, because the way we're designed isn't like, we're going to try to avoid everything. It's just basically like, okay, transparent, off it goes. And it is, it's, it's just, but again, it's important for people to know that when they hit these places of peacefulness, and calm, that it isn't just the mind that's there, the whole physiology of the body is responding favorably, and it's calm.

M Mary Louder 47:34

It absolutely is. And, you know, I've also been doing some other work with a different professional, and the dialogue that I had with them a week and a half ago, almost two weeks ago was, you know, when the person has a strong back and soft front, you know, the approach

to life where you have good boundaries, yet your opening, compassionate, you know, that seems like a paradox where you're firm, but kind. And sometimes it's hard to stand in that.

M Mary Louder 48:52

And what they said to me, they said, Well, something that they learned was to respond to situations is to say, or to think I have no defense and I have no arguments. So someone might get all fired up about something, and be accusatory or go off on a topic and they're, you know, pointing the finger at you and yelling at you or being upset and you can literally be there and say, I have no argument, no defense to that.

C Carol Ritberger 49:26

And that's the that's the healing qualities of the human body is to respond. It's the reacting that creates the chaos and that chemical change of fight-flight-freeze, that puts everything in like hyper vigilance, hyper alert, and especially the immune system. It's like, Oh, my God, we've got this terrible thing going on. But when we respond, that comes from the heart.

M Mary Louder 49:50

Yes.

C Carol Ritberger 49:51

When we react, it comes from the mind. It's that simple.

M Mary Louder 49:55

Yes. And so I found in that this week, I had plenty of opportunities to, and today, I planned with numerous--today's only, in our world today's Monday, I don't know when that day this podcast will be released. But it--today's Monday, and we're recording, and I had plenty of opportunities today to be both defensive and argumentative. And I'm like, no. No, I really don't have anything to defend, you know, and, and I just, on the inside, kind of chuckled to myself. I'm like, No, this is all good.

C Carol Ritberger 50:30

When we start to think about it. It's opinions of the mind.

M Mary Louder 50:34

Yeah.

C Carol Ritberger 50:35
And when we--we can't argue with other people's opinions and hope to win.

M Mary Louder 50:42
Right.

C Carol Ritberger 50:43
You know?

M Mary Louder 50:44
Right.

C Carol Ritberger 50:44
Or, or to change them. They're their opinions. It's like, okay.

M Mary Louder 50:47
Here's the question I have, is this the fast? Is this the fast track to transcendence?

C Carol Ritberger 50:52
Absolutely, it absolutely is, in transcendence is the highest frequency of the seventh chakra that puts us into the soul chakras, that basically is, tells us to just move beyond, and then you know, and just literally move beyond. Acknowledge where you are and move beyond transcendence. And that's a lot where the energy is right now. It's just basically, it's not saying to you know, forsake your world or your earthliness or anything like that. It's just saying, why don't you just rise above it, even if that means just go to your heart? Why don't you just rise above it and look at it from a different perspective?

M Mary Louder 51:29
Right.

C Carol Ritberger 51:30
And that's what grounding does. grounding just says. Okay. Let's look at it from a different

and that's what grounding does, grounding just says, okay. Let's look at it from a different perspective.

M Mary Louder 51:37

So it's possible, then, we're there sitting under the tree and enjoying, that there would be intrusive thoughts. Right? There would--

M Mary Louder 51:49

Worries that could come in, there would be anxieties that could flood us, right? One of the trauma responses, or our response to trauma, is flooding, right? When we get flooded, we just kind of--so in that situation, we can literally picture, whatever that feeling or thought is coming through, just like, kind of just going down through us into the earth, and the earth, just taking it, or the wind just taking it, or we just offer it up as a prayer, as a thanksgiving, as a gratitude, as anything. You know, as just an offering.

C Carol Ritberger 51:49

Absolutely.

C Carol Ritberger 52:23

Absolutely.

M Mary Louder 52:24

And same with the emotion. We wouldn't have to attach to it. Should that emotion, an emotion come through that's unfavorable, that's unsettling. That's disquieting. Right? We could just--

C Carol Ritberger 52:37

It's very interesting, because what I have observed in the work that--my own personal work, first and foremost, and then work with others, is that when--say I'm like, you painted the picture, I'm sitting outside, and my mind just starts to calm. And I notice that--and calm to me is, I become distracted by maybe a color of a tree or, Oh, look at that tree's got a piece of fruit on it, or, or, golly, that tree has grown an inch or in the case of our Banyan, it's like, Oh, my God, she's got new growth on it. And then all of a sudden, like you said, because we're energetic is that and we get that feeling of this worry coming in, or we have this feeling of something being triggered, is that the Earth basically says to us, is this yours or someone else's? We don't have to know if it's someone else. So if you're feeling if you're in this calm place, and all of a sudden, you start to feel worried, or you start to feel anxious, and you reduce to do something as simple as, Is it mine, is it theirs? And we don't need to know who their is. If it's--if it's not yours, and you're taking it on, you're gonna get anxious.

M Mary Louder 53:52
Yeah.

C Carol Ritberger 53:53
If it is yours, and you're taking it on, you're going to be at ease. You're going to sit there and it's like, oh, there you are, again, what can we do? How can we see each other? What do we need to change? And we go into this positive response versus this immediate reaction. So it's something as simple as that. And we, we've been led to believe that, you know, and I--this, it's hard to put into words and it's not meant as a judgement by any means. But we are led to believe that we are the creator of everything.


M Mary Louder 54:26
Right.

C Carol Ritberger 54:29
No, sometimes we have an agreement to transmute that, but it doesn't always have to be our trauma that initiates it.

M Mary Louder 54:38
Right. Well, I think that gets confused with people when we say we manifest. To manifest something is to really come in where something is out there, in the, I guess in the ethers, and in the in the air and the universe and the energetics, and it comes and finally condenses to where there's, it makes a difference. That's matter. So it existed before, it's just condensing enough to where we see it. It's like we don't see steam, but we see the effects of steam. Right?

C Carol Ritberger 55:10
Absolutely.

M Mary Louder 55:11
And if--but when it comes to water, Lord knows we have no control over water when it takes charge, right? And same with ice. Look what happened, the Titanic, you have no control over what happens when you've got these things that are of matter. But before they were there in a different, just a different energetic form.



C Carol Ritberger 55:29

Absolutely. Absolutely. And you know, when you stop and think about that, I was thinking when you said the Titanic, you know, I, being an intuitive I'm going to go out on the limb, I would say 99% chance that none of the people on that Titanic, consciously thought about an iceberg. Thought about what the ramifications were going to be thought about. That fear part of it, they wouldn't have got on it. They would have. They didn't--how can I say this? They didn't set themselves up. They didn't create that. That was already there.

M Mary Louder 56:10

Right? Yeah.

C Carol Ritberger 56:12

And so when we say that we create our reality, our mind creates our reality. And the reality of the soul, the reality of Earth, the reality of her heartbeat, her everything about it is, she doesn't see reality as our mind does.

M Mary Louder 56:30

Right. That's probably a good thing.

C Carol Ritberger 56:34

Probably a good thing. And I think that when we start going in, I mean, when I started, you know, we had that conversation about the grounding, and so forth. I mean, it's, it's like I, and I'm going to encourage the listeners to do the same thing. It's like, so before you go outside, set an intention. And so one of the things that, and of course, this has probably to do with the book, I'm writing, on prayer, but I set the intention that when I go outside, I want to experience ease. And when I got outside, and I sat in that chair, and it was uncomfortable, and I didn't have the pillow right, and it wasn't as whatever. And the minute I took my shoes off, I went immediately went at ease. My body stopped hurting.

C Carol Ritberger 57:25

The intention that I set was that, and then I was like a kid in a candy store with all the awe and the wonderment and, and the different ways that you see things. And that's all heart. That's all our heart. So I think grounding is, simply said, I think grounding, what it does, is it connects us with our heart. Point blank, very simply said.

M Mary Louder 57:47

And the heart of the earth.

C Carol Ritberger 57:50

And the heart of the earth.

M Mary Louder 57:52

Yes. So, all right. So everybody, all of our listeners, it's official, you're grounded, get grounded. Don't get in trouble, don't get a ticket, don't go to jail. We don't mean that kind of stuff. Don't come out--we're not talking--

C Carol Ritberger 58:06

Don't get mentally, don't get mentally stuck in trying to figure out what grounded is, and don't let your past come up and go, Now last time I got grounded, you know how that worked, How'd that work for you? Blah blah blah, the way the mind does everything. But it's just go and connect and feel that sense of belonging that right now, generally said, we're all craving so deeply. Of knowing how we belong, where we belong. And we belong exactly where we are in the--with Earth.

M Mary Louder 58:38

Yes. So dear listeners, get grounded, there's going to be some resources, the number one resource are your bare feet and the earth, number one. Number two, we'll have some things posted with the podcast for just some supplies, earthing shoes, sheets, bed sheets, and mattress and pads and things like that, that are the tools that you can use indoors. And again, Carol nor I do not have any commercial attachment to any of these, we don't promote anything. It's just resources that we found that are that were--that worked, that were genuine, the companies were reputable. And so our intention is just to pass off the good news to you guys and for everybody to have the effects of that. And then when you get the effects, please let us know. Reach out. What what have you experienced, what have you notice what has changed for you? Because we'll share some of that down the road. So we're running out of time here on this podcast and I invite the listeners to listen to our next one when that's released because we're going to take grounding, lack of grounding, now we're going to, think we're, you know, a little cosmic now? We're gonna get existential for the next one.

C Carol Ritberger 59:55

Rub our hands together.

M Mary Louder 59:58

I'm like okay, I just have more questions. I don't think I have any answers in that one at all.



Carol Ritberger 1:00:03

But isn't that the way it's supposed to be?



Mary Louder 1:00:06

Oh, I hope so. Because if so, then I'm succeeding greatly. Succeeding greatly. So, so thank you. For everyone who's listening, go outside, get grounded and we will see you next time on Cosmic Health and Wellness with, with Carol Ritberger and Mary Louder.