

Unplug & Recharge!



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Never before have we been more plugged into technology than in the past 12 months. Many of us wake with the first thing we think about and reach for being our cellphones. Before long, we are microwaving our coffee, sitting at our computers, and putting our earbuds in. **Sound familiar?**



As technology demands increase, our energy levels decrease. Our bodies are continually being bombarded by **EMFs** (electric and magnetic fields are invisible areas of energy, referred to as radiation) emitted from our cell phones, microwaves, Wi-Fi routers, and computers. We're constantly plugged in, but our energy levels plummet as we begin to experience what is now known as "**digital drain.**" Symptoms can include, but are not limited to: irritability, anxiety, stress, fatigue, headaches, frustration, depression, and general inability to relax. The blue light that is emitted from our tech devices is also responsible for affecting our melatonin levels, resulting in our circadian (internal) clock being disrupted. This can cause sleep issues such as difficulty falling asleep, poorer quality of sleep, and waking during the night. Technology is taking a toll on our physical, mental, and emotional health. Our minds and bodies were not created to take on such an unnatural load from such an unnatural source.

It's time to recharge by unplugging technology and plugging into the purest and most readily available source of energy – **Mother Nature!** The goal is to recharge our system by electrically grounding to the earth's energy, naturally realigning/rebalancing our own electrical energy using a technique known as "grounding." The simplest and most effective method is to walk outside barefoot. **It's that simple!** The natural surface can be grass, mud, earth, sand, or even a shallow stream. What's essential is that your bare skin be in contact with the earth's surface. As little as 10-15 minutes a day can make a significant impact on your mood, concentration, and energy levels. During the nicer weather, consider sitting on the grass leaning up against a tree, taking deep breaths while you close your eyes and take nature in through all of your senses. **The more often you do it, the better you'll feel!**

We can also bring nature indoors to assist in neutralizing some of the negative energy and electromagnetic frequencies we are being exposed to. Plants are a wonderful addition to any space and can have a surprising positive impact on energy, especially in a home office. Even a small desktop water fountain can have a calming effect on our nervous system.

When you begin to feel the energy drain or your system becoming overloaded, retreat to nature and walk barefoot. Bring a little nature indoors and consider stopping all electronics at least one hour before going to bed. **Your mind and body will thank you!**

Remember, nature never hurries, yet everything gets done. It's always about taking small, but steady steps forward by making small, yet powerful changes each day. Don't get overwhelmed, just keep taking that next right step...**it simply begins with you!**

“...close your eyes and take nature in through all of your senses.”

