

Is your HOUSE affecting YOUR HEALTH?

Sleep
Earth
Energies
& EMFs:
*Take the
QUIZ!*

Werner
Brandmaier
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Werner Brandmaier, Dipl Ing.
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Acknowledgements

The concept of this workbook developed over several years. Its publication marks the first of my eBooks, and I wish to acknowledge my many teachers over the years who have helped me find answers to questions related to health, science and energy.

I now understand why authors always thank their families. Without their patience our efforts fall short. I deeply acknowledge my wife and children for their appreciation and support.

I also wish to acknowledge the precious help of writer, editor, intuitive and patient task master Susan Rose in producing this publication and assisting me in reaching out to the world.

Disclaimer

Suggestions and recommendations are not intended as a substitute for medical care. Our products are energetic tools to support body and mind. They are not intended to be a substitute for medical attention in any way. If you have a medical condition or question please contact your health care provider promptly.

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You are invited to ask yourself a number of questions about your living environment, your sleep patterns and your daily routines in order to find out how strong your Chi (your vital energy) is and what you can do improve it for better health, wellness and prosperity.

- Are you not sleeping as well as you should? Do you regularly wake up around 3 am?
- Do you know how much the energy of your home affects the health of the people living there?
- Did you know that you can protect yourself and your family from the detrimental EMFs from cellphones, computers and microwaves?
- Have you noticed that Feng Shui sometimes brings immediate results and at other times does not seem to make any difference? Why is that?

Welcome to the world of Feng Shui, Geopathology & EMFs!

Feng Shui, the ancient Chinese art of balancing the energy of your home, has two essential additional aspects today, the influence of earth related stress and the concern for modern technology with its invisible electromagnetic fields. As a European dowser and scientist, I am familiar with both these effects and I am passionate about sharing this information with you.

About Werner



Werner Brandmaier brings decades of professional experience in Engineering, Dowsing, Feng Shui and Advanced Medical Technology to his consulting practice. Ten years ago, his focus and determination propelled him into action as he and his family learned to overcome a major health challenge.

Passionate about raising awareness of the impact of Geopathic stress on health, happiness and prosperity, he helps his clients improve their lives through education, the neutralization of harmful earth energies and the application of Feng Shui.

Werner is also the developer of a proprietary line of bioresonance tools, space harmonizers and electromagnetic field harmonizers. A native of Austria and second generation dowser with a daily meditation practice, this gentle engineer delights his clients by the depth of his knowledge and the intuitive nature of his consultations. Based in Portland, Maine, Werner speaks and teaches throughout the USA and Europe.

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For information on consultations check out
www.HarmonizeYourSpace.com

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Introduction

My name is Werner Brandmaier, I am glad you are here with me to learn more about a very important topic that is close to my heart, Geopathic stress and environmental energies that affect not just our body, but our health and well-being.

As a Feng Shui consultant I am interested in practical results which are easy to implement. Geopathic stress is a major energetic aspect which counteracts all energetic work, at home as in the office of a practitioner. Why do we focus on the bedroom this time? Because we spend nearly one third of our life in bed!

Take the Quiz

We have prepared some 30+ questions to make it easier for you to recognize patterns of Geopathic stress in your own living space. How you are sleeping, why is it important if you wake up at 3 am, what you can learn from the behavior of your pets and why you should be concerned about microwaves and cellphone EMFs (electromagnetic fields).

People today are so dependent on their cell phones and computers that they cannot imagine living without them anymore. Are you one of those? Few, however, have heard yet about another side of this technology which is considered harmful, even dangerous, but is not officially acknowledged so far.

I worked for more than a decade in medical engineering dealing with high tech equipment in hospitals, MRIs and CTs, so I have a scientific background and a logical mind set. I also am comfortable with the world of energies, since my father was a water dowser and from early childhood on I got insights into the energetic realms of nature.

European Dowsing Tradition

There is a quite a strong tradition in Europe describing the effects of adverse land energies on people's health and this has always fascinated me. When I had to deal with cancer in my own family, I focused on some of this research going back to the late 1920's showing the close link between cancer and Geopathic stress. I understood that in order to heal from cancer we needed to not just treat it but to also counteract the associated earth patterns.

My scientific background and Austrian heritage mean that I am solution oriented. I'd like to find out what's going on and then determine what we need to fix and how to do it.

See what your results mean

Please start with taking the test, see what comes up and learn what you can do about it. Visit www.harmonizeyourspace.com for more information.

Take the Quiz



1: How are you sleeping?

Sleep is the most important asset for the body to recharge at night!

- Do you feel tired in the morning, not well rested, even if you've had 7 or 8 hours of sleep?
- Does it take you a long time to fall asleep or do you regularly wake up around 3:00 am?
- Are any of your children restless sleepers?
- Do you or any of your children experience nightmares?
- Does the baby cry for no apparent reason or do you often find it on one side or corner of its crib? Has it maybe even fallen out of bed?
- Do you notice a difference in your or your family's sleeping patterns since you moved into a new home or when you stay at friends or relatives for a few days?

Count your "Yes" answers: _____/6

Are there any other things you notice related to sleeping patterns?
Make any notes you want to remind yourself of later here.



2: Typical Feng Shui challenges

Mirrors, metal beds, and irregular shaped rooms affect the Chi.

- Is the house irregularly shaped (U-shaped or L-shaped) or does any of the main rooms have extensions or a dormer?
- Does your bed have metal pillars and a metal framed head board?
- Do you have large mirrors in your bedroom?
- Does your house carry a metal roof?
- Are there constant wet areas in your basement? Are you aware of generally high water tables in your neighborhood?
- Do you live next to a cemetery?

Count your "Yes" answers: _____/6

Are there any other things you notice related to the structure of the house? Make any notes you want to remind yourself of later here.



3: Your animals & plants speak

Your pets' behavior and the shape of your plants have lots to tell you!

- Do any of your plants, trees or bushes on your property have abnormal growth patterns? Have you ever had to cut down dead trees around your house?
- Are there specific spots in the house where plants don't do well?
- Do you have problems with ants or other insects (wasps, bees, lady bugs) in your house?
- Do you have a cat? Does your cat love your bed or your favorite chair?
- Does your dog stay away from your bed? Does he clearly avoid specific areas in the house?
- For farmers: Are you aware of sections in your stable where cows, horses or sheep seem stressed, agitated or get sick?

Count your "Yes" answers: _____/6

Are there any other things you notice related to your animals or plants? Make any notes you want to remind yourself of later here.



4: Your electronics

All the frequencies we are bombarded with all day long affect us!

- Do you feel exhausted after working on your computer all day?
- Do you have wireless internet in your house or your office? Do you have a TV, a cordless phone, a digital clock or a computer in your bedroom?
- Do your kids use at least 2 electronic devices on a daily base? (Computer, phone, mp3 player, TV, etc.)?
- Do you own and use a microwave?
- Is there a cellphone tower within a few hundred feet of your house, your workplace or your children's school?
- Do you drive a hybrid car or an electric car?

Count your "Yes" answers: _____/6

Are there any other things you notice related to how you feel around your electronics? Make any notes you want to remind yourself of later here.



5: Health issues

Health challenges or chronic conditions in a family are often the result of the subtle harmful energetic environment of the house.

- Are there any chronic health issues you are concerned about? Do they run in your family? (Count each family member with a challenge as an extra point).
- Have you heard of serious health issues of former owners/inhabitants of your house?
- Has anybody been challenged with cancer living in your house? Do you know of neighbors on your street who have battled cancer?
- Can you correlate a recent health issue with the time moving into this home?
- Do any of your children have difficulty concentrating at school?
- Did any of your children have problems with bedwetting?

Count your "Yes" answers: _____/6

Are there any other things you notice related to health patterns?
Make any notes you want to remind yourself of later here.

See how
you did

Your Score - What does it mean?

Count and write down the number of "yes" answers:

Part 1 (sleep)	[]
Part 2 (house)	[]
Part 3 (plants & animals)	[]
Part 4 (EMFs)	[]
Part 5 (health)	[]

If you answered "yes" to at least 2 questions within one section or to at least one question in each of the 5 parts you are very likely exposed to Geopathic or EMF related stress.

We'd like you to read more about the topic of a healthy home here in this workbook and on the following of our websites www.InstituteofFengShui.com and www.Geopathology.com. The more information you collect the better you understand what needs to be done to shift the energy.

If you feel you need assistance with changing the layout of your house or at least with your bedroom, feel free to contact me at werner@InstituteofFengShui.com. In the long run it is worth to consider a consultation, either on site or via distance, and arrange for better sleep and a safe environment your entire family can enjoy.

Implications

Every time a patient comes home after treatment, after surgery, after taking their medication, and lies down in a compromised space (most often their bed) they further weaken their energy levels and their immune system without even realizing it. This is not supportive to the recovery and is considered a danger for the reoccurrence of the illness.

Here is a list of illnesses which were identified in a large German study with 8200 patients in the early 1990s as typically correlated with Geopathic stress. This does not mean they are solely caused by Geopathic stress, but their intensity and often difficulty to improve are likely due to the fact that the energetic aspect has not been taken into consideration.

All forms of cancer, cardiovascular issues, high and low blood pressure, allergies and skin sensitivities, neurodermitis, arthritis (often found on underground water), the many aspects of insomnia, stomach and intestinal issues, infections (as viruses thrive on Geopathic stress), problems of the nervous system, migraines, asthma, all forms of nervous behavior, over-activity with kids, ADD/ADHD (as also shown in Kaethe Bachler's study), fear and depression (typically enhanced in low Chi environments), problems with kidney and bladder, liver and gall bladder, thyroid issues, all forms of pain, MS-multiple sclerosis (very often linked to strong EMF fields, also to "Dirty Electricity"), chronic fatigue syndrome (of course!), epilepsy,...

This list could go on forever. Again, I'm not saying Geopathic stress causes all these health problems, but likely is a contributing factor. Why not investigate this to determine if this is the case, and if it is, do something to neutralize it and strengthen the body to get better quickly again?

What you can do



Part 1: Improve Your Sleep

Geopathic stress is usually caused by a long-term exposure, mostly from places where we spend a lot of time such as the bed. However it also can affect us at other areas where we spend a lot of time, such as our desk at work, our seat at school, even a favorite chair we spend a few hours a day to watch TV or read our emails.

Insomnia is a sign of constant stress

Insomnia, problems with falling asleep or waking up several times a night (often around 3am), all are typical indicators of a constant source of stress our body is exposed to. Under stress the body cannot function properly as it automatically switches onto high alert, even survival mode, reducing its resources for recovery and healing at the same time. In an ideal balance between Yin and Yang activity the body easily deals with stressful work during the day if it is able to relax and recover during night time. However, if this balance is not provided the body feels drained and in the long run will get sick, often showing simple signs of sleeping problems, sensitivities and allergies first before more chronic health challenges occur.

Geopathic stress is a subtle form of environmentally related stress keeping our body in a permanent state of high adrenalin output. It drains our Chi, the body's life force, and damages our ability to rest and heal ourselves, an essential aspect for our wellbeing. As long as we are young the body is able to cut its needs for regular recovery short, however, with age we feel its impact more and more. If we don't get a good night sleep then we need pharmaceutical support (in form of sleeping pills) to make it through the next day...

Geopathic stress, by definition, describes a "pathologic", sick-making, form of stress coming from "Geo", the earth. It is subtle, sometimes barely noticeable first, but it takes a toll on our health if not detected. Studies in Europe show that serious health challenges such as cancer are nearly always correlated with Geopathic stress exposure. If not recognized and addressed properly in time, all other health measures like standard therapies and medications are less effective and counteracted. More about health aspects later.

Why do we typically wake up at 3 am? Geopathic energies do not have the same intensity over a day's period; they fluctuate with moon cycles, but also quite significantly throughout the 24 hours of a day. Their maximum is between 2:30 am and 3 am in the morning. As this is the time we usually spend in our bed it is even more important to make sure the bed is a safe place.

Children are the most sensitive family members

Sensitive people might notice the difference in their sleeping pattern quicker, women often faster than men, but it is the children who are our best observers. Babies and small children react naturally and spontaneously to their environment. If they don't sleep well, if they wake up repeatedly, if they fall out of their bed, they show instant response to a detrimental situation. Once we grow older we lose some of this sensitivity and just take the bad stuff in.

In this case the body charges up with Geopathic stress and holds this charge for quite a while, sometimes weeks. Energetic testing devices such as quantum biofeedback machines can detect this charge in the bio-field of a person and even determine more specifically which type of Geopathic stress might be the problem.

Nightmares often happen on geopathic zones, but also can be caused by ghosts or ghost like energies. However, ghosts seem to like to stick onto the low energy levels of geopathic areas. After a proper space clearing it is important to neutralize the geopathic patterns as well to make sure the void does not refill quickly with some "new friends".

If a baby cries for longer periods of time it is always of great concern for the parents. There are usually only 3 main reasons why a baby cries: The desire for food, the need for a diaper change or some physical pain which of course is the most upsetting option. There is a 4th reason few people here in America have heard of yet: the discomfort of geopathic earth energies and the difficulty to fall asleep at a specific spot. Many parents have watched their babies move repeatedly to one side or corner of their bed, sometimes even falling out of the bed in order to avoid unpleasant Geopathic stress.

In my practice it is not unusual that parents suddenly realize how the occurrence of sleeping problems started exactly with the last move to a new home, with the change of bedrooms or bed positions in a room, and sometimes they notice how different the family sleeps when staying at a friend's or relative's house for a few days. This shows us a correlation of specific problems with location which can be easily counteracted.



Part 2: Around the House

Irregular shapes weaken the energy field of a building but are not really a geopathic issue. A house has an aura/energy field in a similar way a living organism has a bio-field, but only with 2 main layers. These fields form a protective bubble around the entire structure and strengthen it from outside influences. The more regular the shape of the house the stronger is its defensive field.

Standard Feng Shui approaches to balance irregular house shapes include filling up missing areas on the outside of the house through landscaping, for example with a new stone wall or row of bushes, as well as the installation of strong new corner points. If one has to extend a space from the inside of an apartment the use of mirrors is recommended. However, in order to avoid the negative side effects of mirrors we prefer to use one of our Space Harmonizers. Next to the neutralization of Geopathic stress it balances irregular shapes not just of single rooms, but of the entire building and even for the complete property.

Wooden bed frames are preferable to metal

Big metal pieces reflect geopathic energies horizontally through a room. This is a reason why I do not recommend metal roofing. Metal bed frames and especially head boards should be avoided, too.

On the questions of mirrors it is a well-known Feng Shui secret to keep those mirror surfaces as small as possible, especially in the bedroom. The energetic explanation is that the reflective layer on the back of the mirror glass contains metal. The larger the mirrors the more likely the chance it crosses a geopathic zone and then reflects its detrimental energy all over the room.

Geopathic stress is found with 3 different appearances: underground water streams, earth fault lines and one of several earth grid systems, which are cubic grid systems oriented along the main compass directions. American dowzers are most likely familiar with finding water for wells but often have not heard of Geopathic stress and grid systems which carry them.

Sometimes people are aware of high ground water tables in their neighborhood. Although we are really looking for water veins running deep under the earth, surface water can appear with an excess of underground water and indicate a general problem. In this case entire rooms or larger parts of a building can be exposed to Geopathic stress. I remember a case where my findings indicated that practically the entire house was on a huge water vein. The owner had just been diagnosed with cancer for the second time; his wife was going through her third remission herself. Several of the neighbors on the street had been fighting cancer, too.

Cemeteries and ghost highways

A cemetery inhabits all kind of sad energies, traumata, spirits and ghosts, not really a great place to live too close to. It seems to me from observation here in our home town that houses in the vicinity to cemeteries change owners more often than in other areas.

There is a specific geopathic 400 meter grid system which connects to cemeteries and acts as a “ghost highway”. Smaller geopathic grid structures then can pull these energies further into a house. Ongoing nightmares with children are a typical indication of such a situation. The Home Harmonizer not only neutralizes all forms of Geopathic stress inside the house, it also strengthens and holds up the outside defense shield. The 400 m grid in the house is cut off, travel paths are blocked and no more nightmares occur.



Part 3: What plants and animals show you

Plants and animals have information for us about Geopathic stress lines.

Plants often show us the path of a geopathic zone outside a house. A gap in a row of evergreen bushes which never closes properly even if a new plant is set in year by year, a dead tree stump reminding us to for a replacement next spring, an apple tree growing sideways before it finally rises from the ground, all are typical signs that the earth energy in an area is detrimental and does not support most plants there.

There are exemptions, of course. Willow trees grow on wet land, so do oaks. So if the address for my next consultation reads “Oak Street”, this could likely indicate wet land long time ago and the possibility of finding underground water in a larger sense.

Animals are sensitive to Geopathic stress

Animals respond naturally to energy fields. Most of them do not like geopathic areas as they get weak and sick very similar to humans. In fact, there are old German and Austrian traditions describing the observation of farm animals as a hint for finding good areas for a new home. The place where a flock of sheep would lie down for the night, for example, is said to define a safe place for building a house.

Ants love Geopathic stress

The opposite happens with ants and many insects, wasps, bees, even lady bugs. Where ants, wasps and termites gather to build a new nest, geopathic earth patterns are likely to be found. Bees give up to 30 % more honey if their hive sits on underground water and many bee keepers know how to dowse for that reason.

If one fights ants or termites in a home and has to call in for regular termination to keep them under control, suspicion should be raised. I had personally several cases where carpenter ants moved out of a house after years of living there after having installed a Home Harmonizer. The insects could not find the geopathic energy any longer and moved on to find it somewhere else.

Dogs avoid Geopathic stress

Cats and dogs are a story by themselves. Dowzers usually know that cats are “radiation seekers” while dogs are not, meaning, cats are attracted by Geopathic stress which make humans sick, even they are obviously not affected negatively by it . Maybe this is part of their mystery. Dogs, on the other hand, are more simple characters, I guess, and act similar with all other animals, they do not like to lie down on such a spot, therefore avoid it. Home owners usually know the favorite places of their pets throughout the house. Connecting those favorite spots on a floor plan often quickly reveals the main geopathic situation.

Farmers or breeders have more opportunities to study animal behavior patterns. There are always areas in a horse barn where horses do better than in others. This also counts for cows, as well as pigs or most other farm animals. If cows need more than the average medical attention (in forms of antibiotics) to fight infections they should be moved to another part of the stable. Geopathic stress weakens their immune system, allows bacteria to spread and virus' to thrive.

Our advice for this chapter is to observe nature more carefully and learn from the behavior of your four-legged friends.



Part 4: Reduce EMFs (electromagnetic fields)

This is an increasingly important topic. Although evidence about EMF related health issues are still in discussion and not finally accepted from the scientific community - mostly because of vast legal implications they would cause - concerned cellphone users have started to take precautions. They don't want to wait until the verdict is in. Remember, we could have saved many lives if the dangers of smoking would have been admitted earlier.

Your body undergoes biochemical changes

Here are a number of mechanisms which likely contribute to harm caused by EMFs:

1. Biochemical changes: About 2 million red blood cells are replaced every second in the body. The ability of cells to reproduce a healthy new generation is significantly compromised under the constant microwave bombardment. If the copies of cells are not as perfect as the

predecessors anymore potential future health problems are just a question of time.

2. Biochemical changes in the cell walls: The tiny electrical potential in the cell wall in charge of hydration and detoxification of the cell is affected by strong electromagnetic fields such as from transformers and even kitchen appliances.
3. Magnetic disturbances: The magnetic orientation from protein molecules called Chrytochromes recently found in cells in all animals and plants are sensitive to strong magnetic fields. They determine the wake/sleep cycle and the melatonin levels.
4. Melatonin is a major anti-oxidant produced in the body only when you sleep in a dark and restful environment. Anti-oxidants protect the body from free radical damage caused by emotional stress, by air pollution such a smoking, but also by Geopathic stress, a form of environmental stress. Cancer typically is correlated with extremely low anti-oxidant levels.
5. Another suspected outcome of microwave exposure is the possible alteration of the DNA itself. As the DNA provides vital information degeneration can be a potential cause for cancer. However, most of the studies available so far are financed by the cellphone industry who is not interested in such conclusions.

So let's go back to answering our questions:

There is no surprise people feel drained and exhausted after sitting in an office surrounded by electronics and modern technology. In many cases employees share a room with co-workers which means more computers, phones, fax machines and printers.

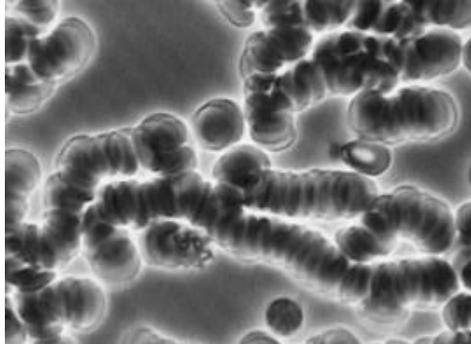
EMF sources at home include notebooks for email and entertainment, tablets, wireless networks all through the house. There is barely an escape. My son's homework is nearly exclusively done on the computer now.

On top of that the kids play video games, listen to their music and watch TV. Phone plans exceed 1000 minutes per month and the millions of apps lure you into using your phone for everything, from staying in touch with friends, finding your way as a GPS, even watching your baby sleep. No wonder psychic illnesses are on the rise. The numbers of children on psycho drugs to keep them and their emotions under control is mind blowing. At the same time a new cellphone tower on top of the roof of the high school in our close neighborhood has been proudly announced...

And here is one for dad: Electric cars and hybrids have a multitude of microcomputers working under the hood. I have clients who had to exchange a newly bought famous brand hybrid car because they felt so sick within an hour of driving. However, all cars now have extended electronics on board, no longer just good old mechanics.

Two words about microwaves: please avoid!

And here is my last important point: Microwave ovens destroy all nutrients and enzymes in food. **STAY AWAY FROM THEM!** They warm up food through a bombardment of microwave frequencies which force molecules to vibrate. This movement of particles creates the heat. At the same time important natural bonds within the chains of molecules are broken.



Live blood microscopy is a fascinating research field to see how blood cells respond to energetic impact. Two minutes after drinking a few sips of microwaved water the cells in your body will change from single nicely shaped round cells to sticky long formations (“rouleaux”) which indicate a change in the electrical charge of the cells and a significant increase in cellular stress. If you are interested, you can find some of these pictures at www.BioResonanceLaser.com.

Cellphones and cordless phones

Cellphone and microwave ovens practically operate in the same frequency range around 2 GHz (giga hertz = trillion movements per second). Cordless phones at home now reach up to 5.6 GHz for optimized reception and provide your own personal micro cellphone tower at home. Who can resist that?

If you have not heard much about EMFs yet and the problems associated I invite you to read more on our sites www.geopathology.com and www.InstituteofFengShui.com or generally search the internet.



Part 5: Additional thoughts on health and wellness:

One of my questions for clients at a consultation is usually about the history of health issues with pre-owners of the house. This often gives us insights into the geopathic situation.

Health problems developing in a new house

If someone lived in a space for at least 5-6 years, possible health problems start to appear. Dependent on the individual physical constitution 6-8 years is the typical timeframe the body is able to withstand the beating and constant stress from the environment. Weaknesses begin to unravel. At first, sleeping problems show up as discussed in part one, later more serious chronic issues occur, e.g. allergies which never had been a problem until then, arthritis, pain in joints or all over the body, serious signs of aging, memory loss, mental issues, lack of focus and memory loss, down to the final challenge, cancer.

European research in the late 1920's and early 1930's focused a lot on cancer. It seemed that Geopathic stress ALWAYS could be

found with cancer. Investigations of whole towns in Germany pointed out cancer clusters in houses harboring significant accumulations of cancer cases while other houses in the neighborhood were fine.

It is not unusual for clients to remember that changes in their sleeping patterns occurred shortly after moving into a new home or after a change of bedrooms in the house.

Family health problems similar

The similarity of health problems within a family seems to support the modern medical argument of genetic factors although this might not completely capture the point. In my experience the same living environment and the same dietary habits are more significant than the genetic inheritance.

It breaks my heart if young women commit to drastic surgery just to prevent a possible genetic fate their mother and grandmother might have gone through. This does not mean there isn't a genetic potential weakness found, however, the certainty of playing out is very much dependant on lifestyle and environmental factors. Similar to the constitution of a person, stronger or weaker gens just indicate the need to better protection of your resources.

A study with 3000 school children in the 1970's in Austria by Kaethe Bachler documented for the first time in large numbers children with learning difficulties, hyperactivity and behavioral challenges. The outcome after changing the bed position at home or the seat at school was generally accompanied by a significant improvement in school achievements and overall health. Bedwetting was a specific issue mentioned in the study which disappeared quickly after the necessary changes were made. A few of Kaethe Bachler's books have been translated into English and might still be available, at least in the Used Book sections.

Take Action

The quality of the living space is essential for our wellbeing and for our health. A Geopathic stress assessment should be part of every house consultation. In my experience it is important to deal with Geopathic stress BEFORE we apply typical Feng Shui remedies otherwise we run the risk of weakening those measures. The best bagua advice, for example, cannot improve a geopathic weak situation. It still will drain anybody exposed to and make them sick.

How can we assess the quality of the energy?

Before we can work on the goal of getting more Chi into the space we need to assess the quantity and quality of the energy itself. Unfortunately there isn't a simple electronic instrument yet which is sensitive enough to pick up the subtle vibration of Chi. This leaves us with energy testing methods such as dowsing, bodydowsing (see later chapter) or Applied Kinesiology.

I'd like to compare the process with filling water into a clay pot with cracks and holes. If we just focus on pouring more water (Chi) without first inspecting the pot, the results may not be too great. We might lose more than we gain. Only after a good inspection we can determine what measures need to be taken to fix a situation once and forever, how the cracks can be filled most efficiently and only then does it make sense to refill the pot.

Our three step strategy

So here is our three step strategy: Assess the situation, neutralize the negative and harmful energies and then boost the Chi. Here's how to do just that.

Step 1 - ASSESS

Find out if Geopathic stress is an issue in your house. Identify any low energy areas and blockages in order to avoid them or neutralize them later. Use dowsing, kinesiology or bodydowsing or simply go through the questionnaire of this workbook. You also can hire a dowser or knowledgeable Feng Shui practitioner to consult with.

Use the energy testing not only to determine where Geopathic stress is, but also to check on how strong the disturbances are throughout the house. Start with an assessment of the most important room, the master bedroom.

Some additional questions are:

- How much Chi is outside on the property to begin with, and how much of it is able to move inside?
- What is the quality of the Chi coming in? How is the quality of Chi in different rooms in the house?
- Is there any Geopathic stress found in the bedrooms, the guest room, the living room, etc.
- Does anybody feel oppressed in the house? Are there any rooms which nobody likes to be in?
- Can you detect any ghost energies or do you remember stories about ghost like beings?
- Why did the pre-owners sell the house? How was their health?
- How is the health of the present inhabitants?

If you have not heard much of Feng Shui, Geopathic stress and EMFs yet, you can find plenty of information about these topics at www.InstituteofFengShui.com and www.Geopathology.com. This is extremely important for the overall well-being.

Step 2 - NEUTRALIZE

If you find Geopathic stress, AVOID IT BY ALL MEANS. Move the bed. If necessary, sleep in another room. Find a stress free layout also for children's rooms and best for the entire house.

- Reduce exposure to electromagnetic fields.
- Make sure the installation of all power outlets is up to date and grounding is provided properly.
- Limit your time on the phone and your children's playtime on computer and video games.
- Keep electronics out of the bedroom.
- Turn off the wireless router at night.
- Finally, throw out your microwave!

It is not unusual that several rooms in the house end up showing harmful geopathic patterns. One of the earth grids, the "Benker grid", has a distance of about 30 feet from one grid to the next. 30 to 40 feet is about the size of a house, so we will likely find some Geopathic stress crossings inside most houses. As long as these crossings are out of bedrooms and common areas such as the living room they do not matter.

Depending on your findings you might want to apply wider protection. If several areas of the house show Geopathic stress patterns it is sometimes easier to just neutralize the entire building instead of working around it. This concept and the intensive research which was available in Europe was the foundation for the development of the BioResonance Tools, devices which provide easy solutions for a home, an office or the individual person.

Find out more at www.Geopathic-Stress-Solutions.com.

Don't forget to test any device with bodydowsing (explained in this document) or your own testing methods to make sure you choose the most beneficial tool for your specific situation.

Step 3 – ENERGIZE

Once the space is safe we'd like to boost the energy and move it smoothly through the bedroom and the whole house. There are many ways to energize your space. Let your inspiration guide you.

Typical Feng Shui measures to stimulate Chi in the house are:

- A water fountain – Water represents movement and the energy connected with Earth (as in “Feng Shui” itself, “wind and water”, wind representing the energy of Heaven). Make sure the water element is in the right bagua area of the house. It also needs to be of the right size. A tiny desk fountain cannot do wonders for the prosperity of a larger house or business.
- Plants – Wood is considered expanding energy of the spring or East direction. Choose plants with round leaves, not necessarily cactus style needles.
- Moving elements like flags, bands or kites are ideal for a store entrance. They allow the wind, the energy of Heaven to play with them and create excitement and liveliness.
- Integrate the bagua and the correlated 5 element qualities for each of the bagua areas. If you need more information on the bagua itself please read the corresponding article on my Feng Shui website.
- The magic bullet for protection and the increase of Chi at the same time are Space Harmonizers. The Home Harmonizer, for example, works on an entire building with several floors. I personally like the option of having access to a tool with energizing capability. It not only neutralizes environmental stress but also balances bagua areas with low energy.

More details, descriptions and studies about the grids, how to counteract them and further tips on how to reduce EMFs in *Harmonize Your Space: A Dowser's Perspective of Feng Shui*, available as e-book from www.harmonizeyourspace.com.

Test your Energy with Bodydowsing

Dowsing is an old tradition and best known as a method to locate underground waterveins for wells. We use dowsing in our Feng Shui practice to detect energetic structures carrying Geopathic stress

Dowsing can not only be used for those earth patterns but also for tapping into our intuitive capabilities. The right part of our brain representing the intuitive aspect works as a parallel processor and is incredibly fast. The left brain, the rational mind, acts more as a serial processor, dealing with one issue at a time, slowing down the overall performance of our "bio-computer" dramatically.

Tap into your subconscious

If we watch ourselves carefully when we make important decisions we often sense a gut feeling we have at the very beginning. Looking back later we recognize that we should have followed this intuition in the first place instead of listening to the arguments our rational mind chattered through our head. To simply follow our intuition would often serve us best. Dowsing allows us to tap into that subconscious aspect, and with that connects us to the innate knowledge and wisdom.

If we therefore consider dowsing as a method to help us decide what's best for us, for our body, sometimes even for our wallet (by not buying stuff we don't really need), then we should probably bring a dowsing instrument along with us all day; to the grocery store to see which foods are healthier for us; to choose which brand of vitamin C is most beneficial for us, even to a bookstore to find out if a book is worth buying.

Let's get practical now

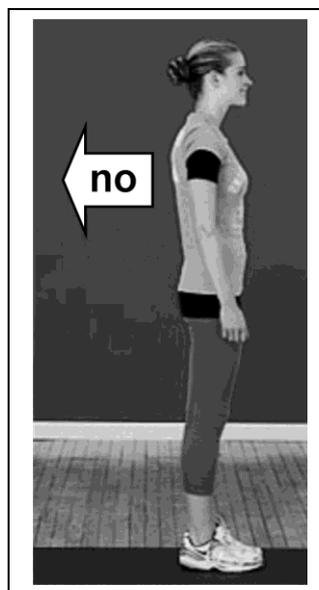
The only problem that holds us back from using dowsing in everyday situations is that it looks weird when we pull out our dowsing instruments in a public place. Most people wouldn't be comfortable walking through a store with their pendulum or tensor.

Wouldn't it be so much easier if we could apply that method in a much more discreet way?

Get a simple and quick answer

Here is the solution: BODY DOWSING. Body dowsing uses the response of our body in a simple and quick way to tell us if our body is attracted to or repelled by something.

Children are naturals and pick it up very easily. Women are often a bit more sensitive than men, but everybody can do it. I recommend to practice for a while before you start asking general questions. The range of applications is wide: e.g. "Would buying that book help my inner development?" Or at least: "Would I truly enjoy reading it?".



Notice: The more precise the question, the clearer the answer!
Instead of asking: "Should I get this book?" it is better to ask:
"Would getting this book be beneficial for my higher good?"

Here is how it works

Stand straight and relaxed and try to feel your body's subtle movements. (Have the understanding that we are on two feet and unconsciously balancing ourselves all the time.)

Now ask a question where the body would show a clear "Yes" response, e.g. "Show me a Yes" or "Is my name ... (fill in your name)?" If this is a true statement the body will start to move.

Usually a "yes" or "confirmation" lets the upper body slightly fall forward (towards an object, if you're testing something specific), a "no" would make you fall backward, away from it.

Now get to practice and establish some confidence.

Of course it is much easier to find results for other people or for situations where you are not personally involved. Dowsing for yourself to answer bigger questions can be tricky. If there is any emotional entanglement and bias for a possible outcome, e.g. when asking "Should I date this person?" (- right, you thought of that question already, didn't you?) you can call a friend or third person, ideally someone who is neutral. Don't even tell him/her your question. Just ask them to test for some answers while you go through the different questions in your mind, one at a time.

Here are some additional thoughts

Most people's body responds in the way described. Sometimes other results might occur: One might fall backward for a "yes" and forward for a "no". We call this "switched". Switching can occur when the body is overloaded and extremely stressed or exhausted. Massaging your Kidney-27 points below both your collar bones can reverse that, best combined with slight tapping on head and heart as taught in BODYTALK.

We always recommend to start drinking at least a full glass of water. Being well hydrated increases conductivity between cells and helps getting your body moving.

When people stop at our booth at expos I tell them to test our Feng Shui products with this method themselves to see if they would benefit from the investment. No This way I leave the decision to the customer. Good products sell themselves anyway.

Bio-Resonance Tools

BioResonance tools are designed to neutralize Geopathic stress and negative electromagnetic fields. They are energetically programmed and create a higher dimensional information field that we believe is protective to the human body. They realign subtle grid structures in buildings and strengthen a person's bio-energetic field.

They come in different categories, Space Harmonizers to shield and protect whole buildings, BioResonance Pendants for personal use at work or for travel, E-Smog Harmonizers as a specific device for cellphones, computers, office equipment and household appliances and BioResonance Lasers to neutralize geopathic and EMF damage in water and food.

They help to seal and hold a space after a clearing, so detrimental energies are kept out of a space.

If biological systems are exposed to any form of stress they lose structure and coherence. Live blood microscopy is a method to visually track energetic changes in the body. Blood cells immediately respond to an energetic change in their environment.

We show a number of experiments with water and food on our website www.BioResonanceLaser.com.

Other simple ways to demonstrate the protective effect of these tools are Dowsing and Applied Kinesiology. As already mentioned we highly recommend to use any form of energy testing to determine if our products benefit you and which one would work best.

BioResonance Tools were developed in four categories:

Space Harmonizers



Space Harmonizers neutralize Geopathic stress in an entire building, home or office, reduce EMF related stress and balance the space in case of typical Feng Shui challenges, such as irregular shapes, split levels, ceiling beams or steep roof slopes. They also hold the energy against close neighbor units which intrude your space and boost the Chi in general throughout the house and on the property.

BioResonance Pendants



BioResonance Pendants support a person's energy wherever they are, at work, at school, in the car or on travels (e.g. jetlag). They are the choice for personal protection from Geopathic stress, EMFs and other people's draining energies. They also boost physical and emotional balance, mental focus, endurance and strength. They can be worn as a necklace or simply carried in a pocket.

E-Smog Harmonizers



E-Smog Harmonizers reduce subtle stress from electromagnetic fields (EMFs). They are specifically useful for people who spend long hours on their cellphone and computer. They do not change the electrical signal itself but counteract the stress EMFs create in a person's

bio-field. E-Smog Harmonizers are made from 24 carat gold for increased strength and come in superflat technology. It can be affixed directly to a cellphone or conveniently placed under the cover right on top of the battery. Used this way, it can be transferred when you replace your cellphone.

BioResonance Lasers



BioResonance Lasers use coherent violet laser light with embedded subtle frequencies to energize water and food. They reverse energetic chaos caused by Geopathic stress and allow erasing microwave damage done to drinking water when left next to a phone or computer. See our experiments with live-blood microscopy at the website www.BioResonanceLaser.com

The BioResonance Laser also can be used on the body to balance energy fields, energize chakras, to strengthen the body's own healing capability and much more. As our products are not FDA approved we only promote their benefits for water and food.

***Disclaimer:** Our products are energetic tools to support body and mind. They are not intended to be a substitute for medical attention in any way. If you have a medical condition or question please contact your health care provider promptly.*

More Help



Werner Brandmaier brings decades of professional experience in Engineering, Dowsing, Feng Shui and Advanced Medical Technology to his consulting practice. Werner helps his clients improve their lives through education, the neutralization of harmful earth energies and the application of Feng Shui.

You can experience not only the extent of his knowledge but also the intuitive nature of his information through private consultation by phone or Skype. A Feng Shui and Geopathic stress assessment for your house can be conducted over distance, no matter where you are located. Werner is based in Portland, Maine, but consults, speaks and teaches throughout the USA and Europe.

So if you don't feel well rested in the morning, if you wake up around 3 am, if your children have nightmares or your baby falls out of bed, you can do something about your situation by emailing Werner at werner@instituteoffengshui.com to schedule a consultation.

Werner teaches that many problems cannot be fixed by standard Feng Shui cures, but need a significant change in the energy field of the house. Werner will dowse with you (over distance) and discuss the findings, explain the best ways to correct the imbalances and neutralize the harmful EMFs and Geopathic stress. You can send him a floor plan draft and some pictures of your house once you schedule the appointment.

For further reading and more information, the following resources are available:

For **latest News** on the topic of Harmonizing Your Space and to stay connected please go to

www.HarmonizeYourSpace.com

For **Feng Shui specific information** and to read on the benefits of a Feng Shui Consultation

www.InstituteofFengShui.com

For additional scientific information and studies on **Geopathic stress and EMFs**

www.Geopathology.com

For simple fast **solutions to neutralize Geopathic stress**

www.Geopathic-Stress-Solutions.com

For information on the **BioResonance Laser** and its capability to reverse EMF damage in water and food

www.BioResonanceLaser.com

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SAVE YOURSELF THE HASSLE...

Save yourself the hassle of knowing what to do. (What changes to make, what to put where, what to eliminate).

Get a personalized consultation from Werner, where he will dowse and discuss your house!

This "Done-For-You" Feng Shui and Geopathology Package brings results. Take the guesswork – and the work – out of Do-it-yourself Feng Shui and call Werner for a personalized consultation by phone or by Skype.

Find out about monthly Q & A conference calls to answer your specific questions. Werner uses dowsing during the session to answer questions from participants.

Call **207-772-7888** (US- EST)
or send an email to
Werner@InstituteofFengShui.com