



## FACT SHEET

### *Did you know...*

- The sun in the morning (ultraviolet rays) supports good health while the afternoon (infrared rays) and late afternoon (gamma rays) cause disturbance on a cellular level.
- Everything in the universe, including you, your cat, and your teacup, is made up of the same five elements of earth, air, water, fire and space and when there is a disturbance in any one of these elements we experience it as stress.
- We experience stress or dis-ease in the body and disharmony in the environment when we don't pay attention to our interconnectedness with all things.
- Law of the Universe: Everything is interconnected. A harmonious environment that is aligned with the forces of nature easily supports your financial growth.
- Your brain and body are electrical energy conductors. The thalamus is the relay center for all the sensory and motor activities that occur in the brain. Neurological research shows that the firing patterns of the neurons in the thalamus function differently when you are facing different directions. Your mind, then, can be considered the interactive result of the earth's magnetic field on your brain cells. You are like an energetic tuning fork! You work best when you are in harmony with your environment.
- When the five elements are not free to circulate in an environment you experience stuck energy, which creates stress. It's similar to a river that winds in so many directions that the water gets trapped in eddies and becomes stagnant.
- According to one of the premises of Einstein's Kinetic Theory of Matter, atoms move in a straight line and are always in motion. This motion is facilitated by a square or rectangular shape.
- We live and move in a sea of electro-magnetic and stellar influences. Every shift produced in the atmosphere has the potential to affect our actions and emotions. Every particle of energy is linked to the next particle.