



**Static Vibration Causes Insomnia
By Dr. John Christopher**

Dr. Christopher also said that our bodies collect excessive static vibration. Our bodies receive electricity through the top of the head where we used to have soft spots when we were babies. This electricity is essential to our bodies but it must be fresh and free flowing, coming through the top of the head, down the spine, through the body and is grounded out into the earth. When we do not let the electricity out and be grounded into the earth, it becomes static and toxic and builds up so much that new electricity can't come in. We can't sleep and we become hard to live with. Each day, therefore, we need to spend some time out on the lawn or the ground to get rid of this static electricity in the body. There was an elderly man who was having a lot of trouble sleeping. His insomnia got so bad that he became very difficult to be around. His son knew this principle of walking on the earth to discharge unwanted energy and tried to convince his father to do so, but his father said that no one was going to get him to take off his shoes in public and walk on the lawn barefooted! However, one day, the son said, "Dad, I have something I must talk to you about". He sat the old man down, quickly took off his shoes and whisked him outside. They walked around the lawn a few times, talking and then the old man said that he was feeling tired. He went in the house and went to bed--and slept all night! We have noticed that native peoples who walk without shoes or who wear leather soles that let the energy through are much less nervous than those of us who wear synthetic or rubber soles. We spend a good deal of the summer without shoes and although it may not look as proper or civilized as wearing the plastic sandals that are the style now, we feel much less nervous and very harmonious during this time.



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