

## How are the Earth's magnetic changes affecting you?

Posted At : May 8, 2012 11:24 PM | Posted By : Michael Smith

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I am enjoying Cusco Peru a lot! I hired a personal Spanish teacher (who is called Luz) who is helping me improve my pronunciation and grammar - only S/ 15 (Approx \$6) per hour :-). I am fluent enough for every day conversation and reading magazines and books (slowly!) and am now practicing my writing too. ¡He mastrando una classe de Kundalini Yoga todas las Lunes a la Healing House con 12 studentes - está muy linda!

I have had a several "colds" recently that didn't feel like a traditional cold - blocked sinuses, dizzy feeling around my head and shoulders, apathy, strange sleep and eating patterns. All cured when I got some energy healing. Have you been feeling strange recently? Tired, dizzy, headaches, "colds" that seem different from traditional sickness, feeling disoriented, apathy, loss of focus? You might have been self treating these symptoms with increases in addictive behaviors such as junk food, sugar, extra TV, coffee, chocolate, alcohol, drugs...

It might be that you are feeling the effects of the rapid changes in the Earth's magnetic field happening this year. It is not just the [mass animal and bird deaths](#) (many animals use the magnetic field for direction finding) but also humans are affected. This effect seems to have increased in the last few months and will probably increase during the year as the magnetic field changes more, with (according to the International Space Agency ) [solar activity](#) sometimes deleting the Earth's magnetic field completely.

*"A number of important findings already have emerged. For example, changes in the earth's magnetic field are associated with changes in brain and nervous system activity; performance of athletic, memory and other tasks; sensitivity in a wide range of extrasensory perception experiments; synthesis of nutrients in plants and algae; the number of reported traffic violations and accidents; mortality from heart attacks and strokes; and incidence of depression and suicide. It's interesting to note that changes in geomagnetic conditions affect the rhythms of the heart more strongly than all the physiological functions studied so far "*

From <http://www.glcoherence.org/monitoring-system/about-system.html>

What to do? This [article](#) suggests tuning into the changes so that we can adapt ourselves to the new magnetic fields more easily. How to become more aware?

- yoga
- meditation
- bodywork and energy healing
- clearing old patterns and beliefs that keep you stuck, even clearing clutter!
- sound therapy (eg singing bowls, Om chanting)
- listen to your soul instead of tuning it out with addictions
- accept weird variations in food requirements, sleep and daily patterns that may occur as you adjust
- live in the "now" and be flexible (great advice for all 2012 changes occurring!)

Good luck adapting and let me know what your experiences are?