

Harmful Earth Radiation

At a picnic in the park, this brief exposure to radiation is not unhealthy but inspirational. We enjoy the outdoors and like to go for long walks or hikes, after which we may experience a calming sense of fatigue. Despite our exertion and need for rest, we usually recover from these excursions feeling refreshed. We believe that the influence of earth radiation is responsible for this feeling. Exposure, in this context, can be invigorating and energizing.

As with any good medicine, however, earth radiation can be harmful if the dosage is excessive. As Paracelsus said 500 years ago, *"Dose and duration make the poison."*

Logically, then, we can conclude that it is not good to have a bed or workplace over any source of earth radiation because long-term, continuous exposure can lead to unwanted illness. This is especially true for sleeping quarters, where the state of deep relaxation we achieve makes us especially susceptible to negative external influences.