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Geophilia

7 SECRETS TO CREATE A SLEEP SANCTUARY

Use this proven method to turn your sleep into a healing experience

www.geophilia.org

contact@geophilia.org



Why Is Sleep So Important?

Hello, this is your guide to a fascinating journey that will transform your life. Thank you for joining us!

Since Ancient times, sleep was used in various ways for **healing**, as it is known for the Temples of Asclepius in Greece.

Sleep is the foundation of good **health and wellbeing**, for all levels of our existence!

Let's begin with the medical scientifically proved facts for a good sleep.

Modern research has shed much-needed light on the matter, showing sleep is a crucial component of a healthy lifestyle, and that lack of sleep can have far-reaching consequences, affecting everything from mood, creativity and brain detoxification to DNA expression, chronic disease risk – including dementia– and longevity.

- Your body **repairs** and **renews** cells during sleep.
- Your liver does most of the detoxification during sleep; between 1 am and 3 am. Not having deep sleep compromises this function.
- **Hormone** and neurotransmitter regulation happens during sleep.
- We attain stable **blood sugar** balance after a good night's sleep. The opposite increases risk of elevated blood sugars, weight gain and diabetes type 2.
- **Adrenals** repair during sleep – overactive adrenals overproduce cortisol which can cause an array of health issues.

Poor sleep can potentially lead to:

- **Impaired memory** and reduced ability to learn new things - Due to your hippocampus shutting down, you will experience a 40 percent deficit in your brain with respect to its ability to make new memories when you're sleep deprived.



- Reduced ability to perform tasks, resulting in reduced productivity at work as well as creativity.
- Reduced athletic performance.
- Increased risk of neurological problems, ranging from depression to dementia and Alzheimer's disease. Your bloodbrain barrier becomes more permeable with age, allowing more toxins to enter. This, in conjunction with reduced efficiency of the glymphatic system due to lack of sleep, allows for more rapid damage to occur in your brain and this deterioration is thought to play a significant role in the development of Alzheimer's.
- Weakened immune function. Research suggests deep sleep strengthens immunological memories of previously encountered pathogens. In this way, your immune system is able to mount a much faster and more effective response when an antigen is encountered a second time.
- Increased risk of cancer. Tumors grow two to three times faster in laboratory animals with severe sleep dysfunctions. The primary mechanism thought to be responsible for this effect is disrupted melatonin production, a hormone with both antioxidant and anticancer activity. Melatonin both inhibits the proliferation of cancer cells and triggers cancer cell apoptosis (self-destruction). It also interferes with the new blood supply tumors require for their rapid growth (angiogenesis).
- Impaired regulation of emotions and emotional perception. Your amygdala, one of your brain's centerpiece regions for generating strong emotional reactions, including negative ones, becomes about 60 percent more reactive than usual when you've slept poorly or insufficiently, resulting in increased emotional intensity and volatility.
- Increased risk of depression and anxiety (including posttraumatic stress disorder). In fact, sleep problems are defining factors in diagnosing psychiatric disorders, and are one of the diagnostic criteria listed in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders.



Also, during sleep our active mind has an opportunity to turn off, have a rest, and tune into other brain frequencies similar to ones of meditation. At that time, we can access **higher levels of our being**.

The 20th century Swiss psychiatrist Carl Jung believed that dreams allowed us to tap into **the collective unconscious**. The collective unconscious, as described by Jung, is a theoretical repository of information he believed to be shared by everyone.

According to Jung, certain symbols in dreams reflected universal archetypes with meanings that are similar for all people regardless of culture or location. During sleep, your brain pulls together and **extracts meaning** from the day's events, thereby fostering insight into the workings of your life. Sleep increases your ability to gain **insights** that would otherwise remain elusive by about 250 percent.

When we sleep many processes occur inside our body. Ancient mystics say that we actually **travel with our electromagnetic field** and away from our physical body, to places and realms that are beyond our understanding. Some scientists believe that the only travel is inside our brain and we feel like going somewhere outside but we are actually only going inside our memories and there sometimes the deepest meaning can arise.

The truth is that when we dream we can **connect easier to ourselves**. Be it memories and projections or electromagnetic journeys, we all have had dreams while sleeping. Some philosophers and psychologists think that when dreaming we access a type of ocean where **we are all interconnected** with all the species that have existed, exist and will exist. Imagine you in your daily lifetime like in an island. You move here and there and have different experiences. But then, when you go to sleep you go to this ocean where there is only one single ocean connecting absolutely everything. And it is there where you can interact with whatever you want.

Imagine this ocean has different layers of depth. And different currents and type of waters and it is so vastly complex that we can only grasp about it. Some linguistics like Ferdinand de Saussure and psychoanalyst like Lacan say that metonymia and metaphor, the basic construction of our daily complex language, are the two fundamental elements of our dreams.

For sure you have had some good dreams, restorative and relaxing and maybe others that are not, that are like nightmares that you just want to wake up and reset the movie. What we have experienced among other scientists, is that when the **field**

that surrounds you in the bedroom has high levels of **coherence**, you will be more likely probable to have a good restorative communicative sleep. And when there is electromagnetic noise and radiation, your brain, your heart and your whole nervous system will be stressed and won't allow you to go in deep restorative relaxing sleep.

We encourage you to put a lot of energy and resources to invest in the best room possible in terms of coherence and harmonic wave interference because you will be at least one third of your life sleeping and this reset process will help you be more happy, productive and healthy when you wake up.

The 7 Steps You Learn In This Info-sheet:

1. Artificial EMFs
2. Geophysical anomalies
3. Bed + Mattress
4. Lights
5. Materials
6. Temperature
7. Colors



1. Artificial EMF

Apart from the different effects they can have on the human body; artificial electromagnetic fields create **inaudible “noise”**. This noise, specifically coming from electricity cables and devices used in a building, interferes with the brain’s activity, due to the frequencies used.

Restful deep sleep is very much linked with a calm environment, with no “noise” interfering with the brain activity. Adequate sleep is crucial for normal hormonal levels and strong immunity.

There are different measures which can be taken to harmonize the disharmonious effect created by such EMFs, but the simplest method is to **alleviate the noise** during the night.

According to the 2014 Sleep in America Poll, 53% of respondents who turn electronics off while sleeping rate their sleep as excellent, compared to just 27% of those who leave their devices on.

Electromagnetic fields (EMFs) in your bedroom can disrupt your pineal gland’s production of melatonin and serotonin, and are a significant contributor to mitochondrial damage and dysfunction, which is at the heart of virtually all chronic disease.

EMF exposure has also been linked to neuronal changes that affect **memory** and your ability to learn. EMFs harm your body’s **mitochondria** by producing excessive oxidative damage, so sleeping in EMFs all night, every night, can cause or contribute to virtually any chronic ailment, including premature aging.

A 1997 Australian Senate Discussion Paper also confirms the importance of reducing electro-pollution in your bedroom, as researchers found that even low level (12 milliGauss) exposure to 50-60 hertz electromagnetic fields can significantly reduce your melatonin production.

Easy tip: Go to the mains switch, and turn off the electricity switch for your bedroom at night! You will discover that your mind will be much calmer when falling asleep!

- **Best Geophilic interventions for EMF and sleep:**

- **Use a special cutoff switch**

The electricity supply lines in our buildings produce magnetic and electric alternating fields. While the magnetic fields “disappear” when the devices we used are switched off, the electric fields remain in the whole power supply system.

This is where the mains decoupler comes in: it is installed into the fuse box and automatically separates the circuit it is intended for from the network as soon as the last consumer is switched off. As soon as a device is turned back on, the mains decoupler recognizes this and automatically turns the supply voltage back on without any delay.

That way, after you turn off your bedside lamp, you can sleep in a neutral EMF environment (from electricity lines) in your bedroom, meaning that the electric cables in the wall just behind your head will not produce any electric field while you sleep.

- **Sleep on a harmonizing mattress cover**

Nowadays, it's very difficult to completely shield from all electromagnetic fields, and even if one did so (creating a Faraday Cage) that could have further implications as one would be caged in the EMFS from inside a house.

Our proposal is instead of shielding, use technology to convert the electromagnetic fields and make them suitable to be tolerated by the human body succeeding through generalized application of Lenz's law.

This special mattress cover uses patented technology, proven over 40 years of research to absorb all EMFs surrounding a bed area and transform them into harmonic waves that have the minimum side effects for human biology.

- **Move alarm clocks and other electrical devices away from your bed**

If these devices must be used, keep them as far away from your bed as possible, preferably at least 3 feet. Keep your cellphones far away from your bedroom

as possible if it must be on. If you keep it in your bedroom, either shut it down or put it in airplane mode.

- **Turn off your Wi-Fi at night**

WiFi is a kind of radio wave that operates at either 2.4 or 5 GHz – slightly higher than your cell phone. Since they're designed to allow for transmission of very large amounts of data, WiFi radio waves also emit greater amounts electromagnetic radiation. It's important to realize that the Wi-Fi in your home is nearly always more of a danger to you than what's coming from outside your home.

2. Geophysical anomalies

Geophysical anomalies (commonly known as geopathic stress are places where intense change happens in the intensity of earth's fields. That can happen due to many reasons, including seismic faults, presence of underground water, geological discontinuities and other factors.

Through Dr. Lydia's PhD research it was seen that long term exposure to these geophysical anomalies can cause a variety of **health** issues, like cardiovascular disease, cancer, as it weakens the immune system.

This is especially true for the place where we sleep, as during that time our body needs to shut down and regenerate. If there are stressors present, like geophysical anomalies, the body cannot shut down as it need to remain alert to manage the stress.

For more information, please look at our book "**The Power of Sacred Location**" based on Dr. Lydia's PhD research on this subject.

Easy tip: Get your house tested for geophysical anomalies (or **contact us** and we can provide you the testing). If you find that your bed is located over one, just move it to another area.

It is critical to **avoid sleeping over geophysical anomalies**. If you cannot move to another area of the house, we suggest special remediation strategies.

Best Geophilic interventions for geophysical anomalies and sleep:

- **Sleep on a harmonizing mattress cover**

If it's not possible to move your bed, and you cannot avoid sleeping over a geophysical anomaly, it's recommended that you get the harmonizing mattress cover. Apart from the EMF solution, it offers a solution for geophysical anomalies: it has a special technology that includes magnets, which offer a homogenous field to sleep on, as they break down the gamma radiation found on those locations.

Also it allows you to sleep with your head on North and feet on South, no matter what orientation your bed actually has. At the same time, the magnets and special bamboo ionic fabric assist healing while you sleep.

3. Bed + Mattress

We **spend 30% of our time in bed**. On our mattress and bed. A good mattress/bed can make your night and day. A bad mattress/bed can ruin it all.

Most mattresses today use undisclosed **chemicals**, claims that make you feel safe while using materials that are anything but. These mattresses are heavily spiked with harmful chemical cocktails - **formaldehyde**, a well-documented carcinogen, is just one ingredient.



Dr. Sprott's research on SIDS (Sudden Infant Death Syndrome) which linked a fungus reacting with chemicals found in mattresses - making it highly toxic and even deadly for infants.

To quote:

"A fungus that commonly grows in bedding can interact with these chemicals to create poisonous gases (Richardson 1994)."

Petrochemical-based mattresses are a major concern.

Depending on how the final material is treated, major **off-gassing** can occur. What's the problem with petrochemicals? A review published in the journal, Recent Advances in Petrochemical Science found that petrochemicals can accumulate in organs and tissues and cause damage to the brain, nerves, liver. They can cause cancer and inflammatory conditions. They can also hormone imbalances and disorders.

Flame retardants are some of the worst chemicals leaching from mattresses.

Also most mattresses contain **metal spring coils** that can be very harmful for our health for two reasons:

1. They become an **antenna** for surrounding **EMFs** that end up being circulated in our body, which is highly conductive due to its water content. Our own measurements have shown us that such mattresses induce 10-100 times increased body voltage when one is lying on them. Building Biology guidelines suggest that our body voltage should be almost zero for a regenerative sleep.
2. They can **amplify** the **earth radiation** and specifically if geophysical anomalies are prevalent (like underground water) they can create a very intense field in the bed area.

The material of the bed is equally important- if the bed is made of metal, or has metallic parts and metal net, that can interfere with the natural and artificial electromagnetic fields the same as mentioned above.

Also **artificial wood**, such as plywood, has very high levels of formaldehyde that is detrimental for our health. Plastic parts in a bed create static electricity through positive ions, which has been proven to weaken the immune system.

Picking the wrong mattress and bed can actually interfere with your health and wellbeing.

- **Best Geophilic interventions for bed/mattress and sleep:**

- Choose a mattress **without flame retardants** and **formaldehyde**
- Choose mattresses that are made with **100% natural** materials
- **Avoid** mattresses made of **petrochemicals**
- **Avoid** mattresses with metal **spring coils** / metal nets
- **Avoid** beds that are made of **metal** and/or have metallic parts
- Instead choose beds that are made entirely from **solid wood**

4. Lighting

Artificial light interferes with your **circadian rhythm** and **melatonin** production. Blue, yellow and green light emitted by electronic bright light screen devices such as lamps, smartphones, computer screen, TVs, radio clocks or even outside street lamps, can interfere with melatonin production.

Research from Harvard University shows that exposure to **blue light** suppresses melatonin for twice as long as other colors and can shift your body clock by as much as three hours. Even just 8 lux of light can have an effect.

One 2011 study compared daily melatonin profiles in individuals living in room light (<200 lux) versus dim light (<3 lux). Results showed that, compared with dim light, exposure to room light before bedtime suppressed melatonin in 99 percent of individuals, and shortened the time period when the body has an elevated melatonin level by about 90 minutes.

Furthermore, exposure to room light during the usual hours of sleep suppressed melatonin by more than 50 percent.

- **Best Geophilic interventions for lighting and sleep:**

- **Sleep in complete darkness**, or as close to it as possible — Even the tiniest bit of light in the room, such as that from a clock radio LCD screen, can disrupt your internal clock and your production of melatonin and serotonin, thereby interfering with your sleep. Close your bedroom door, get rid of nightlights, cover any LCD screens and your windows. I recommend using blackout shades or drapes.
- **Avoid compact fluorescent light bulbs** in your bedroom, as they contain mercury, they emit very high levels of electromagnetic fields, and they emit blue light.
- **Avoid LEDs** in your bedroom as they emit blue light that is not balanced by red and near infrared frequencies.
- **Choose incandescent light bulbs** for the bedroom, that emit red and near infrared wavelengths and very little in the blue wavelengths, making them a far healthier type of lighting.
- **Salt lamps** are another option that will not have an adverse impact on your health and sleep quality. Candlelight is ideal.
- **Banish electrical devices** from your bedroom. That means no clock radios, TVs, computers or their standby lights in your bedroom 2 to 4 hours before sleep. They can truly interfere with melatonin production in these vital night hours.



5. Materials

The materials used in a bedroom play a significant role for our health, because their levels of toxicity, chemical and offgassing are released into the air and they determine the **indoor air quality**.

Given that we spent 1/3 of our lives in our bedroom, and during sleep which is the most important time for self-healing and regeneration, it becomes very evident that the material selection is a very important factor.

One parameter of great importance is the paint used for the walls, as most **paints** contain very high levels of **VOCs** (volatile organic compounds) that have been shown to have very negative side effects for our health, especially when we breathe them into our lungs every night during sleep.

Moreover, the furniture material of bedrooms, especially closets, is usually **synthetic wood**, like plywood, that contains very high amounts of formaldehyde, which has been found to be hormone disrupting and a potential carcinogenic.

Other furniture can be made of metal, which is not the best option for a bedroom, as they amplify the artificial and natural electromagnetic fields.

Also the use of synthetic fabrics such as rayon, nylon, polyester, and acrylic can be very problematic as they create **static electricity** and positive ions that have been shown to be very destructive for health –our bodies heal with negative ions.

- **Best Geophilic interventions for materials and sleep:**

- Mix **Geophilic Dash** in wall paint to create high levels of Space Harmonics and transform your bedroom into a real sanctuary
- Choose **natural paints**, with zero or very low VOCs
- Choose furniture made of **solid wood**
- If you already have a closet made of synthetic wood that cannot be replaced, use a **special sealant** to stop formaldehyde off-gassing, such as Safe-Seal.

- Use the most **natural materials** for curtains, carpets, bed covers, sheets, pillows etc, such as wool, cotton, linen, bamboo.

6. Temperature

When you sleep, your body's internal temperature drops to its lowest level, generally about four hours after you fall asleep. Scientists believe a **cooler** bedroom may therefore be most conducive to sleep, since it mimics your body's natural temperature drop.

One study showed a surface skin temperature difference of as little as **0.4 degrees °C** led to sounder sleep. Studies have also found sleeping in the nude has several other health benefits, including improved metabolism and blood circulation.

- **Best Geophilic interventions for lighting and sleep:**

Keep the temperature in your bedroom no higher than 21 degrees °C

Studies show the optimal room temperature for sleep is between 15.5 to 20 degrees °C. Keeping your room cooler or hotter can lead to restless sleep.



7. Colors

Is your bedroom a **peaceful** haven you retreat to for rest and romance, and emerge from feeling refreshed and renewed?

In the bedroom, it is important to arrange the space to support your best **rest and connection with your partner** and with yourself.

Its cultural and spiritual symbolism aside, there's no doubt that color impacts our psychology and our physiology. Colors are created by different wavelengths, and we know now that different wavelengths have different effects on us. Bright reds and oranges are typically too **stimulating** for a bedroom, as well as very dark colors such as black, brown, etc .

Also, any other object or decoration that creates **visual noise** is not the best choice for a bedroom, where we aim to create a sanctuary.

Art pieces need to be very carefully chosen when it comes to the bedroom, as it can be very intense in terms of information and can interfere with our sleep and our brains ability to rest.

- **Best Geophilic interventions for lighting and sleep:**

- **Use welcoming, calming colors.** We recommend warm, rich earth and skin tones such as terra cotta, copper, coral, cream, peach, tan for creating a cozy, welcoming atmosphere in the bedroom. Soft natural colors like light blues, greens and lavenders lend the bedroom a quiet, tranquil vibe and invite healing energy.

- Ideally use the color that comes out of your personal **5 element chart**

- **Avoid visual noise** with too many colors and patterns, as well as clutter with many objects

- **Choose carefully art pieces**, preferring the ones that induce feelings of calmness, peace, serenity and relaxation

We hope that you can find these 7 steps helpful and that you can improve our bedroom to create an ultimate Sleep Sanctuary!

Geophilia Regards,

Lydia

Arturo

Dr. Lydia Isabel de Leon

PhD in Geobiology
Architect Engineer NTUA
MSc Architectural Association London
New York School of Chinese Medicine

Arturo Ponce de Leon

Architect, Engineer, Psychologist
Sacred Geometry expert

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