

Earthing Guidebook

10 minutes a day for 10 days: a complete guide to head-to-toe well being.



I'm about to share with you one of the most neglected health topics of all time, something that will literally change your life like it changed (and even saved) mine.

What is totally easy, completely free, soothes and heals every single organ system in your entire body from head to toe, inside and out? What is so safe and so effective it can help every single person on this planet feel better, sleep better and stay younger longer? What has been used since the dawn of mankind and has no side effects except positive healing?

There is only one answer, and that answer is: Earthing.

Before I go into the science behind Earthing and show you ten fun and easy exercises to do in ten minutes over the next ten days to totally change your health reality, let me share with you how I first got into Earthing.

I've always loved connecting with the earth, I just didn't know the science behind it until I grew up, went to medical school and found the research.

When I was a kid, mucking through our garden or playing barefoot in a ditch or wading through neighborhood creeks were all my favorite things to do.

I had a best friend all throughout childhood, and I remember clearly having so much fun doing the army crawl through a river with her, pretend playing that we were soldiers but then stopping to laugh and smear mud all over our faces and lay in the sun for a quick "spa treatment." I remember being in high school with her when a sudden downpour after classes let out quickly overflowed the ditches around the soccer fields. We had so much fun running and sliding and literally diving into those ditches, I laughed so hard I peed my pants!

Even during some of the saddest moments of my life... those times where I have felt lost and scrambled and not sure what my next step should be... I remember during those times just crying so hard all I could do was flop down on the ground and stare up at the nighttime sky and just wish the entire earth would swallow me whole.

What it did instead was much more generous... it held me.

It held a space for me, it absorbed my tears and listened to my cries and supported my body and soothed me. When I arose from those moments I knew I could and would survive past this grief.

The earth has always been there for me and always will be.

As a physician I have since done the research and found out some of the scientific explanations for these comforting, grounding, centering and often joyous experiences with the earth.

The earth's surface is negatively charged, full of free electrons willing and waiting for us. As human beings every single one of us is chock full of free radicals that cause inflammation and damage, causing our bodies to have a net positive charge. The earth is meant to be a docking station for us, a port we can plug into to receive a head-to-toe, inside and out neutralization of this inflammation.

The earth and humans are yin and yang -- just like trees provide oxygen and we provide carbon dioxide, the earth provides negative electrons and we provide positive free radicals and together we live in neutral joyous harmony.

Only we don't, not usually, because we are inside. Or in a car. Or on a second or even twenty-second floor of an insulated building.

And even when we are outside, we are wearing shoes that have a layer of rubber that literally cuts us off from this healing anti-inflammatory flow.

If we remove the shoes, or better yet sit or lay down on the earth for even a short period of time, things in our bodies begin to heal.

- Blood markers of inflammation decrease.
- Patients hooked up to imaging studies show decreased inflammation all throughout the body, especially in areas where there was heightened inflammation.
- Blood sugar levels stabilize.
- Metabolism speeds up naturally.
- Pain decreases.
- Stress decreases.
- Hormones stabilize.
- Sleep patterns improve.

There is literally nothing -- from PMS to jet lag to dementia -- that does not positively respond to time spent earthing.

As it turns out, most so-called age related changes like arthritis, dementia, heart disease, stroke... is actually related to a lifetime of chronic inflammation.

Take away the chronic inflammation by plugging into the earth and what do you get?

Healing.

Earthing is the one constant I touch on in all of my courses and ebooks... from my Skin Happiness skin care book to my Gentle Reset Detox book to my Female Health book... even in my Heart Centered Parenting book. Because there just isn't a single process in our body that can't be supported better through earthing. It doesn't matter if we are talking anti-aging for our skin or detoxification or supporting health in our children, if we are talking about natural healing, the earth must be included.

It was so much fun to be one of the expert protagonists in the movie *Grounded* -- the motion picture that is single handedly bringing Earthing to mainstream America -- I got to be filmed interviewing with some of the worlds most unique individuals: those precious few astronauts who have viewed the power of the earth from 220,000 + miles away standing on the moon.

They both recounted how witnessing the earth from this perspective was totally unforgettable. And what I took from my experience talking with Edgar Mitchell (Apollo 14) and Charles Duke (Apollo 16) is that the earth is literally *a ball of life* floating in an otherwise black space. **That the business of the earth is to support life.** And support it it does. It provides the food life needs, the water life needs, the air life needs... and now we realize, the anti-aging and health boosting contact we need as well.

We've been trained to feel like we need to stay indoors and clean and bathed at all times. We wash our clothes and our homes and our bodies and our cars to remove all evidence of living on planet earth from them.

- There is nothing wrong with being clean, but did we really get dirty enough each day to even warrant that bath or shower?
- Did we encourage our children to play in the mud and roll in the sand and join into a game of hide-and-seek barefoot?
- Did we ourselves work with the land, tending to our garden or taking comfort in the shade of a tree, leaning against the trunk for a quick nap?

Earthing doesn't have to be hard and it doesn't have to be time consuming and it doesn't have to cost any money at all or involve any products.

In fact, the earth is the ONE THING I KNOW I can depend on my entire life.

It doesn't matter what the nightly news tells me is wrong with this world or what the FDA is allowing into my food or what the drug companies are saying I need for my illness or what the government is taxing me for.

The earth is the one thing that can not be taken away.

No matter what my illness or condition, or what food I eat or do not eat or how many hours I have to work in a cubicle or go to school and sit at a desk, the one thing I can do for myself each day is discharge my tension, stress, aging and inflammation by touching the earth.

Directly touching the earth is literally the best anti-aging secret in the world, and nothing supports healing faster than docking yourself on the ground. No super-vitamin or fruit smoothie or raw diet can touch it, although it indirectly tries by feeding you healthy foods grown from the earth.

But you want the real deal? The fast track to optimum health? The quickest most unprocessed way to treat and release disease? Then you want to directly connect with the earth.

Don't believe me?

Take the next 10 days to slowly get familiar with the earth again and you will see -- it only takes 10 simple and sweet days to get into a new habit that will change your life.

Let's start today...

Chapter 1: Feet

Today we are going to spend ten minutes walking around barefoot outside. If you have a yard, you are lucky indeed and it is the perfect place to go. If you need to, find a park or a garden or even just a tiny strip of grass in the middle of a bustling downtown and kick off your shoes.

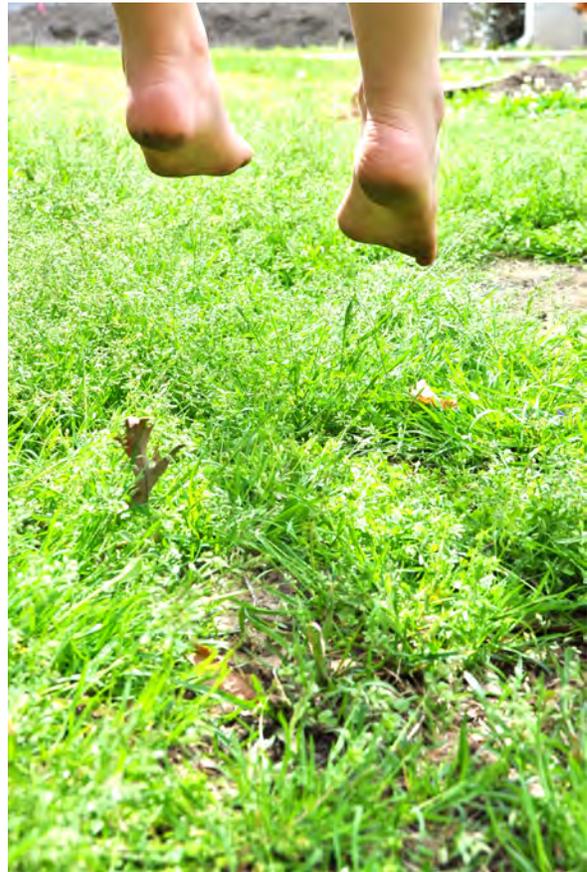
Did you know that your feet have the most nerve endings per square inch of skin then any other part of your body? And did you know that your feet have the most dense amount of sweat glands then any other body part as well?

That is because the foot is naturally evolved to be the perfect conduit for this electron exchange.

The moist skin from sweat produced on the bottom of our feet is the ideal conductor to speed the soothing negatively charged electrons up and into our body, healing us from the ground up.

And the nerve endings are there to make sure we find this experience pleasurable. Sink those toes into the grass. Run your heels through the sand. Stretch your feet out onto the warm ground, or even the cold ground, or the wet ground. Allow the experience to be what it is and just soak it in.

Want to stay more then ten minutes? All the better. But for ten minutes today, find the one patch of earth you feel most comforted and safe on and declare this your personal earthing zone. **Memorize where it is and you will get to know this patch of earth year round, as your own personal fountain of youth.**



Chapter 2: Body

Ready for more? I hope you slept better than usual last night... if you did, you can thank the earth and look forward to an even more spectacular session today.



Today you may want to bring an old towel or a blanket, because we are going to lay on the earth.

Return to your favorite patch of earth, the one you found yesterday, and spread out a blanket. In the sun or the shade, on a small strip of land or in the middle of a huge park, it doesn't matter.

Take whatever makes you feel comfortable... if you are in public and you feel a little silly, bring headphones and put them on (and whether you even turn them on and listen to music or not is totally up to you!) Put on your sunglasses to protect your eyes and go ahead and lay there.

Better yet, fall asleep! If you are on your lunch break from work, eat your lunch. If it is in the evening, read a book, cloud watch, or write in your journal.

Today get comfortable laying on the earth for those ten minutes (or longer) and feel all the tension in your body, especially any acute inflammation like back pain, headaches, cramps, muscle tension, etc... **just literally melt right into the earth.**

Chapter 3: Wet

As we talked about in Chapter 1, the moisture from the sweat glands on our feet enhances the conductivity of the electron exchange, meaning healing speeds to you faster.

Today I want you to find one way to experience earthing in water... whether you simply pour a cup of water over the grass and stand there barefoot on your lunch break, or whether you find a nearby stream, lake, or ocean that you can dip your toes into, you will find that earthing through water is exponentially powerful.

Got kids? Surprise them today by turning on the sprinkler and running through it with them for ten minutes. They will be delighted! Find your safe haven to connect to the earth through water today and remember it.

Next time you have an active issue... be it PMS or a migraine that won't quit or a fibromyalgia flare or whatever your particular issues are, just flock to that wet earthing space and give your body ten minutes of direct healing.

Better than any prescription on earth... *is the earth.*



Chapter 4: Dirt

Today's ten minutes are to be spent getting dirty. Find out the places in your world where you can get your hands literally in the earth.

If you have ever considered starting a garden, let's start today. Spend a few minutes digging up a small patch of earth -- no need to put it off another day, nothing to go buy, no excuses... just take a small shovel and sit on the earth and have fun, unleash your inner child (or have your actual children help show you the way!) and dig up the grass/topcoat scoop by scoop.

Even a two foot square plot of cleared land can give you enough lettuce for many many salads, especially if you plant the seeds in succession so that as one row develops the next row begins to germinate.

If you already have a garden, spend ten minutes today weeding it out and tending to its needs as the earth tends to yours.

If you have no space or desire for a garden, bring out your houseplants and spend ten minutes adding a layer of soil to their container or repotting them into a bigger planter.

If you have no garden and no houseplants to tend to, spend these next ten minutes just digging a small hole in the ground and playing in the dirt. See what you find. Do a mini excavation. Just save the grass to the side to put back into place when you are done!

When my children and I dig holes in our yard we always find a small snail shell, a worm, a beautiful rock, a clump of clay, a roly poly bug to hold.

If you find nothing at all but come back into your home with dirt to scrub out from under your fingernails, then this exercise was a huge success. Yes! FEEL it and know it... feel how natural it is to get dirty and do your best to drop all resistance to feeling the dirt on your skin.



Really *know* in your heart that living in contact with the dirt of the earth... the earth from which all food and indeed all life depends... is natural.

The old adage “dirty enough to be happy but clean enough to be healthy” could very well be turned around to say “**dirty enough to be healthy but clean enough to be happy.**”

In other words, getting clean is optional. Having a fresh outfit is a simple pleasure that comes as a treat. Bathing is a luxurious ritual at the end of a health filled beautiful day of connection, healing and growth.

But connecting to the earth is not optional. We NEED to connect to the earth to be healthy.

Accruing inflammation, stress, and oxidative damage all day long without discharging it to the waiting earth is unhealthy and unwise.

Getting dirty enough each day to actually need to bathe in the evenings is the goal of our days in my home.

Chapter 5: Tree

Today we are going to spend ten minutes scouting out all the trees around our home and picking our favorite to lean on.

Trees have the same neutralizing health benefits to offer us as the ground does as long as it is growing up from the earth and not potted.

So finding a tree that you can fall in love with is a great way to spend ten minutes... this tree will be your grounding companion any time you prefer to seek shade instead of full sunlight... or rainy days when you want the shelter of the tree... or the cold winter months where bare feet are not comfortable... instead you can simply touch your tree.

Lean against it.

Hold onto the branches.

Climb it if you want to!!!

Just holding onto a branch even if you are bundled up with the heaviest winter jacket and scarf and hat and blanket and boots and holding a cup of hot chocolate will still ground you just as quickly and effortlessly as laying in a bathing suit on the sandy beach of an ocean shore.

So find your favorite tree today and give it a hug. **Develop a connection with it and return often.**



Chapter 6: Cement

Bringing a paper and pencil with you for your ten minutes of grounding today, I have a fun activity.

Besides touching the earth or things growing from the earth (like grass and trees...) the next best option for grounding is cement.

Rubber soles of shoes and synthetic materials and insulation and flooring and tires and such all work to deaden the connection and keep you ungrounded. But if you simply can not directly touch the earth, the best semi-conductor is cement.

So today, lets map out all the areas of cement around your living space that you feel comfortable walking barefoot on. Just step out your front door barefoot, grab a paper and pencil (kids LOVE creating maps so involve yours if you have 'em!) and draw a simple outline of your home in the center of the paper.

From there, as you walk each direction, map out the walkways, driveways and sidewalks that are cement. As you walk, feel the warm concrete beneath your feet and see what the condition of these walkways are. Clearing off any litter or sharp objects, make these paths as safe for bare toes and jot down your path on the map.

Bring out some sidewalk chalk and draw! Create a hopscotch game and play it barefoot! Draw outlines of your shadow! Play hangman or tic tac toe with your friends.

Spend ten minutes sketching out your **earthing emergency path** and for those days where you simply can't get muddy and need to stay on the sidewalk, this will be your back up plan.



Chapter 7: Relief

Did you know that you can ease the pain of an acute condition like a headache or cramps or nausea or muscle stiffness in as little as ten minutes simply by connecting to the earth? No medications required.

Today we are going to practice this so that the next time you bonk your elbow or stub your toe or feel a migraine coming on, you will head outside for relief that actually heals you instead of a pill that simply covers up the pain.

The earth will literally drain away and reduce the inflammation causing the pain, healing your discomfort at the source. Every organ system in your body feels the soothing effects of the earth.



All you need to do is go out to your favorite earthing spot and stand there with bare feet or simply lay down on the ground (blanket or not.) If you have a specific area that is hurting you, like your head in a headache, laying down so that the painful area of your body is directly connecting to the earth will help best. If it is menstrual cramps, lay on your tummy. If it is back pain, lay on your back. If it is a finger you slammed in a door, put it directly on the earth.

Now, visualize the pain you feel as a color and shape. Mine is usually either grey or mustard yellow and a heavy thick cloud in and around that body part.

Visualize this energy literally draining out of your body and directly into the earth. Allow the pain to be absorbed by the earth and completely removed from your body. As pain empties out from your body keep visualizing it as a stream of colored energy constantly draining into the earth, until there is none left.

Allow the comfort of the earth to support you and hold you.

You do not have to do anything except feel it release into the earth.

The earth does all the work of neutralizing the inflammation and alleviating the pain.

In this neutral state your own body realigns with health and well being naturally.

Stay until you feel a noticeable difference and shift. It will not take long. **Know that the earth always awaits** to help remove your acute inflammation and is ever ready to help gradually ease away your chronic inflammatory conditions as well.

Chapter 8: Meditation

Lets take a moment today to lay in the grass and give yourself a few moments to visualize your body accepting the profound grace of this healing moment.

Lay on the earth (on a blanket is fine) and close your eyes softly, taking several deep, slow breaths.

Define an intention for this meditation... such as "To feel more at peace," "To decrease my pain," "To feel safer each day," "To find direction," "To enjoy more energy," etc... whatever intention feels right for you, for this moment.

Take several more slow deep breaths, and when you feel you have centered yourself in the moment, begin to visualize a bright white light above your head -- this is a healing, loving light.

Now, with each breath you take, visualize this flowing light pouring slowly throughout your body, from top to bottom. Breathe this healing, loving light in through the top of your head. With each breath, begin to feel this warm, loving light filling your body with love -- your forehead, your eyes, your nose, your ears, down your throat, pouring into your heart... down your arms, into your hands... to your fingers. Now slowly down your spine, spreading warm healing light through your stomach... into your hips, your pelvis... down your thighs, into your knees, down your calves... into your ankles, your feet, your toes.

Now, with each breath, feel this loving light expanding throughout your entire body. Growing and growing... providing a gentle and pleasant sensation of being totally covered, from the inside out, with healing, loving light.

*Just *allow* this moment.*

Now, for a few breaths, breathe this white, healing, loving light center in on your chest area... your heart chakra. With each breath in, feel your heart chakra expanding and filling up with love.



In your mind's eye, picture your self. Picture your entire body, bathed in healing white light... perfect in every way, just as it is.

Feel the gratitude you have towards your body for carrying your soul through this life... allowing you all the experiences you have had in this lifetime... faithfully supporting you as you live *right now*.

Now picture your loved ones. Children and family members and friends in your life... all the people who are positive relationships in your life... all smiling at you. Continue to breathe in this bright white loving light... and bring each loved one forward in your mind's eye one at a time. As you breathe out, send this loving light from your heart directly into theirs, filling them with this love. See the white healing light filling them until it surrounds them completely, just like it did with you.

Feel how sharing your heart with them did not diminish your light, rather it strengthened it. It strengthened the white glow around and through you, and it healed them as well.

Be in this moment as much as you can. Just give gratitude for all the children, family members and friends in your life, and allow their now illuminated glowing presence to encircle you all the way around. You are completely surrounded with a glowing, healing white light that covers and fills you through and through.

Picture your home in your mind's eye. Continue to breathe in the bright white loving light through your entire body... and as you exhale, send a ray of this light from your heart chakra throughout and around your home, filling your home with love.

Be in this moment, giving gratitude for where you live, and when you are ready, breathe your final deep breaths full of this healing white light, and allow the white light to expand off of you, past your home, your community, your world... let it dissipate into the air and become a part of our entire atmosphere. Expanding out into the universe, until there is no where you can go that is not bathed in healing light.

Anything you do today, anywhere you go and any person you see, will be holding an intention of loving health and healing and joy for you today. They may not know it, but you do. It's there. You've intended this today, and so it is.

You are all one in your goal for health and healing and joy.

This meditation is very simple to remember... just fill yourself with white healing loving light, from head to toe. Expand this light in your heart chakra, and send it out to every person you would like to include. It does not have to be every single person in your life... if it is just one other person, that is wonderful and enough and something to be thankful for.

Allow this light to dissipate outwards, filling your home and your world with the joyful release of love. **It could take as little as five minutes, or you might find a half hour has gone by!**

Chapter 9: Clay

Sometimes despite your best intentions you simply can not get outside. It's late at night before you get a moment, or lightening and thunderstorms have it safer to stay indoors.



There are a few things you can do to reap the energetic benefits of earthing and remind your body to get into that same mode of allowing that it is in when you are directly earthing.

On days where you can't earth for ten minutes, it's better to stay in the routine of taking ten minutes to relax your body each day then skipping it altogether.

Even just sitting indoors and meditating for ten minutes will, if you have spent plenty of time earthing each day, get your body instantly into that same space of allowing, where tension doesn't stand a chance.

Although we may not be getting the same anti-inflammatory benefits that direct earthing adds, we are still reminding our body to get into that healing state of allowing. We are still connecting to well being. We are still taking the time to nurture our body, mind and soul and staying in that rhythm of self care.

Even better, we can incorporate some elements of the earth into this ten minute routine.

My favorite way to do this is to spend ten minutes kneading and playing with clay. No, not play-doh! That stuff was definitely not in the earth in it's raw form! That was made in a factory. I'm talking about natural red or grey clay... I highly recommend having a small tub of this real clay on hand for those days when, let's face it... it's just going to be an indoor day.

Reaching for your tub of clay, pull out a small hunk and simply knead it again and again, adding a small amount of water to make it more pliable if necessary. If you feel moved to sculpt something, have at it! But there is not need to make any end result... the point is absolutely not what you are creating with the clay but what you are releasing.

You can order clay from my favorite art supply company: www.DickBlick.com

Better yet, if you are ever out and about mucking around and **find a clay deposit**, scoop some up and keep it in a resealable bag or jar for the next time you can't make it outside.

Chapter 10: Bath

My second favorite way to connect with the earth when I can't actually go outside is to create my own mini ocean inside.

Yep, I'm talking about a salt water bath... adding organic bath salts like dead sea salts or himalayan bath salts creates a soothing soak that heals your body on many levels.

Mimicking the healthy conditions of your intracellular fluids, relaxing into a warm salt bath for ten minutes today will detox you, help neutralize your pH, ground your body and soothe your soul.

Nothing makes me feel as centered and pampered as taking care of my skin... the one organ that lovingly wraps around us from head to toe and protects us and loves us.

Taking good care of your skin goes a long way to taking care of your entire body, inside and out, because your skin is the boundary between your body and the outer world, and caring for your skin means caring for your body.



I hope you have had so much fun the past ten days reconnecting with the earth.

This book has shown you how simple it can be to totally re-set your body from inside out.

**Earthing doesn't have to cost a cent, it doesn't have to be complicated...
and it doesn't have to be boring.**

From playing hopscotch to running through a sprinkler to visualizing acute injuries drain away, ten minutes touching the earth each day can be simple and fun!

As a bonus, at the end of this book I have included a free, printable idea sheet so that you are never at a loss for what to do next on your Earthing journey.

If you have taken the time to really do all ten activities for ten minutes over the past ten days, then your body absolutely has changed and healed on the inside.

- If I were to hook you up to a PET scan to see it, I could show you the areas of your body where inflammation is reduced.
- If I were to take a blood sample I could show you how levels of inflammatory markers in your blood are going down.
- If I were to hook you up to a sleep monitor, I could show you that whether or not you were actually sleeping more, the sleep you did get was deeper and more restorative.

If you are earthing, you are opening up to health. You are allowing healing.

This is absolutely the PERFECT TIME to work on old, more chronic health issues that are in your life. While you are earthing and releasing, your body is mobilizing stuck issues that used to feel permanent. *Things are shifting.* This is the perfect time to commit to healing the acute and chronic issues in your life that keep appearing, as your energy is flowing more swiftly to you while you earth.

You are in a state of healing and re-aligning and you can capitalize on this powerful flow of healing by working right now with a caring physician who can help facilitate this process. This is exactly what I love to do and I'm here to work with you.

If you have chronic health issues, weight to lose, old relationships to heal or release, patterns to break, or simply want a deeper connection to well being, I would love to work with you.

As a physician I love bringing intuition into my patient relationships, and the best way to do this is to have a private one-on-one consultation where I can connect directly with you.

Merging intuition with medicine gives you a deeper understanding of your health challenges and offers a deeper healing than looking at health from either side alone.

If you are ready to understand what is going on more fully than you ever have before, I encourage you to take your healing process to the next step with my

[Health Flow Unleash eBook.](#)

It's a 165 page wonderfully uplifting Life Book -- a healing novel, workbook, idea book, guidebook and more, all rolled into one!

I walk you through exactly how to align with healing and allow your body to get out of chronic health patterns and shift into new levels of well being.

Full of fresh perspectives, personal anecdotes, patient examples, videos, meditations, links to resources, journal prompts, worksheets and more... you can find the Health Flow Unleash eBook [right here.](#)

There has never been a more powerful or a more easy time to let go of your old health limitations and welcome a deep reconnection to well being than *right now.*

For those of you interested in a more personalized interaction, I encourage you to sign up for my one on one private intuition counseling.

Thank you for reading my free Earthing ebook and here is to your health!

xoxoxo, Laura

About the author:

Laura Koniver, MD

I am a physician who sees my patients as not only as a body but as a heart and soul too.



I run your current health challenges through both my medical knowledge base as well as through heart open intuition, taking into account your life experiences and energetic being to place your situation into a deeper context than medicine is ever able to on its own.

In this transformative process, health challenges become health triumphs.

*Intuitive information combined with medical knowledge
is more powerful than either standing alone.*

You are not simply a patient with a disease, a statistic, a test result, an imaging study or a prescription. As a physician I refuse to see you for anything less than a unique soul with a lifetime of experiences. Putting a health challenge into this context can reveal amazing dynamics that bring meaning to the journey.

Your health blocks and obstacles are only one part of a fuller picture **that includes well being.**

Find out more at www.Intuition-Physician.com



Bonus! A free Earthing Play List.

Print this out and tape it on the back of your front door... so you will never run out of fun ideas the next time you need to get your Earthing fix. Enjoy!!!

1. Watch clouds
2. Weed the garden
3. Pick flowers for your home
4. Look up at the stars at night
5. Get your sprinkler out and run through the spray
6. Play tag, football, kickball, hide and seek outside barefoot
7. Do a few sun salutations or other favorite yoga poses barefoot
8. Find a heart in nature
9. Read a book outside
10. Sit on the ground and sketch or doodle the things you see around you
11. Take out a drum, guitar or other musical instrument and play
12. Find clay deposits in the soil and mush and sculpt, leave it in the sun to harden
13. Roll in the mud and get completely and utterly covered
14. Puddle stomp
15. Frisbee!
16. Hoola Hoop
17. Start a garden or weed your current garden beds
18. Find a four leaf clover
19. Put up a slackline across two trees and learn to walk a low tightrope
20. Spill out some sidewalk chalk and draw
21. Create a hopscotch board and find a stone and play
22. Lean against a tree and give it a secret name
23. Climb a tree
24. Hold onto a branch
25. Collect fallen leaves and throw them in the air like confetti
26. Play follow the leader
27. Play simon says, red light green light, mother may I... all barefoot
28. Make a mud patch with your hose and squish your toes in the mud... have fun tracking mud prints all over your yard or sidewalk, painting everything with mud
29. Make a fairy garden or toad home out of found objects in nature
30. Take a camera and capture what you see
31. Set up horse shoes and play barefoot
32. Water balloon toss!
33. Walk barefoot to get the mail each day
34. Bury your toes in a sandbox
35. See if you can get dirty enough each day to warrant taking that shower or bath that night
36. Read my healing children's book [**From The Ground Up**](#) to your child! Filled with even more fresh ideas on how to share this healing opportunity with your young ones and bright beautiful illustrations to help teach this healing concept to your loves.

