

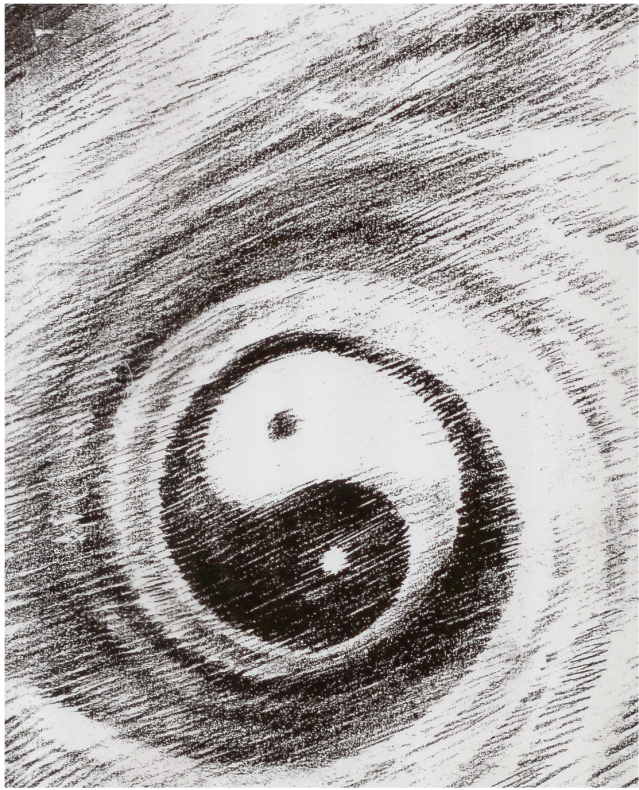
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Electro Magnetic Fields (EMF's)



Today, a Feng Shui Consultation must necessarily address concerns other than “clutter” and the location of one’s “love corner!” Electromagnetic radiation is one of those pressing concerns.

Before humans harnessed electricity, the only electromagnetic radiation we were exposed to came from the forces of nature, such as the sun. Now, we are awash in electromagnetic fields created by man. These fields are invisible lines of force that surround all electrical devices and wiring.

Electromagnetic radiation is formed by an electric field interacting with a magnetic field. An electric field always stays present whether an appliance is turned on or off, but it can be easily shielded or weakened by objects such as buildings or trees and doesn't

appear to be too harmful. A magnetic field, will disappear as soon as an appliance is turned off. Those fields, however, which are not turned off or emanate from sources that are constantly radiating (such as power lines) are seen by scientists to be dangerous to human health. They are able to pass through anything that doesn't contain a high degree of iron. The human body, being a very good conductor of energy, unwittingly becomes a “living antenna” when standing in an electromagnetic field.

Most experts agree that limited, non-chronic exposure to EMFs is not a threat. For example, it is probably acceptable for a person to be near a toaster in the morning. It is not, however, advisable for a person to sleep under an electric blanket, live near a power line, and sleep in a

room where the power enters the home. This person will be under an extreme case of chronic exposure.

The EPA offers the following advice:

Don't let your children play near power lines, transformers, and microwave towers.

Don't sit too close to your TV set. Distance yourself at least 6 feet away even when the TV is turned off. Some appliances (like TVs) are still drawing current even when they are off but still plugged in.

Rearrange your office and home area so that you are not exposed to EMFs from the sides/backs of electric appliances and computers. In the home, it is best that all major electrical appliances, such as computers, TVs, refrigerators etc, be placed up against outside walls. That way you are not creating an EMF field in the adjoining room.

Don't sit too close to your computer.

Be wary of cordless appliances such as electric toothbrushes and razors.

Electric Blankets and Water beds

Don't sleep under an electric blanket or on a water bed. Unplug them before going to bed (don't just turn them off). Even though there is no magnetic field when they are turned off, there may still be a high electric field.

Electric blankets create a magnetic field that penetrates about 6-7 inches into the body when turned on.

It is not surprising that an epidemiological study has linked electric blankets with miscarriages and childhood leukemia. This pioneering work was performed by Dr. Nancy Wertheimer and Ed Leeper, who originally discovered that magnetic fields were linked to childhood leukemia. Similar health effects have been noted with users of electric blankets and water bed heaters.

The devices must be unplugged to delete the EMF exposure. Additionally, there is the issue regarding the vibrations that are generated by sleeping on standing water. There is less hard data in this area but some experts are concerned about the possible consequences.

Move all electrical appliances at least 6 feet from your bed. Eliminate wires running under your bed.

Dimmer Switches

Eliminate dimmers and 3-way switches. These seemingly innocuous devices give off very powerful fields. Do not sit or sleep near them.

Electric Clocks

Electric clocks have a very high magnetic field up to three feet away. If you are using a bedside clock, you are probably sleeping in an EMF equivalent to that of a power line. Studies have linked high rates of brain tumors with chronic exposure to magnetic fields, so it is wise to place all clocks and other electrical devices (such as telephones and answering devices) at least 6 feet from your bed. A simple, older mechanical windup clock is much better.

Fluorescent Lights

Fluorescent lights produce more EMFs than incandescent bulbs. Keep them at least several inches away. Remember there are many other negative features concerning fluorescent lighting. (We will address these next month.)

Microwave Ovens

Don't stand in front of your microwave oven. Microwave ovens emit microwaves and ELF (extremely low frequencies.) All microwave ovens leak and exceed the Russian safety limit and therefore are not recommended for use in Russia. In addition, recent Russian studies have shown that normal microwave cooking converts food protein molecules into carcinogenic substances.

Telephones and Answering Machines

Telephones can emit surprisingly strong EMFs, especially from the handset. This is a problem because we hold the telephone so close to our head. Some brands emit no measurable fields and others emit strong fields that travel several inches right into your brain.

Answering machines, particular those with adapter plugs (mini-transformers), give off high levels of EMFs.

Eyeglass Frames

Eyeglass frames should ideally be made from plastic with no wires in them, otherwise they can serve as an antenna to focus the radio and cellular phone waves directly into your brain.

Razors and Hair Dryers

Electric razors and hair dryers emit extremely high EMF's. This seems alarming, but it is not known if this is worse (or better) than chronic exposure to a lower field. Some EMF consultants recommend that hair dryers not be used on children as the high fields are held close to their rapidly developing brain and nervous system.

Computers

Computers are a complicated subject. EMF's radiate from all sides of the computer. You must not only be concerned with sitting in front of the monitor but also if you are sitting near a computer or if a computer is operating in a nearby room. The largest EMF fields are emitted from the back of a monitor. Remember that EMF's pass right through walls, so always check what is on the other side of the wall.

The screens placed over monitors do NOT block EMF's. Not even a lead screen will block ELF and VLF magnetic fields.

Electromagnetic pollution from man-made technology is something the ancient Feng Shui Masters did not have to deal with. Electro pollution is here and growing. We are constantly being bombarded by these invisible forces which are not in harmony with our human electrical system. It is up to us, therefore, to utilize our knowledge to protect ourselves from these harmful energies.

In a Feng Shui consultation, I use a Trifield Meter to measure the EMF's. It is particularly useful for identifying high levels where you spend considerable amounts of time sitting, working or sleeping. By measuring the extent and power of a field, it is usually possible to rearrange the furnishings within a room to situate you in an area of health and well being. This information, synthesized with traditional Feng Shui knowledge, places one in a truly harmonious environment.