
Nature Interrupted – How the Suppression of Sunlight, Soil, and Natural Rhythms Destroys Human Vitality

♦ Introduction – The War Against What We Are

Human beings are not machines.

We are bioelectric, photonic, rhythmic organisms — woven into the fabric of **sunlight, soil, water, and vibration**.

For 99.9% of our existence, we rose with the sun, walked barefoot on the earth, drank mineral-rich water, breathed clean air, and slept beneath the stars.

We lived in tune with the electromagnetic heartbeat of the planet.

We **synced with nature**—and nature, in turn, **tuned us**.

But in the modern age, that relationship has been **systematically severed**.

The suppression is not just chemical, social, or technological — it is **ecological and spiritual**.

We have been cut off from the very **frequencies that charge our cells, nourish our microbiome, regulate our hormones, and connect us to life itself**.

We were designed for Earth.

But we've been hijacked into a **synthetic ecosystem**—air-conditioned boxes, fluorescent lights, electromagnetic fog, processed soil, and 24/7 artificial rhythm.

And the result?

- Chronic fatigue
- Depression
- Autoimmunity
- Spiritual disconnection
- Disorientation
- Disease

This is **not an accident**.

In this exposé, we explore how **sunlight, soil, time, and energy flow** have been manipulated and stolen — and how **reclaiming them is the key to awakening our full vitality**.

♦ Part 1: Sunlight — The Forbidden Medicine

Sunlight isn't dangerous — it's **life**.

Photons from the sun:

- Trigger **Vitamin D** synthesis
- Activate the **pineal gland and circadian rhythm**
- Charge the **mitochondria** via cytochrome c oxidase
- Modulate **serotonin and melatonin** production
- Reduce systemic inflammation
- Balance hormonal function

Vitamin D is not just a "vitamin" — it's a **steroid hormone** that controls over **1,000 genes** related to immunity, cognition, and mood. And yet, we are taught to **fear the sun**.

Through aggressive campaigns, society has been trained to:

- Wear sunscreen daily (blocks Vitamin D synthesis by up to 95%)
- Stay indoors during peak hours
- Associate sun exposure with cancer, wrinkles, and aging

The result?

Widespread **Vitamin D deficiency** — especially in children, the elderly, and darker-skinned individuals — linked to:

- Depression and anxiety
- Weakened immunity
- Autoimmune disorders
- Osteoporosis
- Cognitive decline

But the suppression goes deeper.

Sunlight stimulates **the pineal gland**, known in esoteric traditions as the “**seat of the soul**.” It governs sleep cycles, dream states, and spiritual perception. By **blocking light**, our **inner vision dims**.

Additionally, blue light from phones and screens (especially at night) **tricks the brain into thinking it's daytime**, disrupting melatonin, cortisol, and the very **bioelectric rhythm** that governs growth, repair, and consciousness.

This is not health.

It's a **strategy of disconnection**—to pull you out of the natural intelligence your body is designed to follow.

♦ Part 2: Grounding and the Earth's Charge

The Earth is not just dirt. It is **electric**.

The surface of the Earth carries a **negative charge** and emits subtle low-frequency pulses known as the **Schumann Resonance** (~7.83 Hz). This frequency synchronizes:

- Brainwaves (alpha and theta)
- Heart rhythm
- Hormonal cascades
- Sleep and circadian patterns

When you walk barefoot on soil, grass, or stone, your body absorbs free electrons from the Earth. This process, called “**grounding**” or “**earthing**,” has been scientifically proven to:

- Reduce inflammation
- Improve sleep
- Stabilize cortisol
- Thin the blood (improves flow)
- Accelerate wound healing
- Reduce stress and pain

But most people never touch the Earth.

Rubber-soled shoes block conductivity. Asphalt covers soil. High-rises isolate us vertically. And EMFs (from WiFi, 5G, smart meters) **scramble the body's natural frequency**.

A 2012 study published in the *Journal of Environmental and Public Health* found that grounding **reduces blood viscosity**—a major factor in heart disease. Yet, no major health organization promotes it.

Why?

Because it's **free, natural, and awakening**.

You cannot control a population that is **energetically grounded, mentally clear, and spiritually sovereign**.

And the Earth—when connected with—**grounds your nervous system, calms your mind, and aligns you with natural truth**.

Disconnection from Earth = disconnection from self.

Reconnection = resilience, intuition, clarity.

♦ Part 3: Biological Clock Hijack – Circadian Suppression and Rhythmic Control

Human beings were designed to live by the cycles of the **sun, moon, stars, and seasons**. Inside every cell is a **circadian rhythm**—a biological timer that orchestrates:

- Hormone production (melatonin, cortisol, testosterone, etc.)
- Immune function
- Cognitive sharpness
- Cell repair and growth
- Digestion and detoxification

Your brain and organs **expect time to pass in alignment with nature**. When this alignment is broken, dysfunction follows.

Yet in the modern world:

- We wake up to alarms
- Stare at screens until midnight
- Live under artificial light
- Work night shifts
- Sleep less than 6 hours
- Eat at all hours of the day

This is not just stressful — it's **neurological sabotage**.

Circadian disruption is now linked to:

- Depression, anxiety, and mood disorders
- Obesity and metabolic disease
- Hormonal dysregulation
- Autoimmune flare-ups
- Cognitive decline and dementia

And it doesn't stop there.

Most shocking: **Circadian rhythm controls over 40% of all human genes**. That means **almost half your genome** responds to light, darkness, and timing.

When you live out of sync with nature's rhythm, you literally **alter your genetic expression**.

Sleep is when:

- DNA repairs itself
- Toxins are flushed from the brain
- Memories are consolidated
- Spiritual perception deepens

But with blue light flooding our pineal glands, **melatonin is suppressed**. Without melatonin, your immune system weakens, your brain inflames, your emotions crash, and your **connection to spirit becomes unstable**.

This is why monks, sages, and mystics were obsessed with **timing, fasting, silence, and stillness**—to tune into the cosmic rhythm.

The technocratic system has replaced this with 24/7 “productivity,” screen addiction, and dopamine chaos.

The result? **Chronobiological trauma**—and spiritual burnout.

♦ **Part 4: Soil, Microbes, and the Collapse of Natural Immunity**

We are not separate from nature — we are **walking ecosystems**.

The skin, mouth, lungs, and gut are home to trillions of microorganisms, most of which come from the **external environment**. For generations, humans played in dirt, drank from springs, walked in forests, and farmed the land. These exposures trained the immune system, strengthened mental resilience, and promoted microbial diversity.

Now?

- Hand sanitizer on every surface
- Antibacterial everything
- Chemical agriculture
- Glyphosate-sprayed soil
- Processed food with no microbial input
- Indoor living with no exposure to natural elements

The result: a **collapse of immune training** and microbial starvation.

The human immune system **learns tolerance and balance** from microbes in the soil. These soil-based organisms (SBOs) teach immune cells how to distinguish friend from foe. Without them, we get:

- Allergies
- Asthma
- Autoimmune disease
- Overreactive inflammation
- Poor gut development in children

Even worse, glyphosate (used in modern agriculture) is **antibiotic in nature**, meaning it kills beneficial soil organisms — and when consumed, continues that microbial disruption **inside the body**.

We have sterilized our outer world — and in doing so, we have weakened our **inner world**.

Ancient people saw soil as sacred. Modern science now confirms:

- Contact with healthy soil releases **mycobacterium vaccae**, which increases **serotonin and resilience**
- Children raised on farms have dramatically lower autoimmune rates
- Gardeners and foragers show **lower cortisol and stronger immune profiles**

Soil is not just life—it is **spiritual medicine**.

And modern systems have done everything to separate us from it.

♦ **Part 5: Conclusion – Rewilding the Human Spirit**

To awaken fully, one must return to what they are.

Not to the digital, processed, artificially lit version of humanity—but to the wild, rhythmic, luminous being **in communion with Earth and Cosmos**.

You are not broken.

You are simply **out of tune**.

The good news? Tuning is free. Reconnection is free. The Earth, the Sun, the Moon, and the Sky still exist. You don't need pills, doctors, or gurus—only the courage to remember who you are.

You are light-powered. Earth-grounded. Time-entrained. Microbially symbiotic. Spirit-guided.

Rewild yourself by:

- Walking barefoot in the morning light
- Watching sunsets without screens
- Sleeping in total darkness
- Touching soil, trees, rivers
- Eating food from your region, your land, your hands
- Sitting in silence with the moon

These aren't just health habits. They are **acts of resistance** in a world that thrives on your disconnection.

Nature is not a luxury. It is your **battery**, your **mirror**, your **origin story**.

They've hidden it, sterilized it, branded it inconvenient.

But it is still there. Waiting for you to **remember the code**.

Return to rhythm. Return to light. Return to ground.

And you return to yourself.



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