

# **EARTHING TRAINING MANUAL**

## **EARTHING & ACTIVATING**

**with 111Hz, the Schumann, Geomagnetic & 136.1Hz**



*Tuning into the Earth's natural vibrations  
& the Maths of Existence!*

**EESHI-RA HART**

*"Come forth into the Light of things. Let nature be your teacher"  
- William Wordsworth*

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# **EARTHING TUNING FORK TRAINING MANUAL**

## **ACTIVATING & EARTHING**

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