

# The Human Body as an Electrical, Energetic System

The human body is far more than a biological machine; it is an electrical, energetic network constantly transmitting and receiving information. Every thought is generated by electrical impulses in the brain. Every movement is triggered by electrical signals firing through the nervous system. Even the heart operates through rhythmic electrical currents that produce the strongest electromagnetic field in the body, extending well beyond the skin.

Because the body is made largely of water, we are naturally conductive. Water allows ions, nutrients and electrical signals to travel with ease, forming an internal communication matrix that links emotion, thought and physical sensation. This means our internal world is not separate from the external environment; it is in constant dialogue with it.

Thoughts, words and emotions are not abstract ideas; they are frequencies. The brain produces measurable electrical wave patterns in response to thought, while the heart's electromagnetic field shifts with emotional states. Calm, gratitude and compassion generate coherent rhythms that support learning and creativity. Stress, fear and overwhelm introduce electrical interference, fragmenting attention and narrowing perception.

Humans are, quite literally, antennae. Our nervous system, fascia, skin and subtle biofields detect emotional atmospheres, social cues and collective emotional states long before conscious reasoning takes place. Children, in particular, absorb the emotional tone of a room instantly. *This is why learning is relational and energetic before it is cognitive; a dysregulated child cannot think clearly, regardless of how well the curriculum is designed.*

In a world saturated with screens, wireless signals and constant stimulation, this sensitivity is amplified. Artificial electromagnetic fields overlay our natural rhythms, contributing to fatigue, anxiety and reduced attention spans. Without grounding, the human system accumulates static.

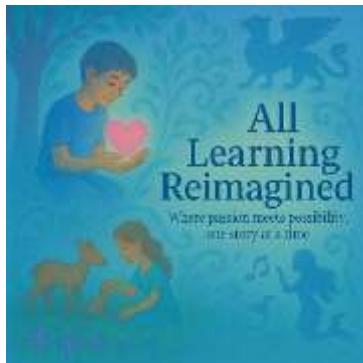
When educators understand the body as an energetic system, learning environments are no longer designed only for information transfer, but for coherence.

## Managing energy = Managing Learning

### What This Means for Educators

- Emotional regulation is a prerequisite for academic learning.
- Silence, breathing and reflection are neurological tools, not luxuries.
- Natural light, fresh air and hydration directly influence cognitive performance.
- Trauma disrupts electrical coherence and compassion restores it.

- Classroom culture shapes brainwave patterns more than lesson plans.
- Educators are energetic anchors, not just instructors.



To listen to an interesting podcast on the electrical system of humans and how it affects learning go to  
<https://bbsradio/alllearningreminaged>.

Recorded on to the 9<sup>th</sup> January 2026. See below for ideas to promote grounding in any educational settings.

Enjoy!

## Grounding Practices for Parents and Educators

### 1. Barefoot Contact with Earth (2–10 minutes)

- Stand, walk, or sit with bare feet on grass, sand, or soil.
- Notice the sensation on the soles of the feet.
- Breathe slowly and feel the body “dropping down.”

**Good for:** Morning routines, classroom transitions, calming big emotions.

### 2. Tree Leaning

- Stand with your back against a tree and breathe deeply.
- Imagine your spine connecting with the trunk like a shared electrical current.

**Why it works:** Trees are natural energy conductors; they stabilise and distribute charge.

### 3. Hand-to-Earth Reset

- Kneel down and place both palms flat on the ground.
- Exhale deeply and imagine releasing excess static or tension.

**Perfect for:** Quick grounding between activities.

### 4. Grounding Through Water

- Stand in a shallow stream or at the edge of the ocean.
- Water increases conductivity, making grounding even more powerful.

**Children love this**, and it instantly changes their energetic state.

### **5. Body Scan with Breath**

- Close eyes, breathe slow, feel your feet, legs, belly, chest.
- Bring awareness downward — this draws electrical activity away from mental overload and back into physical presence.

### **6. Gardening or Digging**

- Hands in soil = direct electrical contact.
- Great for school gardens or home learning days.

### **7. Grounding Object for Indoors**

- Hold a stone, wooden object, or bowl of water.
- The intention + tactile focus signals the nervous system to settle.

These simple practices restore coherence to the electrical body and when coherence returns, learning becomes effortless.

