

# Strengthen Your Resilience and Resistance to Stress

*This article has been transcribed and adapted from an audio CD by Robert Williams, one of the developers of the SRT technology used in Clarus products, including the Q-link pendant.*

My purpose is to talk a little about the advancements in technology in general, electromagnetic fields, and also to explain what the technology behind Clarus is and how the Q-link pendant works.

To begin, let's go back in time around one hundred years and imagine what our grandparent's environment was like. There would be a lot of horses and maybe even a few horseless carriages pattering around on dirt roads. Henry Ford had just built his first car a few years before. What you wouldn't see would be power lines, electrical appliances, cell phones, computers or TV's. Life was quite a bit different back then.

Let's stop a second and think about how many years ago it was when we started using our own computers. Did you have one in 1978? That's when Jimmy Carter was president. Probably not. That was 30 years ago. It was only three years before that—in 1975—that the very first personal computer was introduced by Altair, which by the way, came with a total memory of 256 single bytes. The truth is that most of us have been using computers less than fifteen years and as far as cell phones less than ten.

In 1900 less than two percent of the population had electric lighting. No one had radios, which came on the scene in the 20's. No one had televisions, which first appeared in 1935, and only ten percent of the US population even had telephones. In the last 100 years we have seen more technological advancements than in the entire history of humanity prior to 1900. Today there are more technological advancements in one single minute than all the advancements between the years 1800 and 1900. That's an amazing indication of how fast humanity is growing and advancing.

Now let me say here emphatically, we at Clarus believe this is absolutely great. These achievements allow more and more people to connect with each other, to accomplish more, to create more and ultimately to enjoy life more. You can't argue with that. Look at our entertainment systems in our homes and cars. Think of the movies and TV shows with the amazing special effects using digital technology. But what about the side effects and potential side effects we've yet to discover?

This reminds me of the day I was at the university microfilm department and I was looking at some old magazines published in the 30's. I came across an ad for cigarettes showing a picture of two doctors in white coats smoking cigarettes with the caption, "For Your Good Health". Today this is astounding to anyone who has read the research or learned the hard way about smoking. Back then, however, they had no idea. My father, who fought in World War II, remembers the army doctors handing out cigarettes to help "stay alert and yet remain calm". The research had simply not been done yet. And remember what they thought about asbestos prior to 1968—no problem!

Well, some side effects of technology are more obvious than others. For example, consider things such as air pollution, water pollution and chemicals in foods. What I'd like to talk about now, however, is electromagnetic fields or EMF for short.

First, let me briefly describe what EMF is. Any time you have electricity or electrons flowing through wires or through space there is always a corresponding magnetic field generated perpendicular to the flow of electrons, which is generated out into space. The magnetic field is very difficult to shield. It passes through most metal, walls, rocks, and humans. The question is, when it passes through humans and animals is it simply passing right through without disrupting or changing anything, or is it perhaps affecting something that may lead to some concern—particularly over time?

The magnetic field intensity is measured in what is called milligauss. It's measured by a gauss meter that's fairly easy to get nowadays. At this point, I'd like to give you an audible demonstration of electromagnetic fields. I have a milligauss meter and this particular model makes a particular sound according to the meters milligauss reading. Right now I am sitting in front of my computer and pointing the milligauss meter to the right which has nothing but some books and a wall to the outside where there are some plants and trees. The meter now reads about one and one half milligauss, which by some standards is considered fairly safe.

Now let me turn the milligauss meter to face my computer screen and you can hear the meter immediately goes up to about 4 milligauss. I just turned it away and it's about 18 inches from the monitor. Now I also have an electric shaver, which is powered by probably NiCad batteries. It's not plugged in and powered completely by the batteries. As I turn it on (a very LOUD meter sound), the milligauss meter completely pegs to the right. The meter only measures up to 10 milligauss, so it's at least that, probably much higher. I also have a cell phone, and as I put it up to my ear and turn it to "Send" (again, a very loud sound), it's very erratic and at least 10 milligauss. These fields are all around us.

In 1990, the US Environmental Protection Agency issued a report called "Evaluation of the Potential Carcinogenicity of Electromagnetic Fields." In that report it recommended that low frequency electromagnetic fields—those associated with common electrical appliances, including computers, TV's, toasters, microwaves, shavers, etc. be considered a class B carcinogen, much like radon. This report by the way was withdrawn less than six months after it was released with the statement that "more research was necessary." It was interesting to note, however, that no research was really presented at the time to substantiate their decision to withdraw the report.

The Office of Assessment of the Congress of the United States still recommends "a policy of prudent avoidance with respect to electromagnetic fields" and there are now several hundred independent and university associated reports and research projects that link electromagnetic fields with health problems. If you are interested in these reports there are two excellent books you may want to read. These are The EMF Book by Mark A. Pinsky and Electromagnetic Fields by B. Blake Levitt.

Now think back again to your grandparents and to the horseless carriages and what many call a more natural environment. It is estimated that in the last 50 years the amount of electromagnetic field has increased by 100 million times. This means that every single day, particularly if you live in a metropolitan area, you are exposed daily to

100 million times the radiation your grandparents experienced. Really the complete ramifications of this won't be known for years, but at least we know that the increase of this type of influence represents a radical environmental change to the human condition. In fact, Mr. Paul Brodier, a noted science journalist who was one of the first to alert the public about the dangers of asbestos and EMF, says that whenever your living environment changes rapidly due to the introduction of new forces such as EMF, your body is compelled to adapt. This creates a condition known as adaptation stress. Some of the symptoms he identified with this type of stress are fatigue, confusion, lack of concentration and focus, headaches, backaches, and increased emotional volatility.

In a nutshell, what Clarus products do is bring back the natural life-supporting frequencies found everywhere in nature into our immediate environments. In spite of being surrounded by the deleterious effects of these electromagnetic fields, it turns out that those frequencies of energy that we call "natural"—like those found these days away from the cities, in the mountains or right by the oceans—are not absent in the presence of high technology, but simply overridden or interfered with. Because Clarus products generate or activate those same fundamental energies found in nature, our minds and bodies are more able to restore themselves and even enhance their own abilities to both cope and flourish in today's electromagnetic and information age.

How does this work? Well, the key is called "bio-energy". Let me explain. Over the past 400 years Western Science developed a model of the human body that identifies the various structures and functions of the body. We identify these structures to be the cardiovascular system, the endocrine system, the organs, the muscles, the nervous system, immune system, etc. To regulate or correct diseases in these physical systems, Western medicine has developed medical devices, surgery, and pharmaceuticals.

Over the past 3000 years, Eastern Sciences developed a model for the human body based on the quasi physical structure of the human bio-energy system. According to Eastern medicine and other systems of mind-body harmony—especially the martial arts practices—the functioning of the bio-energy system is absolutely key to strength, endurance, and mental performance. The bio-energy system functions best when consistently aligned with natural life-supporting energies. The bio-energy system can easily be disrupted by the electronic and other environmental influences. Conversely, the bio-energy system can be markedly enhanced in the presence of natural life-supporting energies. This is what is contained within and activated by the Q-link pendant and all Clarus products.

Imagine four tuning forks held by four different people. Let's say 2 are tuned to the note A, one is tuned to C sharp, and one to the note G. If you strike the G tuning fork, the other three will remain absolutely silent. If, however, you strike the A tuning fork the other one also tuned to A will begin to sound—even without striking it. This is because of the principle called "phase resonance."

The Q-link pendant works much the same way. It acts like a tuning fork to activate those basic life-supporting energies within our own bio-energetic body. The bio-energetic body is really our most immediate and intimate environment. It is more fundamental than our physical body and has been found to extend several feet around the body. This has also been called the quantum body, from the research in quantum mechanics and how it relates to physicality. One theory is that the quantum body contains all the intelligence to not only support its counterpart—the physical body—but

to also provide appropriate energies or ratios of energy to grow physically—as from infant to adult—and to grow in personal performance capabilities as well. This is why the martial artist can do amazing physical feats if he or she is accessing or activating this quantum level of energy—or what is called “chi” or “qi”.

The Q-link stands for the “Quantum Link”. It links us to that quantum level of our innate intelligence and the most fundamental level of our natural energies. The type of natural energy that the Q-link pendant employs is the very type that is found everywhere in living systems, including plants and sea life. It is a very simple and basic set of what has been called subtle energetic frequencies or ratios of energy flux that are linked to physical systems automatically. This means that these ratios are intrinsic and already built into living systems. Again, all that the Q-link is doing is reinforcing and reminding the body of its own basic nature and intelligence. Some of these types of frequencies were actually documented long ago by the ancient Greek philosopher Pythagoras in his writings about sacred geometries and what he called the harmony of the spheres.

Modern day mathematicians have found a common geometrical link and pattern of ratios in the relationship between the sun and the earth, oceanic patterns, plant and animal growth and our own DNA. The same basic ratios continue to show up everywhere. The Q-link resonates to these intrinsic basic ratios of life already present. Dr. William Tiller of Stanford University states that theoretically “Clarus acts on the chaotic aspects of the electromagnetic waves and sets up a positive resonance with the natural energy of the person in the field which appears to strengthen natural immunities to manmade EMF.”

Perhaps the easiest way and best method to determine the extent to which you are affected by EMF is to have an examination conducted by a qualified practitioner. Many alternative health professionals and chiropractors are trained to safeguard the health of your bio-energy system and are qualified to conduct this type of test.

To conclude, I want to say that neither Clarus Products International Corporation nor its independent distributors make any claims that these products are intended to prevent, cure, mitigate, treat, or diagnose disease. If you have any reason to believe you have a health problem, you should see a qualified health professional. Thank you for your interest in Clarus.