

Balancing The Energy Of Your Living Space And You

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Interaction between the surrounding space or environment and a human is going on non-stop, even if you are not aware about these processes. Your body and mind are constantly interacting with the external world: partially consciously, but mostly in an automatic mode – subconsciously.

Working with the Bio-Well and GDV (Gas Discharge Visualization – digital version of the Kirlian photography) technology has brought me to the world of assessments of energies: human and environmental; and their interactions.

Based on practical experience – scanning thousands of people all over the world - we have found 6 main spheres of lifestyle that influence the human energy the most. They are: nutrition, physical activity, mental/psychological state, sleeping regime, hormonal activity and environment. First 5 are very well known and profound doctors and practitioners are analyzing all of them while consulting patients, but, unfortunately, environment is usually being omitted and forgotten.

Activity level of environment (ALE parameter in Bio-Well) allows us to make an assessment of how the surrounding space affects your functionality. Bio-Well camera with the Sputnik sensor provides us the opportunity to understand which space will activate you, which one will “burn” you (so you get exhausted very fast), which one will force you to think only about sleep and food. Environment controls how energetic you can be.

Of course, there is a lifehack – you can potentially change the environment in which you live. Ayurveda gives us an understanding of 6 stages of illness development. It proves once again the very well-known principle – “mind over matter”. Mindset defines the lifestyle, and lifestyle defines what kind of health issues one will have. But interestingly enough, your mind is able to change the environment. Thanks to the Bio-Well this process is also measurable.