

# Resources for Earthing & Forest Bathing



A fun way to learn about Earthing is to watch The Earthing Movie - A winner of the Audience Award for Best Documentary at Dances with Films Festival - shares the Tickell family's journey with grounding, aka Earthing, and the people they met and learned from along the way.

It features grounding pioneer Clint Ober, author Deepak Chopra M.D., actress/activist Amy Smart, author/activist Mariel Hemingway, cardiologist Dr. Stephen Sinatra, renowned healer Dr. Joseph Mercola, engineer and physicist Gaetan Chevalier, PhD. and many others. Since its release in 2019, the movie has received rave reviews and comments from viewers daily.

**Watch the full Earthing Movie on YouTube (FREE):**

<https://www.youtube.com/watch?v=44ddtROXDVU>

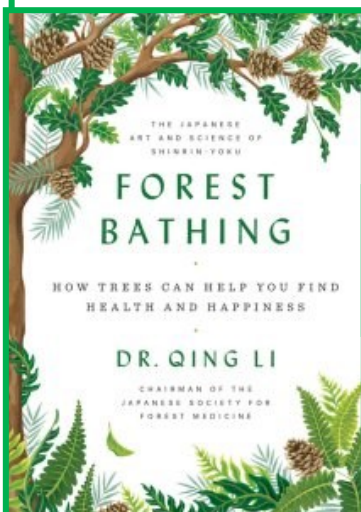
**And below is the 2 minute movie trailer:**

<https://www.youtube.com/watch?v=UthYXfTMNcE>



Read some of the articles from past issues of our weekly e-zine, “Heart and Mind Matters” (Obtain a [free subscription at www.tinathrussell.com](http://www.tinathrussell.com) to receive an uplift each Tuesday morning.)

- ♦ <https://bestucanb.ca/2020/11/10/have-you-tried-a-green-prescription/>
- ♦ <https://bestucanb.ca/2020/07/24/connect-with-the-earth-3/>
- ♦ <https://bestucanb.ca/2022/02/10/are-you-earthing-for-your-health/>



Read the book “Forest Bathing: How Trees Can Help You Find Health and Happiness” by Dr. Qing Li

This resource sheet is provided to you by Tina Thrussell, Shin Dao Master and The Healer’s Healer. [www.shindao.com](http://www.shindao.com) [www.tinthrussell.com](http://www.tinthrussell.com)