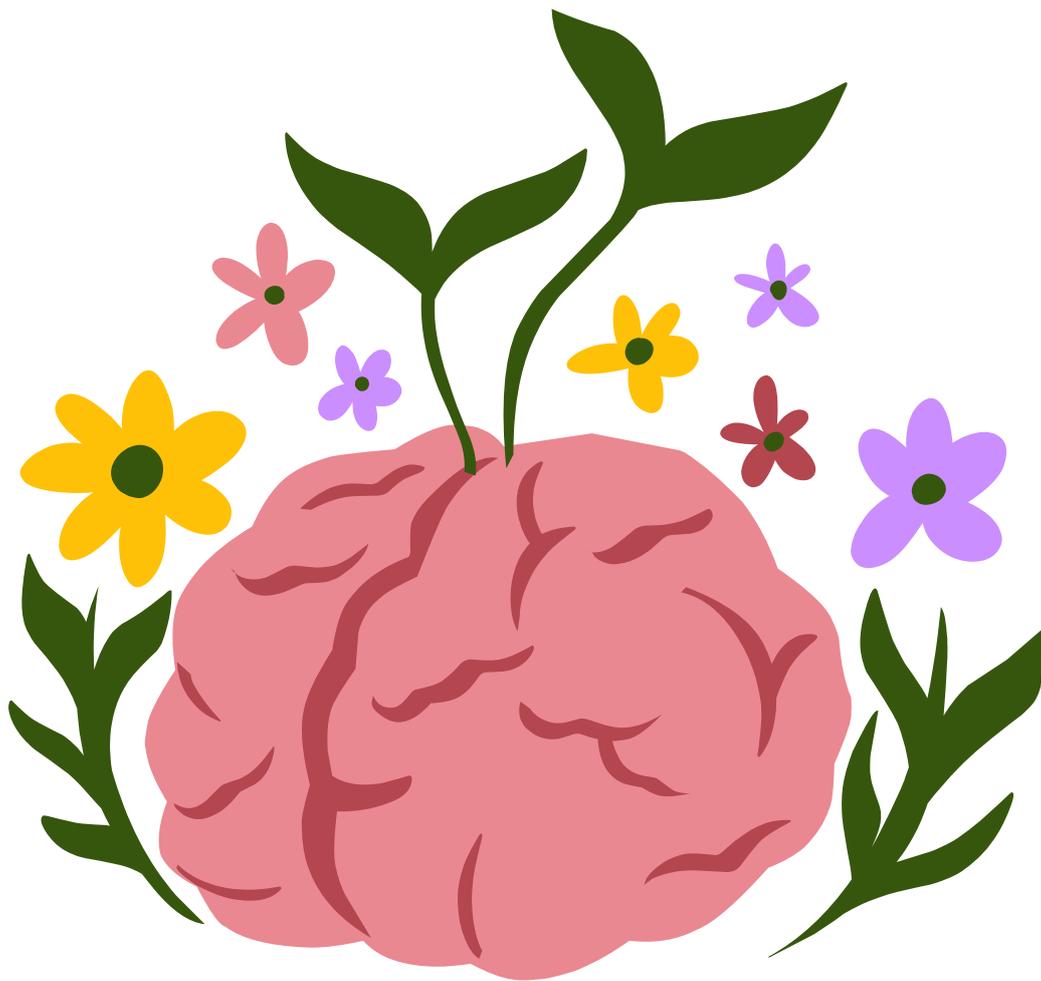


Smart Meter EMF Protection Guide

A practical guide to help you understand and minimise the effects of EMF exposure from smart meters, using physical, energetic, and biological support strategies.



Jacquie McIntyre

Smart Meter EMF Protection Guide

Smart meters are now commonplace in many homes, transmitting usage data wirelessly. While convenient, these meters emit electromagnetic fields (EMFs), which some research suggests may affect human and environmental health. Whether you're highly sensitive to EMFs or simply curious about proactive wellness, this guide offers supportive options — from physical tools to energetic techniques — to help you feel empowered in your space.

🛡️ Physical Shielding & Distance

Physical Shielding & Distance — Practical tools to block and reduce EMF radiation entering your space.

- Smart meter guard / cage: Stainless-steel or copper mesh covers to reduce emitted RF radiation while allowing readings.
- **RF-blocking fabric panels or curtains:** Silver/copper woven fabric hung on the wall behind the meter.
- **Metallic EMF paint:** Carbon-based or metallic paints like YShield to block RF penetration.
- **Meter relocation request:** Ask your utility company to move the meter further from bedrooms or living spaces.
- **Home shielding canopy:** EMF-blocking fabric canopy for sleeping areas near meters.



✨ Energy Harmonising & Neutralising Devices

Energy Harmonising Devices — Subtle energy tools that support electromagnetic balance and coherence.

- **Home EMF harmonisers / neutralisers:** Plug-in or whole-house devices (e.g., Blushield, Vortex BioShield).
- **Scalar energy or orgonite devices:** Pyramids or discs placed between you and the meter to shift EMF signatures.
- **Shungite & black tourmaline placement:** Large stones near the meter to absorb and scatter EMF.
- **Other Crystals:** Hematite, Fluorite (Especially Rainbow or Green), Lepidolite,
- **Earth grounding rods & earthing mats:** Helps dissipate electrical build-up and reduce EMF stress. Look for highest Silver thread count. 30% and above.
- **Frequencies:** 528 Hz, 432 Hz, 7.83 Hz (Schumann Resonance) OM Chanting, White, Pink & Brown Noise, Crystal Singing bowls, Tuning Forks.
- **Orgonite** (with embedded crystals like quartz & copper coils)
 - Purpose: A manmade energetic device that is said to transmute EMF into more harmonious frequencies.
 - Best Use: Near devices, routers, smart meters, or corners of rooms.

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Biological & Environmental Support

Lifestyle and natural strategies that build resilience and inner harmony.

- **Strengthen resilience:** Prioritise quality sleep, hydration, and nutrient-rich diets high in antioxidants and minerals.
- **Increase time in nature:** Daily barefoot grounding on grass, sand, or soil to discharge EMF.
- **Red light / infrared therapy:** Supports cellular energy and counters EMF effects.
- **Regular movement & breathwork:** Improves lymphatic flow and detoxification.
- **Indoor plant allies:** Spider plants, peace lilies, and snake plants for air quality and small pollutant absorption.



Bonus Tips

- **Combine tools:** Pair crystals (like shungite or black tourmaline) with frequency playback (e.g., 528 Hz) to create an EMF-harmonizing altar or corner.
- **Placement:** Place crystals in key EMF-heavy areas (Wi-Fi routers, smart meters, bedsides, workstations).
- **Cleansing:** Regularly cleanse crystals (sound, sunlight, moonlight, smoke) to maintain effectiveness.



- **Extra Tips:** If your provider allows it, consider opting out of wireless transmissions in favour of wired or manual readings — often the single most effective way to reduce EMF exposure.
- *For more personalised support, you may wish to explore a BodyTalk session with Jacquie, focused on EMF stress and energetic coherence.*

This guide is intended for educational purposes only and does not constitute medical advice.

Crystal & Frequency Summary Table

Tool	Frequency Best Use Area Purpose	Effect
Shungite	Near smart meter, Wi-Fi router Absorbs EMFs	Grounding
Black Tourmaline	Entry points of EMFs Protection	Energetic clarity
Orgonite (w/ quartz)	Corners of room, near devices	Transmutes EMF, balances subtle fields
528 Hz	Background music	Supports DNA repair, calming
432 Hz	Meditation Natural resonance	Grounding
7.83 Hz (Schumann)	Bedside / meditation Mimics Earth's natural rhythm	Balance
OM Chant	Anytime	Cellular harmony, spiritual coherence

✔ Quick-Reference Checklist

- Install RF-blocking fabric behind meter
- Place orgonite/Shungite near meter
- Introduce grounding routines
- Use indoor plants to improve air quality
- Consider smart meter guard or shielding paint
- Regular Smudging
- Grounding sheets

