

[return to updates](#)

# Our Buildings are All Wrong



*by Miles Mathis*

*First published September 11, 2021*

It being 9/11, I guess this is a good day for some big news about buildings. At some point we are going to have to demolish ALL modern lived-in structures and start over. Should be fun.

Why? Because they are charge deserts, short-circuiting our natural batteries and making us sick, ugly, and miserable. But we will get to that.

While everything else is going on, I have continued my research on the charge field, which will turn out in the long run to be even more important than anything else going on right now. I just realized yesterday that [my major paper on Solar Cycles and the charge field](#) came out in February of 2020, the same month the Great Reset began with the announcement of the fake pandemic. That could be a coincidence or not. I don't really believe in coincidences of that sort.

At any rate, my own health problems are what got me looking hard at Solar Minimum to start with. What is Solar Minimum? Well, the Sun has an 11-year cycle, and we have been in a deep minimum since about 2017. This is not astrology or wuwu, it is mainstream science. Or, the mainstream knows about the cycle, though they don't know what causes it. This current minimum is the worst in centuries, though very few people know that. The mainstream decided not to publicize it widely, since they are quite happy for you to have a litany of unknown and undiagnosed health problems, so they can sell you more drugs.

When we are in a minimum like this, it means charge levels are low across the system, all the way out to Pluto. With low charge, electrical fields are also diminished, since they are based on charge fields.

So the electrical field inside your body is anemic. You have been like a battery on very low charge for more than three years. We are now climbing out of that minimum, and will hit another maximum in a few years. You may think that is good news, and it is, but our problems will not be solved even then, since we are creating our own minimums in our buildings. Read on.

I intuited early on that reduced charge was causing or exacerbating my health problems, so I decided to look into it. My health problems didn't start until the last five years, and as it turns out, I think one of the main reasons I have “aged so well” is that—purely by accident—most of the places I lived before 2012 were not so bad regarding the factors we are about to look at. They had little or no subfloor insulation, wood floors, no carpet, and no attic insulation either. I lived in older wood or stone houses in Austin for much of that time, and slept on a natural futon. My first house rental in Taos—where I lived for four years—was also like that. Cold, but natural.

For those who haven't spent any time on my science site, what I discovered more than a decade ago now was that celestial mechanics and the Solar System are not powered by gravity alone. [I proved that the big field equations](#)—like those of Newton, Laplace, Lagrange, and Einstein—were actually dual-field equations that always included charge. It is charge, not gravity, that drives everything, including orbits, tides, and everything else. Charge also drives the 11-year Solar Cycles, and [I had shown exactly how that worked](#) by 2014. In February 2020 I finally provided all the graphs and flow charts proving it. I was able to match past charts and to predict the next cycle. Those predictions are all coming true in real time, so much so that the mainstream is in a panic. They are going so far as to miscount sunspots in order to hide the fact I was right.

Shouldn't they be happy someone has finally figured this out? As scientists, aren't they supposed to be excited by new knowledge? Well, they are supposed to be, but they aren't. They don't like the fact that an outsider saw something they didn't. So they are hunkering down and refusing to budge, either pretending I don't exist or covertly attacking me. This should not really surprise anyone who knows how things actually work in this world.

You can read up on that if you are interested, but the way it impacts this current question is that it turns out the Earth—like all other celestial bodies—is acting as a sort of charge engine, recycling charge that it gets from the Sun and the Galactic Core. Charge is just a heavy stream of real photons, so it is not anything esoteric or difficult to visualize. Photons are little particles of light, and only a sliver of them are visible to us. Heat is also photons, as are radio waves, so most of the spectrum is invisible. We can hear part of it, but the largest part we neither hear nor see.

The spin of the Earth on its axis creates huge vortices at both poles that reach far out into space, capturing the charge wind coming from the Sun. It pulls these photon streams in and channels them down to the core, where they then turn and move back out. They channel out most heavily at the equator, due to more angular momentum (centrifugal force) there, but they are released everywhere. So no matter where you are standing on the Earth, these photons will be rising up from underneath you, passing through you, and moving on up into the sky.

Tesla was one of the first to realize how this worked, and so he used it to create his machines and toys. He was tapping the charge field of the Earth. Wifi rides on the ambient charge field in the lower atmosphere, as just one example. This rising charge also explains how planes fly, the buoyancy of water, floating clouds, rising heat, and many other things the mainstream knew only darkly. But even Tesla didn't really know much about charge. As an engineer, he knew how to harness it, and as a genius, he intuited its main properties, but he was never that interested in theory. I was the first to

show [how charge fits into the unified field equations](#).

But what I have discovered more recently is how this impacts human life and health. You can see that the Earth is a sort of charge engine, recycling charge right through its body and “feeding” on it. As it turns out, atoms are also charge engines of that sort, as is the Sun. Charge photons recycle right through the atomic nucleus, [and I was the first to diagram the charge streams](#) of the various elements. All bodies of all sizes are charge engines, feeding off the ambient field. Everything from the electron to the galaxy is recycling photons and feeding off of them. So are you. You don't live just by burning food. You also live by recycling photons, sort of like a plant does but without the chlorophyll. The mainstream is also aware of that, see biophotons and things like that. But they aren't as aware of it as they should be, as you are about to discover.

If mainstream science understood how charge moves and is recycled, our buildings wouldn't be made like they are. Due to poor choice of materials, almost all houses and office buildings are slow-motion death traps. They insulate or block most charge, which starves the body of its main source of energy. Even our shoes are all wrong—but we will get to that too.

A house, built properly, would allow charge to rise right up through it. But any insulators in the floor or ceiling will block or redirect that charge, keeping it from getting to you and feeding your electrical system. In electrical theory, an insulator is anything that is not a conductor. A conductor allows charge and therefore electricity to pass, while an insulator does not. An insulator creates long charge paths through it which end up releasing to the side or back down, so the charge can't move ahead. In the question at hand, it means the rising charge won't continue rising. It will release out to the side. So if you are in the building, it will miss you. You will be charge starved.

You may say, “So what? I am charge starved. Big deal.” Yes, it is a very big deal, nothing bigger, since it is killing you in slow motion. It will cause you to age quicker, to start with. Charge starvation is likely behind every malady known to man, from cancer to heart disease to premature baldness. Of course there are other factors, and I am not saying there aren't. Diet remains a factor, and stress, and so on. But low charge makes all these things ten times as bad. For instance, low charge short-circuits electrical signals, which short circuit thyroid and pituitary function, which short circuits heart, liver, skin, and kidney function, which over the long-term is a death sentence.

We can look at that more in a future paper, but here I want to address what to do about it. Fortunately I have also been studying that. Obviously, all insulators have to be removed from floors and ceilings. You will say, “Why ceilings? We are under the ceiling, so isn't that before the charge is blocked?” I see your point, but no, that isn't how charge channeling works. As Tesla discovered, there is a charge link between ground and sky, and the charge requires a path up into the sky in order to move freely. Since the gap between your floor and ceiling is only about eight or ten feet, it is as good as nothing to charge. The ceiling is as good as the floor, from the point of view of the rising charge. It is as if the charge sees the ceiling coming, and begins moving around it a little early, missing you regardless. There is also charge moving down from sky to Earth. There is 2-way traffic, if you like. You need to keep that path open in both directions.

So you have to remove all insulators from floors and ceilings. This doesn't apply to insulators in walls, including metals acting as insulators (some do). You mainly need to be worried about floors and ceilings. In the house I just moved out of, I had real wood floors, so you may think I was OK. Nope. I had subfloor heating, and therefore subfloor insulation, which blocked charge. The tubing is also plastic or similar. Metal tubing would be OK. In my current house, I have vinyl floors which block,

carpeting which blocks (via the padding, glue, etc.). I don't know what is in the attic here. Any shingles on the roof that act as insulators will also block charge. Wood shingles are fine. Not sure about metal roofs. You wouldn't want a sheet metal floor, but a slanted metal roof might be OK. That requires more study.

In short, we need to return to natural materials like stone, brick, wood, canvas, real adobe (mud), and things like that. Concrete is probably OK. Vinyl, plastic, PVC, rubber, and anything of that nature is right out.

It appears the Japanese were and are aware of this to some extent, since they have always stressed using these natural materials. I don't think they understood that it was all due to charge, but it doesn't really matter. Like Tesla, they were aware of the result, so they could solve the problem.

What about shoes? Well, we have the same problem with shoes, don't we? Almost all shoes have rubber, crepe, or some sort of plastic soles. All these will block charge from reaching your feet. I now think that most problems addressed by orthotics would be better addressed by switching to leather or wooden or canvas soles (or some combination thereof). I intuit that foot pains are usually caused by charge starvation due to wearing rubber soled shoes all the time. Even our cushioned insoles exacerbate the problem rather than solve it, since they are also foam.

What else? How about bedding? Our mattresses and pillows present the same problem, don't they, since they are almost all made of foam, nylon, polyester, and other synthetics. Modern bedding is a disaster, and it got worse in 2007, when mattresses were legislated to be sprayed with fire retardants. These don't block charge, but they are highly toxic. Plus, the foams and other synthetics are off-gassing all night, so it is no wonder we are a nation of sick people.

So, how to begin solving this problem? Let's start with the smaller and cheaper stuff and work up. The first thing you may wish to do is throw away any foam pillows you have. You need to switch to organic cotton, wool, or real down (feathers). These pillows, which used to be the norm, are not anymore, so the price is ridiculous. My grandfather would be appalled. If you go for cotton or down, realize they will still be sprayed with fire retardants in most cases. You can buy cotton that hasn't been sprayed, but they now require a letter from your doctor. Yes, really, I am not making that up. You require a note from your doctor to buy a fucking pillow or comforter or mattress that isn't poisoned. Which is why I buy wool pillows. Wool is naturally flame resistant, which I guess is why you never see sheep on fire. Expect to spend about \$100 per pillow.

Now shoes. The uppers should be canvas or real leather. You can still find a few clogs with wooden soles, but often they have a thin layer of rubber to prevent slippage and lower the noise. You will have to remove that. You can replace it with a layer of roughened leather or canvas or burlap if you like, especially on the heel. It won't last long, but it is better than having numb toes from lack of charge. Many guys refuse to wear clogs, so moccasins are their best bet. Look for ones tagged "canoe soled". That usually (but not always) means they have a sole of double leather. If you are buying online, make sure they have a picture of the sole. Some loafers/penny loafers also come in this style. The traditional penny loafers had a leather sole (not a canoe sole), and some dress shoes still do. But they almost always have a rubber tab on the heel. A thin half tab of rubber on the heel won't kill you, but I recommend you have as little rubber on the sole as possible. A lot of charge that comes into the body comes through the heel, due to its position under the leg. [Added later: try Bragano by Cole Haan, which has a leather sole. It comes in many styles, including penny loafers, tassels, and fisherman.]

Bedding is also ridiculously expensive. There is really no reason a canvas mattress or futon stuffed with wool and/or cotton/down should cost \$1500. \$200 would be more reasonable. But health products are a gouge economy. It probably wouldn't be hard to make your own. One way or another, I recommend you look into it immediately. It will save your life. If you do start manufacturing them, let me know and I will list them on my site at no charge to you. Remember that if they contain wool, they don't need a flame retardant, but some wool ones do have retardant. **Read all the words in every description closely, including the reviews.** And I have seen some listed as wool/cotton which on closer inspection have layers of foam or latex. I don't think you want any latex, even if it is natural rather than synthetic. When I was shopping, I came near ordering several items that on closer inspection had boric acid flame retardant, foam layers, or other synthetic layers. You don't want any of that. You want natural stuffing only (metal micro-springs are OK), and you want some amount of wool so that they don't have to use flame retardant. Organic cotton is also highly preferred, since you don't want Chinese cotton that has been drenched in glyphosate or other bugspray. Look for cotton that is US sourced regardless, since much of the stuff from China is mistagged. They say it is organic when it isn't. That could also be true of US products, but as of this year it is still less likely.

To round this off, remember that you don't want any synthetic products in your bed posts, slats, or boxsprings. Don't store any items that would block charge under your bed. Don't place your bed on carpeting, and don't place it on any non-slip rugs either. The non-slip layer will block charge. All your rugs should be natural fibers on both sides, and not sprayed with flame retardants. Remember, the year for that is 2007. Rugs older than 2007 are more likely to be free of retardants. If your rug or carpet smells like chemicals, throw it out. Buy antique rugs on ebay or at estate sales.

Now, while you are ripping out the carpet or vinyl floors in your bedroom, you may wish to sleep outside. If you are under the stars, great, but remember that you can't use most tents or yurts, since they will be made of plastic or polyester or something. You will need a canvas tent with no plastic floor. Or a traditional yurt made of natural materials. Even waterproofing should be avoided, since it blocks charge. A traditional canvas tent with a very sloped roof pitched under a tree will prevent most rain from coming in, but if there is a downpour and the ground becomes a river, well, you are going to get wet. That can be said for most tents. You won't be able to use air mattresses, sleeping bags, or sleeping pads for the same reason. What I did is take my wool/cotton futon outside, put it on a bamboo base, and if it looked like rain I used a canvas tent with no floor. You can also raise your bed on pallets. If you find a spot with thick grass, beware of the dew in the morning. Moisture is the enemy of natural futons, since it breeds mold and mildew. If it is hot and sunny, you can flip it in the morning and it will dry out immediately. Otherwise it is best to place the futon on bare ground over the bamboo or pallets. Two wooden pallets fit a full futon or mattress perfectly.

You even have to be careful with the bamboo, since bamboo used for mats almost always has a non-slip side. You don't want that, so I buy bamboo shades/blinds instead and use them under the futon. That keeps stickers and other crud off the underside of the futon. That actually works better than a tatami mat, which isn't made for outdoor use. Of course you can also use a piece of plywood, a blanket, or a canvas tarp.

I know a lot of people will see this as more bad news. They will blame me for being the constant bearer of bad tidings. But it is actually the reverse. This problem could never be solved until someone recognized it, and once it is solved it will save the human race from more illness and death than anything before it. Many people have been begging for help with their problems, begging the angels to tell them the cause of all these mysterious ailments the doctors can't pinpoint, and I think that for many of them this is it. I am not claiming it is the cause of all disease, but I honestly think it is a factor in

most of it. Covid was never a true pandemic, but this is, and has been for a long time. And as the use of plastics and foams and chemicals has risen, it has gotten worse every decade. It will continue to get worse unless it is recognized and reversed.

If you don't believe me, put it to the test. Sleep outside or in a natural building for a couple of weeks and get back to me. My guess is you will be noticeably recharged in that amount of time. Campers will back me up here, though they will have thought they were recharged just by being in Nature. In a sense they were, but it wasn't just looking at trees and stars that did it. It was being in a charge-rich environment. So, as it turns out, they weren't just "recharged" in a loose spiritual sense, they were literally, physically, RECHARGED, with real charge photons. Even with the wrong shoes and tents and sleeping bags, campers will get far more charge than at home in a charge-deprived house. If they start hiking in moccasins or barefoot, and follow my other suggestions, it will get even better. Foot problems will evaporate in short order, followed by improvements across the board, from hair to skin to teeth to eyes to heart and lungs.

This is another part of the revolution, and a central part of it. There will be resistance from the usual places: Big Pharma will hate it, as will hospitals. Plastics and chemical companies will hate it. But there are trillions of dollars to be made here, so other Phoenicians will jump on board. Just think how much it will cost to rehouse and reshoe everyone! They will love it. Mike Lindell at Gateway Pundit will have to get into wool pillows, I guess.

And as for the hippies, it will give them something very real to cling to for a change. They can give up on Burning Man and the infiltrated Rainbow gatherings, allying around the new charge revolution instead. They can get busy making natural futons, pillows, moccasins, clogs, rugs, tents, and yurts, undercutting the ridiculous gouge prices online and selling and bartering directly. They can get involved in the building revolution,\* refitting houses all over the country and turning them from death traps into livable spaces. I expect this to go mainstream within five years, and if my charge theories continue to gain traction among working scientists and engineers, it could happen even faster.

I will even tell you what one of the jingles will be, for the retro-fitting of bedrooms: "It is like camping in your own bedroom." Or, "Bring the health of the great outdoors indoors." You see how it goes. The possibilities are endless.

**Addendum October 12, 2021:** [Studies on polyester are now coming out](#) showing it is a perfect contraceptive, destroying the fertility of both males and females. Men who wore polyester underwear for 140 days were made totally infertile, while women were unable to conceive. Scientists pretend not to understand why this is true, but I just told you: polyester blocks the charge field. It is an electrical insulator, and your body needs charge in order to function and to produce sperm or eggs. Do you think the governors don't know this? Do you think they have marketed polyester to the plebes so aggressively by accident? Do you think it is now difficult to buy sheets or beds or underwear or rugs or carpet that *aren't* made with polyester or other manmade fabrics just by accident? Of course not. We have been targeted in a thousand ways, and this is just another of them. Given these programs, it is a miracle that Gentiles can still reproduce at all.

\*It is not good news for the Greater World in Taos, or Mike Reynolds and his so-called Earthships. These use rammed tires for a foundation and walls, which is an environmental and charge disaster. The rubber tires not only block charge but leach toxins into the soil around them—which is why using tires in house construction is

illegal in many countries. The huge overhead windows, though normally slanted, are also a disaster, since they are Plexiglas, also blocking charge. Of course the Earthship design could easily replace the Plexi with glass and ditch the tires, but rammed tires are sort of the signature of the Earthship. And the truth is Earthships don't really work as well as traditional adobe in hot climates. Earthships are notoriously hot. I have been in both adobe houses and Earthships in Taos, and the adobe houses stay much cooler. A large part of that is the large slanted windows, but there are other factors involved.