

Phase 1: Weekend Getaway

Welcome to the start of your **#LIVECELLFREE – DIGITAL DETOX** journey.

Like many others, you have come to realize that not only are cell phones dangerous to your health and your relationships, but towards Humanity and Mother Nature as well.

We find ourselves in an era where we have to take a stand and make radical decisions. This is one of those decisions.

Just like the *tobacco industry lied to the public about the harmful adverse side effect of smoking, so is the telecommunications industry doing the same....except they learned from the past mistakes of their predecessors and unfortunately control most of the flow of information in the main stream medias.

Fortunately, they do not control all sources of information, some of which you will find reference to on the **#LIVECELLFREE** website. We highly recommend that you take the time to digest the information over the next few month. We have set it up in such a way that it allows you to discover gradually what the Telecommunications industry do not want you to know.

In embarking on this journey, you are contributing to the shift in consciousness towards a brighter future, one where human relationships are valued over money and technological advancement. The more we awaken to the truth, the less power governments and the large corporations have over us.

Over the next four weekends, you will embrace a new way of living, a new way of being and a new way thinking. In the following pages, you will find a series of questions that will help you gain clarity and define your **#LIVECELLFREE – DIGITAL DETOX** journey. It is vital that you take the time to explore these questions and answer them sincerely. The more honest you are with yourself, the greater the awareness.

Many of your answers will help shape your journey past these initial four weekends and into phase 2 and phase 3.

Remember, if you don't know **'WHY'**....the **'HOW'** is irrelevant.

We look forward to hearing your story, be sure to document it and share it with us.

Love and Light

Sol-Eric

*Managers of the U.S. tobacco industry apparently felt completely at ease in April 1994 while testifying under oath to the U.S. Congress that the link between smoking and lung cancer was merely a statistical correlation, and that smoking was, in fact, a non-addictive habit. (Reference Paul Héroux, PhD, Faculty of Medicine, McGill 2019)
<https://www.c-span.org/video/?c4388905/user-clip-1994-tobacco-hearings>

Let's get started then:

Ultimately, you should have read and answered the questions in this document prior to starting your journey. This will ensure you have had ample time to prepare your success.

THE WHY

- ❖ Why do you own a phone? Was it your personal decision to have a phone, or did you get one because it was what was expected of you?

- ❖ Why do you want to #LIVECELLFREE?
 - Did someone say something or did an event occur that caused a shift?
 - What are your motivations:
 - Physical or psychological health,
 - Privacy concerns,
 - Spiritual,
 - Environmental concerns....or any other not listed.

- ❖ What are the reasons behind these motivations? What are your concerns?

- ❖ How will living without a cellphone benefit you, others and the environment?

- ❖ What are your expectations?
 - Why?
 - Are they realistic? If not, why not?

- ❖ What are your fears in regards to not having a cell phone?

- ❖ What will you tell people when they asked you why you don't have a phone?
 - What feelings arise due to this?

- ❖ WHO will you BE without a cell phone?

Take the time to review this section several time over the next four weeks. We have many deep layers within our subconscious mind, which requires time to access. Remember, it took a great many years for you to arrive where you are today, it might take half as many to transform all aspects of your life. Don't worry....we have plenty of time....let's just start with cell phones😊.

THE WHAT

All right then, time for a little investigative work.....let's review your cell phone habits:

- ❖ How often do you pick up your cell phone without a specific reason?

- ❖ How much time do you spend on *(Calculate to best of your ability)*:
 - Social media (all forms)
 - Messaging
 - Emails
 - Games
 - Surfing internet

Surprised by your findings? What feelings or thoughts come up?

- ❖ Do you use your cell phone for :
 - Navigating (GPS),
 - Alarm clock,
 - Online banking,
 - Reading books,
 - Listening to music, streaming movies,
 - Bixi, car rental, public transport or any other transport applications.
 - To communicate with clients (if self-employed or business owner)
 - In case of emergencies:
 - If yes, be honest. How many times have you needed to call 911?
 - Your primary phone because you don't have a landline.

THE HOW

Now let's create some new **#LIVECELLFREE** habits:

- ❖ For each action you require a cell phone, how are you going to perform them without a cell phone. Write down realistic strategies, a plan of action for each individual one.

'If you fail to plan, you are planning to fail'

Over the next four weekends:

- ❖ What will you do with your phone?
 - Do you have the discipline required to keep it turned off, or must you remove it from your environment?
- ❖ What kind of activities could you do
 - A weekend getaway in nature...digital detox...
 - Start a project you've been putting off, read a book, learn new skill or art...
 - Go hiking, camping or some other form of outdoor activity...

Imagine all the time and energy you can recuperate and direct it towards accomplishing some of your goals. Remember, the purpose of this **#LIVECELLFREE – DIGITAL DETOX** journey is based on your own personal choices, which you enumerated in section 1. If you immerse yourself into other forms of technology (tablet, computer, video games, tv or movies) this could be a form of compensation and defeat the purpose of such an experience.

Be sure you are very clear as to why you are doing what you are doing. This is the sole deciding factor between whether you are successful or not. **'WHY'** we do things brings meaning behind our actions. Without a powerful **'WHY'**, our actions become meaningless and we seldom follow through with our commitments.

Tips

- ❖ Know that the health risks from cell phone radiation, is also found in all forms of wireless technology (Bluetooth, Wi-Fi, WiMAX). Consider Ethernet cables at home vs Wi-Fi.
(Visit our site for more information on this topic and how to protect yourself)
- ❖ Even if your router is off, laptops emit very high electro-magnetic radiation. Have it in airplane mode.
- ❖ We recommend you stay away from tablets as we consider them in the same category as a cell phone, just that they have a bigger screen.
- ❖ Wireless mouse, keyboard and speakers also emit electro-magnetic radiation.

Dairy

Keep a dairy of your experience, for example at the end of each day.

- ❖ How did you feel? What feelings came up?
- ❖ What was difficult? How did you cope and overcome these difficulties?
- ❖ How were you successful (however small) and why?
- ❖ What did you learn and how did it allow you to grow?

These entries will better prepare you for when you move into phase 2 of your **#LIVECELLFREE** journey: The 30 day challenge. They can also help others on their journey if you share your story with us. We will post stories as they come in on our site for other to read and help them transition towards a new life.

Week #4 is a good moment for you to review your experience and decide if you wish to continue your **#LIVECELLFREE** journey or if this was a nice experience but not your thing.

If you decide to continue:

*“Will you start on the Monday following the end of weekend #4?
Or maybe you need a little extra time to integrate phase 1.”*

There’s no right or wrong, only what is **just** for you Take your time to question yourself as it’s important that you are comfortable with your decision.

If you are up for the challenge, then now is a good time to discover [‘Phase 2’](#)

References

Books - Disconnect: The Truth About Cell Phone Radiation, What the Industry Has Done to Hide It, and How to Protect Your Family, by Devra Davis, https://www.amazon.ca/Disconnect-Radiation-Industry-Protect-Family/dp/B072M5NGV2/ref=sr_1_1?keywords=disconnect&qid=1588645320&s=books&sr=1-1

Documentary - Generation Zapped: <https://generationzapped.com/>

Interviews –

Dr. Devra Davis Interview by Klaus Scheidsteger Germany 2019: <https://youtu.be/NbO9psiPx98>

The Hidden Dangers of Wireless & Cell Phone Radiation ~ Arthur Firstenberg ~ <https://youtu.be/rh0dphQ2xj0>

Dr. Mercola Interviews Paul Heroux: https://youtu.be/PxwrgX_32XE

Wishing you great success!

Hope to see you at one of our Monthly Meetings,

Love and Light

Sol-Eric