

# Golden Light Rods for Health

By Bernie Heere

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BONUS CHAPTER----Step-by-step photo instructions on making a Golden Light Rod

## Chapter 1: What are the Golden Light Rods?

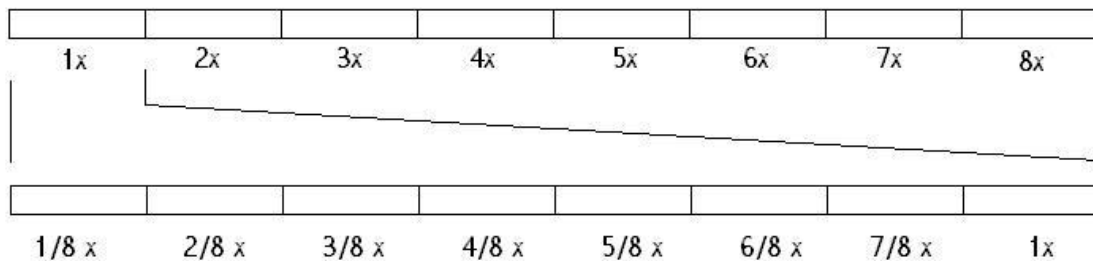
The Golden Light Rods are simply specific lengths of aluminum which radiate energy that is so close to the scalar energy that our bodies normally absorb and radiate, that our bodies seem to pull in this energy and receive a boost at the cellular level. Once boosted in this way, the cells can more readily make needed repairs within the body.

The name “Golden Light” is simply the result of how an energy sensitive person came to visualize this energy through his pineal gland.

To understand where the energy originates, it's necessary to realize that scalar energy provides the force that powers each and every atom in the universe. Every atom needs to absorb energy to power the particles in each atom in their never ending dance. No sub-atomic particle is ever still! The electrons need to spin around in their orbits, and the protons and neutrons dance around each other.

Every type of atom will radiate a specific frequency known as the MRI frequency, and this frequency is likely based on the circumference of the electrons in their orbits. It's just fortunate that the frequency of the energy radiated by aluminum appears to be beneficial to living cells.

The specific lengths used in the GL rods are such that a resonance is set up from end to end along the rod so that at specific distances along the rod, this energy radiates out perpendicular to the rod at nodes along it. There are actually different node spacing's that can be achieved by cutting the rod to different lengths. The calculations of the lengths are based on fractal arithmetic, and for the GL frequency, it's based on a fractal of 8. This means that a full GL length will contain 8 segments with an energy node between each segment, and one on each end, so a total of 9 nodes. However if one was to cut off one of these segments they would find that this single segment now contains 8 more segments, but naturally a lot closer together than they were in the original rod. Then one could cut off one of these shorter segments, and it would now contain 8 even smaller segments.



**Figure 1 Fractal lengths**

So a GL rod can contain up to 8 segments. We commonly refer to these lengths as 1x through 8x. So, for example, a 5x rod will contain 5 segments or 6 nodes. The x simply means to multiply the basic length by the number. Since there are only a limited range of

practical lengths that can actually be utilized we've arbitrarily assigned the 1x length to 1.89745 inches, or 48.2 mm. So the basic lengths are:

	Inches	mm
1 x =	1.89745	48.2
2 x =	3.7949	96.390
3 x =	5.684235	144.379
4 x =	7.5898	192.780
5 x =	9.473725	240.6326
6 x =	11.36847	288.759
7 x =	13.28215	336.8856
8 x =	15.1796	385.56184

Since both the 1x length and the 8x lengths contain 8 segments this means that the actual node spacing on the 1x length rod will be  $1.89745 / 8$  or 0.23718 inches, and on the 8x rod the spacing will be 1.89745 inches. The smaller the space between the nodes the better the coverage will be, so the more effective the rods will be.

There are a couple specific lengths that are unique. The first is the 9x length. It can be considered to be a joining of a 1x length and an 8x length. But the 1x length causes the node spacing to be 0.23718 inches and the 8x length causes the spacing to be 1.89745 inches. Since the spacing needs to be consistent along the entire length of rod the 9x length will wind up with 10 primary nodes spaced 1.89745" apart, but between each of these nodes will be 7 sub-nodes spaced 0.23718" apart. So a 9x length will have a total of 10 primary nodes and 63 sub-nodes for a total of 73 nodes. The same thing happens when we take away one segment, so a 7x length will have 8 primary nodes and 49 sub-nodes for a total of 57 nodes. So the 7x and 9x lengths are particularly effective for our purposes.

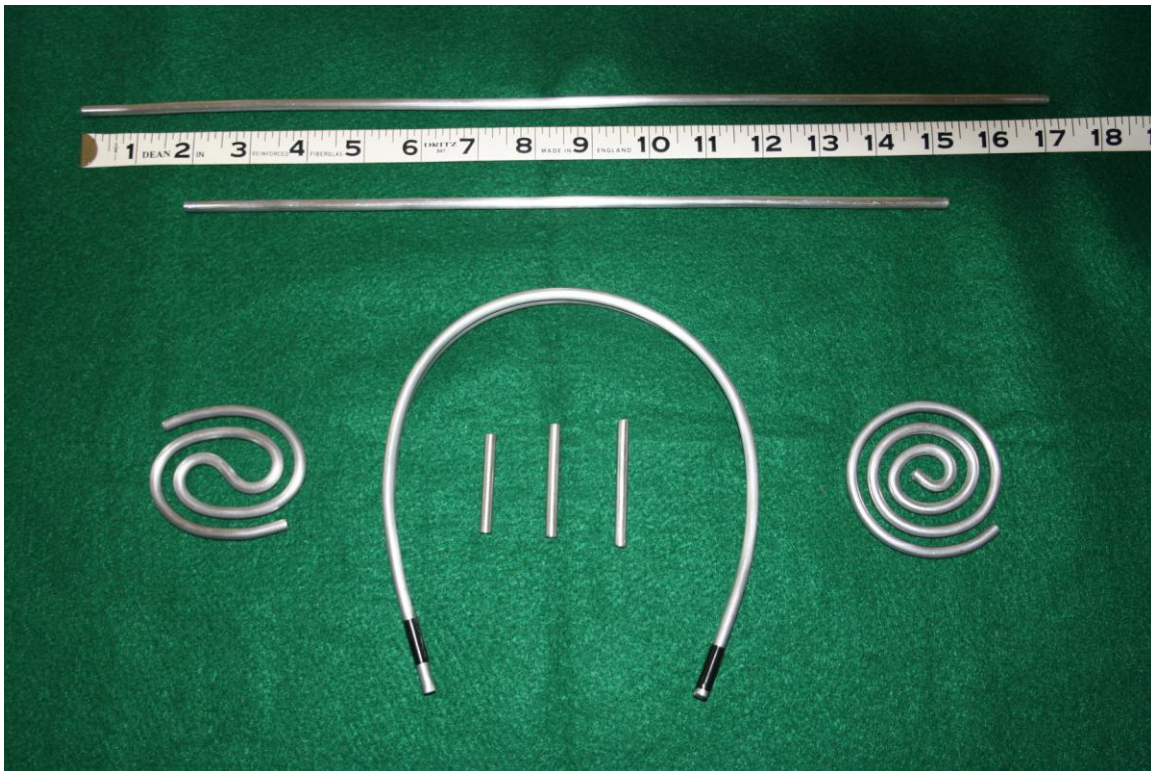
This concept holds true for the smaller fractal lengths as well. So the 7/8x length and the 9/8x length are also very intense, because the node spacing on these rods is actually reduced to  $.023718 / 8$  inches or .02965 inches. So these short rods are especially effective when targeting small areas of the body.

## **How to make the GL Rods**

Most any material cut to the GL lengths will radiate scalar energy, but, as far as we know, only aluminum will radiate this energy in a frequency range that so closely matches our body's own energies. For example, the energy from copper rods has been shown to be useful for boosting the gas mileage on vehicles, but it's not particularly useful for therapeutic purposes.

There is no "right" form of aluminum to use. Rods have been cut from solid rod stock in diameters ranging from 1/4" up to 1.5" in diameter. They've also been cut from aluminum tubing or pipes. Any form of aluminum is effective. I've used aluminum grounding wire

in both 9 gauge and 4 gauge. The wire has worked well, because it's soft enough to allow the rods to be bent in a variety of useful shapes. The 4 gauge wire is slightly more potent than the 9 gauge, simply because there's a larger mass of aluminum involved.



**Figure 2 - Various configurations of the rods. On top are a 7x and a 9x rod. On the left is a 7x SBB coil, on the right is a 9x spiral coil. In the center is a pair of 9x rods taped together and bent into a neck loop. Inside the neck loop are a 7/8x length, a 1x length and a 9/8x length**

When making the rods, the length is the most critical aspect. For the lengths of 1x through 9x the length can be measured with a simple ruler or tape measure, if care is used to get the length as accurate as possible. For the shorter rods, such as the 7/8x or the 9/8x lengths, caliper accuracy is necessary, since the node spacing is considerably smaller. It's important that the rod ends be as flat and true as possible, so I normally cut the length slightly long and grind each end down until the length is correct. A sanding block can also be used for this, since aluminum is a relatively soft metal. I also file a small chamfer around the ends to eliminate the sharp edges.

I can tell when a rod is properly cut by holding it near my lips and moving it around; it feels like a very slight breeze comes from the rod. The lips seem to be a very sensitive area.

In the appendix I've included a tutorial that my friend Adrian Mutimer put together documenting the process he went through to make a pair of rods.

## **How to determine polarity**

All lengths of metals will have a polarity, probably as a result of the manufacturing process. As the material cools down from the molten state there is a molecular alignment which takes place. For increased energy intensity, we sometimes want to use two rods together. In this case there is greater intensity if the opposite polarity ends are aligned with each other. However, actually determining polarity can be tricky. I've come to rely on dowsing for this, but some people simply aren't into dowsing. The alternative approaches are to simply feel if one end of the rod feels stronger than the other when holding them near the lips or even in the palms of the hands, or to simply try them each way and see which way has the stronger effect on the body. All of the longer rods that I've sent out are marked on the positive end with black indelible ink.

## **How to use the GL Rods**

The rods seem to energize the cells in the body to increase their effectiveness in dealing with problems. None of the experimenters have ever reported any problem as a result of using the rods, so they actually seem to raise the cells energy to the level that they should be working at, rather than the reduced level which is a normal condition for most people because of poor nourishment, and less than ideal levels of exercise. We ask our bodies to overcome many environmental issues, like fluoride in our water, and things like aspartame in our drinks, and prepared foods which have been depleted of nourishment in the processing stages. So our cells are normally operating in a sub-par mode.

Since the rods appear to raise the cells energy to a normal operating level, there's really no wrong way to use the rods. Most people who try them are usually trying to deal with localized pain. In this case it's simply a matter of getting the rods near the painful area. We've come up with a few different rod configurations, so it's a matter of figuring out which would be best to wear over a specific spot. In some cases there have been relatively quick results, but in other cases it will be a matter of long term exposure to see results. So in the longer term, it becomes a matter of wearing the rods while we go about our normal activities.

One thing to keep in mind is that it's NOT a good idea to have the rods directly against the skin for long periods of time. In some cases people have inserted them into plastic tubing, while others have used cloth bags to hold them. I've actually coated some with fingernail polish. Or you can simply wear them over clothing.

Besides pain relief, the rods appear to stimulate the various glands in the body. In particular, the neck loop appears to boost the body's thyroid gland to the point that some people will feel much more energized. This would be something that people with

Fibromyalgia or Chronic Fatigue Syndrome might find useful. For men, just sitting on a coil or rod appears to boost testosterone levels. Haven't tried it yet, but this might also help with prostate problems.

There have been several reports of the rods dealing with cramps quite quickly. And some reports from people who have used them successfully for digestive problems. There was even one report of the neck loop clearing up a tinnitus problem, and another report of the rods dealing with a serious vertigo problem.

The rods can cause some discomfort in some cases. For, instance on me the neck loop causes me to have a mild gag sensation. I think this is because my thyroid was killed with radioactive iodine many years ago when it became cancerous. The energized cells appear to realize something's not right and they're trying to fix it. Maybe I'm growing a new gland! The same kind of thing occurs when I hold a rod near a rib that was cracked years ago. Possibly the cells are trying to deal with a little misalignment.

Basically, the sky is the limit. At this time, there are only about 30 people actually experimenting with the rods, so there's no real track record available for the many physical problems that people can have. So far there's been a fair amount of positive feedback from the users, and no detrimental reports.

## **Chapter 8: Testimonials**

### **Dena K.**

My mail is delivered to a PO box, and the mail lady tried to force the envelope into my box. She even said..." whatever is in there wouldn't bend enough to fit in the box! So my rods had a few bends and kinks in them. I straightened them out as best as I could ( as I drove), then just hung the horse shoe one around my neck. I woke up this morning to a crick in my neck, which was about 50% better by the time I arrived at work. I only had about 30 minutes till my first client. I am a massage therapist, so didn't really have enough time to figure out where and how to wear these. I made a circle from one of the shorter ones and wore around my neck all day. My neck feels great tonight. I couldn't find any tape so I held a straight rod in place by the elastic in the leg of my panties :) and let it hang down the side of my left leg, inside of my pants. I only did one massage like that because it wasn't that comfortable! As I said, I wore the one around my neck all day. I gave 4 massages today, one being a 2 hour session and I really felt good. Felt like I was very centered. I have had a straight rod against my leg for about an hour and it has the sensation of a very gentle pulling, for lack of a better description. If anyone has experience myofascial release, maybe similar to that. I am going to try to figure out a way to sleep with the horse shoe one around my left hip. Good thing I no longer have a water bed! I pointed the rod in the palm of my hand and moved it around and could feel the energy. Going to keep playing with these and see what happens.

## **Sharlene**

I have another testimonial for the group: As I reported I've been wearing the coil as a pendant for about 3 days now, and I just realized that my stomach doesn't hurt. Pretty much my whole life I've had daily stomachaches, this is truly amazing.

AND:

My husband took my 1 X to tape to the side of his heel, though it was the underside of his heel that was hurting. He used it while sleeping and took it off in the morning, saying it felt better, but he wasn't really saying much more than that. After all, he is a true skeptic. So it took one more night of using the rod before he said that all the pain was gone. He is a believer now!

AND

I see a 90 year old woman each week and while visiting with her, she mentioned extreme weakness in her thigh area, it would give out when walking down a set of stairs and she was afraid of eventually tumbling some day. I lent her my coil for about 20-30 minutes for the duration of the visit. She didn't say anything. The next week she said she felt stronger as a result of using it that one time. So I lent it to her again for another 20-30 minutes, so I'm waiting to hear her report this week when I see her again.

I noticed that it's better to use the 1 X rod to start people foreign to experiencing this type of energy and as they use it, they may later want to switch over to a longer rod. It may be about the herx effect, I don't know yet. This will probably be the way to approach people, is my suggestion, if wanting to introduce this energy to others. I've placed the 1 X rod in those jewelry pouches with a zipper, it's easier to spot without misplacing them.

I've also placed the coil in a larger jewelry pouch with a zipper also to prevent the metal rubbing off on the skin. I've noticed that all the rods and coils increase my energy and intuition. In order to keep it close to my body without taping (I'm allergic to tape), I used a silk cord to loop through the zipper tab of the jewelry pouch and it became a pendant but tucked inside of my blouse. I was tucking in inside of my bra, but thought it could still drop without me knowing.

Sharlene

## **Melly B.**

My new rods arrived. Thank you very much. Most of all i really was surprised and thrilled to see the gifts...thanks a million. I was first trying to put some away, and all of a sudden I felt my face and neck getting hot, and I was not even wearing any of them. So i

decided to make the cases for those we will immediately use. My upper thigh was hurting (neuropathy) again, but i put the coil, which is bagged in denim already, and in a few minutes the numbness, itch, and burning pain went away. I am thinking of a way to keep it in place. Thanks for the short rod too. I put it in a little cloth bag and made an ear so I hang it on a finger to make sure it does not get lost. Have been wearing it too and it is helping my carpal/bursitis pains as well. Today, I am painless.

...I have been suffering from GERD with stomach pain. Have been taking zantac and boirons gas and acid pills. None worked. It was a nagging very annoying pain but very bearable. In my annoyance i took the coil Bernie gave me and put it over my tummy, i was just tying the "belt" to keep it in place and the pain suddenly disappeared. Amazing. This coil is made of the thicker wire.

On July 10 I went to bed early for an early morning flight to NJ. Then just maybe 2 hours of sleep, I woke up with my whole body quivering inside from head to toe. I prayed so hard to the Lord not to make me suffer a heart attack and forced myself to go back to sleep (it took a while). Next morning i told hubby, how i felt during the night. Then he was staring at me. Then he said, why do you have two necklaces now? Oh my, it donned on me I wore 2 of the thick GL rods that night. That is the reason why i was quivering all over. LOL...those thick ones are so strong Bernie.

## **Bob R.**

My foot is WAAAAAY BETTER!!! My ankle is not sore. My sole, plantar area, and most of the heel bottom do not hurt at all today. Only the very back of my heel hurts a little at the Achilles tendon, and the tendon is still irritated some up the back of my heel to my ankle.

I wore my neck "horseshoe" GL rod for a while yesterday evening. The energy was so strong it felt like a millstone on my neck. This thing is actually the lightest weight neck loop of any kind that I've ever made. I guess I needed it, been a long time since I'd worn it.

One thing that I did notice is that after wearing the neck loop for awhile that suddenly my tinnitus died way down, and I could hear a lot better.

Still experimenting here with the aluminum rods, wires and cables. Still coming to the conclusion that I still prefer above all else my straight aluminum service cable laid along my side in bed. Last night I laid it between she and I, on my left side, and immediately felt a tingle up and down the left leg. She and I both slept really good.

It's a piece of 2-0 underground service cable, which means it's sold as two insulated cables and a non-insulated ground, but I'm not entirely sure about the gauge number. It



has 19 strands inside of it that look like 12 gauge wires. I cut it to just over 45-1/2" long, which is 3 times the 8X GL length.

Bonnie, the daughter who used to love to sleep on a spiral of copper tubing, is going back to her place today. I'm sending one of these with her. I gave it to her, I walked to the other end of the house, and here she comes right behind me, holding it in one hand and saying "Ow- this thing is buzzing in my hand!"

### **Tony G.**

I've not seen what Bernie sent you or know specifically what he created to share, but I have played with the GL rods for a couple of years now (I still have about 8 of them under my bed in a configuration with some copper piping for energy / healing considerations).

My background is working with energy from a healing aspect, so when I first cut a GL rod, I felt the aluminum rod start to "buzz" up. Granted it is very precise, but once you hit the right length, the entire GL rod comes to "life". It is almost as if you have made the tube or rod, alive, in a very unscientific way, by having it's measurements tune in to a higher frequency. What I immediately sensed upon 1<sup>st</sup> playing with them was what I would call the "attunement" process, meaning the GL rods operate at a much higher band of energy, and once "turned on", you too become attuned to that frequency or energy as well. The GL rods, like anything else, is a tool for being introduced to that frequency, and allowing that higher frequency/energy to clear out your personal body/energy system.

The rods I cut and still have are all straight. When I play with them, I often would just hold both of the "ends" in each hand, and allow the rod to vibrate up to my senses, and then I would just "pull" the energy in and move it around to various areas. I imagine you could do the same with the C shaped tubes too. I would also use the straight GL as a wand, and point it at areas for focusing the energy/beam from it.

You are only limited by your imagination when it comes to these things, meaning, try anything and everything!!!! Try putting the GL lengths around a glass of water for 10 minutes, then drink and see if you notice anything different. Put it around your lunch before you eat. Put it around your shoes at night and see if upon wearing them the next day, if you notice any difference. Put all of jewelry that you regularly wear inside of the GL's for a while. <smile> I come from the school that says if you haven't tried it ALL, ya missed something!!! Lol I truly try everything I can think of, just because! If you shower, put the GL around the shower head, if you bathe, put it in the tub with you! Got a plant? Put it around one for a couple of days and see if you notice a difference. Do you have medication you take daily? Try "charging" it with the GL. Have pets? My cats LOVE the GL energy!!!!!! My girl cat rolls over on her back with all legs in the air and starts to purr VERY loudly (quite the picture but VERY unlady like!).

I have 8 of the rods under my bed in a pattern that initially had me sleepless for several nights, it was so strong. Got a silk scarf?? Wrap the GL in silk, THEN wear around your neck

My youngest daughter was over last weekend and had bad cramps. She wanted to go with her older sister out to dinner, and came to me looking like death warmed over to look for sympathy. I gave her your coil and told her to lay down on the couch, put it on her stomach, and just see what happens. About three minutes later, she bounced back into my room, said the pain was all gone, and thanked me! :) I had used it the week before for a lower back pain, put it inside the elastic of my shorts directly against my skin, and within 2 minutes, no pain! You can't beat that in my book. It wasn't instant, but it seemed like it when the pain abruptly disappeared.

## **Ruth**

You may have seen my post to the Crock list by now, but wanted to let you know I got your package today. The neck one is AMAZING!! It wiped out a horrible headache in 15 minutes or so!! I don't have socks on, so cant wear the 7" on wrists or ankles, but have put those on the bend of my right knee (the front part of that hip joint has been 'catchin' for last couple of days and thought it might help that) for grins. Certainly can't hurt anything!

Thank you SO much!! Relieving that headache alone has me hooked and I'm looking forward to learning LOTS more about this stuff from you, as well as Tony. Thanks again for all you do!!

## **Renee**

I'm not very energy sensitive, but my husband is. I received the rods you sent and had opened the package and laid the rods on the table. Later my husband came by and while I was not looking he picked up the coil one. He turned to me and said "are these energy devices?" I said "why?" He said "because they are really buzzing. They are pulsating like a sparking wire!" Needless to say he confiscated my toys for his own use. Lol

## **Glenn C.**

I tried a set of the neck rods to see if they would help with the problems that I've been having with vertigo. They didn't seem to affect it. After discussing this with Bernie he sent me a pair of the shorter rods and told me to tape them to my eyeglass frame just near the ears. Surprisingly, in just a few minutes, the vertigo dies right down and I can walk normally.

## Chapter 6: Questions and Answers

**Q:** First I have to mention that in spite of my ignorantly messing up the rods application, resulting in more sleep deprivation and FM problems, I still got a noticeable positive effect that lasted all day! I could feel that I was all ‘charged up’ and no longer being in that zombie condition. I definitely felt more alive and alert; something that hasn’t happened in months. It was a bit excessive, probably due to the crazy method I used, but so welcome a change that I’m thrilled. I can’t wait to use them properly, just as soon as this excess wears off.

That leads me to ask for a bit of clarification. I took the shipping tape off and my understanding was to form a circle from the pieces, positive end to negative end, and tape them together? But unless I bend the “C” shape out to that half circle position it won’t work. And then I’d have to undo and retape every time I wanted to put the circle on some body part. I feel as though I’ve missed something with this idea. If I’ve got it right, I can see the necessity for getting some plastic tubing.

And when you say that it’s not always necessary to use a pair, do you mean to just use one half rod? In that case, do you have a method to somehow ‘affix’ it to whatever area of the body with something, perhaps a piece of the tape on the clothing? Or does one have to keep still while treating with this/these?

**A:** I sent the rods rolled into a circle, because the group is used to using the copper L-loops that way, and it makes them easier to send. 17" is a fairly long rod! I've also sent some 7x lengths out, thinking they work well wound on the wrist and ankles

When I used a pair together around my neck, it vibrated up my entire torso and out to my fingertips. This was so cool that I just wanted to share it with others, and see if they would have the same response. I've sent them out as pairs, but I do think using them in pairs might be too intense for some people initially. They do take some getting used to.

You'll have to unbend them some to put them around your neck. That's ok! They're not that brittle. Just put them side by side with positive and negative ends together and use a little tape somewhere near the end to to keep the ends aligned. No need to tape the circle closed. When I wear them around my neck, I wind up with a gap of about 2" between the ends. I leave them that way so I don't need to flex them much to take them on and off. The 17" length is really ideal for around the neck. At least for most people!

You can use the rods individually, and it may be a good idea if you think they're having too much affect on you. It does take some getting used to! And I think that when you put them over an area where your own energies are out of alignment, the rods try to pull

things back into alignment and this process can be fairly intense. It's gets less stressful each time you do it. The actual shape of the rods doesn't matter. Bending them in loose a circle is just a convenient way to wear them.

I don't really think you can overdo exposure to them. In other words, there won't be any damage done. I've worn them on my ankle 24-7 for weeks, and I've worn the neck pair continuously for several days. After awhile I forget that they're there, but than I realize that I'm still feeling the vibration, and remember them.

**Q:** Can a magnet be used in conjunction with the rods without neutralizing its effect?

**A:** I doubt that a magnet would interfere. It would just provide a different frequency than the rods. Probably not good to use them in the same area, but that's just from my intuition.

If you're using the poles of the magnet it wouldn't seem to be a problem at all, but using the scalar energy from the edges there could be a conflict if used in the same area. As a guess, if they were more than 8" apart it should be fine.

**Q:** I thought when one feels pain or tingling, it meant the rods are healing something. Maybe the rod is killing the enemy?

**A:** The tingling is simply the feel of the energy itself - like a vibration. Pain is most likely from your energized cells getting to work and fixing something. Intensity I think is about the cells actually getting energized. If it happens too fast it just feels really intense. Once the cells are up to what I think are optimum levels, than that intense feeling seems to die off.

This is mostly my intuition speaking here, but based on my personal experience with the rods. The first time I put the rods around my neck I got a quick lesson in intense! But it died down after a couple hours. I no longer get that feeling, so I think the energy levels are holding pretty well even when I'm not wearing the rods. But my info is likely skewed because even when I'm not wearing the rods, there've been more than a few around me that I'm making for other people. My den is an energy hodge-podge!

**Q:** For whatever reason, I can't feel anything right now from my big 45-9'/16" cable. I have a neck cable, made like a horseshoe to the 9X length, approx. 17". Right now it's too much for me to take. I have the same thing in aluminum grounding

wire from Radio Shack, covered in heat shrink tubing, that I can wear and feel something from but can't take it for very long. Whatever the energy is, right now I must be tanked up with it.

**A:** More likely it's the opposite problem. It's when the energy levels are raising the most that it feels intense. I think it's the change that you feel happening.

**Q:** I played around with the GL rods. First I put one on my upper arm, didn't feel anything, then I put one on the other arm, and also the neck rod. I felt my right breast being pricked by a nail, but no deeper than 1/8 inch. Gas was all over my body. I hurriedly took off one bracelet, it still persisted, I took off neck rod. I was fine. I took off left arm GL rod and then put on the neck rod again. Pain came back to my right breast then disappeared, came back but on left breast then disappeared. This neck rod seems powerful. I will wear it in bed. Wore neck rod and one arm rod, I started to itch on my left arm. Took off arm rod, leaving neck rod, am fine again. BTW, these rods seem to sharpen my sense of smell so much.

**A:** It's probably not a good idea to force it. If there's pain take them off for awhile and try again later. I think pain indicates that a large change is needed there, and the change will occur even if you just do it for short periods of time. No need to suffer or lose sleep.

Once you adapt to the rods, you can wear them as long as you like.

The lengths are very close to 13 9/32" and 17 1/16". I've never tried silver, but I think it would be fine. It might be more brittle than the aluminum, and not stand up to as much flexing, but I'm not sure of that.

**Q:** I also wonder if I wear these rods while doing a massage will my clients feel anything? Or how they will effect the chakras.

**A:** I doubt that your clients will feel the energy directly, but it's very possible that your energy level will be boosted enough that you might actually send them CHI while working on them. I know my fingers vibrate up, and I send CHI to the pets around here just to observe their reactions. Kinda funny at times!

**Q:** Instead of wrapping the aluminum rods in plastic, can i use cloth? I have machine sewn a very narrow width cotton piping and inserted the rods there. I doubled the thick cotton cloth (but thinner than denim) to get a thicker cover.

**A:** The cotton is fine. The only issue is if you sweat a lot it will get through the cotton, but otherwise it works fine. Just like wearing them over my sock without the plastic.

**Q:** The neck rod does not sit at my nape and does not sit in front of my neck. Can i bend them to touch skin?

**A:** They don't need to touch skin directly. The main thing is what is most comfortable for you! They're most comfortable on me with about 1.5" gap at the back, but I have a 16" neck, and the tubing is thicker than it needs to be, so it fits almost like a loose choker on me. Since you're using the thinner cotton material you might want to have some overlap at the ends Just arrange them so that they're comfortable enough to forget that you're even wearing them.

**Q:** Should the two ends of the rod + and - be sticking out of the cotton piping?

**A:** No, they'll make your neck black!

**Q:** Where should the opening of the ankle, wrist and neck rods face, front, back, left side, or right side? sorry for asking this, but i just want to make sure i do it properly.

**A:** It really doesn't matter. I wear the neck pair with the gap in the back of my neck mostly for appearance sake. The wrist and ankle pair should overlap, so just wear them the way they feel the most comfortable and convenient.

## **Chapter 7: Where to get the materials to make the Golden Light Rod**

Having tried different materials, I'm still very partial to electrical grounding wire. Unfortunately, it's not in common use any more and can be hard to find. Radio Shack still sells it, but I don't think they have any of the larger diameters that I've been using. I've gotten very enamored of the 4 gauge wire for this application. It has significant mass, but is still flexible enough to easily bend to fit where it's needed. I just bought another 200 foot roll from my local electrical supply shop.

I've also used solid rods, up to and including 1 3/8" diameter. They also work well, but are normally more rigid, so are clumsier to use.

Aluminum pipe and tubing will also work well, and can commonly be found as shower curtain rods. Unfortunately there is once again the issue of and comfort because they'll be rigid.

Aluminum filler metal used in TIG welding has been suggested by others. Unfortunately, these rods are not pure aluminum. They normally are alloys designed with other materials to make them flow better when welding. I did buy a batch of them to try, and just was not happy with the final rods. They just didn't have the same energy output as the grounding wire did. Besides, the largest diameter I found was 1/8", which is small for this use. And they were more rigid and brittle, so wouldn't hold up to much bending. Possibly there is a grade of filler metal that would work well in this application, but the ones I tried just didn't do the job.

More research needs to be done to find other sources of suitable aluminum. The following comments are from other people who have done some investigating of other sources.

Try welding shops for rods. Local hardware stores for wire. Radio Shack for grounding wire. Farm stores for electric fencing. Hobby shops for decorative flat pieces. Look for tubing, wire, solid rods, flat rods.

I found some 4043 soft aluminum TIG filler rod at my local weld shop, in 1/8" dia. and I can buy it by the pound. I have a pound in my possession @ \$7.06/lb. That is 23 rods 3' long. \$0.35 each.

The local hardware supply house sold me 10 of the 1/8" 3 foot sticks for \$5. Was surprised and pleased that he was willing to sell individuals. 1/8" was the biggest they

stocked. I wouldn't mind trying 1/4" But it might be too heavy to really bend for the neck or most anywhere else.

I was at the welder supply store today (Praxair), and got a few tools. I asked about flexible aluminum filler metal. The largest size in stock was 3/32" in 3' lengths, but I would have to buy a 10 lb. box at \$75. I already spent \$248.24, so I declined.

When I was at the metal supermarkets, I also asked for 1/8" flexible aluminum to be ordered. I'm waiting on them. They also had 1/4", 3/8", 5/8" and 3/4" aluminum. I need to know if after a 1" dia. rod is cut down and somehow made perfectly square and 1.897" long, is it allowed to put a 45° chamfer on the corners to reduce sharpness?

Of course you should put a slight chamfer on the edges. Don't want to wind up with new things to heal -like cuts! When I lathed the big ones I just used a file to lightly knock the edges down. Don't overdo it!

My big GL rod was cut from 1 3/8 rod that I found in the recycle yard. A real monster! I'm having a few lengths of 1/8" filler rod picked up at the welding supply store today to check out. They carry 2 different alloys, and I asked for the more malleable alloy. Comes in 3' lengths - just enough for a pair of 9x lengths. Won't have to straighten it out to measure the length, so that simplifies the process somewhat.

I did that with 1/8" dia. 18" length aluminum welding rods. I checked them for polarity and used 1/4" heat shrink tubing before trying to bend them. They were extremely brittle. I am sure there is more malleable aluminum out there. I will check the welding stores. I am a welder, by the way.

The thing with the metal supermarkets is they have sizes up to 4" diameter. This can be used for straight rods in your shorts to enhance the health of the junk down there, like prostrate.

The local welding supply store sells it in 3 foot lengths. Kinda wasteful, but doable. 2 lengths will make a pair of 9x and a pair of 7x. One advantage to lengths is that I won't have to unroll and straighten them to measure the lengths to cut. He said that one grade he has is more malleable than the other. Guess I'm gonna have to go look.

There is [www.metalsupermarkets.com](http://www.metalsupermarkets.com). They will send it to you. They have stores in larger cities. There is one in my city of 353,000 and I am in ON, Canada.



Or a shower curtain rod! I went to Home Depot and bought two aluminum shower curtain rods and cut them to size.

Around here, so far, all I've found is 18 gauge wire and some short (probably about 2 foot) hollow tubing in aluminum.

The Radio shack aluminum grounding wire is still sold, item #15-035, 40', and it was about \$8 or \$9. The new wire is slightly harder or more tempered but is still easily bendable by hand. (some local Radio Shack stores no longer carry it but you can order it on line)

They still have assortment packs of heat shrink tubing. For my ankle and neck loops I'm using clear but you can piece together the shorter pieces. All you have to do is slide on one, shrink it, then slide another on but leave it slightly lapped over the former one, then shrink again.

For the loops that will only be worn at night or under clothing I'm going to use the colored pieces of shrink tubing. All I'm interested in is insulating the overlap of the loop and protecting the aluminum from corrosion; don't care what it looks like if I'm wearing it unseen anyway.

I asked my local freecycle list for any lengths of aluminum wire and was generously given about 30 feet of it, in 2 different sizes! They said it was from electric cattle fencing. They told me that the local feed and tractor stores carry it and that you can buy sections of wire without having to buy a full roll of wire.

I'm just using aluminum round wire. It comes in coils and I think it's sold to be used as filler metal when aluminum is welded. It should be available from a welding supply store. There is some for sale on EBAY, but they're huge rolls and expensive. It's available in rolls weighing a few pounds.

Check your yellow pages for machine shops or welding shops. One of them might be willing to sell you shorter lengths, if they have it on hand.

Craft stores do sell aluminum wire lengths, but they're usually a very small gauge. I'd really prefer to make the rods out of material with a larger diameter than the 9 gauge that I used. But then they would get hard to bend. The rectangular bands would work. Might be harder to align them if used in pairs, but it's not really necessary to use pairs.

**DISCLAIMER:**

A few people have done some experimenting with the rods, and have observed the benefits. However this is all very premature at this time, and while all the experimenters have enjoyed positive results, it must be emphasized that anyone trying the rods will be doing so at their own discretion. While we have not seen any negative results from using them, it is not possible for anyone to say at this time that there will not be any. We are not in the health care business and simply wanted to let people know about something that we found to be quite interesting, and which might be of some benefit to others. Be sure to talk to your physician about these GL Rods if you choose to make and use them.