



## How to Talk about EMF Issues with Friends Without Losing Friendships

*CHRIS:* Hi Folks.

Patricia and I are here today, to answer the question: “How do I share this information with my friends and still keep my friendships.”



We’ve been seeing that millions of people are waking up to what’s really going on with the growing levels of manmade EMF in our environment and then running into the difficult challenge of telling others about it.

Nearly every one of our students has talked to us about the process, the frustration, the urgency, the loneliness, and even pain of that... especially when they want to talk to family. Family always seems to be the hardest for some reason. So, we wanted to offer some things we’ve been learning about how to share our knowledge with others and doing it well.

*PATRICIA:* How to talk with people about this - that is the one question that we are asked most often, and it’s a good question and an important one.



For me, the most important thing has been to really just accept that, cellphone safety, or Getting WiFi out of Schools, or any of the EMF issues for that matter, is just not everybody’s thing. That doesn’t mean that they aren’t wonderful people, and so I think it’s fair for

them to expect that I be respectful in realizing that this is part of my path, but it doesn't mean that it is theirs.

And I think the problem happens when those of us who see this growing issue feel a sense of urgency like "oh, people just need to wake up to this before it's too late!" but, in fact, being desperate to convince people, it doesn't work.

Chris and I have noticed time and again that people just don't want to, or cannot, deal with it. It is not helpful to judge them thinking - It's too scary for them, or they're too addicted to their cellphone, or that they're so naive to think that our government would not allow cellphones if they were not safe.

Be compassionate. You too remember being scared of scary news, and enthralled with technology, and trusting in the government, and overwhelmed by everything going on today.

*CHRIS:*

Yes, we've noticed that often they'll say something like, "I don't want to know my cellphone will give me brain cancer, because I'm not going to give up my cellphone anyway", and you can sense that some simple safety habits would be a more helpful conversation.

And, safety is where we, as consultants, really can help.

I've also found it best to keep it personal, and keep it real. Instead of just dumping a whole bunch of information on someone, share what you've gone through in your own process of learning.

I found it effective to talk about what I used to believe about wireless devices as an electrical engineer and then how I became aware of the dangers and what I did about it to be a safer user.

If the discussion goes negative, I admit to them that I felt negative once too. I felt angry to think that our government is just dismissing the health risks of EMF and the sadness that's come up for me when I realize that the escalating electrosmog is killing people and destroying millions of lives.

And then my own fear not only at the thought of our children and grandchildren growing up sick and struggling in a wireless polluted world but, very personally, of my fear of losing my own professional credibility in trying to share the information with the people that I care about from my years in engineering.

*PATRICIA:* Being self-disclosing in a genuinely caring way, can do just that - have genuine impact. Especially if you are someone quiet and thoughtful like Chris. I have seen an entire room stop talking just to listen in on a quiet conversation he was having with someone about EMF.

For those of us who are naturally more chatty, I found it's really helpful to ask questions, and then, **actually listen** to what their answer is, and allow the conversation to flow from there.

Sometimes I'll say to a casual bystander who's just gotten off his cellphone, "Did you know that your cellphone user manual actually says that it is not safe to hold a cellphone against your head, or keep it next to your body? And conversation usually flows from there ... "Cellphone radiation safety is really becoming a bigger deal than we thought."

Or, to a parent with a child playing with their cellphone, "Did you know that in France it is illegal to let a child under three handle a cellphone because studies have proven that a child gets ten times more DNA and braincell damage from cellphones than we do?". .... "Yes, big fines, and cellphones are not allowed in nursery schools and daycares there either".

I've even said quietly to a few men I only knew slightly, "Did you know that science now knows that keeping your cellphone in your front pocket decimates your sperm count and damages your sperm DNA? " Most of the time they are glad for the news and the conversation goes on to talk about airplane mode, but occasionally be ready to get a response like, "Good, sounds like great contraception". Have a smile ready with a rejoinder, "Not really when you consider it's killing your prostate's DNA too." Keep your sense of humor.

Or if it's an opportunity for more than just a passing conversation with a politically aware friend I might say, "Did you know that the former head lobbyist from the

cellphone industry is now the chairman of the FCC with no mandate to take our health into consideration when they approve all this invisible radiation emitting wireless products - I'm concerned about that.... How do you feel about it?"

Or with a friend who's interested in health, "Do you think it's a good idea for us to have telecomm corporations not disclose the studies they did in the last 20 years that show cellphone radiation breaks our DNA and disrupts our electrical functions of our braincells?"

Or even, "Did you know that thousands of scientists worldwide have shown that cellphone and wireless radiation interferes with our own biological electrical systems, and that dozens of other governments have put in much lower standards for emissions and passed laws calling for much more caution about more proliferation like 5G, and what do you think about that?"

Have what you think are interesting QUESTIONS thought out in advance. ASK for their thoughts. Then LISTEN.

*CHRIS:* Also, when you are posing your questions, be careful to distinguish facts from interpretation. For instance, you might think that the utility industry's rapid deployment of smart meters is corporate revenue driven, and interpret that it is obvious proof that corporate greed is more important than people's health.

But you may not have all the facts in interpreting what may seem like an outrageous apparent disregard for health. For example, speaking from my perspective, on an IEEE committee that is wading through nearly 4,000 scientific studies in order to implement new biological safety standards as quickly as it can –which even at the best of times feels like glacial speed – any new change always lags behind innovation, and scientific safety research science always lags behind that. The internet exchange of new information that we get follows close behind those. But, health safety standard setting actually lags behind it all.

This lag is largely because of the painstaking review process is what must happen before any change can be made in "the code" (here we're just talking about the safety standard code). And, this type of review cycle only occurs every 3 – 10 years. So, basically, what we are seeing is not that the Utilities are disregarding our health --

they are simply following the current health safety code set out for them -- it's that the code is always outdated, even the minute it is put into effect.

So, keep in mind that most of what we interpret as an obvious fact may really simply be speculation, and we need to be careful to distinguish fact from speculation. Otherwise, we don't just lose our friend's attention, we can lose their respect.

*PATRICIA:* Before Chris explained these kinds of things to me, the whole issue of EMF pollution was a lot scarier. I feel so much more encouraged, even empowered, now that I am more informed, and better understand what *is* going on instead of just thinking there's this corporate greed, government incompetence, and human failure.

As we were teaching the EMF Experts consultant certification course, we found that it was consistent - that people who were the most informed are also the most hopeful. And, naturally, the informed are also the most able to stare it straight in the eye and actively be on the side making a positive difference.

And, I've seen that as we feel empowered that we can do something about it, that feeling, all by itself, opens up our interest in becoming even more informed. The more we know the more wide awake we are, and the more our focus shifts and we become aware of other informed people working on solutions, they're everywhere we look.

And then, when I initiate a EMF conversation with someone new, my speaking up actually becomes more like an act of caring service than an act of courage.

And when I speak from that place of service, it's a much more of an invitational conversation.

*CHRIS:* But I've learned that when you do open your mouth, timing is everything.

Patricia has been very patient with me as I've learned that bedtime is not the ideal opportunity for sharing the next gory detail of how the telecomm conglomerates are holding us hostage, taking away our health, our privacy, our rights -and we're paying them to do it, and all that type of stuff.

And I've also noticed that this is such a dominant conversation that having it in a social situation where the purpose is celebrating someone's birthday, or something like that, is probably not the best time to bring up the fact that Tom Wheeler, FCC Chairman, has approved billion dollar sales of wireless radiation frequencies not proven to be safe.

That doesn't really honor the intention of the hostess for that gathering, so what I've found useful is if somebody brings up a provocative point, like this lady did when she said, "I think we should "Muammar Gaddafi" Tom Wheeler– why are we allowing the FCC to systemically destroy our lives with wireless radiation?"...

Just acknowledge it and say, "You know, I've been watching that situation closely, and it's something I would really love to talk about with you in a different setting. So give me a call (or I'll call you), or let's have lunch, where we can really go into it without breaking the mood of this occasion."

And one more thought along the same lines is that we have found that tidbits of information are very risky. Practical detail that's related somehow to the topic of conversation, or what's going on, is much more helpful.

So, if you just drop on someone all of a sudden, "Hey did you know the cellphone you just put in your pocket right now is killing your sperm". You can sound really crazy if that's out of context.

Another example is if you start going on all of a sudden about "They are giving our kids ADD by putting in wireless systems in our classrooms". It really undermines your credibility, and your message, if people don't have a context for that particular topic.

So, what we've found most effective is to share a DVD like **Take back Your Power, or Resonance** (which is free online) ... every body always likes to sit back with a movie.

But there are also many helpful books and web links that are out there with references that are very authoritative, third-person fact-checked, and so forth. We gave a copy of **Electronic Silent Spring to our Doctor**.

And on our site in the resources section you'll find lots of print-out stickers to give out to kids, and brochures to mail out to neighbors with a 'thinking of you' card. Or a get well card? Anyway, be creative, if you want to create your own timing and context.

*PATRICIA:* And then there's also the inevitable recovery that has to happen from those encounters where it just didn't go right. You've pushed their 'overwhelm button' or rattled their cellphone addiction cage and you can sense this is going to cause distance. You can feel it when you've alienated somebody or they're not feeling good about it and I know, for me, it's just a matter of just stopping and feeling that and acknowledging that that is actually what's going on.

And then, apologizing and asking, "I didn't mean to make things uncomfortable between us. This is just so important for me to talk about, I always wonder, 'what can I do to make this kind of conversation better for someone? What do you think I should do?'" And, again, we sharing, I am asking how to be better at this, and we're friends again, trying to figure out what happened.

Again, I think it's that earnestness (let's not call it desperation any more) that we often feel - that we need everybody to get it -- and that that's probably what went wrong. We had an agenda at our end of the conversation, we were on a mission, when what we really needed to do is to come at it from our own sense of calm confidence that we can be of service sharing what we know.

And then we don't need to worry about alienating people. And we don't need to try so hard to have our little voice be heard in the wind.

*CHRIS* You know, only 6% of the people were involved and actively engaged in the American Revolution for Independence. Today, billions of people are waking up all over this planet about cellphones, and smart meters, and all the other wireless smog issues, and it doesn't take everybody to be on the forefront of change.

You are a meaningful part of this wireless revolution, you are informed and equipped to help, so speak up confidently. Be of service. You'll get better at it, even though you will probably never know what a difference your words are making. We cannot

count how many times people have come back to us, usually after they've had an experience that woke them up, or shook them up, and now they really want to talk.

So, remember what Ghandi said – “You may never know what results may come from your actions, BUT if you do NOTHING there will be NO results”.



We hope that this has been helpful to you and we invite you to please share with us what works and doesn't work for you.

Just write in to me at [chris@emf-experts.com](mailto:chris@emf-experts.com)

Or join our lively conversation on Facebook @findemfexperts

We're all in this together.

**CHRIS & PATRICIA:** Good luck!

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