

Earth Connecting & Releasing your streamers

Begin by closing your eyes, become aware of your breathing and take yourself within. Be aware of the music and any other sounds without focussing on any of them.

Take your breath gently in and follow it down through your lungs, ... pausing and then slowly releasing it again. Breathe gently in, follow it down, pause and release.
(x3)

Take your breath a little deeper now, as though into the area below your lungs. Follow it, pause and then let it go slowly, at your own pace, being aware of what's comfortable for you. The out breath is the release, the letting go. Become aware of any tension, sorenessor pain anywhere in your body and take your breath to those areas,breathing into them, pausing to gather them upand then releasing them with your breath.

Breathe deeply in, gather, pause release. (x3)

And now just let your breath return to your normal pace and be aware of the places where your body touches the chair, mat, cushion or the floor. Feel supported by those areas and allow your whole body to become heavier and relaxed. Surrender to the heavy, relaxed, supported feeling.

Take your awareness to your feet checking they're relaxed, your ankles, your lower legs, knees and your upper legs, allowing all tension or soreness or pain to release with each out breath.

Now your pelvis, lower back, abdomen, and spine, check they're relaxed and breathe out.

Take your awareness to your chest, shoulders, upper back and your neck, check they're relaxed, gather up any tension, pause and breathe out.

Feel the heaviness of your head, relax the back of your skull, top of your head, forehead, eyes, nose, cheeks, mouth, chin and jaw.

Do another check of your whole body, making sure it's relaxed everywhere, breathe into anywhere that's not. Smile into the realisation that you can take yourself to this point whenever you need to, even with your eyes open, just by breathing out the tension.

Now feel your connection with mother earth, what does this mean to you and how do you relate with her.

Image there is tiny craft that only you can drive and direct, hop in that craft and familiarise yourself with it, the gears, driving instruments and the visibility you have in all directions.

When you are ready lift yourself off the ground and practise going forwards and backwards until you are completely confident with your new machine.

As you look ahead you notice there is an entrance that has opened up just for you to go deep into the earth, make your way to the entrance and begin your descend through the earth itself. You are on a journey to the deep core of mother earth as pause this will give you time to make your way to the core and feel what there is there for you to know.

As you venture down this new path notice everything around you, what is under the earth, are there any creatures, beings.....notice the colours and smells.

How are you feeling about your journey? Notice any feelings that may come up for you, if you are unsure about anything all you need to do is just ask and you will be shown the answer, guidance will only be given when you ask.

PAUCE

Once you have reached the core feel it's temperature and power, connect with it and feel it throughout your entire being and when you are ready slowly make your way back to the surface where you left from, there is a message that the core of mother earth has for you.....

remember to have gratitude and give thanks for mother earth showing you all her glory and guiding you on this journey with her.

Hop out of your machine and place your feet firmly on the earth beneath you, is there any new feeling that appear to you, notice anything that has changed? Take a moment to centre yourself and become familiar with your surrounds again.

Imagine you have streamers from the bottom of your feet, like roots of a tree, and see them travel all the way to the core you just came from, wrap them around the core as many times as you like then draw that earthly energy back up into your feet, now through your entire being.

Feel the warmth, safety, healing, grounding, security, passion as the list is endless and you will have your own feelings gained from this connection.

When you are ready, release the streamers, knowing you can do this exercise anytime for grounding and connecting the mother nature's beautiful healing energies.

As you are now on the journey back to the room you first closed your eyes, slowly wiggle your toes and fingers, take a deep breath to connect back to your physical body and integrate what just occurred. Stretch out your legs & arms and when you are ready open your eyes and slowly sit up at your own pace.