

Connecting with the Earth Meditation

Seated with your back straight and supported and feet flat on the floor, take several deep cleansing breaths, in through the nose, out through the mouth. Let your concentration on your breath put you in a relaxed state.

Turn your attention to your inner self, the core of who you are, and feel that with all your senses. This can be perceived as your Chi or Qi energy two inches below your belly button and two inches inside. Or your 2nd chakra, your creative chakra which glows orange. Or your Solar Plexus chakra which glows yellow. Concentrate with all your senses on what that core looks, sounds, smells, tastes and feels like, both emotionally and physically.

With that core as the lead, allow yourself to dive into the Earth from where you're sitting. Go straight down. Do this slowly to experience all the sensation. Feel moving through the floor and any structures below you into the cement (if there is any) into the ground below. Experience the denseness of the packed dirt with stones, water, roots or whatever comes. Check how all your senses are reacting (what do you see, what do you hear, what do you smell, what do you taste, what do you feel physically and emotionally feel?).

Then let yourself fall deeper. Experience moving down through underground water and/or pockets of oil and crystals. Take the time to absorb each level. Feel the cold as you move further from the surface.

Keep going deeper and deeper, experiencing whatever you come across in detail, until you feel the heat from the core of the planet bringing warmth back to you from below. When you are comfortably warm, stop your descent and sit in the moment. Then send out your consciousness to connect with the consciousness of the planet. Allow time for the connection to be made.

Once you feel it, ask Mother Earth to greet you with her inner power, with her perfect energy that holds us all together. Expand your molecules so you are much bigger than your body and reach out to touch as much of the Mother Earth as you can. As you reach out, she reaches out to you with her gold light. Feel it with all your senses and absorb it into yourself, into every molecule, into your entire body.

Check all your senses to see how they are reacting and what they are experiencing as you and the Earth become part of each other. Communicate with the intelligence that is Mother Earth. Ask questions, wait for the answers, without expectations on how or when the answers come. Ask anything, including "How can I better communicate or feel you?" Be aware some answers may consciously come to you after you've finished the meditation.

When you are done, slowly pull your molecules back into your spiritual body. Feel them become one with you again, more energized, more connected than they were when you sent them out.

Thank the Mother Earth and release your intimate connection. Start your journey up to your physical body, again being aware of all your senses and what they pick up as you rise. Take your time. Use your new awareness of the Earth to perceive each layer with more clarity.

Come back up through the physical structure (if your body is in a building) and ease back into it. Take several deep cleansing breaths in through the nose and out through the mouth. Take your time coming into physicality. Move your toes, then your feet, then your legs, hips, torso, shoulders, one part of your body at a time. Lastly, shake your arms vigorously then roll your head on your shoulders.

Before you open your eyes, tell yourself that you easily retain the contact, feeling and understanding of the Earth's gold light, the Spiritual Plasma and can call on it whenever you need it. Feel the roots of your core still and always connected in some way to the core of the Mother Earth.

Thank her with love and gratitude and open your eyes.