

## **DIVINE EARTH ENERGY** *Facilitated by Bette Hanson*

*A deep and powerful energy infusion of Earth and Divine energies to use for physical healing, transformation and enhancing and empowering manifestation abilities.*

Nature, in all its myriad forms, is the most powerful force on earth. Human beings are connected to the power of the earth, but not wholly of the earth. The unease we occasionally feel during this time of change is merely a by-product of our innate understanding of our dual natures in the planet and the stars. Each of us is poised between the soil alive underneath our feet and the never-ending ethereal energy of the Divine calling to connect and unite with us. Why aren't we connecting?

Striking the right balance between our physical and spiritual aspects is one of the most challenging aspects of existence. We are dual beings by nature, spiritual entities bound to earth by physical bodies. We are whole only to the degree that we embrace both sides of our beings. Busy lives compete for our attention. Yet denying the fundamental importance of one or the other can lead to ill health, emotional distress, and a gnawing sense of incompleteness.

Both facets of the human experience play a vital role in our well-being. Invoking **Divine Earth Energy** using the meditation technique below activates the energy in your system. Its strength comes from combining the denser frequencies of Earth, with the expansive, lighter vibrations of our emerging Divinity. Blending both energies with equal devotion and love has the affect of nurturing, balancing, anchoring and liberating by uniting the two together into one force. The results are boundless and limitless as a valuable tool towards building the higher consciousness necessary to support our authentic Self,

There may be times when we feel that our consciousness is not grounded. Thoughts may seem scattered or spacey, or you may sense the ethereal self literally floating away. When this occurs, activate **Divine Earth Energy** to anchor you, drawing upon the potent grounding energy of trees. Experiment and try pulling in mountain or ocean energy to see how that feels and manifests. These powerful natural forces help us reconnect with the earth by reminding us that living in a physical state is both a wholesome and enlightening experience.

## **VISUALZE TECHNIQUE & MEDITATION** (long version)

*Resourced: Channeling of the Star Council by Cyndy Mayer*

**FEEL INTO YOUR LOWER BODY:** Start by gently closing your eyes and focusing on the legs, feet and base of the spine. Go inside your body, feel the skin, veins, nervous system and bones. Move your awareness inside of the tailbone and the back bone. When you get a full feeling of your lower half, then flow your consciousness up the spine to the top at the base of your skull and gently flow back down to the base of your spine.

**INVITE IN A TREE:** Now allow the base of your spine to invite in and be in touch with the Earth energies. As a tree merges with the Earth, merge your spine with a tree. One particular tree may come to you, for it loves and is honored to join you.

**GROUND & ANCHOR:** Feel your lower half blend into the Earth like roots. Feel how the tree utilizes this energy as it reaches down into the soil. It doesn't hold on, it allows the Earth to part as it flows into it, soaking in the nutrients and nourishment. Allow and surrender into the Earth, no pushing or seeking, just Be-ing. Feel yourself melt and blend into the Earth, softly, gently with forgiveness and surrender. Embrace and allow this power to blend within you.

**MOVE INTO YOUR HEART:** Flow this energy throughout your system and into your heart center. Become aware of your heart energy and merge with the same energy that the heart of the tree would have. Touch in with the energy that a tree has as in loving the Earth, loving it's place it's stillness, connected to ALL that is.

**INVITE THE DIVINE:** Invite the Divine by opening up your crown chakra and connecting to the eighth chakra about 2 feet above your head. Allow the white light to come down into the top of your head. Observe it as it lights up parts of your brain, and then lights up your eyes, into your ears and throat, to your mouth, and around

your chin into your jaw and allow this effervescent energy to be absorbed by your entire being effortlessly.

See it as a stream of translucent energy that can flow through all boundaries perceived as real. Allow it to sink through the skin and deep within to be absorbed by the cells. With your inner eye become detached from your body as a means of physical life and notice the spirit life force of your energy patterns. As this light flows down the back of the neck into the shoulders, notice that they fade away to a mist of sparkling light patterns or frequencies.

**MERGE TOGETHER:** Focus in on the heart center and allow this Divine energy to merge with Earth energy completely infused together with strength and purpose -- dissolving all perceptions of solidity into a limitless, boundary-lessness. This is the way you may change situations in the form, by allowing it for just one second to become a blend of light and life force energy seeing the Divine creation with creators love, blending into unseen colors on the spectrum and dissolving into waves of frequencies. See how shapes become colors and patterns and frequencies. You just are what you truly are, a light being. Watch as it goes down your arm and your arm disappears into the light, just becomes the light; a moving vibrating pattern of light. Your fingers extend beyond as light-- sparkles can be propelled into the universal space light time space perceptions. All of your perceptions, are easily changeable if you allow the boundaries to be seen as vibrations of different frequency. Same with your thoughts, and your feelings, they no longer need to be solid visions, of what you already have experienced.

**MANIFEST INTENTIONS:** This energy is spherical. Create an orb in front of you between your hands. Feel it form. Fill the sphere with whatever intention that you need accomplished: physical healing, energizing organs, clearing spaces etc. Practice intending from a place of Being, not doing by picturing your intention within the heart as the essence and the nature of this energy. Place it there and then surrender it, letting go of the outcome, knowing that it is done and will be accomplished with the joined forces of **Divine Earth Energy**.

**USES:** After the first time you use it, you've been activated, and can place little spheres anywhere you want; in your body, on your body, in your chakras, anywhere. Create and visualize a sphere to go into your heart, into your solar plexus, into your physical form to assist you in getting used to this energy. Use to it to become balanced within your being. It's a gift from the Earth & the Universe to you for the journey forward. To use it in the future, all you have to do is ask that which is within you to bring **Divine Earth Energy** forth. Tune into it and feel the guidance. Ask to be given a switch that switches you into the mode of being able to utilize it. Each of you will find what your own individual switch will be. Trust it.

**TIPS:** So when you feel that you have an issue with a part of the physical take a moment to recognize that it is not stuck in that form. It is a flowing vibrating pattern of light, and you can instruct that light, to become whole. Focus on a part of the physicality while acknowledging the fluidity of the light form that you are and the light form of that particular part -- and just allow the thought of disharmony, distortion, to just blend in with that light, dissolve and reform it into that which you choose to have happen. And if you do this enough, it'll become stronger and more fluid. It's like practicing anything -- the more you practice merging into **Divine Earth Energy** with these spherical tiny light bodies, fluid vibrations or waves of light and then practice putting it into the perfect form for usefulness, the more it flows.

Invoke **Divine Earth Energy** everyday and feel the life force energy transform you as it becomes a useful part of the physical merging with spiritual form. It is all about being able to let go of the old and allow the new to emerge. And then the mind starts to get very imaginative and creative and it gets to be a fun experiment. When you start to have fun with it -- that's when the energy begins to be very powerful. And that's when you begin to claim the power of who you are and knowing that **You Are Love!**

**GRATITUDE:** Now all that is left of this lesson is the gratitude, the gratitude to mother Earth and the Divine for assisting us in the harnessing and embracing of the force of her being that moves the Earth and the consciousness of the Divine. Giving us just the right amount of this energy for us to play with. Know it is accomplished -- and it is so, it is so, it is so.