

Ignite your Vision



Tapping into your Intuitive Power to Manifest More

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Introduction

The common saying is that when we do not exercise a muscle it will not grow. After working with the muscles numerous times, we are able to continue activity using the memory of the muscles. For example, we never forget how to type on a keyboard. When we play the piano or the guitar our fingers remember more than the cognitive wheels have to move in order to produce results. In much the same way, we hold intuitive powers deep within our bones, within our pineal gland and as an instinctual way for us to connect with our natural world. The magnetite inside of our third eye allows us to track our physical location like a compass. Remove us from the wild and we still have those abilities, but they no longer exist in a place of confidence for us.

The word “remember” comes from the Latin word *memorari* which means mindful, recall. What I do not understand is why the word remember and not simply “member.” When we “remember” something, the implication is that it wasn’t exactly available to us at the moment but that it returned to our conscious mind. It is as if this coveted ability, gift or piece of knowledge has always existed in a dormant state and is revived and accessible again. So where is this database in which we store our hidden gifts and abilities, insights and skills and how do we access it?

We must *return* to them, *reset* ourselves and *reclaim* our birthright as beings to access parts of our being that will connect us with the eternal souls that we are. We are capable of remembering our past lives, of remembering skills that we performed many eons ago. We are capable of controlling the weather, telekinesis, astral travel, teleportation, miraculous healings if we allow ourselves to believe that it is possible.

For thousands of years, the power structures on this planet have forbidden connection to one’s intuition as it detracted from the power trinity between church, state and man. The ceremonies that women have partaken for eons before, the high priestesses, the ingesting of plant medicine, the sexual empowerment and fertility

became a direct threat to the power of the churches and thus systems have been put in place to stifle our connection to source in order to feed the patriarchy.

The evolution of our species has reached a major transitional period. The polarity shifts on Earth have allowed for a rise of the feminine energy. The veils have been slowly disintegrating to allow for ancient wisdom to return to our vessels and allow our sovereignty to more fully take flight. When we become fully attuned to how much autonomy we have in our vessel, we will transcend the archaic structures as a species and awaken to a New Earth.

You are a powerful creator/ creatrix looking to manifest a more abundant flow of energy, resources and bliss in your existence. You know how powerful you are but need a reminder of what you are capable of. You know that you are meant for more but you don't fully realize the ability you have to convert your vision to reality. You see a lot of influencers talking about manifestation but instead of regurgitating affirmations and repeating rituals you are ready to fully trust your vision and embody your why so that you can show up for the reality that you are meant to create.



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I Deep Reset: Restoring Human Factory Settings

*I know what **nourishing things** can come from the deep recesses of pain and longing. I can meet my true primal being within and feed it sweet salty milk from our mother. Each of us have this creature within us, **yearning to be acknowledged**...*

*Instead we hush it with convenience foods, stuff it back under our rib-cage never to bear its **beastly crooked teeth** and **wild messy hair**. Like a horse running uninhibited through a deep open canyon, we all yearn to be free. We want to wander without the judgment or expectation of being on time. Our paths inevitably cross and footprints collide in the search of the moon and in homage to the tide.*



The Earth contains many secrets of our existence. She holds within her vessel the beauty, the embodiment, the growth and the nurturing of an incredible variety of flora, fauna with amazing portals and vortexes that still baffle the highest archetypes of mystics.

The separation of our essential selves from the Earth was the first step to our loss of intuitive power. Instead of working together with her in harmony, we have violated and defiled her in ways that have done irreparable damage to many species on this planet. This is akin to going to war with your mother on your own turf. The

damage we have done to Earth is damage to ourselves as a species and has had numerous spiritual, emotional, mental and physical impacts.

In order to remember who we are, we must reset ourselves to the basic factory settings of the Earth. We must feel the wind on our skin, we must bathe with the cold, we must feel the Earth under our feet. We must walk on fire, we must sit in the darkness under the night sky and receive her gifts. When we used to hunt, make fires with our bare hands, connecting with the elements and minerals, with our senses we certainly trusted our intuition. We knew that a mistake in our calculations could strand us out in brutal weather and shutting out the sound of a predator could be fatal.

Pineal gland detoxification

The pineal gland produces melatonin, the hormone that regulates our sleep and wake cycles. It also produces di-methyltryptamine in small amounts, a molecule that is responsible for dreams and mystical states of consciousness. This gland can be severely interrupted by looking at blue light on a computer screen throughout the day and late into the evening. Our nervous system and flow of cortisol is interrupted by driving late at night, getting stuck in traffic, getting into arguments with our significant others, and meeting unhealthy deadlines forcing us to stay up late into the evening.

In the 1950s, fluoride was added to drinking water as a way to more safely eliminate a byproduct of the phosphate fertilizer industry. Claims were made around the dental health of the populations that used this intervention, however overall tooth decay has decreased across the board, including in countries where fluoride was never used.

In addition to lowering IQ, fluoride also accumulates in the pineal gland and prevents the secretion of melatonin. Fluoride has a similar structure as iodine, causing the body to uptake fluoride in places where iodine would be present. This occurs in the pineal gland, the brain, the bones and the kidneys.

We can also accumulate fluoride from PFCs or per fluorinated compounds which we get from using non-stick or teflon cookware. Many common medications contain fluoride as well as produce treated with pesticides.

It is believed that our spiritual connection with the divine and with our intuition has been compromised by this universally prescribed medication of our water. It is time for us to start detoxifying our pineal glands and reclaiming our spiritual nature. We can do this by reducing artificial forms of calcium such as those added to cow and alternative dairy products, cereals, and avoiding fluoride in water and toothpaste, reducing unnecessary medications and cooking with cast iron, stainless steel or copper cookware.

Reclaiming our relationship with the sun

The natural rhythm of our ancestors includes gazing at a fire or candlelight late into the evening. When we stare at screens and artificial lights, our process of melatonin production, which peaks in the middle of the night is

interrupted. When we wake up in the morning, gazing at the sun right away allows us to reset our circadian rhythms for another day. Living closer to the Earth's rhythm and following the sun can allow our biological clocks to reset and allows our third eye to become clearer. In many cultures, people have engaged in darkness therapy. In Vedic traditions "Pratyahara," meaning "withdrawal of the senses" in Sanskrit is one of the limbs of the yoga tradition. In darkness practices people withdrawal from any sources of light and are given a space to eat and drink in reflection. This allows the body to produce more melatonin and targets production of dimethyltryptamine which can lead to amplified visions, olfactory, auditory or sensory hallucinations.

Our melatonin cycles are regulated by the degree of the sun in the sky and the amount of daylight, so in the wintertime we might sleep longer than eight hours or have windows of wakefulness in the middle of the night in order to feed the fire and take some time reflecting, have a snack or getting creative. There is no science behind sleeping for eight hours aside from the agenda to have eight hours of work, eight hours of down time and eight hours of sleep to be a productive member of society. The structure of an industrialized society is designed to maximize profit and turn people into living breathing machines, rather than honor their natural cycles and gifts and allow them to flourish.



Do you ever wake up at odd hours of the night?

Between 3 and 5 am, the psychic energy on the planet is at a peak. This is typically when monks and yogis wake up to meditate, to engage in breathwork and to receive the energy of the planet. This is called "Amrit Vela" or liquid nectar in Sanskrit and represents the time when the veil is thinnest. When we wake up during this time, we may be wide awake and wonder why we aren't able to sleep through the night. Instead of self-medicating and seeing this as a symptom of insomnia, we can honor the awakening and spend this time automatic writing, connecting to our channel and listening for the messages we receive from the universe.

When we listen to our natural circadian rhythms, focus on getting enough sunlight, exercise and sleep, and avoid being overstimulated by flashing lights, screen time and overly violent and disturbing images, we can start

to detoxify our connection to the planet and ground ourselves in the connection to Earth. When we drink clean natural spring water that is not contaminated by pesticides, chemicals, excess calcium and fluoride, we can begin to clear the toxins out of our brain and pineal gland that keep us disconnected from our connection to source. Installing red fluorescent lights for use in the evening hours or using fire or candlelight is an optimal way to get closer to nature. If it is difficult to avoid looking at harsh lighting, blue light blocking glasses are helpful in shielding us from this. It is important to strike a balance in which we can interface with our community while honoring our own natural cycles within that.

Earth Meditation

Sit somewhere comfortable with you feet touching the ground, if possible be barefoot with your feet on a warm surface like a rug, blanket, or mat. Take awareness of the sensation of your feet touching the ground. Feel the warmth of the feet and the sensation of the floor and how they are contacting the earth. Start to visualize your feet as the base of a root system that plunges deep into the earth. From the base of your toes is a connection to a deep and nourishing forest. It dives down and connects with several networks of mycelium, bringing a constant stream of nutrients back and forth between root systems. Envision your feet rooting even deeper to the center of the earth, and the warm core that emanates heat and electromagnetic radiation. Allow the waves from the centers of the earth to bring warmth into your feet and legs.

Take a deep breath through your nose filling your lungs slowly and gently with fresh oxygen. Hold it in for a moment, exhale through pursed lips while pushing the breath out through the soles of your feet. When emotions and difficult thoughts come up, you can release them through the soles of your feet. As they move into the earth, her negative ions will diffuse these energies and recycle them back into the soil. Relax your fingertips and toes allowing all ten points of contact to connect deeply with the earth. Allow your energy to sink down as you allow thoughts and fears to gently melt. You are encompassed now in a supportive nest, a cocoon of safety and protection. Entangled in a root system deep in the forest and covered by a deep green canopy, you breathe in the pungent sweet smell of cedar, pine needles and hear the deep sounds of babbling brooks in the distance. You breathe in the freshness of the forest, drinking in the cooing of birds, and seep into the deep sweet respite of a place where you belong. You are from this Earth and some day you shall return. The deep nourishing woods call out to you

II Clear and Transmute

“Shadow work is the path of the heart warrior.” – Carl Jung



Establishing a polarity

Channeling is the process of opening a direct line to spirit. We do it every day whether or not we realize it. It may be in the form of an incredible flow state in which the words pour from us, performing effortlessly on stage, receiving a transmission of music that flows out of our guitar, or the moments of insight that come to us in between sleep and wakeful states.

Many of us strive for these states of creative insight when everything is aligned to create effortlessly. We often go to places in the forest or the mountains to connect more with this vibration. Why does it feel as if we need these natural rhythms in order to drop into a creative flow state?

The earth emits a common frequency of .1 Hz. This is the same as our heart in a state of coherence or balance. We need the energy and frequency of the planet to feel balanced and thriving!

We have an energy center at our feet which connects with the energy of the earth. In Chinese medicine, it is referred to as Yong Quan, or bubbling spring. This is where the kidney meridian begins at the soles of the feet where the body connects to the negative polarity of the earth. The Earth literally connects to our physical body through the acupuncture meridians to complete the circuit of polarity and recharge us!

Just like a cell phone needs to be plugged in to be charged, we need to consistently reconnect to the earth's frequency in order to return to balance. When astronauts started landing on the moon, they had fits of anger and restlessness after being in space for too long. They figured out that it was crucial

to our health to have a frequency nearby called the **Schumann Resonance**, which mimics the natural radiation of the earth. When we are out of sync with the Earth's natural frequencies, we start to show symptoms of anxiety, insomnia, high blood pressure, restlessness and brain fog.

Walking barefoot, standing in the sunshine, bringing awareness to your feet can help to tonify your Earth center. Massaging feet with oil before bedtime, walking to get exercise, and being near running water can help to reset the body's circuits and reestablish energy flow.



“At the center of your being is your **heart, a vortex of structured water, like the rapids of a bubbling creek**, it is the water of life that keeps energy flowing throughout. It is the trickling and pumping water that you can listen to everyday to find your pulse, your purpose and your prism of consciousness.”

Clearing out the Noise

The antithesis to these states of heightened awareness is often social media, news, busy cities, and crowded bars. Believe it or not, listening to anyone in high dosages, whether it be an intuitive

astrologer, the most aligned guru sharing spiritual wisdom or a conglomeration of fear porn on television can move us away from our own connection to that divine frequency. The information era has been a slippery rabbit hole in which we receive more data than we ever would in our natural state. We receive more data than we can possibly process.

Before telecommunication, we would have no idea what was going on halfway around the world. If something was important enough to share, we would know because someone would run the 26.2 miles necessary to deliver a message to our village. Now we can have information about wars, riots and acts of terror delivered right to our doorstep in time to sit with our morning coffee. We have never been so connected, and yet we have never been so disconnected. More information can be disempowering, and the people who make billions on social media understand this. The more outraged we are by the content, the longer we stay on the platform and see their ads. The more we connect to issues and dramas halfway around the world, the less we actually connect with our own soil and community, the less we feel into the vibration in our bones and the voices of our spirit guides.

I was told in a songwriting workshop that if you constantly have music on in the background, the song muses will rarely visit you. I had always been the type of person who always had music in one ear, and podcasts in another. Is the caress of silence so uncomfortable that we are unwilling to allow it to surround us?

Following the workshop, I spent time in the bathtub and walking around in nature and the songs began flowing in! The same principle applies to spiritual insights. If you are constantly filling your ears with spiritual guidance from teachers and gurus, how will you receive the messages from your own guides?

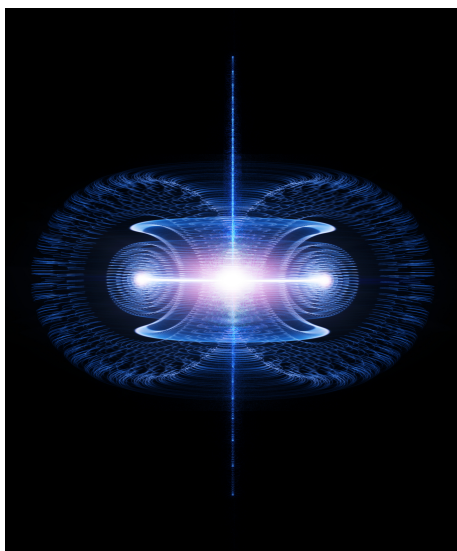
Striking a balance with this can be very challenging. Setting boundaries for when outside information should be accessed is a good start. Turning off your phone or disabling the wi-fi, Bluetooth and cell signal at night is a good start. Keeping the phone off for the first and last hour of the day to expose oneself to sunlight is an amazing hygiene practice to allow your brain to scrub through the night. Exposure to morning sunlight will boost your mitochondria and melatonin, while allowing you to engage in ritual every day to balance your energy. If you are able to disable social media applications or take 24 hour fasts from digital communication, you will drop more fully into your own energy field.

Clearing our energy

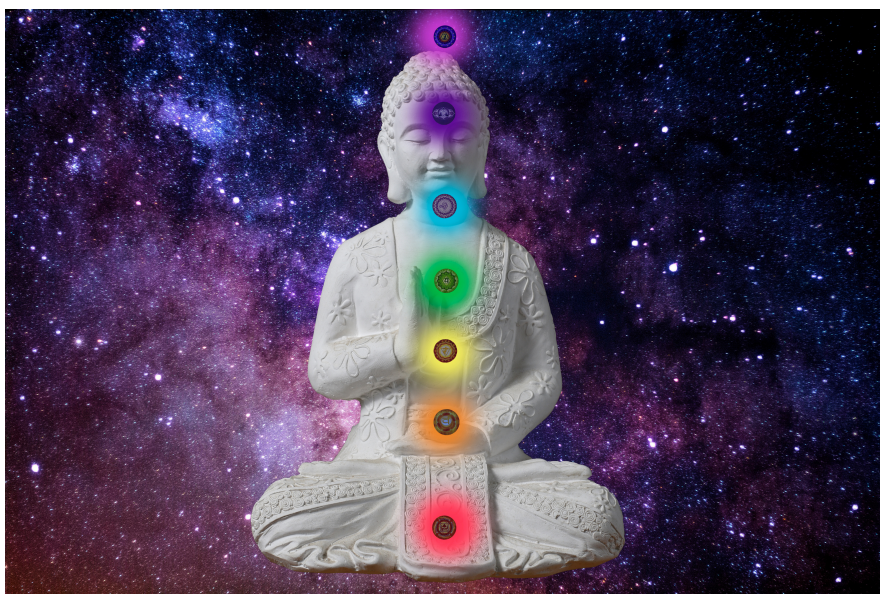
How often do you clear your energy field? When engage with others in healing work, service industries, sit in ceremonies, and spend time in the public, we interface with many other auras. Even remote work, social media, and moving through dream spaces can put us in contact with collective energy that can influence us. When you are finished with a healing session, customer transaction, wake up from a dream, or return to our home after being out in the public, a ritual to clear our energy can help us to reset our nervous system and understand what is our and what is theirs.

Imagine that when you leave your house, you are putting on an energy suite of protection similar to a second skin. This can work in the form of gloves that you put on in between clients as well. When you

get home from work, imagine removing the energy skin and cleaning yourself with a crystalline stream of light that moves from your crown to your root, washing your torus like a fountain.



These rituals are important for anyone to decipher “what energy is mine and what energy is theirs.” If you feel a particular auric layer or chakra is needing clearing, you can use the associated chakra color to help clear. It is amazing how clearing the aura can help the associated chakra become brighter, spin more smoothly, and can diminish pain in associated areas of your body. When we embody a clear and clean vessel of energy, we move about the world with a sense of lightness. We have more access to receive the messages from the universe and our guides.



Embodying our vessel

“There is a voice that doesn’t use words. Listen” Rumi

Many people who have suffered trauma lack the connection to their body. Often it feels easier for them to dissociate than to embody a system that is in shock, chronic pain or turmoil. When we are not

tended to and loved as a child, we significantly lose our ability to tap into self-love. The less we are embodied, the less we are in rhythm with our physiological needs and listening to our inner voices.

Lyons-Ruth's research found a "striking and unexpected relationship between maternal disengagement and misattunement during the first two years of life and dissociative symptoms in early adulthood" *The Body Keeps the Score*.

In early childhood development, we find our security, nourishment and connection at our sacral chakra through an umbilical attachment to the mother. In Chinese medicine, the Dan Tian is the major powerhouse of energy storage in the body. We can cultivate energy here through Tai Chi and Qi Gong, bringing our intention towards cultivating digestive fire. Without digestive fire and strength, we are unable to open our energy centers for manifestation.



The sacral chakra is ruled by mercury and is associated with the color orange. Mercury governs communication, technology and travel, also known as the messenger. Our connection to this energy center can help us to receive messages from our higher consciousness. When we were in utero, our small intestine and brain differentiated from the same tissue, making the sacral chakra a powerhouse of neurotransmitters and even neurons in what scientists are now calling our "second brain." While we think things over with our cerebral brain, we more often tap into the intuition in our gut to make major decisions.

It is often the "gut feelings" which we ignore that get us into trouble. Studies show that victims of sexual assault and domestic violence often recall ignoring a "gut feeling" before the incident. It is often trauma that separates us from listening to our most primal feelings of needing safety in favor of a cortisol response which can temporarily relieve pain in our bodies. When we distrust ourselves, we become even more dissociated from our sacral energy center and are more likely to put ourselves in danger.

To reconnect to the second brain, the intuitive centers, and our manifestation powers, we must clear traumas which prevent us from full embodiment. These include sexual traumas and traumas of scarcity of safety, resources, and affection. Embodiment after any trauma is a courageous and arduous endeavor that takes patience and self-love. Through embodiment practices such as

breathwork, meditation, inner work, intentional movement and through the support of loved ones, energy workers, EMDR counselors, acupuncturists and trusted professionals it can be a beautiful journey to come back home to yourself.

Sacral Chakra Meditation

Imagine that you are nestled in a warm place, curled up and comfortable. You are inside of a womb, fully supported in your body as if laying in a hammock. You can feel the warm air around you, surrounding you with a beautiful orange light, and you are being rocked gently with the rhythm of the ocean waves. You can feel the sound vibrating through your body, oscillating through your belly with a rhythmic nourishment. Your belly rises and falls with the sound of the waves and the deep breaths coursing through your system, bringing nourishment to all parts of your body. Pay attention to your belly button and the tissues around it, emanating from it a warm orange light. Within that light is the heat of a wood stove, slowly lapping and consuming the smoldering embers within with a soft crackling and a gentle hiss. It is within that wood stove that your light shines brightly, radiating outwards from your being in a beautiful spiral. This stove transforms any fuel that you put inside of it, stoking your digestive fire and making you resilient. It is within this powerful sacral center of yours that you experience rooted joyful embodiment, allowing you to dance and flow freely to your own rhythm. With the soles of your feet, you are anchored into the earth, drinking in the deep nourishment that exists in the liquid hot magma of the core. As you connect your feet into the earth, your legs drink in this deep nourishment, drawing minerals up into your root and filling your pelvic bowl with strength and power of your anchor. Your sacral chakra draws on the strong rooted anchor of the tree roots, drawing in nutrients to your trunk, where the sweetness of sap collects, bringing juicy bits of pleasure and enjoyment to the core of your beautiful being.



II Trusting Your Guides

“Destiny is the free will of the higher Self” Robert Edward Grant



Listening to our inner voice

If you don't ask questions, you won't get answers. When we see ourselves as a living, breathing symbiotic community, a microbiome of many cells and organisms all striving towards balance, the question becomes; who is the driver? Who is the passenger? Are the hunger pangs in your body the same driver as the responder to a deep longing for connection? In any moment in time, we have a different set of cells activated, a different chemical composition of pheromones, hormones, neurotransmitters, cellular fluids available to us to enable us to act out our purpose in real time. The tears that we cry are activated with ACTH (adrenal corticosteroid hormone) when we are experiencing emotion.

When you feel physical pain in your body, ask yourself what aspect of you is needing support. If you feel tension at your throat, ask yourself what part of you wants to be expressed. When you hear a song that brings you to tears, makes the hairs on your spine stand up, what aspect of yourself is awakened by the emotion in the song. Emotion can be a powerful unconscious driver for pain, dysfunction and mental illness. Our awareness of our emotions is simply the tip of the iceberg for what may be operating unconsciously and motivating us towards the decisions that we make.

When is the last time you asked your inner child how they wanted to spend the day today? When we honor their journey, we can skip alongside one another and have a lot of fun. When they operate subconsciously in the shadow it can wreak havoc on our relationships. A sense of being unheard and unloved can cause self-sabotaging behavior. When we communicate with different parts of ourselves, we begin to build trust with ourselves, and we are open to receiving more messages and guidance.

Listening to our guides

Archangel Metatron was the only archangel to exist in human form before joining the celestial realms. With him he brought the Book of Life which is also known as the Akashic Records. Akasha means “upper sky” in Sanskrit, representing a higher dimension which is accessed through inner spiritual exploration and alignment with truth. This dimension exists outside of time and holds the knowledge and wisdom from all of time.

Veda Austin, a water researcher and crystallographer has been freezing water after exposing it to sounds, pictures, homeopathic frequencies and natural places. The water has been known to assimilate in the shape of a singing bowls and gongs when the instrument is played, and even depicting eagles when the song “Fly Like an Eagle” is played. I was trying to understand how water had access to the intelligence of the human language and this is what I came up with.

Water is composed of one proton and one rotating electron. When water is structured, it does not come in the form of H₂O, but a hydrogen ion. The proton constantly rotating with an electron creates a quantum entanglement, whereas the proton and electron for a brief moment share the same consciousness. The proton without the electron acts as a black hole.

Water in its most coherent state opens up a sixty-four tetrahedron black hole that connects with all time and space, contains infinite wisdom and knowledge and taps into the eighth dimension of the Akashic records. As a being with coherent structured water consisting of all thirty trillion of their cells, you are cellularly attuned to access all of the knowledge and wisdom of the universe.

Our guides often speak to us in the language we are most comfortable with. If you are highly visual, you may see images as you connect with metaphysical energies. If you are auditorily oriented you make hear sounds, music, or voices. Less often discussed is claircognizance, which is an innate knowing of information. You may sense things from people around you, even pick up on their emotions without trying to. It often feels like psychic information is “all in your head,” until you are able to feel where the information is coming in.

With your eyes open, think about a recent memory; and observe how your eyes move. What direction do they go? Now embellish a bit on that memory and find some data that is completely not true to recall and then notice how your eyes move this time. Now imagine your consciousness is walking from your mind field, down your brain stem. It moves into your throat, down your sternum through your heart chakra and continues to the spot where your ribs separate. Drop into the space there and sink closer to your spine, becoming aware of the tingling quality of the nerves, skin and fascia until you find an empty space. From there, listen and feel the energy of the room, the frequency of your soul. Notice if listening from this space reveals anything to you.

If we are always in our heads, we may question whether we are making things up. But if we allow ourselves to play and explore the deeper aspects of ourselves, we can start trusting our guides to share our truth. This data that exists in our energy field, whether it is tactile, visual, auditory, or emotional is constantly circulating around our torus depending on who we are surrounded by and what we come in contact with. Whether or not we are aware of it is completely up to us. When we are focusing on our shopping list, chasing around a million thoughts, stuck on an emotion that is coming up we rarely have space to pick up on the psychic energy in the field. It is important to engage in self-hygiene practices to create space for outside noise, emotional stress and regulate our nervous system so that we can be present for energy moving through the field.

Opening the Channel

There are many ways to open our channel and we often develop rituals that feel the best for us. It is important to ground your energy first, taking some clearing breaths, relax your body and visualize a beam of light connecting to your crown chakra, encompassing your aura and connecting all the way down to the Earth. Imagine the chakras as crystal balls spinning and opening up one at a time, from the root all the way up to the crown. Calling in the crystalline frequencies as guides can be helpful in calming the mind. Connecting with all of the guides that are available in this moment will amplify your intention. Communicate with parts of yourself that you would like to receive guidance from; your higher self, your inner child, your emotional field, your spiritual aspects and drop into a deep state of witnessing and listening.



The Jnana mudra helps to balance the elements of fire and air, clears energy, and opens up to receiving wisdom from the higher self.

Automatic Writing

Often times it is important for us to get out of the way to receive the messages that we need. Practice taking a pen to paper and feeling what comes through. Don't focus on any need to complete a thought but witness the words that move through you. It will take a lot of practice to feel like you are not making it all up. Assign your mental body and your ego the task of witnessing and experiencing the words as they flow through.

How to alchemize emotion

When we are sensing a blockage in the aura, there is often an emotion we have been unable to process that is interfering with our clarity of vision. When we can shift into observer mode, we can witness our own emotions moving through the field as ships moving through the night. The witnessing alone of something like an emotion moves it out of the shadows and removes some of its power. Feel into the sensory information behind the emotion like we did in the exercise of moving from the brain deep into the heart space. There may be data in the form of a word, a visual, an audio cue or a visceral sensation in the body. When we witness the sensory cues behind the emotion, that alone may create an energy shift. There may be a sound that can be made, either internally or audibly, an emotion that needs to be felt, an aspect of oneself that wants to be held or seen in order to allow a release. I may imagine the energy in the field being supported tactilely or mobilized through the sound waves of a tuning fork. Intention is everything, so the visualization of making a sound is often just as effective as actually making the sound.

Take a moment to sense your own facet as you are looking through your eyes having this experience. You are the witness. Now imagine that you are somewhere else looking down at yourself being another witness. What do you sense or feel? Often when we get a one-thousand-foot view we are able to sense ourselves with more perspective. When we are going through massive changes, our auras can be enormous, and it can take a bit of distance in order to feel into what is really going on. Is it possible to see the Earth from the perspective of a space traveler or a giant? Can you see the Earth as a far away marble? If you can imagine it then it is possible to exist in the universe...

Closing your Channel

One of the most important parts of connecting to your intuitive channel is returning to the human form, closing down your antennae, and sealing your energy field. Rarely is it discussed in spiritual communities that must open also must close. When we open a ceremony, call in our guides, call in our elements and create a field to promote healing and connection, we must also close the ceremony, thank our guides for partaking and send the helpful energies back to their source. It can be dangerous

to operate with an open channel while we are sleeping or moving about our day. When we come in contact with people, we may have access to heavier energies that we are not responsible for. In leaving our channel open we may take on this energy to try and transmute it. In fact, this is something that may already happen in our day to day.

Closing your channel with a mudra



The Anjali Mudra is associated with Namaste. It is a way in which yoga practices are often closed. This mudra connects the right and left hemispheres of the brain, along with the masculine and feminine sides of the body. It is a way of thanking the guides and aspects of yourself that have showed up to commune with you. You can bring your hands into Anjali mudra, take a deep inhale, then open up your palms facing away from you and blow the energy back out into the cosmos like cherry blossom petals being released into the wind.

Conclusion

You are so much more powerful than you ever realize. As the polarity of the Earth, the energy of the planets, and the alignment of our true destiny shifts, we become more aware of what is beyond the veil. You are connected to a constant stream of information from the universe. Just sit by a body of water and listen to the infinite intelligence that exists, as within, so without. As we move more into our power, we embody our sacral and solar plexus chakras, we realize how much more tapped in we are than we even realize. We are infinite souls moving through the cosmos on a twirling planet in a finite plane but we always return to these higher dimensions. Every night you partake in multiple realities through your dream state. When we begin to wake up to our birthright as gifted seers, healers and facilitators of a major shift in consciousness the whole energy of the planet will change. We are ready to embark on a journey to share our unique gifts with the world, to imagine a reality that we never felt possible because we were too rooted in a three dimensional matrix. Matrice actually means “mother.” When we return to our true matrix of the mother ship, we can serve the divine and be nourished in a way we never thought possible. Welcome Aboard!

