



Mother Earth Network

presents

Global healing sessions for Mother Earth 2012 – miniguide

All dates for 2012 (Swedish full moons): 1/9, 2/7 3/8, 4/6, 5/6, 6/4, 7/3, 8/2, 8/31, 9/30, 10/29, 11/28, 12/28

Time: 8.00 pm - 8.30 pm Swedish time zone (CET). Convert to your local time zone at www.timeanddate.com.

Introduction

Welcome to participation in our regular healing sessions for our beloved Mother Earth, our Great Mother and life giver. During the healing sessions we work as channels for the female energy from Earth's inner core and forward it to the places on Earth where it is most needed. We get help doing this from a cosmic network of helpers: nature spirits, masters, cosmic civilizations and others, who participate actively in every healing session. Mother Earth has today an enormous surplus of male energy ("light"/yang) in her energy system and has a tremendous need for the female energy ("darkness"/yin) to rebalance herself. This energy imbalance has created a very critical situation for Mother Earth, and she goes through immense suffering every day. Together we can help her restore the energy balance and ease her suffering. It is humanity's task to balance her energy system; we are her keepers. We are ONE with Mother Earth. She is dependent on us, just as we are dependent on her. This is part of an ancient wisdom that humanity is getting ready to reawaken.

Instructions

Sit down to meditate. Sit outdoors if possible. Have full contact with your rear or feet on the floor or ground. Hold your palms cupped together as in prayer and let them rest in your lap. Turn off mobile phones, televisions, computers and other technical equipment if possible. Take a few deep breaths, relax the whole body, and clear your mind of distracting thoughts. Get ready mentally to work as a channel for the Mother Earth energy, and focus your intention to channel energy from the ground. Read the prayer for Mother Earth, out loud or in your mind. Visualize how a channel is opened up from the center of the Earth and how the glowing red female energy starts to come up and is flowing through your feet, rear and hands. Let the energy fill your whole body, then let it continue onward to the worldwide network of nature spirits, masters and cosmic civilizations that will spread the energy to the places on Earth where it is most needed at the time. Once you have opened up the flow of energy, just focus on being present in the now. It is individual how energy feels, but it works whether you feel anything or not. Please note: Do not send white light to Mother Earth, and don't channel light through the crown chakra to her, because she will then get more of the high frequency male energy that she already has a surplus of. What Mother Earth needs to heal herself today is the low frequency grounding female energy from Earth's inner core.

Prayer to activate Mother Earth-healing for Mother Earth

Dear Mother Earth,

*In humbleness, love and complete trust, we are asking you,
please give us strength and guidance.*

*Please help us to channel energies from your interior,
to heal you completely, both your body and your soul.*

*Thank you for letting us humans live with you and take part in your abundance.
Thank you for your beauty and richness.
Thank you for all the miracles taking place on Earth every day.*

Mother Earth, we are calling on you!

End the healing session by saying "Thank you." *You'll find the Mother Earth Network's website at www.motherearthnetwork.net*