



Catheryn Lewis

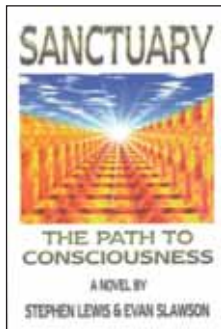
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Connecting with the Spirit of the Land

All of life is alive, whether or not we recognize it – so is the land on which your home sits! The key to communicating with the consciousness of the land is to bring your thoughts and vibrations into resonance with their energies. In this guided meditation you will be given an opportunity to take a moment to become aware of the life energy and intelligence of the property you are working with.

A Visual Approach:

1. First center yourself within, take a few deep breaths to relax and align your consciousness with your Higher Self and Mother Earth.



2. Simply observe the property as if you were going to draw it to describe to someone who had never seen the property. It is important to be non-judgmental.
3. As you survey the property visually, note any places that seem to stand out in your mind. Do not “look” for anything, simply scan the area passively waiting to see what is impressed upon your vision.
4. If anything does stand out to you, allow your vision to go to that place and simply “be” with that area of the property that has called your attention. Again it is important to be non-judgmental. Keep all thoughts aside until you are finished.
5. As you continue to allow your visual gaze to fall upon anything that has called to your attention, allow yourself to really “take in” the object you are viewing.
6. Again, without any purpose in looking since you are not looking for anything, simply allow yourself to observe what you are being called to look at. Be aware of any feelings you have as you do this exercise.
7. Then, without thinking about it, just draw or write down anything you can remember about the experience.

8. You may be quite surprised at the “information” you receive in this very simple exercise.

A Kinesthetic Approach:

In this exercise you will actually need to be on the property somewhere to make physical contact with the area.

1. First center yourself within, breathe deeply to relax and align your consciousness with your Higher Self and Mother Earth.
2. Find something on the property that calls to you, and allow yourself to go over to that part of the property and feel with your hands what you have been drawn toward.
3. For those especially sensitive, be sure to call on your protective techniques before “feeling” any geopathic energy zones. In this exercise you are not limited to anything, simply allow yourself to go over to any part of the property that is calling your attention.
4. Notice what you feel in your body, and in your emotions when you are there. Without judgment simply note the feelings.
5. Now move to another area of the property. After doing this several times in different areas, jot down some notes of what you felt in different areas.

These are all techniques to attune you to the inner dimensions of the property with which you are working. These are the dimensions in which the nature spirits and devic realms live. You are thereby attuning yourself to their world, making it easier for them to “communicate” with you. When you write down your experiences, you open a channel for their impulses and impressions to come through you in the process.

Adapted from the Do It Yourself Space Clearing Kit, by Christan Hummel (One Source Publications, 2004).



Christan Hummel travels internationally lecturing and teaching people how to access nature in a co-creative spirit. Christan has been in communication with the devic realms of Nature since a teenager. Through this inner relationship, her Nature guides have helped her to recover ancient lost understandings of how to work with the earth to restore harmony and balance. A pioneer in earth energies exploration, Christan has taught thousands globally how to restore this lost relationship with Nature. www.earthtransitions.com.



Allowing Change

One of my clients lives in a beautiful, Boulder estate at the base of the foothills. Her property adjoins land that is owned by the city, and therefore, will never be developed. Thus, her house is surrounded by breathtaking mountain scenery and wildlife. She has spent the last 20 years on this property married, divorced, raising two children, as well as creating a beautiful home and home life. Since her divorce, she has budgeted to maintain the homestead; finances have been a constant concern.

For the majority of the past two decades, she has assumed this estate to be her family's legacy and her station to be that of securing it for future generations. In that mindset, it has seemed irrelevant to her that her marriage is dissolved, her children are now living near their respective colleges, and her dog and iguana have crossed the rainbow bridge. She has been tied to the belief that it

is her obligation to hold onto her house for the benefit of others, regardless of her needs or situation. This charge has left her feeling overwhelmed and overburdened.

The struggle in her life has been an indication that a change is in order. She has fulfilled the part of her original intention that involves providing a comforting and stable home for her family while her children were growing up. Many of the other aspects of that original intention — including that of creating a family legacy — made sense 20 years ago in the context of a marriage, young children and financial stability. Now, those plans do not suit anyone's needs. She had feared that to release any aspect of her original intention would be

to admit failure. However, once she recognized that much of her original plan was outmoded, she began to see the world with new eyes. Instead of sacrificing herself to maintain the house, she could let go of her attachment to the original intention and allow the wealth of the house to care for her.

Since she has recognized her choices, she has decided to sell her house and has been giddy ever since. By cashing in on the care with which she has cultivated both her house and its grounds, her financial concerns will be alleviated and her time rewarded. Her willingness to open up her options illustrates the freedom that springs forth when we allow ourselves permission to change.

This planet gives us ample opportunities for transformation and movement. It is a wonderful place to learn how to respond to challenges and struggle with

grace. Often our answers sit squarely in front of us, but we remain unable to see them until we shift the paradigm through which we view the world. Perhaps the possibilities that seem to be outside of your universe are the solutions that you have been seeking.



Heidi Petersen, founder of Heidi's Healings, provides in-person and long-distance clairvoyant readings. She reads energy and helps people to clear blocks in their personal lives, their relationships, their homes and their businesses. For more information, please visit www.healings.biz or call 303-652-2491.

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