

Vibrationally Speaking

Vibrationally Speaking-02/10/12

Expanding on last week's topic:

One simple way to tune inward & draw Source Energy from our Earth Mother:

Connect to your pelvic floor muscles

Ask Source Energy to flow to you from the crystalline core of Mother Earth

Ask this energy to bring wisdom for your highest good

Breathe deeply as you remain in a position of allowing

You may notice some gentle heat permeating your body

Practice going there...you will be consciously inviting wisdom to flow to you through your central channel.

.....as above so below. Keeping the flow in balance.

"Everything is alive -- the reflections, the shadows, the sounds, the wind, the splash of the waves on the beach... And everything is communicating with us. All we need to do is open up our receptors."

-Hawaiian Elders (Kupuna)

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