

# October 2013 • Wisdom Full Circle ...

## *How Does Nature Heal?*

I was sitting on the massive rocks looking at the ocean. The joy and peace that filled my heart was so right, so powerful and intense. I distinctly remember thinking that if all the world leaders and policy makers would only spend a short time sitting where I was, feeling what I felt, they would have absolutely no desire to harm, hurt, kill, control, manipulate. I got a sense of a different world that day - a world where perfect balance, harmony and sincere caring, respect and love for all of creation reigned. That was 27 years ago. I went forward with a goal of working in areas that would help others connect to Spirit and Source through Nature.

Since I was a child, I have always focused on the common denominators and the primary common denominator that all of humanity has is our dependency on and connection to Nature. Without trees and plants, we could not breathe, would be running around naked with no shelter or food and would very quickly die. These past few months have put a different twist on that. Nature is not only our teacher along the path - but the very key to that higher realm and higher consciousness that we humans are called to embrace and evolve to. Nope, I am not talking about going out and hugging a tree, or hiking up a mountain. It is much simpler than that!

### *Fleeting Moments...How Does Nature Heal?*



Going back to my observation many years ago. When we connect to and experience Nature's higher energy and perfect balance, we feel at peace, free to be our own unique authentic Divine self without having to prove anything to ourselves or others. Thus, the aggression towards others and towards circumstances that trigger our lack of self esteem, desire to control and be powerful is not there. That feeling is the key. When we are one with the energies of Nature, we are one with the energies of the Universe and Source. We have all had glimpses of that state of being. Nature vibrates with a higher vibration than most of humanity (at this time). When we are under a tree, by a large body of water, next to a stream, looking at the stars, feeling a gentle breeze, our own energy attunes to that higher frequency. Our heart opens and we can feel, for a time, the peace and harmony, the rightness and joy of being in balance with all of creation.

Think of a time when you felt like that. Open up to embracing that feeling. That is all it really takes - letting yourself remember, feel and open to more of those types of feelings. The key is to do it often and eventually do it all the time. Nature gives us lots of tools for every lifestyle! One does not have to be on vacation by the beach or hiking in the deep woods. Nor does one have to be an

outdoors type. Take a moment, set your intention to connect to the wonder and power of Nature, of the Earth. Then look at a tree, the sky, the clouds, the sunrise, sunset, the moon, the stars, critters and birds. Feel the gentle breeze, ponder a leaf, see the beauty in a flower, a pine cone, hold a rock . . . connect with a crystal!

### *Tools of the Ancients*

Many thousands of years ago, an island stretched across the Pacific Ocean. Lemuria was inhabited by a people who were of this oneness consciousness, actively living in energetic harmony with Spirit and the Earth, working with her energies and energy grids and communicating with all entities - from trees to rocks to birds and critters, dolphins and whales. They built amazing temples, gardens and structures. Before their homeland sank beneath the ocean in a huge earthquake, they scattered and planted Lemurian Seed Crystals in various spots around the globe. These crystals have very definite deep striations on several sides which assist in opening up one's heart, in turn enhancing Lemurian consciousness. The crystals were to surface when humanity was ready to embrace their wisdom, when they have remembered and accepted their connection with nature and the universe and their focus is of respect, caring and unity as opposed to control, conflict and power games.

The Earth has many powerful tools and much knowledge to share when humankind is capable of not abusing, misusing or destroying it. These Lemurian Seed Crystals have been surfacing for some time now and are primarily found in Brazil, one of the places the surviving Lemurians fled to when their land went down. The Hawaiian Islands were once part of Lemuria, as was the coast of California. Their knowledge and technology is reflected in the Mayan civilization and many of the amazing ancient structures that archeologists are studying. The Lemurian Consciousness is one of deep connection to the Earth and Nature. It has been kept alive through the centuries by cultures and beliefs that are earth based, such as the Native Americans and other indigenous peoples.

Lemurian Seed Crystals are imbedded in sand rather than growing in a formation as other crystals do. They are master crystals and even the small ones have amazing energy. Most of them have a "used" look, often with imperfections, misty on the outside frequently with a pink cast, ladder like striations on several of the sides.



### *Amazing Peaceful Energy*

I have been studying the Lemurian consciousness, using Sacred Geometry, working with Lemurian Seed Crystals for several months now and it has been amazing! All crystals and rocks have their own energy; but Lemurians are a definitely heart opening, calming and nurturing energy. I wear them, carry them in my pockets and also use them in meditation, when I am seeking that stillness to connect to my higher self and Source, quieting my mind, connecting with my spirit guides, dolphins, angels. They definitely promote a sense of unity and oneness, rightness and peace. Holding a Lemurian, rubbing one's finger up and down the striations has a gentle calming effect.

As our hearts open to acknowledge and embrace this connection to Nature, Earth and the Universe, we evolve to truly being one with all. That is where we are called to be. It is taking that intellectual thought of being one with everything into the heart and thus, truly embracing and integrating it.