

Using inner energy to be in harmony with nature

In meditation I visualise myself...sitting at the bottom of the gigantic genealogical tree of humanity...being aware of the gigantic root system connecting humanity with matter.

I become aware of the positive energy required to correct and transform the thoughtless ways the human species uses and abuses the elements.

I visualise a new and generous way to relate to matter ... to connect to Earth, water, fire, air and ether ... and I concentrate in spreading this very beautiful and new energy, coming from within my awareness, outwards through the whole energetic system of my body towards this beautiful home of ours...

... A new way to act being free from the weight of past actions while also creating new pure and positive ways to relate to each action and to mother nature...

I become aware of the energy, I, the soul emanates physically within the world.

I, the conscious being, keep influencing matter through the ways I think, feel, hear, see...even in silence.

By sending pure energy, I focus on the element of 'earth' and the creatures that live in the earth, all minerals, all parts of creation.

I concentrate on water, and the creatures living within the rivers and the oceans

I, the living conscious energy, can influence matter in a new, pure, orderly manner.

My purity is a new message to the elements.

I can feel the Earth, the water, the fire, the air, and ether responding in a joyful manner.

They are sensitive – minerals, molecules everything is responding...

Since long ago, I have been sending negative messages unconsciously.

And now, I become aware of the healing power contained in the thoughts, my emotions and the vibrations I create.

I take a special moment to visualize the element that I want to serve now and from the depths of my being I spread to towards it a pure energy of flowing spiritual power in order to allowed to be overflowing with love, light, energy, dignity and silence.