



Sacred Anatomy Earthwork Technique

## Sensing the Earth: Connecting with the Elements

- Water
- Earth
- Fire
- Air
- Metal
- Wood
- Space

1. Start by making an offering to an elemental being you feel attracted to. This invites a relationship to begin.
2. When you make an offering, think in terms of your long-term connection with the energy of the element and what it signifies to you. For example- fire is most easily represented by a candle on your altar but can be experienced as the Sun or even as an electric heater. Break it down to a simple and accessible part of nature. This is easier if you think small and organic.
3. As you tune into the elemental energy ask yourself how an element feels to you, how it speaks to you. When you touch it, smell it, listen to it, taste it, take it into your body, or just gaze at it. Notice the signs of these elements as they speak to you- begin a conscious relationship with them.

## Portents and Signs

1. The Earth speaks through it's creatures. We see a buzz and overhead or hear the cawing of crows and we know th messages they have for us are important.
2. They come with warnings, teachings, greetings of friendship and information of all kinds.
3. They answer questions and share deep knowledge- the wind comes up and the breezes sing agreement, a deer peaks around a tree at you and cautions you. Sea birds fly inland and warn of a storm at sea.



4. Mosquitos, flies, ants, termites, rats, pest of all kinds are present when there is geopathic stress in the Earth or changes are coming.
5. Plants die or weirdly distort their shape and growth in relationship to the energies of the earth.
6. Bees swarm and we have to notice why and where. Their hive mind directs them together to act as danger approaches. Climate crisis is critical for bees and has seriously affected their health. Hive collapse is a real problem and has many causes from funguses to problems with bee radar as it is affected by increased microwave radiation. Re-establishing harmony in a garden or on your land will support bee life.
7. Snakes, worms, voles and gophers come out of the ground and we learn about the shifts within it. Before earthquakes we've noticed creatures that live in the earth will come up to the surface and look around. They know what's going on even before and earthquake strikes.

The key is connecting to the natural world in such a way as to orient yourself to the energies of a piece of land and learn what it has to tell you. Each plant in your garden will speak to you. Each tree will talk to you. Each rock and clump of dirt is filled with life and intelligence. The same intelligence that exists within your body and that instructs you will align you with your land and connect you with trees and plants that are special to you.