



Sacred Anatomy Earthwork Technique

## Sensing the Earth: The Lower Hemisphere Edge

*FYI: Your Core is located at or near your spine and goes from 20 feet above your head down through your physical body where it enters at the crown of your skull, goes down your spine, out your coccyx, through your legs and between your knees and ankles and beneath your feet down another 15-20 feet.*

1. Standing with eyes closed- body relaxed, take 3 big breaths.
2. Let your attention move behind you and to determine the location of your Core at your spinal column. Sense into it- being careful to touch it at the Core Sheath and not try to push your awareness into the Core itself. Breath and relax here.
3. Let your awareness build and let yourself slide down your Core like it's a firepole. As you exit the physical body and travel into the subtle structure beneath you- try to maintain a connection with your physical body- Go slow and breath.
4. As you reach the end of the pole you will be at the edge of the subtle structure. Flatten your awareness out and reach left and right to feel yourself becoming aware of a larger lower area.
5. With your eyes still closed- place your vision at the Edge in your lower hemisphere- I think of it like a beautiful pillow at the bottom of the structure between me and the Earth.
6. Use this as a a place to take in input from the planet. Not absorbing negativity into your physical body- but by sensing at the Edge you can compassionately feel the distress of the planet or receive messages and information from it.
7. Take a deep breath and smell the dark scent of the deep Earth. Taste the earthy flavors on your tongue. Listen to the voice of the mother when you ask: what can I do to help?
8. This is witnessing the Earth- not manipulating her or getting something from her- it's just being with her respectfully, lovingly and patiently at the Lower Hemisphere of your subtle energy structure.