



6 STEPS FOR BRINGING IN SOURCE ENERGIES

1. **Tune in-**

Feel the energy- open yourself to feeling it

2. **Visualize-**

See the energy the color and the light in your mind's eye

3. **Manifest-**

Call upon the energy: "I call upon_____."

4. **Direct-**

Tell the energy what to do, where to go, & for how long

5. **Release-**

Allow the energy to conclude –end the spin; end the work

6. **Thanksgiving-**

Always thank the energies- feel gratitude for them!

● **LIST OF EARTHWORK ENERGIES**

- Universal Love & Light (ULL)- white, golden and silver sparkles
- Balm of Gilead- cedar tree green
- Sanctuary- lavender
- Green Guardian- a combination of lots of greens & spreckles
- Balance Earth- green and blue like the planet from space