



## Earth Acupuncture

Releasing stress whether it be geopathic stress, **Predecessor Chi**, or another trauma on the land with **Earth Acupuncture** is profoundly helpful in Earthwork. If you have done a lot of work with your soil, irrigation, put in new plantings or done major hardscaping you will also need to release unearthed stressors that come up when disturbed.

Sometimes a very early insult to the land will show up for release at this time. **Earth Acupuncture** can let go of old holding patterns such as the shock of the original bulldozing of the property. Using found sticks as needles and placing one into the proper location and will enable the Earth trauma to release.

After this is complete bringing in supporting and replenishing energies will aid the land in shifting and allow the new to become the familiar. All this is accomplished by **Bringing in Specific Energies** that you dowse from the list provided.

## Earth Acupuncture Steps

### 1. Finding the Earth Acupuncture Point

An **Earth Acupuncture Point** is often obvious. It will be a little natural dip in the land or a place on the ground that is bare of growth or looks different in some way from the area around it. You will not want to place a needle in the midst of a plant or right by a big tree. Avoid creeks or streams and stay back from roadways that are often like rivers. The needle won't make it in these spots.

**Earth Acupuncture Points** are places of disharmony and they show it. When you think you have determined the spot, dowse by asking the question: *Is this the best place to put this **Earth Acupuncture** needle?* If *Yes*- go for it. If *No*- start searching for a better place. The land herself will be directing you and you will feel the pull to place needles in the spots that will most assist the Earth in releasing.

### 2. Finding the Needle

- A. Once you have established where you want to place your needle look in the immediate area for a stick. It should be at the very least 6-8" long 12-14" is better, but you work with what you have.
- B. Make sure one end is sharp enough to go in to the ground and if it is not, sharpening it a little is perfectly okay.



### 3. Placing the Needle

- A. With permission and using your **Lower Hemi Edge** prepare to place the needle. Be absolutely sure to use the **Edge** as you may find yourself getting pulled right into the acupuncture point if you don't!
- B. Take a deep breath and bring in a big column of *Universal Love and Light* into the top of the needle.
- C. Hold the needle at the lower end of the stick to make sure you actually place it correctly into the point also avoid breaking the stick if you encounter any rocks. If so, move them out of the way and keep going.
- D. When you have **Placed the Needle** the *ULL* should still be streaming down into the Earth. Push the needle several inches into the ground and visualize the energy going down deep at least 10-20 feet.
- E. At this point I hook onto the discord/ toxicity/ issue where it is in the Earth and pull it back up the needle with the *ULL*. As you turn it around and bring the energy back up make sure to stay clear of the top of the needle because the toxicity will immediately begin releasing.
- F. Pull your hand away to release all that toxic waste.
- G. You may feel called to stand and witness the release. If so, stand back at least 10 feet.

### 4. Timing the Needle

- A. Dowse for how long the needle will need to be in place. If you "feel" a **Time for the Needle** double check with dowsing. Some people like to leave the needle in place until it "falls" out. This is fascinating as the needle will literally fall over and be lying beside the point unless you push it in really far in which case it will simply stop working when it is done "working".
- B. Dowse the **Time for the Needle** and set with intention. Do this by placing your intention for the dowsed time into the releasing needle.
- C. Do not do this while placing the needle only after it is releasing or it will stop releasing and simply hold your intention.

### 5. Release & Restoration

- A. As the needle begins to get ready to end the energy **Release** will begin to slow down. This can last for a while.
- B. Don't remove or **Release** the needle until your dowsing shows the needle is finished.



- C. When complete pull the needle out unless it has finished and fallen over on its own. Fill the hole with *Universal Love & Light*.
- D. Check to see if additional energies are needed to **Restore** and replenish the point. Bring them in one at a time to complete full **Restoration**.
- E. End with *Balance Earth* as a form of integration.