



Sacred Anatomy Earthwork Technique

Sensing the Earth: Listening for the Yes

1. Use your Lower Hemisphere Edge and Send Down Your Roots
2. With eyes closed, body relaxed, take 3 big breaths.
3. Let your mind float in the awareness of the Earth all around you.
4. Feel your feet on the Earth, your body supported by the planetary energy.
5. State your question to the Mother out loud. Breathe and ask the question again always make sure your feet are flat on the floor or ground. Listen, wait. The answer will come from your feet.
6. Remember your Mother loves you, has infinite patience, but is no fool. She only responds to sincere questions and she may give you a different answer than the one you seek.
7. When concluded. Take 3 big breaths and remember this was non-ordinary reality and you will need to go slow, take a sip of water and walk consciously on the Earth.