



Sacred Anatomy Earthwork

Establishing Rapport with the Planet

1. Using the Lower Hemisphere Edge- Send Down Your Roots to prepare for Earthwork.
2. Attune to the planet with your breath
3. Breathe in pulling your breath up your core sheath and exhaling down your core sheath through your feet sending it down your roots to create a circuit. This is a skinny oval-shaped circuit that remains in the core sheath and is not meant to either pull energy from the Earth or send energy from you into the Earth.
4. Your structure will begin to relax and expand deeper down into the Earth throughout the exercise. It will also lift up- notice that- but stay focused on the lower hemisphere in this exercise.
5. After you have breathed like this for a few minutes feel your awareness and connection expand.
6. Notice the harmonious and increased sensate experience as the Earth is becoming aware of your action, breath and connection to it.
7. When you sense this, you are feeling attunement with the planet. This connection will assist you in your Earth healing efforts.
8. Always thank the Earth for her generous participation and connection with you as you close your exercise.