



## Sensing the Earth: Sending Down Your Roots

Roots come out of the bottoms of your feet from the arch. Some anchor into the Axis Chakra and others go all the way down to the Chi Pool Chakra in the lower hemisphere of your Sacred Anatomy, still more go to the inner edge of the soul layer at the base of the structure. All of these roots serve as stabilizers for the Human Energy Structure.

They have many different functions but one of the most amazing is the ability to feel into the Earth. To sense the movement of energy under the soil and to feel the health and well being of the Great Mother. It is one of our primary connections to her that gives us not only a barometer for the land we stand upon but a way to read and understand our function within the greater whole.

We are from the Earth, but we are not of it. It is only by becoming aware of the life force power within the planet that she expresses in so many varied and beautiful ways that we can truly understand how to be with her.

We are affected constantly by her state of being. If she is sick, we are sick. If she is being harmed, we are harmed. If she is broken, we are broken. The connection we have to this blue and green planet in a remote star system is the stuff of Divine Love. It is Divine Wisdom incarnate that is made available to us, her children through the delicate sensing skills of the roots in our feet.

Sacred Anatomy Earthwork Technique

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*In this exercise you will apply the Lower Hemisphere Edge Sensing Technique.*

1. Take off your shoes and socks and stimulate the bottom of your feet by rubbing them a little.
2. Extend your Light Fingers and test them against your hand, the ceiling and the floor. When you are confident they are out and you have a sense of them stick them into the bottom of one of your feet.



3. Stroke along the bottom of the foot with your Light Fingers going deeper into the arch.
4. Telegraph your intention to connect with your roots that are buried in the foot calling them all to come down to your fingers. The second you feel a connection with them start to pull the roots out of the body. Do this slowly and evenly.
5. As you feel the roots begin to descend tug at them. At this point you are pulling a clump of them down. This maybe all you need to do so don't be concerned about stragglers or a random little root that is stuck. Be focused on the larger group and the little ones will eventually follow.
6. Pull the roots down about 2 feet below the bottom of your feet and notice as some of them anchor into the Axis Chakra located there beneath you in the Primal Layer.
7. Keep extending the roots down further through The Layers. Go through the Mental, Cognitive, Spiritual, Etheric and finally enter the soul layer.
8. This is where the Chi Pool Chakra is located and the roots will be reaching for the gold and blue pools on either side of it. Let them go there as they wish.
9. Keep going down to the underside of the edge of the structure. The final group of roots will anchor here.
10. Roots do not leave your structure. Instead they activate the entire underside of the Edge making it an extra sensory Earth receiving station.
11. You then use the Lower Hemisphere Edge Sensing Technique (like a safety glove) to read the information being transmitted to you from the planet. Energetic information acquired this way is understood, and made useful through the roots that stimulate and activate the underside of the edge at the bottom of your structure.



12. Now you are able to feel information at the Edge of the Lower Hemisphere through the bottoms of your feet from and about the Earth. Analyzing what you sense, asking the Earth to tell you what you need to know, engaging in a dialogue with Mother Earth can all happen from here.