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A MOMENT OF SILENCE FOR YOU AND MOTHER EARTH

During my work as a medicine woman for the good of the earth and myself, I have had wonderful experiences with the rainbow. I would like to share this approach with all those who want to help to make the change as gentle as possible for themselves and for the whole earth. If everyone continues to work on it regularly and more and more people join in, then great things will happen for all who can open themselves to love.

The idea for this work comes from the third part of my novel series „Sprechende Steine“ („Talking Stones“) *. Since the human energy centres have the colours of a rainbow, just like those of the earth, it was obvious for me to work with them and to immediately implement what I received mentally. Where these energy centres of the earth are located is not relevant. What is important is to clean them, to repair them, to recharge them to the maximum possible and to activate them. This work does not take long and is not difficult.

The first step

Stand or sit upright. Observe for a few breaths how the air you breathe flows in and out without influencing it. Now direct all your attention to your energy centres. Breathe two or three times from bottom to top into each centre. Then you give the command: Clean, repair, charge and activate all energy centres to the maximum possible! Breathe in and out calmly and follow up for a few moments.

The second step

Imagine Mother Earth in or between your hands. Give the same orders as before: Clean, repair, recharge and activate all energy centres of Mother Earth to the maximum possible! If possible, let all the colours of the rainbow shine around the Earth, so that she is completely wrapped up in it. Hold this image for a few moments.

At the end

you can call the wind and ask it to take the love with it and carry it around the whole globe, to every stone, to every plant, to every animal, to every human being. If you can activate the love in you for this, it is an enormous gain. Please let the wind carry the love into every crevice or crack of Mother Earth. Thank him afterwards and feel something. This all takes about 10 minutes. You profit from it and the whole earth. - Let the energy decide how it works. Do not pretend anything.

I thank you!

May love be your constant companion.

* Novel series ≈ Sprechende Steine (Talking Stones)
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