

As We Evolve So Does the Earth

If we look at our primitive cultures, most or all of these people worshiped or revered the earth. They knew the earth gave to them gifts to help them in their daily lives. In return, they revered the earth as a precious commodity. From this gratitude a bond was formed and each flourished in it.

Today we are still stewards of the planet-although most of us do not know it or accept the job. Regardless, the earth is here for us and we for it. When we study the older pagan cultures we see that the rituals created an effect on the group that practiced them: they felt a communion with the earth. The chanting by Tibetan Monks, or beating of drums in rituals has a purpose of connecting us to the earth, as well as healing the earth. The vibration of the sounds changes us and the lands responds to our growth.

We have a symbiotic relationship with the earth. It is a life form that responds to its inhabitants. As we evolve the earth changes. As millions live out their days angry, sad, depressed, anxious, etc... those feeling and thought forms vibrate within to affect the environment.

Our essence is really energy and it is never just contained within the body. Whatever we are emoting the earth and everything else is absorbing. The more we clarify our core essence, the more clarity we have in ourselves. Through our inner exploration, we become an open vessel to give and receive more in our life. We are more conscious, and connect to everything more. When someone who is conscious brings their attention to the space of nature, it creates an expansion for everyone.

The Hopi Indian elders welcome the sun every morning. They believe the sun would not shine on the earth without this invitation. I perceive this ritual as an acknowledgment that the sun, the earth, and humans in communion creates something much bigger than the individual entities. Tibetans believe their chants create a vibration that goes out across the world to facilitate peace.

We are beginning to see that solving the world's problems begins with us. People have changed tremendously in the last two thousand years. As we identify and resolve our own inner pains and conflicts, we can let go of our personal chains that bind us to a denser suppressed world. As we create and live in harmony with ourselves, we send out that attunement; and all benefit, including the earth. [----]

As we spend time in prayer, meditation, walking in the woods, or other centering activities, we develop what doctors call parasympathetic nervous system in our active life. Doctors say it is related to sleep but an awake parasympathetic energy expands consciousness. It is a place where creative and psychic abilities can be developed. Most people function in the sympathetic nervous system, which is related to all forms of action. Then, when they sleep the parasympathetic is activated. Functioning in the parasympathetic during waking hours brings more of a magical power within us. It is being in an awareness that is relaxed. Nature is functioning in an energy like the parasympathetic.

Being in harmony does not mean that you should avoid the emotions that you are experiencing. If you are angry, fearful or sad it is important to be present with it, process it, and come to resolution with your feelings. One of the main reasons people stay angry or depressed is that they are not getting in touch with their emotions in their present or their past. Those unresolved feelings are like energetic weights that prevent us from evolving to a lighter vibration.

When we can look at our limitations, do work that centers us and seek an intimate connection to the earth, we open to a possibility of a communion with the earth. We become a clear vessel to receive its messages and energies. We and the earth can be a conduit for the expanded energy that is sent out to every one. It is a process of inviting the connection to happen with our planet, receiving the energy of the planet, and then letting it come out of you. It is sending a more conscious human energy out. With the assistance of the planet, the energy is bigger than what we could do as individuals.

Something that has occurred in several cities in the world is that groups of people would meditate around a clock in neighborhoods that had high rates of crime. In all cases the neighborhood crime rates significantly improved. It is called the 'Maharishi Effect': if one percent of the population practiced Transcendental Meditation there would be measurable improvements for the entire population of the planet. I find this concept significantly valuable; it is proof that our intention influences everything around us.

One of the techniques that I practice is inviting the earth's energy to come up into my pelvis and coccyx. I imagine a vast energy in the center of the earth and a stream of it coming up into my pelvis area. I focus on the energy flowing in while it fills my entire body. When I am full I send the energy out through my heart while at the same time maintaining the intensity inside myself. I will send this energy out to the entire city of Austin; everywhere that I can visualize within the area. Generally when I complete these sessions I am feeling more expanded, more grateful to the earth, the city of Austin and myself.

As we evolve, the earth evolves.

About the Author

Bart Sharp is an Access Learning Facilitator from Austin, TX. Through the years Bart has worked on variety of issues with individuals and groups. Bart teaches classes about communing with nature and does private sessions and classes .Access our free audio and video library at

<http://www.bartsharp.com>

Source: www.isnare.com

Source: <http://articles.exospy.com>