

Ground yourself with Mother Earth Healing

Mother Earth healing is a healing technique where you **ground yourself in depth** by receiving and filling yourself with the **red female energy from Mother Earth's inner core**, in meditation. The purpose of the healing is to **reconnect with our Holy Primordial Mother**, and to **restore the balance** between the **male energy** ("light" / yang / expansion / high frequency / intellect / technology) and the **female energy** ("darkness" / yin / regression / low frequency / intuition / nature) in our interiors.

Humanity in general suffers from a **huge surplus of male energy**, and a **huge lack of female energy**. Put differently; **we are extremely ungrounded**. For a very long time, the female energy has been weakened, denied and suppressed here on Earth. Every human being, regardless of gender, needs to strive for a balance between the male and female energy, the "darkness" and the "light", in their energy body in order to be able to develop in a balanced way. **Our grounding base is necessary** in order to reach new heights our spiritual development. When these two energies are in complete balance, they together form the Highest Divine Light. This is part of an ancient and timeless wisdom of which there are traces in various cultures around the world, such the *yin and yang* symbol and the indigenous people's *Mother Earth and Father Heaven*.

In addition, **waves of male light is flowing in from the Cosmos**, as part of the energy raising on Earth, and that energy needs to be **met and balanced by the female energy**. By giving yourself Mother Earth healing regularly, you gradually restore your energy balance, you gradually heal your energy blockages, and you accelerate your spiritual development and prepare for the transition to the New Spiritual Age in an optimal way. If you would need a certain amount of male energy, your guides will make sure that you will get precisely that. The purpose is always to restore your energy balance.

Instructions

Sit down to meditate. Outdoors is of course ideal, but in your everyday life you can sit right where you are. Avoid having technology near you if possible (Human technology and it's radiation on Earth are concentrated male energy). Make sure you have full contact with the seating area and the floor or ground. Hold your cupped palms together as in prayer and let them rest in your lap. Take a few deep breaths, relax your whole body, and clear your mind of distracting thoughts. Get mentally ready to work as a channel for the red Mother Earth energy and focus your intention on retrieving the energy from the Earth.

Read the prayer for Mother Earth (see below), aloud or in your mind. Visualize how a channel opens up from the center of the Earth, and how the glowing red female energy begins to flow up through your feet, rear and hands. Let the energy fill your whole body and stay there. Once you have opened up the energy flow, just focus on being present in the Now. It's individual how the energy feels, but it works whether you feel anything or not. Finish the session by saying "thank you".

Prayer to activate the Mother Earth-healing

Dear mother Earth,

*I humbly ask you, with love and complete trust.
Please give me guidance and strength.*

*Help me to channel energy from your interior,
to heal myself completely, both my body and soul.*

Mother Earth, I am calling on you!