

Today let's focus on the human energy system

Ok

So on this planet you are on you are aware that she is alive and has her own beingness, as a warrior she is able to take the blows and you may say but at one point she will rise up and speak her mind.

She is aware that is not of all you people yes some that are not for the devastation of her will be injured or transition, but she will hold on to a large number of people from your planet.

Will you assist with this?

At this time we are already intervening, there are others who are outside of the earth solar system ready to go this incubation period must be

You face many great challenges now, you need to be asked, not to fall into the fear of the unknown

The scheme they have plotted tis a destructive one this is why you need to remain strong, keep others strong and be steadfast on your route

So, the membrane very close to your body, yes, currently I see it as white this membrane must remain charged and intact illuminated to resonate the proper frequency to your self and others.

For your self it becomes a mechanism to guard you from, is it a suit, it feel like a suit yes in a way it is a membrane that breathes, does everyone have theirs activated like this , not at this time but it will come breathe into that membrane and feed it as you begin to feed it what happens? Is illuminated with various colors, lime green, crystal blue, gold.

Place it all around your face your hands your head. You are correct it is made from plasma this layer of protection will assist you with the pollution and the spray on the earth's atmosphere.

So this plasma is living and breathing just like you when you go out and into places where people are operating from a different system, yes, this will shelter you.

You do not want to touch that energy whatsoever, hold your sovereignty, be steadfast in this element of the new self.

Feel the activity of your universal body, the essence area of your body, your feet, your legs, your cells, your blood moving within this system, your nerves relaxing next to the muscles, they touch, you are your own inner self and outer self, this new mechanism is here to keep you steady and health strong.

Either lay down or sit with your feet flat on the floor.

Begin to breathe in calmly,

Be aware of every breathe,

every sound that emits from your body

as you breathe in and out

Begin to become aware of the places where your body is touching the chair, the floor, the Earth.

Feel that connectedness,

That penetration of one element, your human form and the element of the Earth that is touching you.

Feel the Earth's breath, her pulse

Begin to synchronize your breathe with hers as she supports you and holds you.

As you begin to give love to the Earth, she begins to give love to you.

Receive this loving, supporting energy from her.

As you begin to relax, deeper and deeper into the Earth, begin to receive the information she shares with you.

She has much information for you. What does she say? Is there anything she asks of you?

Perhaps the Earth only asks for mutual support, love and compassion.

Just listen for the Earth's message.

Feel your roots, whether many or few, as they go into the earth connecting with her as you both begin to support one another.

Allow yourself to be fully held by her.

Now begin to move the Earth energy within your body allowing it to ebb and flow,

In and out.

As you merge your energy with the Earth's energy, moving inward to receive and outward to give

You begin merging with her, no longer seeing or feeling a separation between the two of you.

As you become one with the earth, feel the calmness, as a blanket over your skin.

The decompression of your body.

The release of everything you have been holding onto up until this moment in time.

Allow that which no longer serves you to flow away from your physical body and into the Earth.

Here it can be recycled, being swept away through the channels of the earth, water and air.

Feel the lightness now of your body, like moss that gently lays at the base of a tree.

Cool, soft, delicate; not gripping only gently resting on the Earth's surface.

Begin to receive the nutrients from the Earth, as she begins to fill up your energetic system with the food for your spirit, soul and physical form.

Now open your inner eye and look up.

What is it that you see?

Are you nestled amongst the aspens, the redwoods, is there only blue sky above or are you able to see the innumerable stars floating within the nights sky?

Hold this place in your heart center, as you begin to come back to your body.

Slowly transition from this intimate moment with the Earth and yourself.

Wiggle your feet, your fingers, your nose.

Gently waking up from this moment you have taken for yourself and the Earth.

Committing to support one another while you are on your journey.

Much love.