

~ Intuitive Earthing ~

Learning to talk and work with the Plant Realm



*Introduction ~ **Intuitive Earthing** can be described as connection. Everything we do, whether in conversation or action, is about connecting to something. We connect to others through our thoughts, feelings and its reflected in our actions; both conscious and subconscious.*

Connecting to plants is no different than connecting through a networking event. The only difference is, it is a non-verbal communication; instead it is an energetic communication.

Over the past few decades, various studies have taken place to determine whether plants are in fact living beings, responsive cellular collectives, or something all together outside of the scope of current understanding. So far, the scientific community is aware that the plant realm is in fact, a collective consciousness solely dedicated to thriving in its environment and the continuation of its genome.

Mystics and aboriginal cultures have long since understood that the Earth is a living sentient being which can, and is willing, to partner in the continuance of all specie. All the realms – insect, bird, mammal, mineral and plant – are interwoven into a massive matrix of finely tuned and closed system of harmonics; form and function.

And all the realms are finely tuned into the cyclic flow of the universe; we call them seasons, eclipses and planetary line-ups. They are impacted the same as we are, however they have a built in response system, a logic that initiates a series of responses based on the energy they feel or receive. We call this science, they call it life.

Just like the image to the right, the sun sends out its daily and seasonal message: heat, light, various 'ray's of encoded information and timing. The plant realm is uniquely designed to interpret and respond according to its specific matrix program. This matrix/system keeps active, the visual and consistent flow of cause/effect, that we see, experience and take for granted. If we wish to truly partner with plants and Earth, we must understand how they communicate with each other and see them as intelligence in motion.



This class or workshop is designed to help you understand how to visualize the Plant Realm as a wondrous and vast system, how to connect with that system and then build a relationship. By doing this you not only gain intuitive experience, increase your skillset level, you also become part of a bigger picture; you become part of the solution.

NOTE:

You will need to suspend judgement. You will need to let the plant realm and Gaia show you how they represent themselves, how they talk and how they see information, answer and respond to the questions and conversations your present. It's a magical experience. It will be a very personal one and you won't be able to measure your journey to each other because each of you will experience it differently.



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The Plant Realm

The realm of plants is like a huge network of all realms intertwined, much like a vast painting; it takes multiple layers of color to create the single image you see. Using the image to the right, what we normally see above are the lily pads and flowers. But below is the actual structure of the plant itself; its roots, stalks and connection to Earth. As you begin to connect to the plant realm, you will first begin by accessing the plant realm itself and work your way downward, deeper into the layers themselves.



Feeling the Realm

As you begin to feel the matrix or system, some of you will feel smaller, or within the Earth, or even moving among a stream in an energetic way. You might feel lighter or drifting into something nebulous. You might get an image, a smell, the taste of dirt or a 'green'. Which ever way appears first, is most likely one of your 'clair' or intuitive connection. Some people say they hear a breathing sound, which is the energy moving, much like breathing; it's the ebb and flow of the planet's energy.



Stepping Into the Matrix of Earth

First begin by centering yourself and then open yourself up to a journey or meditation.

Next calm your breathing cycle into a slower, more gentle phase. Pay attention to the 'in' and 'out' of your breath.

As you do this, feel the Earth pushing up against you, supporting you. Feel the weight of the air around you, and relax into a rhythm of quiet.

Lastly, think about Earth/Plant Realm and think or tell yourself ~ I Am Going to the Plant Realm.

Just hover there, waiting, like being on a train, watching the scenery go by, feeling the rhythm of the cars on the tracks. At some point, you will become aware of someone watching you. You might see a face, or feel someone next to you. *Introduce yourself ~ Hi, I am Grace.....Are You Gaia? Am I at the Plant Realm?*

Wait till you feel an response. It could be a smiling, a positive feeling or a nothing. If nothing, then request access to the plant realm and wait for a feeling or response.

Once you get the feeling, then ask for the region of the type of plant:

*Tree

*Floral

*Algae

*Fungi

*Plant name

Its okay to show a picture in your mind of the plant you are specifically wanting to connect with.



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Exchange of Energy

It is best to request with politeness and to ask what the plant realm is asking in exchange for this connection. If you begin with gratitude, *"I'm very grateful for your time to connect with me on this matter, of _____, what do you wish in exchange that helps both of us?"*

Wait and see what follows. Most often the gratitude is enough. Sometimes you get a thirsty feeling, which means a plant near you wants water. Sometimes you get a hungry feeling, so check if any plants need to be fed and attended. You might be shown a picture of hugging a tree, breathing into a plant (your carbon for exchange of their making oxygen) or you may get a knowing of an answer; like someone talking to you.



Holding Conversation

Keep your interaction quiet, paced and give the plant matrix you are connecting to time to respond. Be polite and remember that you are visiting it's realm, not the other way round.

Also, don't feel bad or rejected if you don't get a response. Sometimes a certain plant specie/matrix isn't used to a human interaction and it needs to consider how to respond. Just keep at it each day or so and you will eventually get a connection. Then just be consistent on how you connect.

Also, plants are active in at different times of the day, specifically at early morning at dawn and at dusk. It's when the plant system is activated and when the system is moving into the rest phase. Some plants are nocturnal; its good to do some research prior to communicating so you are prepared for an informed communication.

Closing the Conversation

When you don't feel any further response or you have received the information you wanted, then its time to say goodbye. Its no different than ending a personal connection. Thank the Plant Matrix in gratitude and the Plant Realm in general and back out or away from the matrix. Think about closing the door behind you gently and returning to the train for your ride home, or imagine where you are meditating from at this time. Take your time and don't get up to do something too quickly. You won't realize how deep you have gone or how long you have journeyed! Congrats on your first adventure!



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Final Notes and References

First, working with Gaia or any of her realms requires gratitude and respect.

Second, each of you will find that communication with plants (or any of the realms) will have their own cycles and timing, and so will you. Find the timing that works best for you and stick to that, create a routine that both of you can agree upon and work from there.

Third, when doing this in nature, remember that sometimes critters become curious at the bonding energy that gets created as you communicate. Don't be surprised if birds, insects and even animals show up to checkup on you. If you do, its okay to ask if that animal, bird, or insect is a Totem or has a message for too. They all work together and communicate with each other.

And *lastly*, remember that the Fae Realm (energy beings with specific ties and connections) may also want interaction. This could be a hair tugging, a poking feeling, something brushing up against you or an odd sound repeatedly that makes no sense. Rustling of leaves around you with no apparent reason (as in only a leaf and others are not moving), means someone is trying to get your attention. Don't be afraid, just observant.



There are many ways to delve into intuitive work with nature, Gaia, and the many realms of Earth and Universe. It's an amazing and intricate web of connections the spiral and weave in ways we cannot fully understand. But with diligence, you will begin to know where to tap into, when to tap and how to do it best.

Trust your intuition and know that Gaia loves and adores all her children. She understand that the Human Specie – and that is how she sees us, albeit elevated by Soul connection – and when we expand and grow, we take her and her progeny with us. So it is very important that we partner with her, especially at this time.

REFERENCES & Interested Readings

<http://the-conscious-mind.com/the-singing-plants-at-damanhur-amazing-video/>

The Secret Life of Plants, Peter Tompkins & Christopher Bird

Plant Intelligence & the Imaginable Realm, Stephen Harrod Buhner

The Lost Language of Plants, Stephen Harrod Buhner



Meditation to connect to Plant Matrix/Grid

Over time, the methods and means of connecting to the Realm of Organic Matter, specifically Plants, Fungi and Bacterium, have become routine processes of ceremony and ritual. Prior to that, it was what I call: Marrow-Magic; interaction with the primal-point of connection, the Matrix or Grid of Earth and all its sub-sections thereof.

When I connect, I do so with the greatest of gratitude and etiquette. It is no different than asking to interview an Elder of another Family or Culture – it means respect at all levels, and an exchange for that connection.

The steps are simple, but require focus and integrity of focus. I always introduce myself first, state my request, initiate my exchange (usually gratitude and purpose), and confirm acceptance. I always wait for a response of acceptance. An example of the process is as follows:

1. I settle, calm, and relax in the manner that facilitates the most focused and uninterrupted process.
 1. I go into my heart center
 2. I move up into my 3rd eye center
 3. I expand outside of myself
2. I expand to an image of either: gated meadow, primeval forest, watery shore surrounded by prime greenery
 1. I move towards a: monolithic rock, mother-type tree, step into the water
3. I introduce myself and I state my request to speak with, engage in conversation with, or meet the Celestial Being we call Gaia, Urrdah, or Earth-Mother & why (always state why)
 1. I wait until I sense, see or feel a presence
 1. It can be like someone looking at me (this is what I feel)
 2. A smell Earth or Greenery
 3. A taste of grass, floral or earth
 4. A sound of plant movement in the breeze
 5. A sight of an image that represents what may be “Earth-Mother/Gaia”
4. I state my request to enter the Realm of the Green Earth/Plant Realm to meet the Mother of that Realm, my gratitude and what I consider an exchange (how it will benefit both of us), and request any other suggested exchange per Gaia
 1. I wait for confirmation of agreement or response
5. I then state my request for the specific location in the Realm I wish to visit:
 1. Arboreal Intelligence – Oak, Cedar, Pine, etc...
 2. I wait for confirmation
 1. Sometimes I am taken to this realm and sometimes I must imagine moving to the Realm of “xxx”
6. Once at that Realm of Plant, Tree, Fungi or Herb or Floral, I then introduce myself and repeat my request, gratitude and purpose with exchange or what the Mother of that Realm
 1. I wait for confirmation of acceptance
 1. If yes...begin conversation
 2. If no...ask for why, and restate the benefit of purpose and what the exchange expected
 3. Sometimes the specific Realm has not been in contact for a long time, and is not used to interaction, sometimes the Realm is reluctant due to past experience, or has gone ‘quiet’ due to lack of or improper interaction – honest and polite persistence often rewards one’s request.

Meditation to Connect – cont'd...

7. Once you have agreed upon the exchange – begin the conversation.
 1. Remember to give time for the information to be received
 2. Be patient, considerate and positive
 3. Take notes if you can
 1. Information can come through any 'Claire'
8. You can ask and receive as long as the Mother-Realm connection allows
 1. If you get booted out – it might be you lost focus, or the Realm just closed
9. Once you get your information, do not pester or linger without purpose (don't overstay your welcome)
10. Offer gratitude and repeat the exchange you will follow through with...
 1. It could be to water, feed, breath (offer carbon breath), move to sun or move from sun (if a house plant), plant more of its 'kin' or to not harvest for awhile
11. Return back to the location you started from by backing out and offering gratitude as you return through the various Realm-portals or doorways.
 1. If you just bounce back to your relaxed position or to Gaia, again state gratitude
12. ALWAYS complete your agreement – If you can't get to it right away, just be honest and with the Mother/Realm connection and establish a goal to meet the need.
 1. In the manner of planting more of its kin, like trees, you can always donate to organizations that DO plant more 'arboreal kin' – go into meditation and show your actions and that the planting will take place.
 2. The Tree Nation/Realm will know if this is done – they are all connected...the Entire Plant Realm is connected over the globe, so integrity is key. Just be honest and if you need to meditate and request another exchange if you can't meet the request. They are a most flexible and understanding realm!

Meditation or connecting to the Plant Realm will increase in connection over time. Much like any muscle you use as a tool to achieve a goal, intuitive work requires diligence of continued practice. I guarantee that you will achieve connection if you are honest, polite and always offer gratitude and exchange of some form or another.

Remember – You are speaking to an 'Intelligence Matrix' – not a person or deity. This means that conversation will be in the language of the matrix you connect with and you must interpret the imagery, sounds, smells, tastes or feelings you receive. The 'Intelligence Matrix' will use the vocabulary it has built up over the timeline of Human interaction; you might just be the first person, or the one that upgrades the vocabulary.

Don't be afraid to ask for confirmation of your interpretation, it helps build clear conversation and a structure of future interaction.

NOTE – The work you do to connect can and will be a way to assist Earth in her healing process, to deal with continued Human interaction and offer insights, knowledge and expand intuitive skill-sets.

Grace Sequoia