

New Grounding Cord Process Exercise:

So sit comfortably with your feet flat on the floor. Take a couple of deep breaths and we will begin.

Let's say hello to Mother Earth, to all the elements, and the Elementals.

Let's create a grounding cord and connect it at the base of your tailbone. And this can be anything you think you need.

It can be a light stream.

If you feel you need more grounding, it can be a tree trunk with roots, a crystal - anything you think you need to help you stay grounded.

Let's drop the other end into the Earth Star. And anchor it.

Tug on each end to be sure it is secure. You should be able to feel the tug on each end.

Be sure that your grounding cord is wide enough, so the energies can flow through it very easily.

Open the chakras in the bottom of your feet.

Call forth the higher, refined Earth energy from the Earth Star.

And bring up into the foot chakras on both feet.

And we will be bringing the energy into both feet simultaneously.

Slowly fill your feet with the Earth energy.

So using the meridians and all the pathways in the body, bring the energy up to your ankles.

Now let's bring the energy up your lower legs - filling the entire space. Feel it rising to your knees.

And swirl the energy inside your knees to fill all points.

Feel the energy inside your knees to fill all points.

Now let's bring that energy into your upper legs.

And we will hold the energy here in your upper legs for a moment.

Now we, of course, have created a Unified field with all 14 of our chakras. And this is still in place and still operating as a Unified field.

But tonight we're going to focus on each of the first 4 chakras.

So as an analogy, kind of equate our Unified field with that of a well-tuned engine that has many moving parts. All the parts work together for the desired result.

Sometimes though, we want to upgrade some of the parts for more power, with more efficiency.

So that is what we're going to do with these chakras.

We will fill the entire 14 chakras still in place. Sometimes we want to upgrade

Still holding that energy at the top of your legs, visualize your 1st chakra with an opening at the front side of your body, and another on the back side.

Notice the chakra spinning. Increase the rate of the spin.

And with your intention, allow any old or discordant energies that no longer serve you in present time, or that hold you in separation - be cleared and removed.

Watch as these energies dissipate in the spin. Take it up a little faster.

The root chakra is where the old survival energies are held in the body. With our collective intention, let's re-program the functioning of this chakra to thriving.

1st Chakra:

Now that the chakra is cleared, now bring that energy that we stopped at the top of your legs, into the front of the 1st chakra.

Allowing the energy of Mother Earth to fill the chakra.

As the chakra continues to spin,

Bring the energy through the chakra.

And out the back.

And then down your grounding cord, where it will flow back to the Earth Star.

We will be creating a continual flow from the Earth Star, into your chakra, back down the grounding cord.

Let's energize the energy flowing up from the Earth Star.

Into your body, with an intention such as - I am thriving in all aspects of my life - . even as specifics of what that looks like for you -

Good health, Joy, a supportive community.

See that flow of energy as it makes the loop.

Infuse the energy flow with words or pictures that support you thriving.

Take a breath.

Now let's place your attention again on the Earth Star.

And bring the Earth energy from that Earth Star.

Back up through your feet and legs.

Again stopping at the top of your legs.

2nd Chakra:

Notice the 2nd chakra spinning.

Once again, increase the rate of the spin.

And with your intention, allow any old energies that no longer serve you in present time, or that keep you in separation, to dissipate in that spin.

Let it spin. Let it spin.

The 2nd chakra is where we view our place in the world, and how we perceive the world sees us.

Let go of any residual old programming of unworthiness, or not being accepted, or not being good enough. Let it all go. These are false beliefs.

So bring that higher refined Earth energy into and filling your 2nd chakra.

Let's infuse this energy from Mother Earth with I am worthy. I am capable. I am competent. I am the Divine Image of the Creator.

Then take that energy through the chakra, down the grounding cord, back into the Earth Star.

Keep that loop running in the 2nd chakra.

Set your intentions in that flow of energy. And know beyond doubt, that as the Divine Image of Creator, you cannot be unworthy.

And take a breath.

And once more, turn your attention back to the Earth Star.

Bring the energy up through your feet.

Up into the legs and to the upper legs.

And hold the energy there one more time.

3rd Chakra:

Now place your awareness on the 3rd chakra.

See it spinning. Let's increase that spin.

The 3rd chakra is our power center in the body.

Give the command to allow all thoughts, distortions, beliefs and programming about Will and Power, to be released and removed from the body. Let it all go.

And give witness as you allow it to dissipate in the spin.

And bring that spin up a little bit more. And let it go.

And bring that Earth energy up into your chakra - allowing it to fill.

Let's re-program this chakra with the positive aspects of internal Power for Self
with dominion over the body
being senior in the body
allowing compassion to infuse our thoughts, words and actions.

Let's align our Will with that of the Creator and with that of our Soul purpose.

Bring the energy back down the grounding cord Into the Earth Star.

See your intentions flowing through the energetic loop, Into your physical body

Holding those intentions and energetics in this 3rd chakra.

4th Chakra:

And let's one more time, return our attention to the Earth Star. Bringing the Earth energy back up through the Earth Star. Back up through your feet, into your legs. And again stopping at the top of your legs.

Now place your attention on your 4th chakra.

What do you see as you watch this chakra spin?

Let's increase the spin of the 4th chakra.

And allow any old hurts or woundings that may be there to dissipate and to be forever removed.

Let it spin. Let it go.

Now bring the energy into the Heart chakra.

Filling it with the love that Mother Earth holds for you.

Let it fill every crevice.

Now bring the energy into the chakra.

Down the grounding cord. Back to the Earth Star.

Allow the energetic loop to continuously run.

By grounding into the Earth Star, it will assist to being able to stay consciously in that 5th dimensional space with love and respect and value for ourselves as individuals.

We now have 4 loops of energy continually cycling from the Earth Star. Bringing those refined energies of Mother Earth into those first four chakras.

Take a slow deep breath. And one more. There is much occurring in the body and the chakras.

Now, call on the Elementals of earth, of water, of air, and of fire.

Ask for their assistance in keeping us anchored into the Earth Star of Mother Earth.

Also ask that they assistance us in keeping our grounding cord and these 4 energetic loops of energies clear, open, and free flowing.

The Elementals will also assist us in refining the energetic vibrations of this continual flow.

Now as you return to this tomorrow, and put your attention back on the grounding cord and these chakras - choose one or more Elemental for each chakra, that you feel will best assist you in maintaining these higher frequencies. And it may change daily depending on what is happening in your daily life.

So let's send our love and our gratitude to Mother Earth and the Elementals for assisting us tonight.

As you sit in this space for a few minutes, and continue running the energy in your body, please prepare to receive Archangel Michael.