

Sound & the Physics of Earthing via the Unity Breath Meditation:

As a child I naturally connected to the Universe through Nature. Even with the varying themes of life challenges, Nature was my Home, my 'Flow.' My connection to Source.

My paper presents the interweaving's of 'Flow' & what human's have forgotten over time: This being a return to connection, physically as well as energetically. It also represents the science of Clint Ober's discoveries & the major health crisis today: inflammation, which, in part is interrupted 'Flow'. Ancient cultures knew this natural medicine, affecting humans & enclosed animals.

My self-awakening developed, even as I walked among the people, the Great Nature as my guide. My greatest sadness was that Humanity overall did not have a clue to who they really were or are, I AM.

Intertwining what our Globe schooling is teaching us: The entirety is frequency or vibration & ultimately understanding 'Flow' is the point, led to my question:

*Is the nature of Sound Therapy, as energy medicine, enhanced further in the healing process by incorporating the physics of Earthing through dosing? Thus, my paper.

Yet Spirit is asking me to guide this presentation into an experience of reconnection through the Heart of the Universe via the Unity Breath Meditation. Since you will receive the paper, I am trusting this experiential support is forth coming in perfection.

Because the Harmonic Structure of Sound is 'Us', & Unity with this is key, which can only evolve through an open Heart & we have had SO many amazing experiences in papers & classes up to this point . . . I am offering a deep inner & Universal way to support your Heart to remember & share your appreciations in Love, back into this entirety of 'Flow', to Nature.

After you understand what the science is about, through the vehicle of my paper reading . . . Perhaps the next time you are outside you might take off your shoes & plant your feet upon our Earth & have a continual taste of this Unified Whole . . . you may also understand how the natural occurring electrons in our Earth's very crust feel neutralizing in your own inflammation. Simply allow a noticing & remember dosing is the Key.

In times past there were cultures that Honored Earth, there were those that Honored Sky & Sun . . . & what this Unity experience offers you as a Child of Society & a Child of Existence, is to come Home.

If your body sways or moves, simply allow the movement as that is your experience of God/Source right here present: The Golden Mean spiral experientially, which has no beginning or end.

For now, please sit comfortably: **Tingshas - (Apple music)**

1. Begin a slower breathing in now & become aware of a light column running through you & automatically creating a central channel of energy 'Flow', from the top of your crown down through your perineum, or 'sits bones'
2. Bring awareness now to your Heart-Chakra area – breathing in, going deeper still & allow memories now, your connections with Mother Earth to begin to create a tiny seed pearl of Love right there inside your central channel, each memory is lovingly placed into your tiny golden sphere as it begins to grow to just the right size, perfectly fitting inside your channel
3. Become aware now that this tiny sphere is reaching a readiness a feeling of implosion. This Love connection you have created is being called now to be gifted into the Heart or womb of our Great Mother
4. Truly feeling now as I count to 3 & not before, you will automatically send this Love to the Core, the Heart of Mother Earth & wait for her to respond back to you
5. So here we go: 1 2 3 (& now) **Tingshas 2 minutes**
6. Let this be complete now, keeping your connection, bring your awareness back into your Heart-Chakra
7. Staying fully present here in this Love space, allow a tiny sphere, that you are willing to begin to create now, for our Father Sky realm. Begin filling with memories now of your connections: like shooting stars, planet wonderings, sun rises or sets, rainbows, all aspects that encompass our Mother Planet now - to grow your tiny golden sphere to just the right size & ready to gift up through your central channel, up through your crown, instantly, when again I count to 3 & not before.
8. When this little energy sphere is released, it will instantly connect to the Christ Grid surrounding our Earth in the Northern & Southern hemispheres automatically & then you wait & receive back from Father Sky
9. So now feeling this Love fullness of implosion, trusting it is ready to connect & be given back now
10. Here we go: 1 2 3 (& now) **Tingshas 2 minutes**
11. Staying connected now with Mother & Father, you will begin to create something that is very unique for our times now
12. Begin to create a 3rd sphere, & in this tiny sphere now you grow your Unconditional Love, beyond any judgement of other, for the drunk in the street is seen as an equal Being of Light potential, what are you willing to gift now to, All Life Everywhere on the count of 3 . . .
13. Breathing deeply continue to grow your Love sphere now, this little sphere so ready to be shared, simply feeling
14. Intend now to instantly expand your sphere to surround you as a Golden Living Energy, truly feel these Love vibrations as this energy continues to expand larger, faster, larger faster until in just the right time, you will just LET IT GO, to All that is - Home in 'Flow' & Be with God/Source, right Here present, so here we go: 1 2 3 (& now) **Tingshas 2 minutes**

End with: **It's in Everyone of Us video**

