

Connect to Nature Spirits in Five Easy Steps

Hi! Thanks so much for taking the time to try these exercises!! The beings of the Subtle Realms are very excited to make contact with you, they welcome your intention to connect.

This series of practices is designed to be super accessible so you can try it anywhere anytime. It should take less than 10 minutes when you are first practicing it, and over time you can speed it up to be even quicker.

The idea with this technique is that it is a quick check in, like exchanging text messages. Once you feel you have a sense of connection, there are other techniques that support a deeper exchange.

The first three exercises are what I call 'Energy Hygiene', they are to cleanse and clear your own energy field so that when you reach out to connect to others you are vibrating at the highest level possible for you in that moment. In general you attract those that vibrate at a similar level to you so it's important to start in a good place.

Note: if, when connecting, you come across a being that makes you feel afraid, you can command them to 'Link to the Light or Leave' - if they are not of the Light they will vanish. If they are of the Light, then perhaps your fear has something to teach you. Remember that you are a Sovereign being, no one can be in your energy field without your permission.

I recommend treating this like a scientific experiment; repeat the exercise numerous times in different places to see/feel the difference in the subtle realm of that place. In this way you will deepen your trust of your intuition and know that what you are perceiving is real.

Over time, you may find that you want to make adjustments to the practice, perhaps different energy hygiene techniques work better for you. This is great! That's how I came up with this sequence, by practicing many different approaches taught by lots of different people. After lots of experiments, I found

this sequence to be the most consistent for me, so I recommend it as a good starting place.

Because everything I have learned has come from and through other people, I have noted the source of each part, to acknowledge its lineage.

Step 1: Connecting to the Earth Light and Star Light, Feeding Self Light

Source: this is a very common form, with details from a Peiadian channeler and David Spangler of www.lorian.org.

Send a grounding cord down to the center of the Earth. Sense, see and feel the blue-green light at the center of the Earth, and bring that light up through your grounding cord into and around your body, creating a chalice or vessel of Earth light. You may also feel Earth light coming from the natural world all around you, let yourself feel energetically supported by and connected to the Earth.

Open up the top of your head to send a cord of Light upwards. Feel it pass thru your aura-chakra, about a foot or so above your head, then thru a chakra at the level of the Moon, then a chakra at the level of the Sun, then a chakra at the level of the Stars, and finally let that cord of Light plug into Source Light, a bright white light of very high vibration. Bring the Source Light back down through your cord, passing through and activating the chakras in reverse: the Stars, Sun, Moon and Aura, finally coming into your body and filling the chalice of Earth Light with Source Light.

Feel how the Earth light and Source Light mix in your body and aura, to create a unique Self Light. Feel this Self Light first in your heart center, then let it grow to fill your body and aura.

Step 2: Aura Cleansing

Source: the first direction of the Aura sweep (up thru the body) was given to me by the Fae when I asked them for help in communicating with them more clearly. Then in a session with Nora Herold, she spoke of the importance of staying

connected to our lower chakras instead of going up and out of the body, so I added the second direction (down thru the body) and it does help in staying balanced.

From the previous exercise, return to feeling the Light in your heart center.

From there, let a current of Light go up and out the top of your head, and let it sweep down the back of your aura, coming back up through the soles of your feet, through your core, out the top of your head, then it sweeps down the right side of your aura. Keep looping the light up and out the head, then down the front of your aura, back up thru the body, then sweeping down the left side of your aura, finishing back in your heart center.

Then do this in reverse: sweep down through your center, out through the soles of your feet and up the left side of your aura, then down through your center and up the front, down the center, up the right side, down the center and finishing by sweeping up the back of your aura and coming back to your heart center.



Image for Step 2

Step 3: Rising Light

Source: this exercise comes from RJ Stewart, one of the preeminent Faery teachers; www.rjstewart.org. This exercise aligns us with the Elements of creation.

Stand on the earth and see below you, in the Earth, a mirror image of yourself with soles of feet touching. See an aura of white light around your inner world counterpart. Start with your arms down, fingers pointing towards the earth.

As you raise your hands, feel the energy/light rising up into your legs and feel the element of Earth, in your legs and in your bones.

Raise your arms to the level of your belly, let the energy/light rise and feel the element of Water, in your belly and in your blood.

Raise your arms to the level of your heart as the energy/light rises and feel the element of Fire, in your heart and in your nervous system.

Raise your arms to the level of your head, the energy/light follows, and feel the element of Air, in your head and in your breath.

Raise your arms above your head, energy swirls around you, and feel the element of Ether, in your aura and throughout your being.

Then lower your arms back down, feeling thru the elements again in reverse order (Air/Head/Breath, Fire/Heart/Nervous System, Water/Belly/Blood, Earth/Legs/Bones) as the energy/light moves back down into the Earth.

Note: in public places, I do this without raising the arms, just follow the rising energy and attune with the elements internally.

Step 4: Now it is time to Connect!

Source: this is from Orion Foxwood

Now we should be fully aligned and harmonized with the Light and with the Elements.

Maintain that image of your mirror image below you.

Feel into your physical eyeballs, like two marbles in your eye sockets.

Roll your eyes back to the back of your head, then let them roll down through your neck, through your torso and down through your legs until they enter your Underworld Self. Let your eyes roll up through your underworld body, through legs, torso, neck and then into the eye sockets.

Open your eyes in your underworld body and look around. (At this point I flip the scene, even though my underworld self is upside down from our perspective, from the underworld perspective they are right side up)

Who is there? What does the scene look like? You may find yourself in a cavern, or by a pool, it may look very similar to the world above ground, or very different. You may not see anything, but you may feel a sense of calm, or of busyness; just take note of whatever perceptions arise.

In the beginning you may be able to only spend a few seconds in this place but with practice your perceptions will become clearer and you will be able to hold the vibration for longer.

It is very helpful to practice this in a variety of places - in your neighborhood parks, while out hiking, on the beach, wherever and whenever you find yourself in a place where the natural world feels alive and vibrant. The contrast in your experiences in different places will help to clarify your perceptions over time.

When your time feels complete, just roll your eyes back up into your physical eye sockets.

Step 5: Closing

It's nice to offer a little prayer of thanks to close. I use the following:

I Honor You
I Bless You
I Thank You
I Love You

I came up with arm positions to go with it, because it helps me to remember to feel the energy behind the words:

I Honor You - hands together in prayer position in front of my forehead/third eye

I Bless You - hands come down in front of my heart

I Thank You - arms cross, almost like hugging myself

I Love You - arms move out, palms up, like an offering

The sense behind the words:

I Honor You - I see and acknowledge Your inherent inner Light

I Bless You - I offer a prayer for their well-being, "May you be well fed, may you procreate with ease, may all your needs be met." Sometimes I use a variation on the Star Trek phrase - "May you live long and flourish"

I Thank You - gratitude for their presence and noticing how they land in my field, this is both a receiving and a giving at the same time.

I Love You - I feel into our Oneness, our web of connection and commune in the vibration of Love

This closing prayer is also very nice to do as an offering.

Offerings are a traditional component in Human-Faery relations. Their purpose is to keep a sense of reciprocity to the relationship; the natural world does so much for us, it feeds us and creates materials for our houses and clothes, so it is nice to offer something in return. But what can we offer those that are masters of creation?

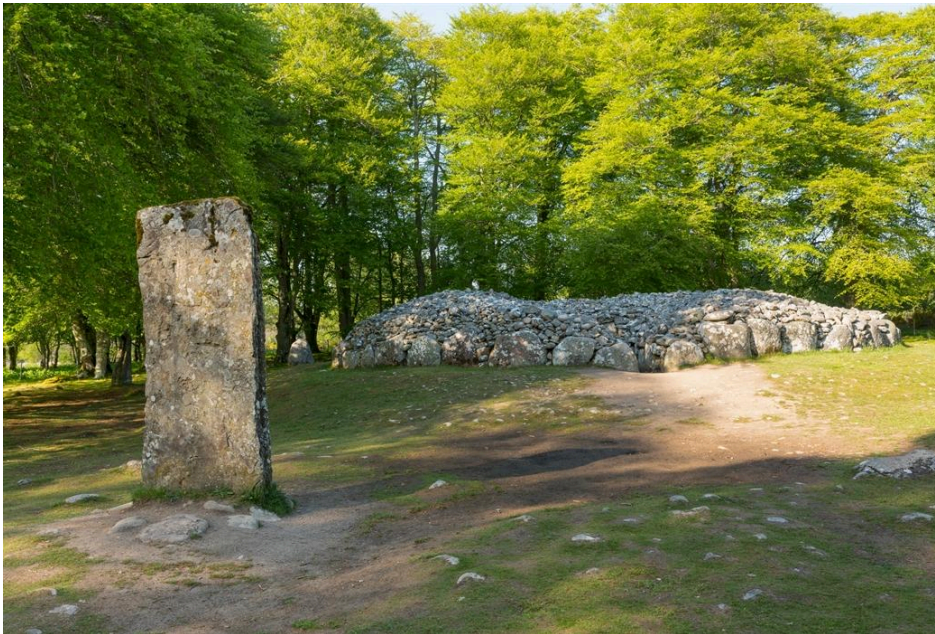
This prayer of acknowledgment and gratitude is very simple and much appreciated.

It is great to do if you are out and about and you suddenly sense the presence of the Fae and you don't know what to do - you feel an offering would be appropriate but you have nothing to offer. It feels like this Form keeps the relationship in a good place.

Some Stories for Guidance and Inspiration

Here are two examples of what you might perceive with this exercise, and how to interpret your experiences.

Clava Cairns



Clava Cairns is an archeological site in Scotland. I went there with a tour group, and had no idea of any information about the site before I went. When we arrived at the site, the tour guide suggested we walk around and get a feel for the place before re-grouping to share impressions.

I walked around a bit and tuned in. I didn't see anything, just felt a buzzing sense of busyness, like lots of energy vibrating.

I walked around some more and tuned in again, this time I saw what seemed like solid gold beneath the site - like the site was sitting on top of a huge chunk of gold.

Then I met up with the group and the tour guide shared that the site is aligned to the south-east, and is understood to be a place where people gathered to call back the Sun at the time of the Winter Solstice.

My sensed impressions supported this - people calling in Solar energy at this place for maybe hundreds of years had created a storehouse of golden energy within the land, and that energy was felt in the sense of busyness.

Columbia River

I lived for a while on the banks of the Columbia River. While out walking one day I came across a sweet little grove of willow trees on the bank of the river, with a small sandy beach nearby. I stopped on the beach and tuned in, and met a Faun - a masculine feeling being, with the lower half resembling a goat and the upper half a man.

(I think this was the first time I met an actual being with this exercise. I realized since then that fauns are caretakers of woodlands; dryads are the spirits of single trees, fauns oversee small groupings of trees, and landscape devas oversee forests, in my experience.)

I greeted him but he seemed annoyed. I gave him an offering of a gold ring, he said 'what would I want that for?' I said I don't know, but if it came to me there must be some reason (when I give offerings in the other realms I let my imagination guide me; offerings in the physical realms tend to be food or drink, or maybe a song)

He turned away from me, rejecting the offering. I didn't know what to do so I rolled my eyes back up and continued my walk.

As I walked into the grove of trees, I noticed someone had spray painted with red paint on one of the trees. I immediately realized two things:

- 1) The faun was angry because someone had vandalized one of his trees, and
- 2) The person who had painted the markings had been very angry at the time, and had perhaps done some unconscious magic - by using red paint

they had sealed the angry energy into the tree, so the faun had taken it on too.

I came back another time to do an energy clearing of the space, which helped some but not completely, so I came back yet again with a special energy clearing tool that finally released all of the anger. When I tuned in that time the faun was finally happy.

I tuned in at this spot again at the following Winter solstice and was amazed at the shift. Having been released from the anger, the faun was able to expand his energy field immensely and tap into some larger planetary forces that come into play at that time of year. **I was given the understanding that Nature Beings also learn and grow by interacting with Humans, both sides benefit from the interaction.**

I hope these stories motivate and inspire you on your journey!!



I would love to hear feedback on how this works for you! You are welcome to join the [Gaian Fairy Congress community](#), a free online platform where we practice tuning in with trees and share weekly meditations from the Fae.

Or just send an email to info@gaiancongress.org