

Healing and Empowering the Divine Feminine

Stage One Meditations

Connecting to Gaia Through Greater Awareness

After we have healed to become a whole being we are on a journey into wholeness with the earth. Here we are connecting to the planet and her guardian spirit, the great Mother Gaia, as a whole being on the on the greater awareness level. This was not originally a part of the plan coming out of June to August 2024, but the changed reality means that the focus and process of healing and empowering the divine feminine has changed in process and focus.

This is because as Father Sun has brought a lot more energy into the system of our home planet, therefore it's guardian spirit, this has leveled up her energies. This is a good thing, but those who were previously attuned to the lower frequencies as a result of trauma will be disconnected from this new reality. In connecting with this you not only cleanse and purify the self, but connect to the greater web of reality. This allows you to, after healing, re-connect in a healthy way to the greater whole. This means you are not just healed, but reconnected to the whole as a vital being connected to the higher realities that are now available to all.

This enables you to function at the highest level of reality, in the quantum 5D/6D reality that is now taking shape. While it is still not as clear as it could be, the nature of the energy as it shifts and changes will ultimately lead you to your aims and goals a lot clearer than the lower, more dense energies that it replaces. By plugging into this you give yourself a chance to create the life you want for yourself as a healed, whole being in the world.

Mother Gaia – Our Guide

Gaia, the guardian spirit of the planet earth, is our guide to reconnecting with her. In reconnecting with her, we connect to the new reality of the earth. As we do this we become a part of what Pam Gregory, an astrologer I follow for my spiritual intel report, calls 'New Earth', a place where the new 5D/6D reality is already existing for those connected to it. This is what Mother Gaia is connecting us to to grow, learn and heal further with her on her body, the Earth.

She is connecting us to the higher levels of consciousness to make us a part of the new whole, the new reality that is around us taking shape. This way you are on the fast track to being a part of the change process for yourself and others, creating a new life for yourself and those around you. The

more that are on this higher reality, the more critical mass there is to make this the dominant reality. This assists both the individuals doing this and the world, guarded by Mother Gaia as a whole.

For this reason she is guiding us and helping us be a part of this process, for ourselves and others. For this we thank her for the work she is doing for us as well as the collective as a whole.

Other Personal Guides and Helpers

On this journey, we are looking at a personal element as well. You may have other personal guides and helpers appear as you reconnect. This will be personal and different for everyone. Some you may already know, others you may not know yet, or may be a surprise. If you have this happen, take a note of who it is and why. Were they there for the journey, or are they staying with you for a while? What assistance did they give? Take a note of this as a major part of this journey – It will show you the way forward on your path.

Mother Gaia Earth Reconnection Meditation

To do this meditation, find a safe, comfortable spot that you will not be disturbed for a while. Turn off distractions, allow the time without appointments and other demands and either sit in a comfortable chair or lie down.

- *Close your eyes and find yourself in a pleasant meadow, walking towards a forested hollow. It is a nice day, the sun is pleasant but not hot, and you find yourself whistling along to the bird songs around you. Feel yourself bask in the energy of the meadow as you walk through, seeing the birds, the grazing hinds, the rabbits, the insects busy pollinating the flowers. Look around you and appreciate this untamed paradise as you walk through.*
- *As you do you find yourself leaving the head and entering the space of the heart, connecting to this wild space. Feel that space, the heart, the home of awareness. You are no longer thinking, you are just aware. Aware, feeling one with life and in the moment. Take this moment, just feel and savour it.*
- *As you do this, the path to the glade seems to open, inviting, deep and dark. Feel yourself drawn to this space, the deep seclusion and peace emanating from it. Walking towards it, you can feel the serenity in the space open to you, enveloping you as you walk in. You can feel the wild timelessness, the agelessness, the ancient peace and serenity of this place. Feel yourself relax, listening to the birds, the calls of the animals, the wind in the dappled light leaves of giant Oak, Yew and Ash trees in this forest. Feel their ancient, deep energy as you touch them along the path, each tree you touch giving you their greetings as you walk deeper and deeper into this hollow of ancient trees. It relaxes you, makes you feel at home.*
- *You walk along till you reach the heart of this hollow of trees, seeing a grotto pool of iridescent water falling from a cascading drop into a crystal clear pool. Beside it sits a female figure with wild auburn leaf and flower decorated hair, deep soulful eyes and a pregnant belly under a luxuriant green robe, loose and flowing, decorated with flowers. Her bare feet peek out from under her hems. She smiles at you, a smile that makes you feel very welcome.*
- *“Welcome Child.” She tells you “I have been expecting you. What is your name?” You tell her your name and she beckons you to sit beside her, dipping her feet in the crystal clear water.*
- *“This is the water of life.” she tells you, smiling “That which all children of the earth like you should have a birthright to.” adding “But so many don't know it. So welcome and dip*

your feet in, enjoy it.” As you do you feel deep connection to the earth. This roots you connects you and you find yourself opening your heart, your Heart Chakra. You feel her touch your shoulder as a beam of green comes from your Heart Chakra into the water. Close your eyes and feel the waters of life nourish you. Take a drink if you want, or jump into the pool. Immerse yourself in this energy however you want. Feel the waters energy revitalise you however you take it in, connecting you to the earth and the waters of life. Feel yourself connect to other souls in these waters of life, connected there with all these others.

- *To seal the ritual as your hostess takes a handful of water with both hands, indicating for you to do the same. “With this we close this ritual and welcome you permanently to the great pool of life.” Whether in the grotto pool, or sitting by her, you drink with her, feeling the water change you, inside and out. Fuse with your chakras, especially your heart. As it does you see it all around you in a new light, an new way. Everything gets brighter, everything gets more intense. It, in a way, becomes a part of you. A vital part through your heart centre. As you look around you feel a pink ray come through the waterfall from the sky, soaking you and your hostess. She smiles, telling you;*
- *“You have been blessed. Blessed with the galactic light...” indicating for you to take a drink. You do, feeling a power go through you. Closing your eyes, you feel the higher connection to the power that goes through you. Feeling yourself connect to this through the earth, through the water. Feel it I invigorate you, inside and out. Bask in this for a few minutes as you feel it become a part of you through your heart centre.*
- *But, you will know it is time. Time to leave. Feel the water become a part of you, drying into you if you were wet. Bade your hostess goodbye, and with a final gift into your palm as you leave the hollow of ancient trees with her, find yourself walking to the meadow, back into your body.*
- *Take a few minutes to stay there, with your eyes closed, feeling this permeate your body. When you are done with this record any insights, any helpers that joined you at the meadow or the forest. Any other insights like power animals that crossed your path or very vivid recollections. Keep these recollections in a notebook or journal and add to them in the coming weeks or months as you journey your new 5D path.*