



A Message from Earth's Flora and Fauna

The Earth Knows you! We express ourselves through her. We are the flora and the fauna of this planet. We are Earthlings too. We are proud of the purpose we each have. Each one of us contributes to the well-being and life of every human as well the sustainable support we (flora and fauna) provide for one another in our perspective ecosystems within Earth's biosphere.

We did not come into this world. We came out of it; like buds out of branches, butterflies out of cocoons, hatchlings out of eggs, and so on. We are Beings from the stars, from the oceans, and from far below the Earth's crust. We are Beings who live in the trees, fly through the skies, and inhabit the lakes, the streams, the rivers, the swamps, the mountains, the caves, the forests, the jungles, the deserts, the plains, the wetlands, every ecosystem far and wide, and places you do not even know exist. WE ARE EVERYWHERE! We are sentient beings expressing our own selves as the flora and the fauna of the planet that we, along with you, inhabit at this time. We are all here together...you humans right here on Earth now with us!

When you, Human Being, have an open heart, you sparkle. It is natural for us to be drawn to the light. We long to connect more profoundly and deeply with your light. When this happens, it makes everything shine brighter everywhere. Become more aware of the magnificence that surrounds you. We hope you will heartfully embrace that we are part of you. We already know that you are part of us and there is no separation. We want to feel your gratitude and your love. We will return that gratitude and love to you in a bigger way.



Expanding Your Awareness Through Nature

Use this exercise as a beginning to advance your overall energetic connection into The Field.

A beneficial intention would be to implement the consciousness of being in partnership with the Earth, with nature, and with The Field. “The Field” is infinite intelligence and energy from which all things proceed; it’s a vast sea of energy with which we are constantly interacting, and we are interconnected through it. There is no empty space in whatever landscape you may be viewing. The Field is the invisible fabric that connects the totality of all that is (maybe you know it as “The Force”...smiles). So, you are looking at it, you are already connected into it but now let’s expand that awareness to consciously connect, engage, and interact with it.

You could be out in your yard, a park bench under a tree, or even connecting with a plant in your home. To benefit yourself, other life including people, animals, plants, the Earth, and all, I invite you to begin with finding a place in nature in which you feel comfortable. It may soon become your natural way of existence and your awareness will automatically engage.

To begin: Take a nice deep breath, drop your shoulders to bring relaxation into the body and release that breath slowly. Take a few more of these breaths, release the stressors of your life and open to a childlike state of awareness. Read the preceding message from Earth’s flora and fauna either to yourself or out loud. It is possible you will experience an upwelling or stirring of emotion or perhaps a feeling of gratitude.

Next step: Allow all of your senses to activate. In the beginning, you may benefit by putting your attention and focus on each sense individually.

What do you see? Open your eyes. What is drawing your attention? Maybe it’s a beautiful tree or a flower, a small animal, or an insect. Whatever it is that attracts you to it, put your attention on it for a moment. Really notice and appreciate it. Be grateful for the encounter. You may find that your breathing has changed to a more relaxed pattern.

What do you hear? Listen to the sounds near you and then take your awareness in different directions as you follow sounds. It could be sounds of birds singing, then you may notice more birds singing from other directions and other kinds of nature sounds. You may become aware of the sound of a breeze moving through the trees. It may be that a particular tree has caught your attention. Repeat and focus on the tree as you gain a sense of gratitude, maybe that upwelling of emotion again. These are examples for you to get the idea. Be open to the experience that presents itself.

What do you smell? As you open your awareness, you may notice the scent of fresh cut grass, or a plant nearby. Perhaps you smell the aroma of food. Whatever it is, just notice and then see what else comes into your awareness.

What do you taste? Sometimes, a scent stimulates your taste buds. Just be aware if you have a taste in your mouth and perhaps consider how it makes you feel.

What do you feel? Feelings can come from the physical world into your sensory perception. Imagine gently touching a leaf and really feel the texture, while noticing with your inner sight the shape, and what the edges feel like. Very importantly, become aware of what you are feeling inside of you.... Do you feel your heart responding? Maybe you are aware that you feel far more relaxed than when you began.

Of course, we have many more senses on different levels that you may or may not be aware of. As you develop through your encounters with nature, you will notice those other sensory perceptions beginning to open or expand.

Continue to be aware of the magnificence that surrounds you. Use this exercise as a beginning step to advance your overall energetic connection with Earth, Nature, and The Field. Certainly, minimally, you will feel nourished and relaxed. Your perspective and awareness will expand exponentially as you engage with nature on a more active and frequent basis. Do this exercise as often and for as long as you wish.

Be as creative as you choose. The above guidelines are given so that you may discover other ways to engage with and benefit from your expanded awareness of the magnificence that surrounds you.