

## Further Information

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### 1. The Evolution of Consciousness

For a long time the dominant worldview has portrayed reality as a place of self-interest and separation in which our identity is restricted to the narrow confines of the ego. For many this worldview has become reality. Our perceived separation from each other and the rest of life has created individual and collective disunity or 'dis-ease'. This manifests most obviously in military conflict and environmental destruction, but it is also evident in the general divisiveness and disorder that underlies our societies. Within this state we remain ineffectual, because we do not recognise and experience the wholeness of life, and therefore have no motivation to change. We choose to give our power, authority, and responsibility away to external authorities and powers who we believe are best suited to govern us, even though they do not actually know us and are more concerned with fulfilling their own self-interests and agendas. Through their dominant influence on the education system and media, these external powers perpetuate the worldview of separation and the divisive values which are based on this.

Yet, because Humanity has free will, this is a legitimate part of the evolutionary process. The value of experiencing such density and disunity is that it maximises the learning potential that is available for us, both individually and collectively. Now, as we are in a critical stage of world history and development, we are more able to rise up from the depths into a new light.

### 2. The New Worldview

In this time of changing consciousness the new science is confirming that everything exists as different forms of the same essence, just as mystics and philosophers have known for centuries. Einstein showed with the equation  $E=mc^2$  that the material world is nothing but energy and that everything in existence is part of the universal field of energy, vibrating at different frequencies and intensities. Quantum physics has demonstrated the indivisibility of this universal energy field with the discovery of instantaneous communication between macroscopically distant subatomic particles. The discovery also that the properties of subatomic particles respond directly to the thoughts of an observer confirms that the mind is part of this energy field and is able to influence it.

### **3. Consciousness is the Primary Reality**

If the universal energy field is the primary reality or the sum total of existence then it can only be organised and acted upon by itself, and so in some sense must be conscious. All forms are simply different manifestations of this one consciousness, and this means that things we previously may have thought were non-living are very much alive and connected to us. Because we are part of or are, in our essence, one consciousness, our thoughts as well as our actions can influence anything and everything in existence. This has been shown not just by quantum physics, but by researchers such as Cleve Backster and Marcel Vogel, whose experiments with plants in the 1960s and 1970s showed that their energy fields respond directly to the thoughts and feelings of humans. Recently researchers at the Institute of HeartMath in California have shown that when meditators experience planetary love, sensitive coils pick up dramatic changes in the Earth's magnetic field. For more on this, click [here](#).

### **4. The Transformational Power of Thought**

Thought, then, is energy, and can influence all aspects of reality. This is particularly the case if it is held in clarity with focused intent, and even more so if large numbers of people do this together. Transcendental Meditators and Fountain International, for instance, have shown that crime rates decrease, seemingly in response to their meditations. We suggest that thought-forms and vibrations that have high frequency, coherent waveforms of energy (such as love) are able to transform thought-forms and vibrations that have low frequency, incoherent waveforms of energy (such as fear) through a process of induction and entrainment. Moreover, the more that a certain thought-form or pattern of energy is produced, maintained, and given attention, the stronger that its presence and resonant effect becomes, making it more likely that other people and things will attune to it. A simple analogy is of a note that sounds louder and louder until all surrounding objects that can vibrate at that note do, helping that note to sound even louder.

The energy that brings all things into harmony reminds all that while they are individual in form, they are one in essence. When we open ourselves to this universal energy and choose to move into harmony with the whole, no longer perceiving reality as fragmented, we are empowered with joy, wisdom, and freedom, and our heart sings with love. Through our connection with the whole we then have the holistic vision and intuitive sense to reshape our lives for the greatest good of all, and as a collective achieve world peace and harmony.

### **5. World Healing Day 2004**

On July 17, 2004, we are asking people worldwide to dedicate their day to the expansion of our hearts and minds, and to work together to raise world consciousness and help bring peace and healing to our world. When people work together as a whole, the energy they produce is greater than the sum of their individual energies. As well as increasing the power of the healing, this also makes it easier for others to change. Working together as a whole does not mean that you have to be physically present with others (though this may have benefits), for it is the common focus of consciousness that connects people together. Neither does it mean that all must perform the same activity or hold the same beliefs, so long as the same focus of intent is shared. We would, however, request that people link up in meditation,

prayer, or thought at one or more of the designated times to produce a concentrated, unified focus of healing energy and awareness.

There will be two simultaneous global linkups in meditation. The first will be at **11.15 GMT** (12.15pm in the UK). The second will be at **20.00 GMT** (9pm in the UK). Please note that the UK will be observing daylight saving time which is why the times are an hour difference from GMT. Each meditation will last for at least 20 minutes, and will consist of clear, focused positive thought. Please dedicate your intent to the awakening of planetary consciousness and the advancement of world peace and healing.

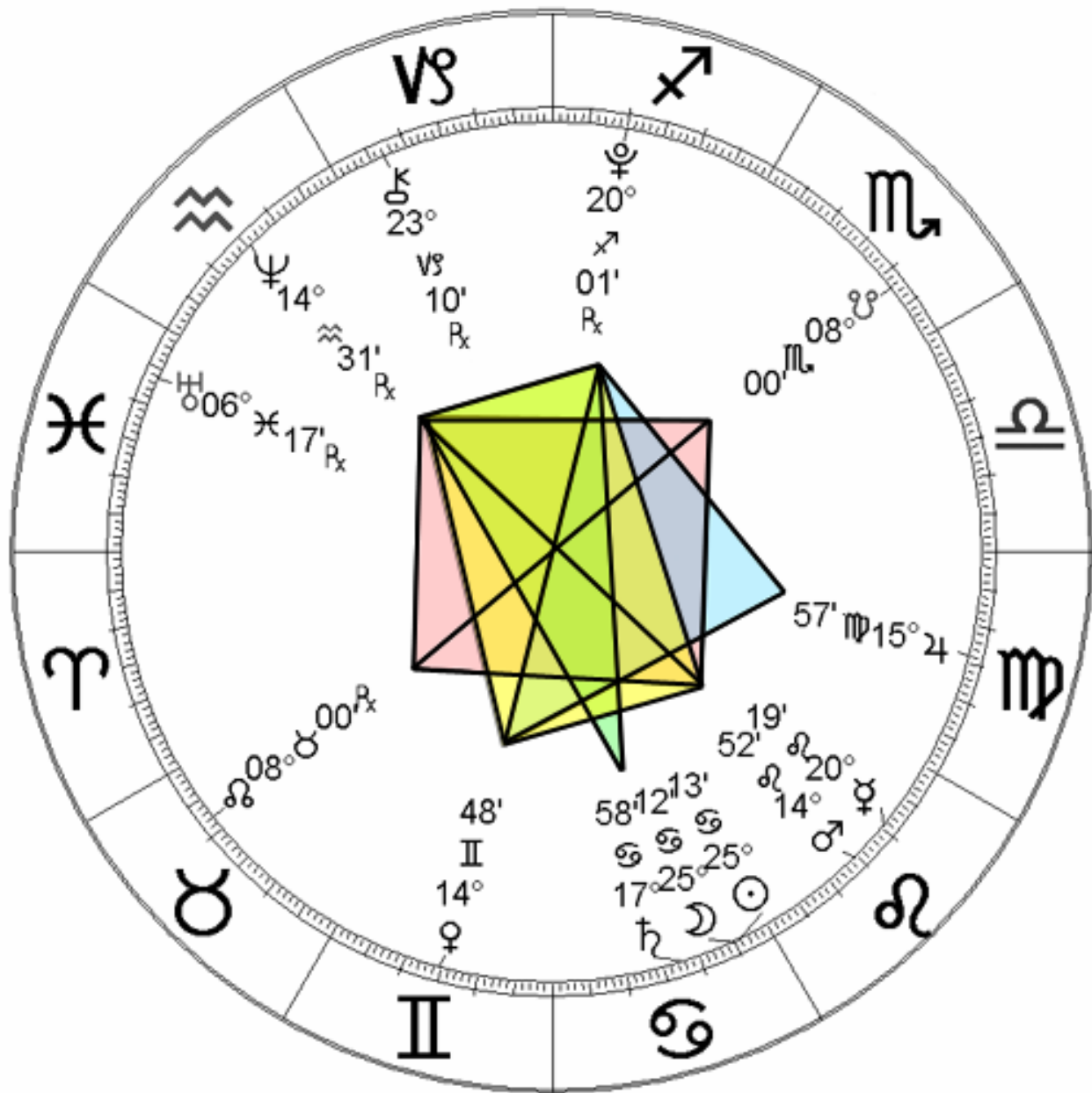
The date and linkup times of World Healing Day have special astrological significance. According to astrologers, the planets and stars are as interconnected as everything else. We believe that the pattern they form in relation to the Earth influences its subtle-energetic field, and therefore the collective planetary consciousness. It seems that certain planetary alignments produce certain resonant responses within the collective consciousness. It follows that under certain planetary alignments our collective consciousness will become more receptive to healing as archetypal issues are amplified and brought into focus in a particularly helpful way. This creates an opportunity for those in expanded states of consciousness to assist in the resolution of these collective patterns by focusing upon their harmonious integration from the perspective of unity consciousness. The collective vision that is held by such people at this time, strengthened by the resonance of the planetary alignments, will serve as a global pool of vision for others to draw upon. It is like treading tracks through the snow for others to follow.

It is not necessary to understand astrology or even to be aware of the archetypal planetary influences in order to contribute to the healing of the collective consciousness. However, for those who are interested in working with archetypes or knowing what planetary energies will be supporting them on World Healing Day, an astrological reading will follow. If you feel it appropriate you can hold an awareness of the astrological themes in your thoughts and meditations on the day.

## **6. Astrological Reading**

On July 17, 2004, the layout of the planets and stars in relation to Earth is shown in the following chart, which is cast for the exact time of the New Moon at 11.24 GMT, during the first global linkup. The Earth is not shown in the chart, but is actually in the centre of the chart. The four major aspect patterns - a Grand Cross, a Yod, a Mystic Rectangle, and a T-Square, are shown.

From an astrological perspective, the exact time of the New Moon is the peak moment for World Healing Day, as the Moon is at its most powerful. The New Moon is in Cancer, the sign that rules our feelings and our sense of home and security. This enhances our ability to get in touch with the feelings within us and to heal the emotional blockages that limit our choices and distort our view of reality. It focuses us on our caring and sensitive nature, and helps us to value home and family, which from a broader perspective is the Earth itself, and the global family upon it. The special configurations of this Cancer New Moon with other planets creates a unique and powerful opportunity for healing to occur.



- |           |           |              |                         |
|-----------|-----------|--------------|-------------------------|
| ☉ Sun     | ♂ Mars    | ♂ Neptune    | Yellow Mystic Rectangle |
| ☾ Moon    | ♂ Jupiter | ♂ Pluto      | Pink Grand Cross        |
| ♂ Mercury | ♂ Saturn  | ♂ Chiron     | Green Yod               |
| ♂ Venus   | ♂ Uranus  | ♂ North Node | Blue T-Square           |

### The Moon-Sun-Saturn Conjunction

The conjunction of New Moon, Sun, and Saturn in Cancer is an especially potent alignment for supporting our release from emotional limitation. Saturn in Cancer teaches two main

lessons. The first is to become aware of and overcome the blocks on our feelings and sensitivity so that we can mature emotionally and open our hearts to greater love, joy, and enthusiasm. The second is structure our lives and our society in a way that nurtures our wellbeing and self-realisation.

Our feelings and sensitivity often become blocked as a result of fear or other painful emotions that we wish not to face. Unfortunately, mainstream society does not currently encourage us or teach us to function well emotionally. This is for two reasons. Firstly, a lot of people in our society, including authority figures - such as parents and teachers - do not know themselves how to heal their own emotional blocks, due to a lack of emotional awareness or a resistance to emotional healing. Secondly, full emotional healing requires that we open up to the pain, anger, and grief of living in a society that is based on separation and conflict, and which does not acknowledge properly our spiritual nature or essential interconnectedness. To open up to these emotions would mean that we would no longer feel okay living in our current society, or conforming to social norms, and if we were to avoid our own madness we would then have to challenge society itself, which is a difficult task for anyone because we all depend on society to survive. Thus, opening up emotionally would initially overwhelm us with painful emotions that we would find it difficult to act upon, since changing society would not seem in our power. We can, however, move beyond this impasse by enduring these painful emotions as we take back the power to change our individual lives, and work with others in small steps to change our social lives. The reason that people are not easily motivated to work together to heal society is simply because they choose to numb out the painful feelings that would otherwise motivate them.

One of the lessons of emotional growth is to do with overcoming the form of fear known as insecurity, which is a classic interpretation of Saturn in Cancer. Insecurity derives from the fear that we will be unsafe because of the physical or emotional threat of external events. Such insecurity can be triggered by relationship problems, social problems, money problems, or career problems. This then becomes another reason for not changing our lives - the fear of how external events will be different if we change. Will people reject us? Will we fit in any more? Will we have the support we had before? Will we survive? The way out of this situation is to stop depending on external events to make us feel safe or good - such as the approval of others - and to gain supportive energy and encouragement from within ourselves. If we have low self-worth and have not developed our own inner resources, we are going to feel very insecure unless we either use the external world as our crutch, or begin on a path of inner growth and self development. However, if we decide to use the external world as our crutch, our self-realisation will be delayed, for we will end up trying to manipulate others and giving our power away to them, a practice that can only lead to further suffering and unfulfilment. True security begins when we develop our self worth, access our inner resources and energy, and open up to our spiritual identity and the love, power, and wisdom this brings. When we become the authors of our lives, by owning our inner power and authority, and develop in self-love, we are going to feel a lot safer as we are no longer dependent on the authority, power, and approval of others.

Once we have progressed on a path of emotional healing, it then becomes possible to work with other similar people to create structures in our lives that nurture our growth and wellbeing. Today vast social structures are limiting our healing and self-realisation because they are the product of a materialistic worldview and are built on the power and authority we give away to them. They are nothing more than an external manifestation of our own self-denial and lack of responsibility. They will change completely once we begin to heal and grow in self-realisation. For this to occur we need to stop looking to external authorities for change to begin, and take back our own power and responsibility from them. It is interesting to note that in the astrology chart there is a quincunx between Saturn and Neptune. A

quincunx is a 150 degree angle between two planets that suggests that the energy of the planets concerned have been at odds with each other for a long time, and are now in need of integration. The quincunx to Neptune, the planet that represents spirituality and holistic awareness, clearly shows the need to embody more spirituality in our life structures, and to access the inner spirituality that will enable us to overcome the blocks to our feelings and sensitivity and open up to greater wholeness and interconnectivity. The lack of integration represented in this quincunx is not surprising, given the power of materialism.

### The Chiron Opposition

Chiron is a particularly important 'planet' in astrology as it is known as the 'Wounded-Healer' planet, and shows us our deepest wounds and our healing power. It is not classified as a planet in the strictest sense, since it is more a planetoid, but its astrological influence is so profound that in astrology it is treated as a planet. Chiron in Capricorn represents the wounds we have generated by giving away our power and responsibility to external authorities, and depicts the oppressiveness and limitation created in a society governed by such authorities. Whether we live in a totalitarian state or a liberal democracy, the issue remains the same. Chiron in Capricorn is asking us to heal the issues we have with owning our authority, including the fear of responsibility. It is asking us to acknowledge and embrace the power within us to be authors of our lives, which is the real meaning of authority, and the beginning of our true healing.

The opposition of Chiron to the Moon-Sun-Saturn conjunction urges us to heal the emotional wounds we have that have been suppressed, partly through our own fear of facing pain, and partly because mainstream society is not structured to help our emotional healing. Indeed, society on the whole does not encourage emotional expression and sensitivity, and this is one of the first messages we pick up as children when we are told by our parents not to cry. The greatest gift we can give ourselves to advance in our emotional healing is self-acceptance and enthusiasm. This means, for example, that when we face our fears, we choose not to close down again and bury them, but rather to experience them with enthusiasm and to accept ourselves fully in the moment, rather than to judge and condemn ourselves. Experiencing fear or any painful emotion with enthusiasm sounds a perverse contradiction at first, but if we are able to enter a state where we choose not to resist the feeling, and at the same time choose not to overidentify with it, and instead be fully present in our magnificence and resourcefulness with it, knowing that it is a valuable teacher, and a temporary stage on our way back up the scale of emotions to joy, we have moved beyond the paradox. Only by experiencing our feelings can we allow them to change as they dissipate their charge and we move beyond the limited state of being they were originally created from. If we choose to resist and suppress them they will simply persist unchanged, and dominate us from our unconscious. The placement and interaction of Chiron with the Moon-Sun-Saturn conjunction in Cancer is a gift of an opportunity to progress with this kind of healing.

### The Yod

Saturn in Cancer is the central planet in the Yod alignment pattern on July 17. The Yod is a triangular pattern of planets defined by Saturn at its apex and its 150 degree quincunx to Pluto in Sagittarius and Neptune in Aquarius. A Yod is considered to be a special alignment pattern that represents a great wealth of power that can be released once the block portrayed by the planet at the Yod's apex - in this case Saturn - is dealt with. The Saturn-Chiron opposition mentioned above will help to stimulate us to activate the Yod's potential.

Pluto in Sagittarius represents transformation and empowerment through our exposure to greater truth and our willingness to broaden our perception and experience. When its influence is felt we want to move beyond the limited experience of our inner and outer worlds, and often find ourselves doing so anyway. The transformative power of Pluto is brought to bear on outmoded perceptions of reality and experience, including old worldviews, that limit the full potential of our being. Its quincunx with Saturn supports the transformation of old structures and the purging of old emotional blocks that have been based on limited or false views and perception.

Neptune in Aquarius oversees the process of opening to greater interconnectivity and wholeness, and supports spiritual awakening and vision. This is emphasised by the placement of Uranus, ruler of Aquarius, in Pisces, the sign which Neptune rules. Neptune and Uranus are each in the sign ruled by the other, denoting a special relationship between them that supports spiritual awakening. The quincunx of Neptune with Saturn helps to bring inner guidance and spiritual insight to our emotional healing, and helps us to build new structures in our lives that honour our interconnectivity with the whole of our global family.

### The Grand Cross

As well as its involvement in the Yod, Neptune is also part of the Grand Cross and Mystic Rectangle, showing the importance of this planet and what it represents to our healing and evolution.

A Grand Cross is an equal-armed cross formed by two oppositions at right angles to each other. In astrology the oppositions through these right angles are said to be squaring each other. Oppositions that square each other are stimulated to find resolution through the influence of the challenging square aspects. A Grand Cross is therefore a powerful alignment for changing consciousness, since it stimulates us to deal with our unresolved issues by seeking a higher or broader perspective of resolution. The two oppositions involved are the Neptune-Mars opposition and the North Node-South Node opposition.

While Neptune in Aquarius is about opening to the greater whole and the interconnectedness of all things, Mars in Leo is about asserting and directing our individual self-expression and power. The two appear to be contradictory, or mutually exclusive. The problem is that people tend to gravitate towards one pole of the opposition more than the other. Spiritual people, for example, often believe that the ego has to be dismissed or destroyed, while people who focus on developing their individuality and personal power often do so with a disregard for the effects that this has on those around them and the wider whole. The key is to move beyond a dualistic mode of thinking in which the two are seen as fundamentally separate, and instead to see the individual and the whole as complementary aspects of our being. We can then align the ego to our sense of spirituality, so that the individual self is allowed to develop in its richness and simultaneously become a vehicle for spiritual awareness and expression. The aligning of the ego is an important point to emphasise. It is quite often the case that acts of egoism that cause loss and suffering to others are based on unresolved issues of insecurity that drive us to steal energy from others through our self-centred acts in order to bolster our sense of security. Once we open to our essential interconnectedness with all of life, feelings of deprivation and powerlessness are transformed into a sense of abundance and power: we no longer feel separate and alone. This alignment of the ego to our spirituality does not mean the end of material enjoyment, or the abandonment of our material activities. It means that the material world becomes recognised for what it has been all along: a playground for the human spirit. We simply start

to see the spiritual value of material life and seek ways to allow this spirituality to inform and shape our material activities.

The second opposition in the Grand Cross is that of the Moon's North Node in Taurus to its South Node in Scorpio. The North Node represents something which we need to develop. In Taurus this is about valuing the Earth and our physical being, harnessing our self-resourcefulness, and building things of value in our life. What we value will be determined by our view of life and our sense of our needs - these will be dictated by how well we handle the issue of identity portrayed in the Neptune-Mars opposition. Venus, the ruler of Taurus, is in Gemini, and trines Neptune and sextiles Mars, emphasising that what we value and build should be based on our understanding of the resolution of the themes represented by the Mars-Neptune opposition. The negative expression of a Taurus North Node is uninformed materialism, which we see today in a primarily materialistic and capitalist society. In summary, then, the North Node is depicting our need to shape our material lives according to our values, and to value our material world as an expression of an underlying spiritual essence.

The South Node shows us what we need to move away from. In Scorpio this is about unconscious living, particularly with regard to the deeper truths of reality - as shown by the placement of Pluto, ruler of Scorpio, in Sagittarius. The South Node is depicting our need to regain our power and integrity by becoming more conscious of life and forming our own enlightened values in response to this, rather than inheriting the disempowering values of a limited worldview. While the Taurus North Node is asking us to value and shape our material worlds, the South Node is asking us to transform internally, primarily by becoming more conscious.

The power of the Grand Cross is in its ability to stimulate these two oppositions. The resolution of the Grand Cross is achieved when the individual and whole are seen as complementary aspects of our being, at the same time as we imbue our physical lives with more conscious awareness as a result of inner transformation. The result is a transformation of perception and identity that takes us beyond a material lifestyle of limited consciousness, towards a world in which a new vision and awareness gives shape to our material world so that our material lives become an expression of our spirituality. As the individual and the whole are integrated in our consciousness through the alignment of the ego to our sense of spirituality, many of the power issues relating to materialism which are of concern will be resolved, including the abuse, misuse, and non-use of power.

### The Mystic Rectangle

A Mystic Rectangle consists of two oppositions, whose four points define the four corners of a rectangle. In a Mystic Rectangle, the short sides of the rectangle are made up of sextiles (60 degree angles) between the planets in the two oppositions, while the long sides of the rectangle are made up of trines (120 degree angles) between the planets in the two oppositions. Put another way, a Mystic Rectangle is made up of two oppositions whose ends trine and sextile each other. The configuration gets its name from the fact that it is considered to be representative of practical mysticism due to the fact that two awareness-revealing oppositions relate supportively to each other through the favourable sextiles and trines. In other words, a Mystic Rectangle can help us to raise our consciousness through a more enthusiastic and creative approach to resolving conflict and polarity. According to astrologers, whenever a Mystic Rectangle is present there will be a gift of an opportunity for healing and self-realisation to occur.



The Mystic Rectangle on July 17 is made up of the Neptune-Mars opposition and the Pluto-Venus opposition. The Neptune-Mars opposition was explained in the interpretation of the Grand Cross. Let us look at the meaning of the Pluto-Venus opposition.

Venus rules the process of relating and valuing. In Gemini, the sign of the mind and communication, this means that the focus is on valuing communication and understanding, on relating and harmonising ideas, and on enhancing our relationships through clear, informed understanding and communication. In Transpersonal Astrology Venus is known as the Transpersonal or Esoteric ruler of Gemini, since it represents the force of harmonisation and resolution which is applied to the dualities and polarities symbolised by the two twins of Gemini. Transpersonal Astrology can be thought of as the astrology of spiritual development. Here Gemini seeks to find harmony by relating and integrating the many aspects of reality through communication and knowledge. With Venus in this sign on July 17, which in Transpersonal Astrology is its home sign, its power is increased and the focus on resolving duality is sharpened. July 17 is therefore an opportunity to understand how to increase harmony in our relationships with ourselves, each other, and the rest of life.

Pluto is the planet of transformation and power. In Sagittarius it is asking us to transform our beliefs by daring to step out of boxes of limitation and broaden our horizons. This is the path to empowerment since we then understand the meaning of life more fully, and begin to work with life rather than blindly stumble along through it. The transformation may involve the release of inherited and unconscious beliefs of reality which we have unquestioningly accepted and conformed to. By allowing ourselves to expand our consciousness we open to a new understanding of ourselves and our place in the universe. The exact trine of Pluto to Mercury, the planet which rules mind and consciousness, emphasises the ease with which this may be possible or understood on July 17.

The opposition of Venus and Pluto is therefore stimulating us to transform our vision of how we relate to ourselves, others, and life, and to move beyond the disharmony created through limitations of communication and awareness. Since Pluto also represents power, we are being asked as well to move beyond patterns of behaviour that involve manipulating others through misinformation and the instilling of ideas into them that are not their own. This evolution of behaviour occurs naturally as we transform the view of our identity and our relationship with life, as shown by the Mystic Rectangle as a whole.

The Mystic Rectangle as a whole shows that the key to transforming our understanding of, and relationship to, life (Pluto opposite Venus) involves changing our perception of identity (Neptune opposite Mars and Mercury), so that the separation between the individual and the whole is healed as we realise we are simultaneously diverse in our individuality, and one in essence.

### The T-Square

A T-square is a configuration of planets defined by a planet forming a square (90 degrees angle) to an opposition. The planet squaring the opposition challenges the resolution of the opposition and is the focus for any stressful energies embodied in the configuration. While a T-square is more stressful than an opposition alone due to the constant challenges to its resolution, it is because of these constant challenges that a T-square is considered to be an important configuration for stimulating the growth of consciousness, for a T-square forces us to look at our issues in greater depth.

On July 17, the Pluto-Venus opposition, which is so central to the Mystic Rectangle, is also the opposition involved in the T-Square. The opposition is squared by Jupiter in Virgo, which forms the focus of the T-Square. Jupiter in Virgo is about expanding our material productiveness. On one level of expression this can indicate working hard to gain material rewards. On another level of expression this can indicate increasing our ability to serve the self-realisation of ourselves and others through material achievements. This is why Virgo is linked to work, service, and healing. The challenge set by the T-Square is to shift to a level of living whereby our efforts, in our personal and work lives, assist the evolution of relationships discussed in the interpretation of the Mystic Rectangle.

These, then, are the main configurations taking place on July 17, and it is interesting to note that planets in the Mystic Rectangle are also part of the Yod, Grand Cross, and T-Square, suggesting that there will be a powerful opportunity for healing and transforming consciousness on World Healing Day. Holding the themes portrayed in these alignment patterns, and how they interconnect with each other, is recommended, along with an awareness of how the issues portrayed in the patterns can be developed and resolved in our individual and collective consciousness as we open our minds to a Greater Reality.

## **7. Suggestions for Working**

Please honour the intentions of World Healing Day in your own way. Some people may journey to sacred sites and other places of beauty and power to connect with the Earth. Others may gather at local parks, beaches, or town centres, or at an organised event such as a peace concert, a celebration, a religious service, or a seminar. Still others may honour the day on their own in their own space.

Sometimes the most powerful healing experiences and states of consciousness are had at places located on major points on the Earth's subtle energy grid, which amplifies our own energies, opens us up to other realities, and is often itself the focus for healing. Just as the human body has lines of subtle energy known as meridians in ancient China and nadis in ancient India, so too does the physical body of the Earth. These natural energy lines, which can be dowsed by sensitives with rods or a pendulum, are of various widths and concentrations, depending upon their purpose and activity, and will cross each other, sometimes many times, at sacred sites or places of power, creating a vortex of energy that spirals energy into and out of the Earth. Obvious examples of such sites are stone circles; earthworks; sacred wells and springs; lakes; sacred groves; tree circles; beacon hills; one-tree hills; sacred mountains; churches and chapels; temples; castles; hill-forts; monuments; and ancient tombs. Some of the most well-known and powerful of these include:

- Stonehenge, Avebury, and Glastonbury Tor in England
- The Great Pyramid in Egypt
- Teotihuacan and Palenque in Mexico
- Machu Picchu and Lake Titicaca in Peru
- Mt Shasta in California
- Mt Kailas in Tibet
- Mt Fuji in Japan
- Table Mountain in South Africa
- Uluru (Ayers Rock) in Central Australia
- The Haleakala Crater on Maui in Hawaii
- Easter Island in the Pacific

Many of these sites have been described as planetary chakras (vital subtle energy centres for the planet) and dimensional portals (gateways between dimensions), and for some are major foci for planetary healing. It is probably the case that the Earth energy grid is a composite of many grids, and that the grid pattern is only one of many patterns created by the Earth's subtle energy field.

The Earth is a multidimensional, self-organising system. In addition to the physical dimension of this system, we believe that there are other, more subtle dimensions to it, and that these dimensions are the origin of the forces that sensitive people refer to as nature spirits, elementals, and devas. Since the Earth is itself embedded in and inseparable from the self-organising system of the universe, the cosmic forces that interact with the Earth on a subtle level may be the same forces that religions have interpreted as angels. As we acknowledge our multidimensional interconnectivity with the Earth and the wider universe, and support the greater integration of Humanity with these systems in the spirit of compassionate love, we can become co-creators with these multidimensional forces, developing partnerships of healing with them. However, it is important that we do not unthinkingly project our own belief systems and conditioning upon these forces, creating new dogmas, just as it is important that we do not dismiss these realms of activity simply because they are not in the physical range of perception.

Intimately connected with our own subtle energy fields, the Earth's energy field is both influenced by and influences the state of human consciousness. For centuries it has been imprinted with the energy patterns of negative thoughts and feelings, and adversely affected by pollution, environmental degradation, and poorly thought-out planning and construction. Dowzers have found that major energy lines cross at political headquarters, banks, military bases, power stations, television studios, post office towers, and other modern power centres (old centres include churches, temples, and castles). Where the energy of the Earth's grid has become low, blocked, distorted, or heavy with discordant energy, physical manifestations such as seismic activity, barren land, illness, accident blackspots, and social disharmony can result. To heal the energy grid you simply infuse it with the transmuting thoughts of love, harmony, and joy, which you should hold in focus until you sense the transmutation is complete. If you wish to visualise this, see the light flowing smoothly through the entire grid, dissolving any grey or black areas it comes across, especially at vortexes. Then intend that all energy lines move into correct natural alignment with each other. Sense the response in the Earth as the energy lines and vortexes activate and expand. You may want to intend that the elemental and devic forces support you and maintain the energy.

When working to help raise the consciousness of Humanity we must realise that we cannot interfere in free will, and have no right to make up other people's minds for them. We can, however, provide them with a greater opportunity for positive change by helping to transmute the sea of negative thought-forms that they are immersed in, and seeding more positive, inspirational ones. Also, by holding a vision of world peace and healing, we as a collective can make it easier for them to see that vision for themselves. If you like, in your meditations, you can send light into the heart of the negative thought-forms that have been produced and fed collectively by Humanity throughout the centuries, and sense them being acknowledged, owned, and transmuted by Humanity, with the knowledge that life on Earth is a process of learning through free-will choices, and that no one need therefore experience guilt or condemnation for past actions. Focus particularly on the elite institutions that have abused their power and fed the illusion of separation in the minds of Humanity, and sow the seed that the need for any hierarchy of power is obsolete once Humanity moves out of separation and into unity through love. Sense Humanity's illusory belief in disempowerment and limitation being transformed into a recognition and remembrance of their own infinite

power that awakens within them when they expand their identity and embrace universal love and wisdom.

The rest of the day can be devoted to mindful, joyful, and conscious-raising activities of your choice. At the end of the day you may like to close by offering all the energy that has been raised to the planetary and universal forces of healing and evolution, and to sense the full assimilation and integration of these energies by our collective planetary being.

## **8. What Next?**

Planetary healing can become a continuous activity once we adopt a lifestyle based on love, compassion, and understanding, and intend that our channel for healing opens. It can be practised in whatever situation we find ourselves in, starting with ourselves, our home, and our local environment. We believe that the healing of the Planet and the healing of our self are the same, for when we open our hearts and minds we realise that the world is in fact our enlarged self.

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