

8 Week Self-Help Course:

## **Awaken With Mother Earth**

Spiritual Development Facilitator: Reverend Arlene Raedel (HGSA 2001)

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Do you feel the emerging shift in global consciousness and the rising in frequency that is causing changes on all levels? Are you awakening to the needs of planet Earth? Does the state of the environment cause you pain? Are you wanting to help the Earth in some way, yet are not sure how? Have you been yearning for a closer connection with Nature? Know that Mother Earth is a conscious being who is also longing for your love! By giving her your love and caring attention, you can assist her in healing and awakening, as well as giving this same gift to yourself. This course offers to guide you into a personal relationship with the sentient soul of Mother Earth, and help you to dance through the shifts more gracefully.

One of our Mother Earth's names is Gaia, and she needs your help in going through the great changes that are upon us all. She has chosen to move into the next level of her own spiritual growth, and the time is now! Mother Earth's wish is for all of humanity to shift with her peacefully. By aligning yourself with her, you can participate in this process through changes in your perception and inner experience. Gaia will guide you in healing her and yourself by providing insights into the cultural beliefs and energy patterns that have kept humanity distant from her, and by offering ways to shift them in yourself. Special attention will be given to water, at Gaia's request.

As you become closer to Gaia, you may begin to experience the magic of unexpected connection with the natural world. Perhaps a flower may appear to glow in a moment of emotional need, or a hawk fly over you at just the right moment, or a butterfly flutter around you to lift your heart and help you to know that you are on the right path in your life. With practice, you can come to recognize & understand Gaia's ways of communicating with you, and perhaps even hear her voice. It is indeed our birthright to know her in this way! In this course, you will receive assignments and meditations that will help you to heal and to develop your connection with Gaia.

Week 1: Meet Gaia as a sentient being, & ask for a sense of belonging with her.

Week 2: Tend the wounds of Mother Earth with your perception & prayers.

Week 3: Understand the blessings of water as a way to heal you & Gaia.

Week 4: Open your heart - practice noticing, appreciation, & deep listening.

Week 5: Release hardness of heart & tough outer layers that keep you from communication.

Week 6: Create a culture of gentleness, choose to evolve.

Week 7: Ransom release- shift perceptions of value to free Mother Earth & you.

Week 8: Walk together hand in hand into the future- maintain & grow integrity of soul & connection while living in the world as it is.

*Reverend Arlene Raedel has an open awareness and a heartfelt desire that has allowed her to directly access and personally experience the consciousness and presence of Gaia. She is a Usui Reiki Master/Teacher, trained in Spiritual Healing at HGSA, Healing Touch for both humans and animals, Munai Kei, The Body Talk System and she is a newly published writer of a children's' book.*