



# DAY 1 - CONNECT TO EARTH

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Welcome to day one! Find a space where you can become centred and still. Follow the steps as today focuses on a light 5 minute experience on **connecting your energy into the Earth**. This exercise allows you to feel the connection into the crystalline grid of the Earth, feel the connection of your tuning fork into your body and release any dense energies, emotions, feelings into the Earth for transmuting.

- Closing your eyes
- Begin to play your forks as **gently and quietly as possible**.
- Draw a healing light down from Source, through the top of your crown and lightly begin to breathe this light into each of your energy centres - continuing to create a gentle and warming tone with your tuning forks.
- Pause at each energy centre and draw each associated colour into your body
- Consciously connect and pull the vibration of your forks into that region and **feel** as the light, colour, sound, frequencies begin to interact with your energy field
- As you come to the base of your body, extend your own energy down through your home, through the earth and **set the intention to plug your energy into the Crystalline Grid of the Earth**.
- As you do this, visualise a crystal (any crystal that comes to mind first) and see your energy cords plugging into this unique healing crystal

Begin to turn up the amplitude of the tuning fork, striking with intention

- Begin to draw light, colour, feeling, emotions from the Earth and **ask that you receive whatever energy your body is most requiring in this moment**.



# DAY 1

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Pause here and really allow yourself to witness, feel, express and observe the subtle shifts in energy within your physical body. Within your energy and emotions. Within your space.

Allow the tuning fork to come to a complete stillness. A silence.

Bask in the stillness as you engage with the sounds around you, within your body, the sound of your heart beating. The sound of the blood moving through your body.

When you are ready, lovingly pull your energy cords up from the Crystal, giving thanks to the Earth and open your eyes. **Repeat this experience as many times as you would like, to come out of your mind and into feeling the experience naturally.**

Journal your experiences:

**Questions to ponder:**

Could I connect with each energy centre, if so- how did it feel?

Were there any aspects of the body, emotional body, mental body that felt overactive or under-active?

How did I feel in the silence?

How did the energy of the room shift?

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# DAY 1 - JOURNAL

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