

Most of us have been taught to ground into the Earth, if we have been taught to ground at all. However, since the late 1980s, the planet has been experiencing a great deal of upheaval, and the dramatic increase in parallel mergers and splits doesn't help with stability. Therefore, grounding into the Earth not only fails to stabilize you, but doesn't really help the Earth, either.

The Council of One recommends this method of grounding, using the Unified Field and the Alpha and Omega chakras. The Alpha Chakra is located about 8 inches above your head, slightly forward, as if it were the tip of a unicorn's horn. The Omega Chakra is located 8 inches below your base chakra, between your legs. There are pulsing lines of energy connecting these chakras to the body, and these two points serve to anchor the electromagnetic field to the body, as well. In some systems, this setup is called the "Waves of Metatron", but calling it "EM chakras" works also, and sounds a bit less dramatic.

The spirit world uses the human EM field to identify and connect with individual incarnate humans. You can imagine how the increase in EM pollution has interfered with this process. Still, by grounding into the Earth, we also realign and strengthen the pulse of our EM fields, and so we benefit on multiple levels by using the technique.

Grounding Into Spirit

1. Unify your fields using the Unified Field Meditation or by intent if you've entrained your fields to do so.
2. Allow Spirit to fill your entire body, streaming out of the Alpha and Omega points as well as through your internal chakras.
3. From the Omega Chakra, imagine Spirit spreading countless lines of energy outward in all directions in a cone-like shape. Ask Spirit to anchor you across your entire holographic grid of incarnation. This includes concurrent incarnations, past and future incarnations, and parallel and alternate incarnations across the universe and eternity.
4. From the Alpha Chakra, imagine Spirit streaming up in a straight line. Ask Spirit to connect and anchor you throughout your multidimensional being, from the 3rd Dimension where the body lives all the way to Source/God/All That Is.

What this process serves to do is to anchor you into the ground of your being rather than into the unstable matrix of a constantly shifting planet—and a truly dizzying merging and splitting of parallel realities, to and from this one. Whatever instability is going on around you locally (i.e., on the whole planet Earth), you are completely centered in your own Spirit and being. This makes you the "eye of the storm" no matter what your current conditions might be. After doing this technique, you should immediately feel calmer, more centered, and thrumming with the vastness of your own being. Not a bad way to be!

COUNCIL OF ONE

in partnership with

SUSANNAH REDELFS

Santa Rosa, CA USA

susannahredelfs@gmail.com

www.councilofone.org

(707) 774-5800

