



Breathe for Earth

Lay down on a meadow, in a forest (a quilt or blanket made from natural material are recommended should you need something to lay on) or in your own garden. Relax more and more with every breath.

Feel your connection with the Earth that establishes naturally from being so close to Her, and feel the similarities with Nature's creatures.

They are your brothers and sisters. Let this information and awareness, as well as your respect for them affect you, and allow yourself to feel it. If tears come, or joy or gratitude for them well up within you, that's totally fine and shows that you are healthy and able to connect.

Nevertheless, stay focused on yourself and dedicate three breaths to Earth.

Invite Cosmic Powers that can, may and should work through your system now to your own highest good as well as to the highest good of all to connect to Earth through your breath. You don't have to understand it, it is enough to let it happen.

(For those who need to understand things to make it work for them: If your Spirit and Mind send out an invitation to Powers, usually this will be answered. Your breath is the first level of manifestation coming out of your body, that happens directly and all the time.)

Leave it at three breaths in this session. Know that you can repeat this process later, but for this time, leave it at three breaths, and feel what changes through them.

You may take some time to sense.

You can do this every day, and with growing experience, you can increase the number of breaths dedicated to Earth.

I thank you for your contribution to the highest good of all and wish you a beautiful day in unity with Nature and the Universe!

Received from Soul Level through and provided to you by:

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