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Hello, I am back.

Yes' we have come back from that green, luscious outdoor nature, and now we are coming back closer to ourselves, as we get acquainted with our song.

You know' it's a point to remember that spirit has no time and space, and I've talked about us as spirit.

But we are also bodies and a body is tangible, compact, established in time and space. They are different and they have different needs.

But remember that I also said, with the comprehensive new science of quantum, we are also all energy, and really what we are going to be doing here is learning to play with our different frequencies and dance out our unique song.

And even in my introduction I also talked about The Aborigines, yes I am talking about what I also talked about, but it's really just to recap and remember what we had talked about earlier, so then we can put it into context as we are getting acquainted with our song.

Aborigines and African cultures I have mentioned have sung the song before we were born. Yes the cosmology was of the unborn, they sang the song before you were born, they sang it while you were born and living, and they also sang it when you were going and you became ancestors.

The cosmology was one, and yet you had unique stages of your experience. And these unique stages of your experience were really a part of your bigger wholeness of life and living.

So, that life of living you could either be a victim or a captain of your ship, and what we are going to do here is really work on how you can make that choice to be the captain of your ship.

We don't need to be victims as I did say, we create everything ourselves and our lives are our own creation, our own sculpture.

Yes, can we own it? Can we be grounded? And that's what we are going to be looking at, how can we be grounded?

But before we get there I want to see how we can start learning to possibly hear our own song.

So what I want us all to do now is put our hands on our ears, and our fingers on our eyes and start to "Hum" just really "Hum" and Hum as long as you like.

And now for fun let's see if we can Hum really high. "see I struggle with that", which tells me something. And can we Hum really low "i'm really struggling"

We are just looking at our different frequencies and where we are the most comfortable with our song.

So let's just Hum again where we are at.

Was it at the same point? Mine was slightly higher this time and I was actually quite comfortable with it there.

So what did that experience feel like? Just really humming and listening to yourself and listening to you.

Because when you close your ears and your eyes, there is only you.

Ok, now that we have had that nice simple exercise, we are now going to make that shift from where we were using the earth before and we were walking on the grass or hugging a tree or holding a stone or even a crystal where we were using them to connect and ground with The Earth with the electromagnetic energy of The Earth, coming into us with the Electro being very much the Male point of action and the magnetic being the Female frequency of pulling towards.

So what we are going to do now is see how we can do the reverse. Instead of pulling up from The Earth we are going to connect to The Earth right now.

We are going to imagine how that connection can be.

So I am just going to ask you to close your eyes for a moment, sit comfortably with your feet flat on the ground and your palms up, make sure you're sitting comfortably and breathe and just listen to your breath. Just listen to it and what it feels like.

And remember I did say that "Imagination is key to everything that we are doing"

So what we are going to do now is imagine The Earth and listen to its breath in its core, that pulsation, that really slow pulsation down in the centre of The Earth.

I have been told its name is Gai or something like that, it's a large piece of magnetic Iron Ore or something like that, I have no idea, I have never seen it but I hear it's what holds gravity and everything together. It's the first dimension, just imagine it.

Now as your breathing, imagine taking an elevator from the top of your breath right down to the base of your spine to that point where you have your Coccyx at the base of your spine, and just be there for a moment.

Get acquainted and then from that point make a connection from there to the centre of the planet we were listening to that pulsation and you can have a strong core that connects to the centre of the planet and pull against it, see if it is really connected.

And then from there just release.

Have you ever had the opportunity to just let go? You know how you exhale, you are also exhaling, releasing, just release whatever thoughts you may have, whatever images you may have and whatever emotions you may have.

You know if you had a quarrel the other day, just let it go down, let it go and connect with that centre of the planet, you know our Earth Mother is like a washing machine, she recycles. So you can just imagine this energy, these thoughts, images, feelings just all really being taken up into this washing machine in the centre of The Earth.

And if you are really struggling a bit you can also use your breath. You breathe in to find any of those emotions, images, whatever your feeling and as you breathe out, you are releasing and just letting go.

I know in these busy days we live in and our busy lives, all of this activity and rushing here and there, we never really stop do we!

Well this is a time we are stopping, and as we are stopping we are releasing.

So again, take that deep breath and as you breathe out just imagine that base of your spine connecting to the centre of the planet and it's just letting go.

Anything you have been holding onto, anything from work that you have not quite finished or that shopping list that you have not quite done.

That project that's really giving you hell and you don't know what to do next. That major decision that you feel is life or death, you can let it go, let it go from the base of your spine, down that cord to the centre of the Planet.

And do you know what? You can also imagine that cord as a plug. You know I said about electromagnetic energy.

Just imagine electricity, in the plug you have a positive, a negative and an earth. Now if you don't have that earth, that creates havoc and you will be electrocuted and that's what happens when you are not grounded. We get all worked up and feel electrocuted and "busy busy busy" but as soon as we use the earth part of the plug and connect it to the centre of the planet, we get grounded and we just calm down and get clarity.

So again just imagine that cord, and you know you may be saying "gosh" I have all this stuff I want to let go, all of it. Fine.

Let's expand that grounding cord and make it as wide as your hips and imagine it the way you want. It can be a drain pipe, it can be a tree, it can be a cylinder, it can be a waterfall or any of those things.

Just imagine, this is a whole space of imagining, we are in Kindergarten, we are discovering so just imagine that connection between the base of your spine and the centre of the planet.

And I am going to give you my favourite "please excuse me here" as I give you my favourite.

When I am struggling I think of going to the toilet, when I go to the toilet and I have diarrhoea, that works.

Or for that matter have you been in a plane and the suction action happens as when you are actually flushing? That's another way, so whatever works for you to have a release and to have a connection to the centre of the planet, that's what we are doing here right now.

Just release.

Wow, I am sure now you are like "Gosh" when is she going to stop I don't know if I have anymore to release.

So what I am going to say is right now take a deep breath, and breathe out and let go whatever you need to let go and take another deep breath and release and let go and breathe out.

And one more time just take a real deep breath and let go, and as you're breathing out just bend over from wherever you are sitting and shake your head, shake your shoulders, shake your hips, shake your whole body and you can just slowly open your eyes.

For the moment you might just want to write down that experience. As part of this session there is a page that you can actually download and write your experience or you can write it on your own sheet, because we are just going to make a file of our journey as we learn the different skills.

So just take that sheet and the best thing is to also have a spring file so that you can keep adding sheets and things that you have learned, and there will be a transcript as well. Just write down for a moment what that experience was like so that you can remember it and build on it.

So I am just going to give you about 5 minutes to do that, and then we will continue.

Welcome back, how was that? What did you discover about yourself and about grounding?

And I am sure you thought we've had enough, you've had enough "no no no" I told you this is about practising, we are teaching you a new vocabulary, so we are going to do it again. Yes I know!

So what you are going to do is sit down, hands on the floor, get comfortable with your palms up and gently close your eyes and listen to your breath for a moment.

This time again, go down to the base of your spine and get acquainted with the base of your spine. And you know the base of your spine is connected to a lot of other energy centres which I am sure you have learnt about called Chakras

These Chakras of which the first Chakra is the base of your spine are all about safety and survival and that is why we are really connecting it to the centre of the planet.

But your second Chakra, which is just above and just below your navel is about your emotions, sensations, your sexuality.

Your 3rd Chakra which is close to your belly button "just above it" is about your will and your power.

Above that one is your heart Chakra that is in the centre of your chest and that one is about your affinity and self love and affinity for others.

And then you have the Throat Chakra, where you have your inner voice and where you speak from and where you can speak the truth.

And the sixth Chakra (some call it the 3rd eye), that's where you have your clarity, you clairvoyance.

And your 7th is where you have your certainty, your knowingness.

These are all your energy connections, they connect your spirit and your body.

But as I said we are at the seventh now so lets just go with the elevator back down your body again to our first Chakra.

I was just giving you the anatomy of the main energy points in your body so that you know how it all connects, but let's just go back to the base of our spine.

You know maybe sometimes this is like "ya ya ya" but let's go back to the base of our spine and lets go to the centre of the planet again and connect with that lovely magnetic core and let it really suck and have that suction of pulling out all that energy that you do not need anymore that's no longer you and just let it suck all the energy down to the centre of the planet and release you of all of that which once was.

Yea release

And I am sure you must be feeling a little fidgety in the seat right now, and saying "Oh my God, why should I be doing this"

Its just a tool of stop and release

Play around with whatever cord or tree, cylinder, drainpipe, whatever connection “waterfall” whatever connection you want to make and whatever works for you.

Sometimes I like to use Dollar Bills, whatever works.

And allow yourself to release

Again as you releasing, one of the things that is going to happen is that you are going to become aware of our bodies and is there anywhere in your body that you may be feeling some pain or an ache or pulsation or cold?

Just be aware of it, because were you are feeling that, that is energy you have been holding for a long time and you are ready to release, and as you are releasing it, are you releasing images, colours, pictures or sensations of some sort, feelings, emotions?

Just be aware, nothing is wrong or right its just awareness, so allow yourself again to release.

Breath, its important to breath, your body goes through changes needs to know its alive, so just keep breathing, just breath.

And just release.

You know, I have had many different experiences in life and sometimes this grounding really helps. I mean like now, I am giving you this and I am grounding. It's helping me to be her and to be present and to be with you.

Sometimes you may be going on stage or you are going somewhere and there is a lot of noise and it is really making you feel so insecure and uncertain and anxious and worried.

Just ground.

Just let that electromagnetic energy thats all worked up just get grounded, that is all you need to do. Imagine that connection from the base of your spine, to the centre of the planet. Make that connection and release and you will be surprised the experience you will have from that.

Its almost liek you feel like a stone just went “Boom” and was just so solid.

Ok now we are going to say again, just take a deep breath, and breath out.

And take another deep breath, and breath out

And take a third deep breath, and as you breath out you can just bend over, stamp out anything from your shoulders or your head, just shake your body a moment and if you would like, you can just stand up and stretch for a bit.

All I am going to ask you to do now as you sit down is just draw your grounding cord, just draw it for yourself, what does it look like?

Make it real, not just in your imagination but make it real and draw it.

It does not have to be perfect and you don't have to be an artist, just draw it so that later on what you might want to do is to hang it on your fridge to remind you about your grounding cord or grounding or you may also put it in your spring file or you may put it into your car wherever you would like to have it.

You can even take a photograph of it and keep it in your phone just to remind you, oh yea this is my grounding cord.

So just take a bit of time and draw your grounding cord

And as you're drawing your grounding cord, what I just want to mention and I can say your assignment or your play toy that you're going to work with this week and what you're going to do this week is "have fun"

You can first decide to walk outside, walk barefoot, hug a tree, hold a stone or anything that helps you connect with grounding and feel that connection with the earth and then after that you can decide now to sit down and have your feet flat on the floor and your palms up very comfortably and just take a bit of time, maybe 5 minutes to just ground.

If you can do more than that, that's great, but just get acquainted with your grounding cord.

Often I would like to say, take a week so that your body begins to know about this, it does it but be conscious.

And when you want to play with it some more you can say ok you're going to go and try to ground when you go shopping and then you unground.

Or you try and ground when you're driving the car and then you unground, but be careful when it's in the car we don't want you having accidents.

Just be in a space of no effort, you don't really have to work at this, your body knows it, just do it.

So your assignment is, you can connect with the earth, whichever way you want and then you can practise your grounding however you want.

Disconnect and connect with this wherever you would like to play around with it and give yourself time to get acquainted with it.

A week is a good time, if you want more time that's great.

And on that note, have fun and take care and see you in the next session where we will start learning how to replenish.

We have learnt to release, we will learn how to replenish and I will give you a new tool.

So until then, have fun and let me know what your experiences are like.

My website is www.singyoursong.life

Bye