

Connecting and Clearing with the Red Life Force of Earth St. Germain

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INTRO: This is an exercise which will connect you and your energy to the abundant, creative, grounding and life giving Red Life Force Energy of Earth. Sometimes as a result of mental, emotional and physical stress our bodies become depleted and we feel disconnected. When disconnected, daily life becomes even more stressful.

Misplaced car or house keys, forgotten papers and documents, partially accomplished daily chores can add to the stress of the day and can lead to further disconnection.

When you are unable to express your needs clearly or when you find yourself unable to understand the words of others or to even identify with what goes on around you; or when it seems as though people do not hear or understand what you say, you may be ungrounded or disconnected from the Earthly reality.

Long hours of work behind the computer or even a long meditation exercise, can render similar effects. One way to remedy the experience of "disconnectedness" is to reconnect with the Earth. This can be done through an exercise which reconnects you to the Red Life Force Energy of Mother Earth.

Do this exercise whenever you feel out of sorts, when you are emotionally down and mentally stressed. Do it also to bring greater creativity, abundance, hope, optimism and joy into your life and your body. St. Germain offers us this grounding exercise.

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Dearly beloveds, I am St. Germain.

Visualize yourself standing before St. Germain, The Master of the Seventh Ray, the Violet Ray of Transmutation. Feel the love that I send to you. It pours out of my heart to your heart. In this exercise we will work with the Red Life Force Energy of Earth.

Sometimes it is difficult to be in the mundane world and serve as an element of the Masters as well. Working on both ends of the spectrum can be draining at times. Do this exercise where the energy is clean and clear and not in crowded or cluttered surroundings. When you can, do it on a patch of

grass or on a sandy beach. If that is not possible, visualize yourself on a warm sunny day standing with your feet firmly planted on clean grass or on a sandy beach.

Visualize that Red Life Force Energy is coming up from the crust of the Earth to reach up to your feet. It comes up your left foot to your left leg and goes up your left thigh until it reaches your root chakra at the base of your spine. Visualize that the Red Life Force Energy begins to energize your root chakra and bring the Life Force and creative, abundant, fresh Red Light into the base of your spine. Pause and meditate.

It begins to spread throughout your root chakra and fully bathes your root chakra in the clean red Life giving Force of Red Light. Your root chakra begins to vibrate a bright, lively red force energy. Take a deep breath and pause for a moment.

Now visualize that all the dross, pain, fear, struggles, negative thoughts and feelings are pulled out of all parts of your body and absorbed into this Red Light at the base of your spine. This dross and negativity is then pulled out of your root chakra down your right leg, to your right foot and out of your body into the crust of the Earth. In this way, the pain and dross is pulled out of your body and drained into the Earth.

Now visualize that a separate stream of Red Life Force Energy begins to come up, this time to your right leg. This stream runs side by side of the other one. It begins pulling the Red Life Force Energy into your Right foot, up the leg to your thigh and into your root chakra, this time from the right side.

While one stream is pulling, the other stream is draining. It fills your root chakra with Red Life Force Energy, connecting you to the abundant, lively, Red Life Force of Mother Earth. Once again all pain, dross, negativity, fears and struggles are pulled down from all parts of your body to your root chakra and down your left leg to be released. All of your 5-Body System; which includes your physical body, your etheric body (or your aura), your emotional body, your mental body and your Spiritual body is cleared of all lower vibration and negativity. Your emotions become clear, you feel hopeful and refreshed, your body becomes rejuvenated and revived, and your mind becomes still yet alert and clear of all clutter and stress. Take a deep breath and bathe in these energies.

We will now repeat this exercise while visualizing both streams of energy simultaneously moving the Life Force into your body from their respective side of the body and draining the dross out through the opposite side of the body. In this way a constant flow in and out is achieved for both sides of the body below the root chakra. Pause and take a deep breath.

Visualize that Red Life Force Energy is coming up from the crust of the Earth to reach up to your feet. It comes up through both feet and both legs until it reaches your root chakra at the base of your spine. Visualize that the Red Life Force Energy begins to energize your root chakra and bring the Life Force and creative, abundant, fresh Red Light into your root chakra. Your root chakra begins to vibrate a bright, lively red force energy. It begins to spread throughout your root chakra and fully bathes your root chakra in the clean red life giving force of Red Light. Take a deep breath and pause for a moment.

Now visualize that all the dross, pain, fear, struggles, negative thoughts and feelings are pulled out of your body and absorbed into this Red Light at your root chakra. This dross and negativity is then pulled down your legs to your feet and out, back into the crust of the Earth. The Red Life force, which enters through your left foot and leg, exits through your right leg and the life force which enters through the right foot and leg exits through your left leg and foot.

Do this exercise whenever you feel the need. You may train your mind to do this exercise as part of your daily meditational routine.