

THE NEW EARTH TIMES
SISTERHOOD OF PLANETARY
WATER RITES

January, 2012



Greetings Dear Brothers and Sisters:

We open our first New Year's message with a beautiful poem from Elif, our Editor and Chief who will be taking over the responsibility of our messages along with her New Earth Times. Just a quick introduction from me at this point. My name is Elif. I am a Writer and Speaker. My focus is on the New Earth and Energy Medicine. I came up with the Newsletter, The New Earth Times, to help bring more positivity and Wisdom into the world. If you would like to submit something that is in alignment with this concept, or for comments and questions, you may contact me at elif3@ymail.com . This Sisterhood For Planetary Water Rites Newsletter will be bi-monthly. If you would like to receive The New Earth Times Newsletter, you may send me your email address.

Many Blessings to All and enjoy...

Dear water,

Share with me

What you know,

What you see.

Keeper of magical secrets

Yet to unfold,

Your body filled with life

And of stories untold.

Earth and Sky blended as One

In each Sacred drop

Kissed by the Sun.

Beautiful water,

I will always be by your side,

Honoring the calm, as well as the tide.

No matter where I go,

No matter what I do,

Please know, Dear Water,

That I love you....

Written by Elif

Our Sisterhood this month will be contributing messages sent in for blessings upon this New Earth's New Year....

From Magdala:

Beautiful Ones

It's about the Woman!, for everyone has been born through the woman, it is about the aspect of the daughters of the Great Mother, for she is the new beginning she is the transmutator, the alchemist, she is the life giver, she is the enlightener of the world. the most light and the most dark.

Healing the daughters is healing the mothers, healing the way that human beings relate with the earth mother, for is indeed, this is time to heal, "so is the mother so is the daughter". We are giving birth to a new way to relate with each other, with the environment, and yes, the most important one, the way to relate with the self. and all this starts with the aspect of the woman, the daughter, for

she is the mother, the cause, the new beginning.

Pyramid means woman, temple, Kali; the "woman" is the aspect that has been so hurt by the many systems all over the world. Slavery of human beings came into being when the enlighteners of the world were so busy trying to survive, trying to remember their lost womanhood, until now, that The Great Mother is calling, and she responds, who are you? do I know you? Yet, something in her core is being moved, something deeply recognizes her root, and in her dance, she recognizes the bonding, the unity, the oneness, that all of the power that she has comes from the mother. and love is the bonding for all human beings, love is what heals, not time. as the system in the hunger for slavery taught her. To [continue click here](#)

We are creating and recreating, there is so many things that I need to tell you, so many new creations for next year happening now. Magdala

Blessing and Love to All Who Read This!

A Message from Our Sister Meg Beeler:

Creating Maps of Consciousness for Healing

"The *cure* will not become a long-term *healing* unless we apply our own intent, and follow through with changes...Our old habits and behaviors will reassert; we'll return to wherever we started." --May *Shifting Consciousness News*

Many, many of you responded when I wrote about *The Physical and the Metaphysical: Body Reflecting Spirit* in May. This month I'm returning to the topic of body and spirit healing. The integration of our spirits with our bodies is essential to our internal harmony and balance. That integration is also central to self empowerment when we are dealing with illness and dis-ease.

A Story of Radiance

I was smudging a student of mine a few years ago when my attention was drawn to her chest. Something had changed; the energy felt different, though she was her usual shining self. At a class break, and in private, I mentioned my experience. In a matter-of-fact way, she said, "Oh yes, I had a mastectomy since I saw you last month."

This began for me an inquiry of several years: how was this woman able to shine despite such surgery? What had she done with her fear, loss, and all the other heavy feelings that accompany cancer? How was she able to carry on with her spiritual exploration (my intensive) when so many people become totally focused on their illness?

I spoke with her and her fellow light workers to find some answers (thank you Valerie, Susan, and Ellen). I was intrigued with the visualizations and practices they were using. Yet I didn't put any of their teaching into practice until I began to address my own illness six months ago. Then I drew on everything I knew to discover the spiritual and energetic causes, and how to bring my body and spirit back into balance. Much as I wanted to "fix" myself with changes I might make in diet and herbs, it became clear that surgery would be necessary. Still, I set the intention to do everything I could to strengthen my body, and transform the thoughts, attitudes, stories, and habits that had resulted in my physical imbalances.

To encourage all of you, I want to share what has worked for me. Of course there are whole books and courses on integrative, body-spirit-energy healing; I know I am just touching the surface. Yet, sometimes it is the most simple reminder that can get us back on track. As everyone who engages community support, spirit support, and personal intention learns, the rewards of transformation-in-the-midst-of-illness are remarkable! What follows can be applied to any procedure for anyone—a CAT scan, blood donation, surgery, dental work, mammogram, radiation and chemotherapy, organ donation, lab work, IV infusions, and so on. You don't have to be "sick" to try out, explore, and develop your skills in self-empowered healing.

Creating a Map of Consciousness for Healing: Setting Intent

It is useful to think of creating maps of consciousness—routes we can follow when we are well and when we are ill. Think of the map as the steps you can take to get out of a funk and back into a good place; re-mind yourself of your larger intentions in this life; release what no longer serves; and find practices to heal your

body, spirit, and energy day by day. Think of the map as a guide to changing the message for your energetic, spiritual, and physical recovery.

The first step to creating a map is to ask "What is my intent?"

We all know what a challenge it is to figure out and name what we want. We're far more skilled in complaining and whining about what's wrong than we are in envisioning a different future!

Intent can include how we *want* to feel; what *support* we'd like to seek; what we need to *let go of*; what *changes* in lifestyle we are willing to make (or not); what we want to *understand* (what is not clear about the illness, or why we got it, or what to do); what *daily practices* will help us; how we want to *talk about* our issue; and what kind of *response* from others would help us.

It can help to express intent as a decree, such as: "*I see my body healthy, strong, energized, whole, and joyful.*" It's OK, even good, to go into detail. For example, every time I took an herbal dose, a pill, or a meal, I said, "*I feed my health, balance, and energy. I intend to strengthen muscles and release pain. I forgive myself everything I cannot do, and did not do.*" The more we envision our healing, the more likely it is to happen!

Our words, and the intentions they express, carry energy, so it is really important to reflect carefully on what we are trying to manifest. The process can help us clarify desire and notice any hesitations we have, as well as the strength we are carrying. Only if we discover that we are putting limitations on the outcome can we address those limitations.

For example, it became clear to me before my surgery that *I didn't fully believe I could heal myself with spiritual light*, even though I see the healing effects on others I work with all the time. Releasing this belief (along with the self sabotage, half-hearted intent, and lack of consistent focus that accompanied the belief) was central. Shifting into the alignment, gratitude, and visualizations like those that follow became my practice for reframing my focus. Observing and listening to the reframing became one of the main lessons of my whole experience!

This is the intent I repeated daily before surgery and during recovery:

I see an easy surgery, filled with light, love, and long-term healing. I intend that the light of the laparoscope uses its highest intelligence for physical illumination and energetic healing. I intend a quick release of all toxins, energetic and physical, from drugs and anesthesia.

I see my healing as smooth, quick, and requiring minimal pain medication. I see a full reunion of body, soul, and spirit post-surgery.

I intend that my recovery be easy, radiant, empowering, and fast. I see my reconfigured body luminous in every cell, strong and healthy beyond my wildest dreams. I see the re-union of body and spirit ongoing, deepening, and shining into the world.

Of course you would frame your own intent and use your own words as you create your map of consciousness.

Creating a Map of Consciousness for Healing: Visualization

Guided visualization is pretty universally recognized as helpful to both the experience of surgery and to post-surgical healing. The simplest guided visualization helps people calm down and breathe deeply. A self-created visualization helps us to "see" what is going to happen in a positive way. It is another piece of creating a map of consciousness.

What my lightworker friends taught me is that we can visualize, in detail, an entire process beforehand.

Whether it is a visit to the dentist for a child, or to a surgery for ourselves, we can see it step by step and bring our intentions into each part of the process. This lets us engage consciously with the personnel, the machines, the fluids, and the drugs we are going to encounter. Both scary parts and our healing process can be consciously reframed.

Here is a generalized template you might use, substituting your own words, intentions, and health specifics.

See yourself entering the hospital with your allies, guardians, loved ones, and spirit helpers who have agreed to come with you. Visualize all the people and places you will pass—admissions, cleaning staff, nurses, hallways, rooms, the anesthesia/prep team, instruments and machines, fluids, the surgery team, the post-operative team.

In this visualization, bring your appreciation, gratitude, and intent for the highest good and highest vibration for everyone involved. Greet the intelligence of the machines and tools, asking for their cooperation. Appreciate your own body and cells, what they have done for you, and what they will continue to do as they heal. Visualize the human web of support that surrounds you. Visualize the whole procedure, including your fully healed self.

Repeat your visualization several times until it feels whole and complete. This strengthens your intent and your active engagement with the process.

Creating a Map of Consciousness for Healing: Alignment and Support

I was guided frequently to "align" myself during my six-month healing process. I kept asking what alignment meant, how I should align, and with what.

Alignment describes adjustment in relation to another, a reorganization of relationship. It means to be "lined up with" your web of support, which can include human, mountain, spirit, the elementals. It leads to a release

of conflict and weighing-down feelings, and a reorientation to what is important in one's life. It can be a vehicle for moving your energy and experiencing new vibrational and energetic states.

To come into alignment, I used two meditations I refer to frequently, the [Moving Energy Meditation](#) for releasing heavy and taking in lighter energy, and the [Earth-Cosmos Meditation](#) to strengthen and align my connections with the earth, the heavens, and the sacred mountains I am most connected to. I visualized light in my cells. I experienced the union of body & spirit. I greeted and acknowledged my helpers, human and spirit, feeling our connection and reiterating my need for support. I repeated my intentions for surgery & healing.

If you need to rest, you can do your alignment practices lying down. It is amazing how quickly you can shift back into a peaceful place simply by *changing your mind and refocusing your intent*.

It is helpful to trace the route on the map you've created-to repeat intent, visualization, and alignment practices-multiple times in a day. I often repeated these steps multiple times in a day. Whenever your spirit sags, pain takes over, or you stop believing you can be healed, you can use these practices to return to the connectedness we know we all share.

With any dis-ease or illness, the more support we have-physical, spiritual, mental, long-distance-the stronger we feel. I took courage from consciously connecting, *frequently*, with my helpers and allies and the human web of support that surrounded me. I took prayer ties-made for me in ceremony by my shamanic circle-into my surgery to remind myself of, and tap into, the huge energy field of love and support surrounding me.

When I woke up the prayer ties were beside me; all during my hospital stay, they helped me feel supported. I also had my large black Panther (stuffed animal) with me in the hospital room as a wonderful companion (his presence elicited some interesting responses from the hospital staff). The point is, it does not matter how childlike, mystical, or strange your needs are: if they help you heal, honor them!

Creating a Map of Consciousness for Healing: Recovery and Reconfiguration

During recovery, repeating your intention re-minds you of where you are going and what you are trying to do. It helps you remember to do energy-feeding and spirit-feeding practices to keep yourself focused and positive.

Visualization and alignment continue in importance. Rest, self forgiveness, and creating a nourishing healing space for yourself can become a part of your map for healing. Daily repeating a decree like "*I see my body healed, strong, radiant, and full of energy*" keeps you on track, as does deleting thoughts not contributing to your desired outcome.

You might also see light beaming into the areas of your body that are healing, expressing daily gratitude to your body, cells, and stem cells. This helps us learn to carry on a consciously reciprocal relationship with our cells, paying attention to the food, oxygen, chi, exercise and silence we offer them in exchange for their life-giving work. We can see every cell shining with our essential light. No one else can do all this!

All possibilities are open. We do not have to walk old roads, carry old pain, repeat past illnesses, or hold onto what was familiar. We can "reverse the river" and embody light. We can replace old stuff with "the elixir of life." We can follow our maps of consciousness to feed our transformation and healing in powerful ways.

Summary: Principles for Creating a Map of Consciousness for Self-Empowered Healing

Your map is made of steps you can take daily to change the message for your physical, energetic, and spiritual transformation. Each of the following principles contribute to the whole:

- Listen to your heart, asking "Tell me what I need to know."
- Clarify your intent: for health, for healing, for wholeness.
- Envision the "best outcome" and "highest good."
- Look for support. Receive it. Remember it on your challenging days.
- Release the heavy (worries, fear, pain) and "cancel" thoughts of doubt, fear, judgment. Take in lighter, more inspiring thoughts, energies, and focus.
- Be in alignment with your body, not in opposition to it. Listen to the messages it is trying to give you; replace thoughts of "fighting" an illness with a more cooperative, reciprocal focus.
- Feed your health (not your illness) with your words, the stories you tell, and your attitude.
- Engage everyone involved (people, machines, receptionists) with your intent, your vision, your health.
- Visualize the whole of your surgery or procedure and what your healing will look like.

- Create a nourishing "place" for yourself and your spirit, a parallel world which you can visit any time.
- Remind yourself: "I have power. I have the power of intent, of focus, of connection, and of seeking wholeness."

If you need help clarifying your intent, the spiritual issues at play, or practices that would be best for you, remember to ask!

Meg Beeler

Earth Caretakers