GREEN TARA

Effective practices and tools

FOR 2020 - 2030

TO HARMONIOUSLY WITHSTAND THE FORCES
OF
INTERNAL AND EXTERNAL TRANSFORMATION

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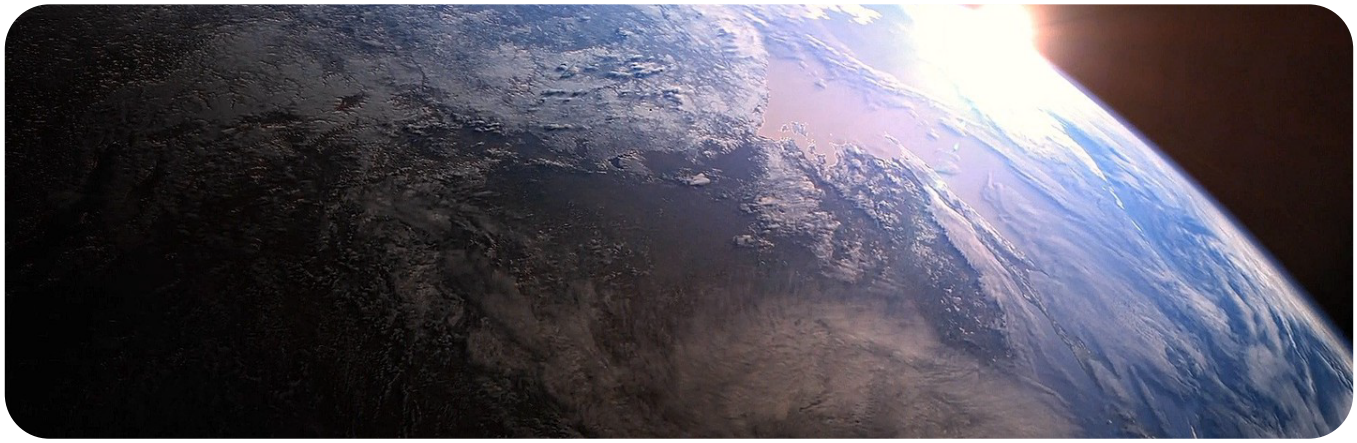
...Welcome...

The Earth is rising in her frequency. Everything is about to change.
Our lives, our bodies, our world.

We are in the midst of a huge shift that is taking place in our bodies at the cellular level, in our DNA as well in our societies and systems across the globe in an unprecedented way. We soberly must accept that our realities are being shaken on every level. This transformational process of Earth healing and realigning will continue to affect us tangibly and radically during this decade, starting in 2020. Understanding the bigger picture will help us understand the positive opportunities created by the pandemic of the coronavirus of recreating systems that no longer serve our true well-being. It is our understanding of the bigger picture that can help us successfully navigate through this monumental transition in this decade.

On the night of the solar eclipse of August 2017, the Divine Mother's energy returned to Planet Earth more fully than any of us can ever remember. The energy of the Earth started to awaken rapidly in a way we had not experienced for thousands of years. The Earth, as one of the embodiments of what we may call "the Divine Mother" or "Green Tara," started her process of purification and realignment. The Earth's voice became much more audible to humanity. We were being asked to stop polluting the Earth, to stop the exploitation of Nature but also our own human bodies that are of the Earth. Her voice became audible to many awakening humans, who heard the call to stop the decline and abuse of Nature in all her forms: planet, water, plants, animals, rocks, air, and our own human physical bodies.



We have seen so many reflections of this Earth-inspired awakening in the widening popularity of plant-based and conscious lifestyle, in movements away from animal exploitation, in our return to natural medicine. All of that is part of the Earth's process of her awakening. The elemental beings of the Earth who have been invisible to many of us for millennia also started to communicate with humans again more vocally. They were sharing a message of displeasure with how humanity enslaved itself into a material, money-chasing society that became disconnected from Nature, disconnected from its own home, Planet Earth. They watch us living uninspired lives, away from Nature, in cities, offices, 9 to 5 jobs, in cars, in front of TVs. The elemental beings who are the co-creators and guardians of Nature called us "the most boring show on Planet Earth." They started to show us how we originally came to the Earth to adore Nature, to enjoy having senses through which to perceive Nature, just like in the movie Avatar.

The coronavirus is shaking the status quo of our civilization. The opportunity at hand is to use our creative imagination and heart-inspired action to reset our societies and create new systems and practices that are based on love and respect for all Life and Mother Nature. The Earth healers and guardians were given effective tools and practices for this radical shift a long time ago. These simple tools, shared here, will transform us individually; but when used collectively, they will transform all of humanity and assist Mother Earth in her ascension.

Chanting Om

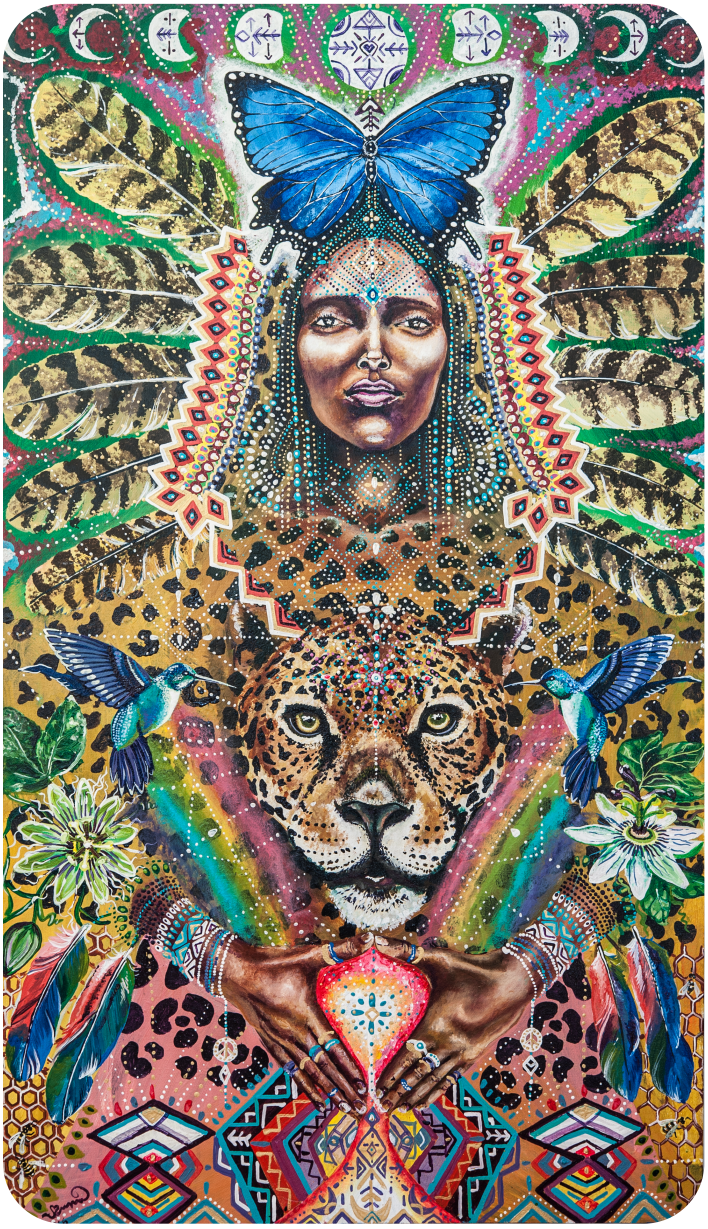
Seemingly so simple but as it has been revealed to the Earth healers and mystics, chanting the sacred sound of Om instantaneously repairs the quantum field made of quantum strings of light around us and in us. Those, whose psychic sight is open, can see the immensely miraculous power of Om. Imagine a broken quantum field, such as the broken field of our reality. When we chant Om, we fix the "strings" and reconnect them with the vibration of Om. Chant Om daily and imagine you are directly repairing and upgrading your personal and collective reality.

Inhaling Sunlight

It is time to return to Sun worship. All ancient civilizations had reverence for the Sun and were familiar with its powerful influence on human lives. Not only because the Sun delivers the life-saving vitamin D and makes life possible on Earth. The Sun is a physical manifestation of the One Source. People whose psychic sight is open, can see sacred geometries in the Sun, radiating their evolutionary codes to us and the Earth. Using our breath and intention, we can direct the electromagnetic energy and sacred geometry of the Sun to our cells and DNA and create a vibrant, healthy environment in our bodies and minds. Yogananda taught the technique of 'energization' at sunrise and sunset. Simply stand outside when the sun rises and sets and intentionally bring sunlight through your breath to all your cells to create natural health. You can speak to your cells, DNA and electrons and ask them to fully receive and express the gift of sunlight to create harmony in your physical being. Your body is a conscious being. Every cell understands the messages you send with love and intention.

Connecting with the Elementals

Many ancient traditions honored and worked with the five directions, the five elements to create balance and harmony in our bodies, minds, emotions and environment. By consciously connecting to the Elements of Air, Water, Earth, Fire and Ether, we can create balanced health in our bodies but also in Nature that we are part of. The more we communicate with Nature, the more she communicates with us. You can use this simple ritual in the morning and evening, to greet the elements as well as the Elementals, the Spirits of Nature. Bow to all directions, North, East, South, West, below and above to connect in consciousness with Mother Nature. Find a spot in nature where you can take your shoes off, connect with the Earth, speak out loud to Mother Nature, building a relationship of reverence, service and love.



Dreaming the New Earth into Being

We are leaving a broken dream of the "old world" behind. Our collective consciousness created a broken dream that did not serve us anymore. We are to start dreaming a new dream into being. Some call it the New Earth or the 5th dimension. We came here to contribute our light, love and creative imagination to co-create a new world. We have the opportunity to become the Architects of the New Reality. This is the biggest call of the hour. Dream big and beautifully. It is time to let go of all the systems that enslaved us for millennia. Dream freedom, bliss, fulfillment, love and wellbeing for all Life. Dream a loving coexistence of the human race and Mother Nature, with her animals and plants.

Connecting with Trees

Trees are our great teachers on Planet Earth. They show us how to be grounded into Mother Earth and have our crown in the sky. The trunk of the tree is filled with unobstructed aliveness. That is how our bodies were originally designed, with cosmic and earth energy flowing freely through all channels in our physical bodies. The tree of Life is in our own bodies and it is now that the tree of Life inside of our own bodies is awakening. Energy needs to flow again. We have disconnected our bodies from the flow of life force. The key is to allow the flow to be free again. Connect with a tree often by placing your hands on its body. Close your eyes and sense how life force flows joyfully through the tree from its roots up and from its crown down. Now, mimic the flow in your own body. Relax your body and mind and just observe the energizing flow.

Barefoot Earthing

Earthing is a simple and yet incredibly powerful practice. The electromagnetic field of the Earth is changing. When we disconnect from it by wearing shoes and staying indoors, cars, offices, etc. we are not aligned with the changing rhythms of the Earth. She is the carrier here and we are being carried by her. It is essential to align with her electromagnetism every day, at least twice a day outside, barefoot. Find a spot where you can practice 'earthing' barefoot. It can be in your backyard or front yard, anywhere where you can stand on the ground for a few minutes, consciously connecting your body to the body of Mother Earth. Inhale, exhale. Be in the flow of life force.

Plant based, cruelty free diet

An important alignment with the Earth comes through our diet. The easiest way to stay in tune with the rejuvenating aliveness of Mother Earth and her evolutionary consciousness is to eat clean, fresh, organic, plant-based, cruelty-free diet. Clean and natural plants are filled with pure life force our bodies thrive on. This is common sense that so many humans lost. Many advanced ancient civilizations were vegetarians, giving preference to feeding the body with plant-based aliveness rather than dead animal corpses.

Herbs, teas, mushrooms, clean spring water

This is the time to ingest Nature in her plant, pure form. No meat, no dairy, no chemicals. Just connect with the vibration of nature in herbs and mushrooms. Both are high-vibrational superfoods. Mushrooms are amazingly intelligent organisms that communicate with our bodies and transform them from within. Clean spring water carries information. Water has been considered sacred for millennia. Not only because we die without drinking water but because water comes from the body of the Earth in a way like no other 'nutrition'. Water is about delivering electromagnetic conductivity to our bodies and making us more attuned to the Earth. Fresh spring water is Earth's lifeblood.

Meditation

The practice of meditation has two main 'spiritual' benefits, besides all the physical and mental benefits. Firstly, meditation attunes us to the invisible world of energy so that we may hear the voice of Nature, Earth, our own heart and also the voice of the Great Spirit, guides, our own soul. Secondly, in meditation as we quiet the mind, we discover our original being, a being that is our divine self, the spark of Life itself. We discover our eternal nature that exists outside of all dimensions.

In meditation we can open our 3rd eye, our psychic sight and start seeing outside of physical reality and eventually meet the Source of All Life. Meditation gives us guidance, meaning and we can receive activations and attunements as well as spiritual revelations. When we meditate, we can learn to separate the various layers of our being and also strengthen our body to heal. We can time travel, we can lucid dream, we can have out of body experiences. All the wonderful aspects of our fascinating existence that are normally not available to our limited consciousness. Meditation is the safest way to expand our consciousness gradually beyond many unimaginable horizons.

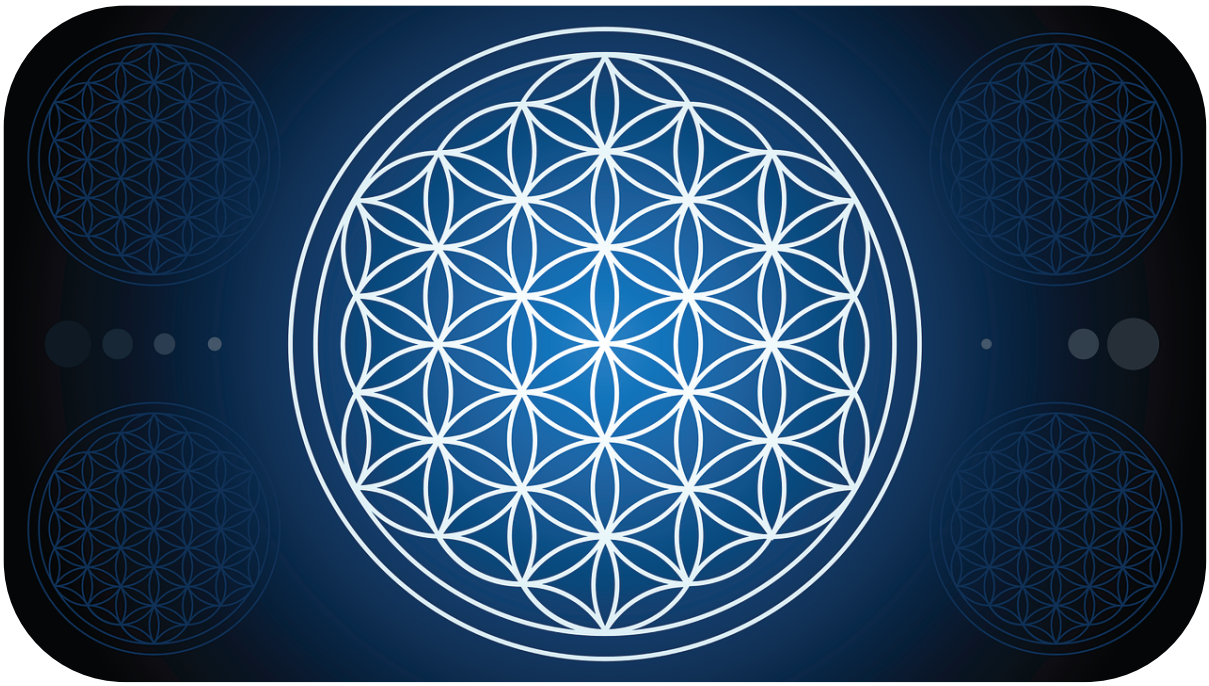
Indoor plants

As we are awakening to our service to Mother Nature, Divine Feminine, Mother Earth, we are being asked to fill our homes and offices spaces with Nature. She is the remedy for our broken reality. Her energy indoors, creates 'incubators' in which we can heal our bodies and minds. Basically, this whole planetary transformation is about aligning with Nature and making her an essential part of our lives again. Like we used to as native people but not by going back to prehistoric times, on the contrary, by evolving in leaps and bounds. When we bring nature to our indoor spaces, she will work on us energetically and make us more resilient to her own changes that are to come.

Crystals

Crystals are condensed energy transmitters directly from the body of the Earth. Just having one quartz crystal on us creates a field of protection. Those who can see with their clairvoyant sight, see that a crystal is like a generator of light and energy field that changes our own bodies and cells. Crystals are much more than most people can imagine. The key in this process of transformation is to create powerful energy fields not only in our homes and offices but across the planet, to assist with her own healing. Crystals are not only powerful energy transmitters; they are also very beautiful. You can use them directly on your body as jewelry or place crystals on your desk or throughout your home and office. Let them do their magic for you.

Sacred geometry



Placing images or 3D shapes of sacred geometry throughout our homes, offices, cars, or as jewelry etc. will redirect how lifeforce flows in our space, into our bodies and our consciousness. Sacred geometry such as the flower of life is the original perfect blueprint of creation. You can think of it as the DNA of Life itself. We humans have messed with creation and nature and as she is returning to her own perfection and balance, we can assist the process by using sacred geometry. Sacred geometry shapes are codes that communicate with our consciousness directly, without the distortion of human language and logical reasoning. It is a wonderful and easy way to activate your higher self.

Pyramids

Pyramids are electromagnetic power generators and activators. The healing process of the Earth and our bodies can be supported and enhanced by us placing metal pyramids around our meditation chairs or outdoors. Pyramids work on the same principal as acupuncture needles. Just as acupuncture needles enhance and intensity of the flow of electromagnetism in the body, so do pyramids enhance the electromagnetic field of the Earth. We can also use our imagination and simply visualize a pyramid around us when we meditate to increase the frequency of our energetics.

Rainbow Body – Kundalini Awakening

When our bodies, minds, emotions and souls are in their highest state of perfection, our energetics create a magnificent rainbow body. This state is referred to as rainbow body or awakened kundalini in various traditions around the world. The rainbow body is created when we are able to absorb and express the light of the One Source in its original perfection, completely unaltered by any burdens, dysfunctions and errors in thinking and feeling. When we become empty vessels, centered in our hearts, in the point of oneness of love, we can accurately express our original, highest state. Achieving the rainbow body or kundalini awakening is not the end of our evolution. It is truly the beginning of our truth, our fullness. From there, we can start expanding even higher into greater service and greater levels of cosmic co-creation. We were enslaved by many evolutionary forces in the past. We were able to express only a fraction of our original perfection. Our rainbow bodies were distorted, dim and crippled. Now, the time has come, for us to return to our original radiance. There are four simple steps to naturally rise to our highest potential: Relax. Let go. Trust. And Surrender. Only when we completely relax our energy systems and let go of all blockages and ideas, only when we become truly empty and heart-centered, we can surrender to the Force of Life, pure unadulterated lifeforce.

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