



MEDITATION FOR WORKING WITH THE ELEMENTS

The Tao through Karen Danrich "Mila"
December 20, 2002

This meditation will clear the field and connect one to earth to a greater degree than perhaps one has previously experienced. The elements of air, water, fire and earth are helpful in clearing and cleansing the field. This meditation can become apart of one's daily focus of synthesis if one so chooses.

1. Dim the lights, light some candles, burn some incense, and put on some soft background music. Find a place to sit preferably with feet uncrossed and pressed upon the floor. Now close your eyes your eyes. (Note crossing one's legs or sitting in a lotus position cross polarizes the energy flow of the right (male) and left (female) sides of the form, making it more difficult to attain benefit from this exercise.)
2. Take a deep in-breath and slowly release it. Let us begin by grounding to the aurora of earth. One not only connects from one's tailbone and the bottom of the feet to the aurora, but one may now pull down a rainbow of tones from above oneself, flowing through the field and form and room that one is in and down to the center of the earth. Let us focus upon allowing this language of light rainbow to flush from one's field and

home or room all that is not resonant with this meditation, and all energy that is not one's own.

3. Take another deep in-breath and slowly release it. Now let us intend to rotate all molecules, chakras, and the subtle bodies in the same direction. One may move it to the right or left; right being feminine and left masculine in countenance. It matters not which direction one chooses as long as all systems are moving in the same direction. Some will feel stronger moving the energy to the left or the right, however if one is in an ascending couples relationship, it is recommended that the female (or one partner if one is homosexual) moves the energy to the right and the male (or other partner) to the left which creates a form of divine union between the two.
4. Let us take a big in-breath and slowly release it. Now let us syncopate the rhythm of the movement of our molecules and energy field to the rotation of the molecules of earth. Attune to the nearest body of water or mountain range for this syncopation, and understand that as one matches the heartbeat of earth, one comes fully into present time. Let us intend to come fully into present time leaving the past in the past, and the future in the future.
5. Take another deep in-breath and slowly release it. Now let us check each chakra and subtle body system. Are there seven sets of chakras below the feet leading to the aurora (for those above 1800 strands)? If not, then create them or retrieve them if they have become shattered or lost. Are there seven major chakras (or twelve if one has opened a twelve chakra system) plus the chakras above the head leading to one's source and oversoul? If not retrieve the chakras that are missing, or pieces therein that may have gone to another and reweave them. Also let us return that within the major chakras that belongs to another.
6. Are all four subtle bodies present (mental, emotional, intuitive and creative)? Let us retrieve missing portions of the subtle bodies and return that which belongs to another, and reweave them. Now let us balance the subtle bodies with equal amounts of chi in each, with mental, emotional, intuitive and creative equally weighted as they spin around the form.
7. Take another deep in-breath and slowly release it. Now let us check our grid work. Let us now intend to release any portion of the grid work of the etheric body that is not our own, returning it to whomever it belongs to, dissolving it into energy and returning it to sender. Now let us also retrieve whatever portions of our grid work is our own from others, taking energy only and reweaving the holes and gaps therein. Now let us check the genetic grid work, which sits on top of the etheric skin. Are there missing gaps of DNA? Let us retrieve the missing DNA and reweave it. Does some of the DNA vibrate in tones of creation belonging to another? Let us return this DNA to whomever it belongs. Now let us check the next layer of grid work beyond this, which is the ascension grid work. Are there gaps? Let us retrieve what has been taken and reweave it. Are

Field Rotation to Align in Present Time

FEMALE ROTATION

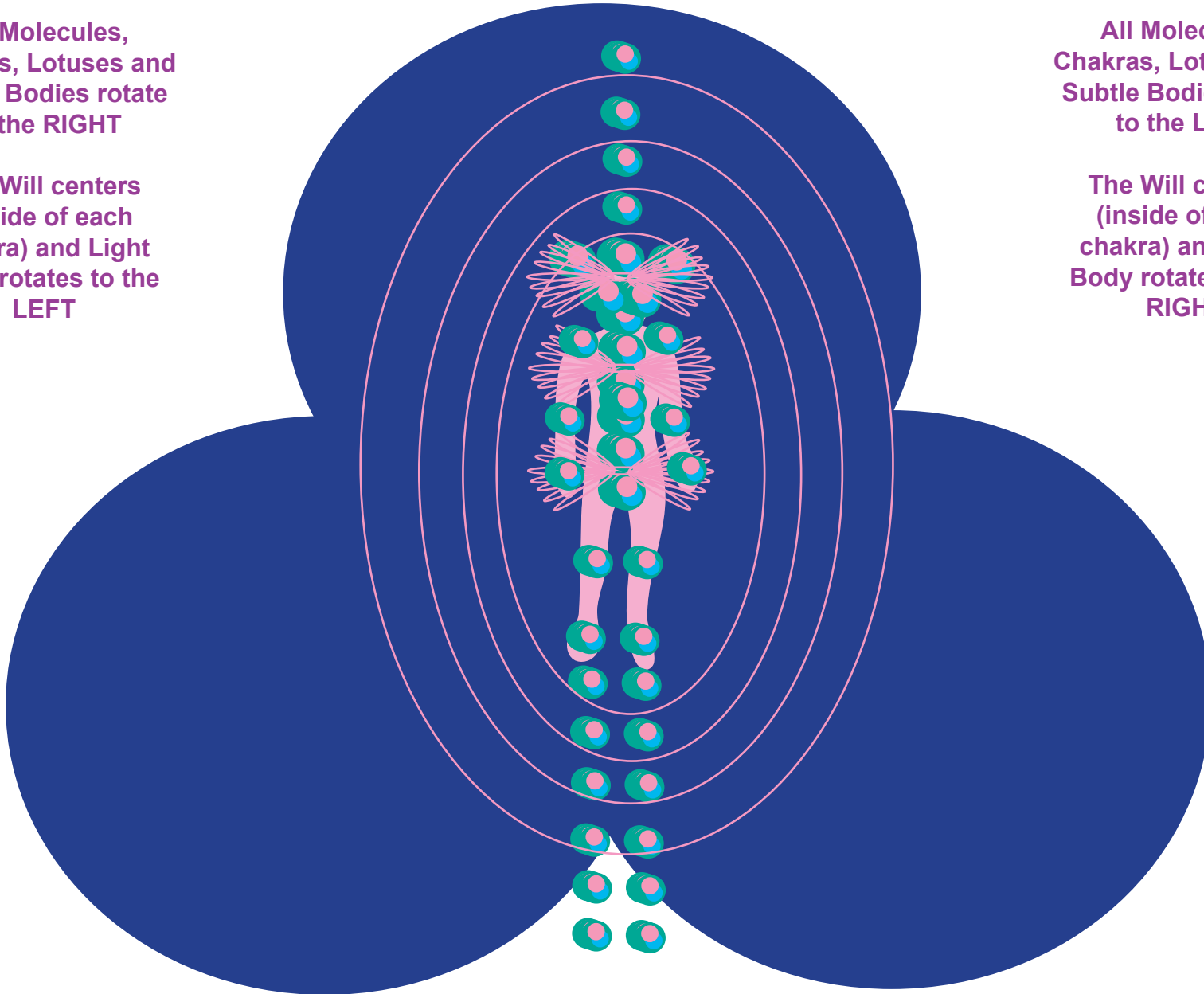
All Molecules,
Chakras, Lotus and
Subtle Bodies rotate
to the RIGHT

The Will centers
(inside of each
chakra) and Light
Body rotates to the
LEFT

MALE ROTATION

All Molecules,
Chakras, Lotus and
Subtle Bodies rotate
to the LEFT

The Will centers
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Syncopate the Rythm of the Rotation to the Molecules of the Land and Global Subtle Body Rotation
to Align in Present Time with Earth

there parts of the grid work with another's energy signature? Let us return that which is not of one's own inheritance to whomever it belongs unto.

8. Take another deep in-breath and slowly release it. Now let us attune to our light body. The light body sits outside of the subtle bodies, and is a body double with a duplicate etheric body and chakra system that is much larger in size and stature. There are spheres of energy movement that move around the body double. Are there holes, gaps or attachments to one's light body? Let us retrieve what belongs unto one's inheritance and reweave it, and return that which belongs to another. Each human has a unique energy signature, and it is this that one's soul and angels crosscheck to assure that all information is of one's own inheritance.
9. Take another deep in-breath and slowly release it. Now let us rotate the light body in the opposite direction from the rest of the field, along with the will centers that sit inside each chakra associated with the etheric body. As the light body and will centers rotate in the opposing direction of the molecules, chakras and subtle bodies, one balances the male and female within. Let us also balance the right and left sides of the field and form giving them equal chi and weight. Now let us synthesize the entire field into a rainbow of tones from the densest to the lightest in nature.
10. Take another deep in-breath and slowly release it. Let us check for missing tones of creation. Are there gaps in your rainbow of synthesis? If so, retrieve the missing information associated and close the gaps. Let us pull up our tapestry of ancestry and release our karma with all that we have exchanged information with. Place one's own tapestry of ancestry over all others in one's life experience, past and present. Now let us run the vibration of forgiveness pink through the tapestries allowing the ties and cords of attachment between oneself and others to release as the karma is cleared. One is forever repairing the tapestry of ancestry, retrieving new information as one opens new genetic information in ascension and within one's own holographic biological records. Therefore the tapestry will increase in size and depth over time.
11. Take another big in-breath and slowly release it. Now let us move our sexual energy. The kundahlini moves up the spine like hot lava and out the top of the head. There are also side channels that run up through the feet, up through the pelvis, up the torso and down the arms out the hands. Let us focus upon clearing any blockages or stuck points in these major energy channels at this time, dissolving them with whatever language of light tones that can assist.
12. There is a second Kundahlini energy system, which sits on top of the etheric skin. As this is activated, fire will leap from the skin up to 3 feet from the form in an etheric blaze of the language of light. Let us activate this now. Do you have all of your information to date in your ascension for the movement of the Kundahlini? If not, let us retrieve what is missing and release the karma in our tapestry of ancestry by again running the

- pale pink vibrations through it and between parties. Let us also intend to release all karma that causes us to fear our sexual energy flow.
13. Take another deep in-breath and slowly release it. Let us now call upon the element of fire, asking the chakras under the feet along with the feet, knees, hips, first, second and third chakras to burst into a giant ball of flames that encompasses the entire lower half of one's global field. Let us call upon true magnetic fire. Let us allow fire to burn off all karma, entities, patterns, thought-form and machines held within the lower half of our field that no longer serve our current level of ascent. Let us burn off the cords of attachment from the lower half of the form to all persons, places and objects associated, much like one would light a fuse burning it from end to end. Now let us reweave our circuitry within, joining masculine and feminine, right and left, front and back into a circle of completion.
 14. Take another deep in-breath and slowly release it. Let us now call upon the element of water, asking the lower chakras to become a giant waterfall. Let us allow the element of magnetic water to wash away that which fire could not burn off. Each element has the capacity to assist in the release of a part of the karma and patterning associated with ascension. Water clears out pain, anger and fear, drug energy and discord of the past by loosening such black, brown or grey frequencies and allowing them to be washed away. (Take a few more moments to allow water to do its work.)
 15. Take another deep in-breath and slowly release it. Let us now call upon the element of air, asking the lower chakras to become a giant windstorm. Let us allow the element of air to blow away that which fire and water could not release from our fields. Air has the capacity to remove entities and souls that no longer resonate with one's current level of ascent returning them to the aurora of earth. (Take a few more moments to allow air to do its work.)
 16. Take another deep in-breath and slowly release it. Let us now call upon the element of earth, asking the lower chakras to connect and blend with the global body of the earth mother. The earth mother is our home, and without her we would not exist. Let us take this moment to honor earth for providing for our continued life existence. Let us connect to earth and allow her to absorb that which is too large for our fields to process of their own volition. Earth is associated with the minerals and land. (Take a few more moments to allow earth to do its work).
 17. Take another deep in-breath and slowly release it. Now let us balance all four elements, with equal proportion of air, water, fire and earth in each chakra, big and small, synthesizing the elements in along with the rainbow of tones. This shall have the affect of balancing the amount of color with equal bandwidths of frequencies within each rainbow in the lower field. Let us also take a moment to clear our karma with the elements so that all four elements may be present. Once again one may

run the forgiveness tones of creation through their tapestry of ancestry and all others one knows or has known with this intention.

18. Take another deep in-breath and slowly release it. Now let us intend to run the element of fire in our upper chakras, which includes the fourth through seventh or twelfth chakra region along with the chakras above the head connecting one to one's source, and the greater chakras of our extended auric field. This has the affect of the entire upper field bursting into flames. Let us allow the magnetic fire to burn off patterns, thought-form, entities and machines that no longer resonate with one's current level of ascent. Let us burn off the cords of attachment from the upper half of the form to all persons, places and objects associated, much like one would light a fuse burning it from end to end. Now let us reweave our circuitry within, joining masculine and feminine, right and left, front and back into a circle of completion.
19. Now take another deep in-breath and slowly release it. Let us intend to run the element of water through the upper chakras, allowing them to become a giant waterfall. Let us allow magnetic water to wash away the pain, anger or fear that may be held in our upper field. (Take a moment to allow water to do its work.)
20. Now take another deep in-breath and slowly release it. Let us intend to run the element of air through the upper chakras, allowing the upper field to become like a giant windstorm. Let us allow magnetic air to blow away any soul or entity that no longer serves our continued ascent. (Take a moment to allow air to do its work).
21. Now take another deep in-breath and slowly release it. Last let us intend to run the element of earth throughout the upper chakras and field. In the connection to magnetic earth, let us allow her to absorb that which is too large for us to release of our own volition in our ascent to date. (Take a moment to allow earth to do its work.)
22. Now take another deep in-breath and slowly release it. Let us intend now to balance all four elements in the upper energy field, allowing equal proportions of air, water, fire and earth. If there is any further karma one must release with the elements to allow this to be so, let us release our karma now. One will see the upper rainbows evening out with equal proportions of each tone or color.
23. Now take another deep in-breath and slowly release it. Let us call now upon our soul, oversoul and source. We have balanced our field. Now let us request that our soul move more greatly into our field and form. Let us watch as the gold and silver tones of one's soul, oversoul and source pour throughout the larger auric field, light body, chakras, subtle bodies and etheric vessel, filling oneself to the brim with soul. Now perhaps is the time to take a moment to commune with your soul, and ask it what one's next steps are upon the continued path of ascension. (Take a few moments for the communion and communication before moving on to the next portion of the meditation.)

BLESSINGS FOR FULFILLMENT

1. Let us take a deep in-breath and slowly release it. Let us call upon the nature kingdoms to surround us now along with the healing temples for ascension. Let us thank the magnetic elements and all kingdoms for their support of the human choice to ascend. Let us request those species willing to offer advice and work with us in relation to our new astrology signs to step forward now and stand before us. Let us take a moment to tune inward and see what they might have to say about our current level of work. (Take a moment for the communication).
2. Take another deep in-breath and slowly release it. Let us call forward our ancient ancestors and have them stand before us. Let us ask those ancestors ready to merge with us that have released all karma to do so now. Let us intend that any ancestor that is not really of one's inheritance leave now, returning it to those it is associated with. Let us also retrieve any ancestors taken by others in ones' life dance. Now let us ask our ancient ancestors to assist with our choice to ascend. Let us take a moment to tune inward and see what the ancient ancestors might have to say about our current level of work. (Take a moment for the communication).
3. Let us take a big in-breath and slowly release it. Let us go back to a time in our history where humans were ensouled and before the present day dance of soullessness became prevalent. Let us call the ancestors present who existed at a time that it became difficult for soul to anchor into form. Let us intend to release the karma for how this came to be so in our tapestry of ancestry. Let us allow those entities, patterns, thought-forms, beliefs and psychic machinery to dissolve now that is associated with a soulless way of existence. Let us also drain off all of the pain or fear associated with living without direction from the spirit realm.
4. Let us take a big in-breath and slowly release it. Now let us go even further back in time where one's ancestors lived in unity, harmony and a state of fulfillment with one another. Let us bring this information forward now into one's tapestry of ancestry and ascension grid work. Let us intend to integrate this information into our biological constitution to the best of our ability in this lifetime. Let us intend that our intent shall also augment the birth of more ascending children global wide and associated with our ancient red lineages.
5. Let us take a big in-breath and slowly release it. Let us invite our soul to descend and sit within our heart cavity. Let us intend that the heart open now more fully and that our holographic knowledge be retrieved and restored in our continued ascent. Let us intend now to clear out our soul cavity. The soul cavity sits in the heart region of the form. Let us cut a hole into our heart cavity where soul sits. Let us intend now to expand this cavity to be double the size. Over time the heart cavity will fill most of the chest as one's future ancestors master full consciousness. Now let us ask our soul, oversoul and source to extend more fully into our soul cavity. Let us take a

moment to tune into soul within the heart and see what it has to say about one's current level of ascent and life dance.

6. Let us take a big in-breath and slowly release it. Let us invite our soul from within the etheric body to energize the etheric grid work. Watch as a golden and silver glow begins in the heart spreading outwards through the chest, up through the head, and down through the pelvis and down the legs to the toes. If there are regions that are in pain, allow the gold to begin to dissolve the stuck points of energy so that they may move again. Imagine a bowl of crystals at one's feet in the language of light tones. Reach for those crystals necessary to further dissolve the stuck regions of the etheric body and place them therein.
7. Let us take a big in-breath and slowly release it. Now let us invite our soul from within the etheric body to connect to the soul that moves the energy fields of the chakras, subtle bodies and light body. Watch as the golden and silver glow within now connects with the golden and silver glow without in a dance of sparkling energy movement. It is as the soul within and soul without merge that communion is born beloved. It is a state of communion that allows us to connect with nature and begin to hear what the kingdoms have to say about our current level of ascent. Let us invite the nature kingdoms that presented themselves in the first part of this meditation to join us in the communion of spirit and form.
8. Let us take a big in-breath and slowly release it. Each human has needs. Sometimes soul does not know or understand the needs of the physical plane, and it is for this reason that our needs go unfulfilled. Perhaps in this moment you are struggling with having enough to pay the bills or travel as you wish. Perhaps you are struggling with other forms of lack and non-fulfillment. Take a moment now to express to the soul within and the soul without what your needs are, and what your heart most deeply desires to experience in this lifetime. Request of soul to weave such an experience into one's life dream. Request of soul to assist in the release of karma, patterning and thought-form that would block the manifestation of one's request. Intend to transcend what is needed to allow for one's dream to be fulfilled upon.
9. Let us take a big in-breath and slowly release it. Now ask of soul what soul needs of oneself. Soul chooses form to release associated patterning and karma, and to retrieve other fractured pieces of soul lost in the decline of the human species. Ask soul what you can do to fulfill upon your soul's mission for incarnating into this form. One asks this of the oversoul and source, therefore ask a small portion of the oversoul and source now to descend through the crown and into the heart soul cavity. Take a few moments to listen to what your oversoul and source have to say unto you about your path and purpose in this lifetime.
10. Let us take a big in-breath and slowly release it. Now ask of earth what earth needs of oneself. Earth works with ascending humans to assist in clearing the energy field of the regions in which one resides, and to release records upon the land in association with one's ancestry. Ask earth where

- the best place to assist her at this time and for the coming year. Ask earth when your karma will be complete with where you are now, and where you would best be situated in the coming five-year timeframe. One will find that they are guided to where their ancestors lived at another time to retrieve lost parts of self. Perhaps this will involve travel in addition to relocation. Ask earth to show you this now, along with the timeframe involved.
11. Let us take a big in-breath and slowly release it. Now call your ancient ancestors forward. Ask your ancestors to show you where they lived at the time that they were alive. Ask if there is land upon earth that you may visit or live upon that would assist in the collection of their life records. Allow the ancestors to show you where to go. Understand that if one cannot travel to such places in the physical, one will travel in the nonphysical and through the light body with the nature kingdoms as one's guides.
 12. Let us take a big in-breath and slowly release it. Now let us create a gold and silver mirror around us, gold in front and silver in the back. Let us call all ancestors forward that had lifetime after lifetime of unrequited dreams or broken hearts. Allow such ancestors to stand before you now in the golden mirror. Now call forward all ancestors that experienced a dream-come-true life, or a portion of the life in which the dream was fulfilled upon to stand in the silver mirror behind you. Now let us push the gold and silver together, allowing the two to cancel each other out coming to neutrality. Now let us intend to release all thought-forms, entities, patterns and machines associated in one's field, along with the associated karma.
 13. Let us take a big in-breath and slowly release it. Now let us call the ancestors forward that experienced loss; loss of life, loss of children, loss of a home, loss of a friend, or loss of any kind. Let us ask the ancestors that experienced loss to stand in the golden mirror before us. Now let us call those ancestors forward that experienced a life of non-loss and ask them to stand in the silver plane behind oneself. Now let us push the gold and silver together, allowing the two to cancel each other out coming to neutrality. Let us intend to release all thought-forms, entities, patterns, and machines associated in one's field along with the karma.
 14. Let us take a big in-breath and slowly release it. Now let us call the ancestors forward that experienced grief of any kind; grief due to a loss of a child upon the battlefield, or a parent one dearly loved, loss of one's beloved, or one's spouse. Let us ask such ancestors to stand in the golden mirror before us. Now let us call in those ancestors that did not experience grief; that received the beloved that they wanted, that never lost a child, or that never lost the spouse. Let us ask such ancestors to stand in the silver mirror behind us. Now let us push the gold and silver together allowing the two to cancel each other out coming to neutrality. Let us intend to release all thought-form, entities, patterns and machines associated along with karma.
 15. Let us take a big in-breath and slowly release it. Now let us call all ancestors forward that experienced a disease, ailment or deformity. Let us ask such ancestors to stand in the silver mirror before us. Let us now call all

- ancestors forth that never experienced disease, ailment or deformity and ask them to stand in the silver mirror behind us. Now let us push the gold and silver together allowing the two to cancel each other out coming to neutrality. Let us intend to release all thought-form, entities, patterns, and machines associated along with karma.
16. Let us take a big in-breath and slowly release it. Now let us call all ancestors forward that understand dream weaving. Let us invite these ancestors to share of their knowledge, and show us how to weave our dream again, and call our dream into physicality so that we may experience our needs being met, and our dreams fulfilled upon. Allow such ancestors to show you now the next step you need to take to fulfill upon this goal. (Take a few moments for the ancestors to speak.)
 17. Let us take a big in-breath and slowly release it. Now request of earth, nature and one's soul what karma is the next to be completed upon to allow for one's continued ascension. Allow a vision for one's future for the coming year to unfold before oneself. Imagine a large movie screen before you, and allow this vision to play out. For those that see not, listen with your heart to that which soul, nature and earth wishes to say about the year ahead. (Take a few moments for this.)
 18. Let us take a big in-breath and slowly release it. Now request of earth, nature and your source to show you the biggest stumbling block in the path of ascension at this time. Again allow a vision for such patterning to be presented upon the movie screen before you. Listen with your heart to that which soul, nature and earth wish to say about your weaknesses. Intend to transcend the weaknesses presented in the year ahead. (Take a few moments for this.)
 19. Let us take a big in-breath and slowly release it. Now request of earth, nature and your source to show you the gift to humanity that your ascension makes possible. Allow the vision for this gift to play out upon the screen before oneself. Listen with your heart to that which soul, nature and earth has to say about the contributions you are making to the ascent of the whole. (Take a few moments for this.)
 20. Let us take a big in-breath and slowly release it. Now request of earth, the nature kingdoms and your source to show you your soul purpose in this lifetime. Allow the vision for your purpose to play out upon the screen before you. Listen to your heart to that which source, nature and earth has to say about your destiny as an ascending human. (Take a few moments for this.)
 21. Let us take a big in-breath and slowly release it. Now request of earth, the nature kingdoms, and your source to show you the future lives of your ascending ancestors. Allow such a vision to play out upon the screen before you. Listen with your heart to that which source, nature and earth has to say about the destiny of your future ancestors. (Take a few moments for this.)
 22. Let us intend to fulfill upon our soul purpose in this lifetime. Let us also intend that our future ancestors fulfill upon their destinies ascending home with earth to the Tao. Let us intend to be fulfilled in our life dance and life

dream in this lifetime. Let us intend to transcend whatever is required in one's internal planes of reality to fulfilled upon this goal. Let us thank and honor earth, nature and source for supporting our choice to ascend in this lifetime and assisting us in the fulfillment of our mission. Let us take a moment to receive the blessings back from earth, nature and one's source, as the gift of love comes full circle.

23. Sit in the bounty of the blessings for as long as you wish. When ready come back to the room and open your eyes.

We hope that this Solstice Blessing and Meditation leaves one feeling filled and at peace. We invite you to partake in this type of work as much as you wish. We invite those willing to join us at Masters Conclave 2003 to make the commitment now to attend. Many blessings are planned for those willing to extend of themselves in this manner. See the web site www.ascendpress.org for the details.

Until our next communication,
Namaste
The Earth Mother
The Tao