

Attuning Our Hearts to the New Age

By Sarah Root

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On a sunny fall day, eight people gather eagerly to take a quantum step forward in their spiritual development. The event is the first of five monthly Earth Heart Energy Attunements – meant to bring expansion to their hearts and to connect them with all of nature. As everyone settles in and gets tea, they speak of the importance of “staying connected”, not to the internet and smartphones, but to the heart of the planet and the heart of the heavens. In fact, this heart alignment has been key to most ancient earth ceremonies and most recently to “the shift” of 12/21/12, which heralded a new age of spiritual awareness on the planet.

The Earth Heart seekers come with a belief that energy attunements can transform them in profound ways. Each successive attunement will lead them ever deeper on this shared journey to rediscover their divine selves. Reactivating the energies regularly will make these spiritual changes lasting.

We establish a sacred circle and call in higher guidance. Spirit is already present, gently loosening accumulated tensions in preparation for the attunement: one woman says through tears, “The attunement energies are already coming, in waves of profound heart energy”. Quietly, we mention the many earth-centered traditions and their belief that the land is sacred and that humans have an innate interconnection to it. The group nods vigorously, feeling this truth stirring somewhere deep inside. They long to fully reclaim that bond: the tremendous joy of earth’s powers running through them and how that calls them to be guardians of the planet. It is time to reactivate our Earth Hearts!

In silence we step outdoors, mindfully kissing the earth with each step as we walk to the vortex in the forest. We settle into circle, embraced by ancient maples and sacred stones. A short guided imagery is followed by a rich, deep, powerful infusion of high energies – the attunement ceremony – and then we gently “come back”. One woman leans her head in gratitude against a giant tree trunk. Another lets herself fall backwards into the arms of Mother Earth, breathing deeply, letting the energies settle. The others wander off for quiet time, hearts open to receive the first moments of new sacred relationship with all of nature.

Afterward we share experiences with awe and wonder. Several people sensed a beam of light coming down into them. Ben says he felt it energizing him “spectacularly as a column of light”; Sally says it had a message for her: “See yourself as the world sees you: pure of heart.” Next Ellen shares, “I went into this afraid of my power. After the attunement I saw the sun inside me... I physically shook off [my] darkness... The sun got bigger and lighter in my expanded heart”. Deb speaks up, “I feel an outpouring of love and light within me; I’m doing it consciously.” Kevin chimes in, “My posture is totally different – because I’m standing in my truth and my power!” Each person is receiving expansion and wisdom, palpably, in the perfect way.

From month to month it is evident that the Earth Heart Attunements are having a cumulative effect. Alison gratefully says, “Working with these attunements is a smooth and peaceful experience – a gentle progression forward on my path, rather than a sudden jolting step”. Everyone nods. Megan explains, “It’s just been growing every day. I am one with the earth – feeling that groundedness – enmeshed with the planet”. An herbalist by trade, this has had quite an impact on the depth of her work with plants and their spirits. Kelly shyly mentions that after three attunements, she has been able to go off anti-depressants because of the new level of calm and grounding. “I can’t believe how happy I am!” she beams.

The Earth Heart energies were given by Spirit precisely for this time on the planet. We come away able to sense messages from nature; holding more of our light; walking with an “amazing sense of unity with other people and the earth”. It is the power of the human heart that is at the core of this awakening: our hearts are meant to resonate in oneness, peace, and life-giving love that will help hold the earth in balance. We stand at the brink of being “the new human”, here at the start of the Golden Age, on this planet that so clearly needs our help.

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