

## Embracing Divine Support

What does Divine Support mean to you? Let's pause for a moment and ask. We are embarking on an 8-week journey to become more aware of and connected to Divine Support. It's important in setting our intentions for this journey, that we have a clear intention at the start.

What does Divine Support look, feel and sound like to you today? And on a scale of 1 to 10 with 10 being the highest level of support, how connected do you feel to Divine Support in this moment. How would you describe experiencing Divine Support at a level of ten? I would love for you to pause at this point and record your answers before we move forward. We will review these answers in week 8, which will help us to see our progress on this grand adventure.

These are challenging times for many of us. Divine Support is limitless, versatile, expansive and available to all of us. During the next 8 weeks I intend to provide tools and techniques that will better equip us for the challenges we face as we begin to experience the Divine seeing us through everything and anything. I would love for you to know this in your bones!

The seven plants in this formula supported me during a very difficult time. They strengthened me, healed me, comforted me, guided me and restored my joy, to mention just a few. The plant community has stepped forth at this time to offer assistance. We don't have to do this journey alone. What a comforting thought, eh? I am sharing them with you so you may experience being supported by the Divine in new and more powerful ways. My vision is to see us all walk strong in our destiny, rather than our fate because we gave into fear.

The goal of our first week is to learn how to connect with the invisible world in a tangible way. We will do this by coming into present time so we can feel the energy in the bottle and through the power of intention connect to the plant spirits. We are working on the principle of “ask and ye shall receive.”

Through this process, with time and practice, we will come to know deep in our bones the limitless and versatile support of the Divine. This is the perfect week to work with the mantra, “Trust in the Divine with all thy heart and lean not on thy own understanding.” We can learn to trust without understanding the “how” it works. We get to practice “allowing” the process to unfold, just as a flower unfolds. Does a daffodil doubt spring will come? No, it knows it will come. It is not attached to when it happens, being March 21 or April 21. Spring always comes. It is this kind of knowing we are seeking to attain.

To begin with, let's learn a simple attunement process. First, I start with this prayer:

“I connect to the Creator of All, I connect to the Angels of Healing, I connect to the Spirit of Nature, and I connect to Divine Support. I open, allow and invite Divine Support. Thank you, thank you, thank you!”

Feel free to make this prayer your own. Add any additional support you may be currently working with, such as Grandmothers, Ancestors, etc. Use whatever words are in your heart and feel right to you. The idea is to state our intention that we want to connect to the invisible world for support.

Now take a few relaxing breaths and come into the present moment. If your mind is busy, repeat “quiet mind” until you feel yourself slowing down, becoming centered. If your mind is racing and won't slow down, you can do a simple energy

technique that slows the mind. Place one hand on your forehead and the other hand at the back of your neck. It may feel best lying down for a couple of minutes as you hold this position. Take deep relaxed slow breaths. Feel the energy balance between your front brain and the back. This simple technique balances the blood flow in your brain, returning you to a state of harmony.

Hold the bottle of Divine Support in your dominant hand. Focus all your attention in your hand as if you were trying to feel a friend's pulse. Be open. Close your eyes if it helps you to focus. You will feel a gentle pulse similar to that of a heartbeat. If you don't feel something initially, ask for help. Let Divine Support know your intention and wait. Be patient. Allow the process to unfold.

Most people I have done this exercise with, have been able to experience a sensation in their hands. Watch your mind, it will want to judge the process. This bottle contains energy from the plants and it is possible to feel this energy. All of life is of the light. Plants and humans are of this light. These plants have spent 24 hours a day outside absorbing this light. Light is energy and with practice you will be able to feel this energy.

Now that you can feel the energy in the bottle, go into "Observer mode" where you watch your thoughts, feelings and sensations in your body. Notice where you feel the energy flowing in your body. Notice if your mind is judging the process.

This is teatime with the Divine. This is a time to get renewed, refreshed and filled up. It's also about developing a relationship. It's not about escaping. Can you allow how your emotions feel? Can you allow how your body feels? Can you allow the stories your mind is telling you? Just notice what is happening. Sit quietly with your bottle for 15 minutes. Staying present, keep breathing in a relaxed way. Stay open to

whatever this experience is for you. Allow yourself to be surprised!

If during this process you experience energy moving in your body, you are likely a kinesthetic person who's primary way is sensory. A visual person interprets the world through seeing and an auditory person hears. We are all different. Be open to YOUR experience.

It is possible to notice the energy not flowing in your body while holding the bottle. Be open. By holding the bottle of Divine Support, you will be able to restore the flow of energy in the meridian pathways. Over time by working with Divine Support, the harmony will be restored. Be patient and allow the healing to unfold.

The above may seem hard to believe. During 2008 I held a specific bottle of flower essences (that I was guided to work with for that day), for 45 minutes, several times per week. I allowed the energy to heal my body. After several months, I was healthy enough to travel away from my island for dental surgery. This was my first off-island trip in twelve years. Previously I had been too chemically sensitive to travel.

This is an energetic treatment similar to acupuncture, without the use of needles. You are building new skills, so by week 7 you will be able to experience the same energetic treatment, which I am calling Energetic Repatterning.

While holding the bottle, you may also experience your body warming up; you may see colors or your stomach may gurgle. The list of possibilities is endless. Often our stomachs are the first place we experience any sensations. It's where we store our emotions and stress. Remember the energy will travel to where the energy is not flowing. Allow the process to unfold.

We are all unique. Celebrate whatever happens for you! Whahoo!!! You have just taken your first step in connecting with the Divine in a new way. You are developing a new muscle. With practice, coming into present time, and staying open and willing to be surprised, you will experience the power within this bottle.

I invite you to record your experiences with Divine Support in a journal. This will help you to integrate and assimilate your experience. And it's always fun to see progress!

### Becoming Energetically More Sensitive

If you desire to experience more energy through your hands, you can use clay packs to pull the toxins out. I have found by doing just one clay pack on friend's hands, they have become more energetically sensitive. Of course, the more toxins you pull out with repeated clay packs, the more energetically sensitive you will become.

Clay packs are easy and fun to do. Here are the directions.

1. Purchase some green or bentonite clay. Some clays have been energetically charged by crystals. Use whatever you can find. Even clay found along a riverbed or ocean is great.
2. Mixed 1½ tablespoons of clay with less than one tablespoon clean water in a glass or porcelain bowl. Mix with a plastic or wooden spoon until it forms a paste. Using any kind of metal with the clay will cause the skin to burn.
3. Place the clay on the palms of both hands. Rub your hands together to get the mud deep into your pores.

4. Rest for 10 minutes while the clay draws the toxins out of your skin.

5. Rinse with warm water. Pat dry.

6. Now hold your bottle of Divine Support and feel the difference in your hands. Do your hands and the bottle feel more alive?

Our hands are exposed to so many toxins and have gone to sleep. By detoxifying them, we are waking them up, enabling us to experience the energetic world we live in.

## Calming our Nervous Systems

Part two of week one is where we begin calming our central nervous system by getting Divine Support into our bloodstream. Stress causes our bodies to go into sympathetic overdrive, leading to many illnesses. By taking time for relaxation, the body is able to heal itself and return to a state of harmony. The two treatments below will bring about the relaxation response and are fun to do.

### Treatment 1:

Take a bath with Divine Support. You can also add ½ to 1 cup of bath salts such as sea salt, Epsom salt, etc. This adds an energetic charge, making the bath more powerful and relaxing. This bath is also detoxifying.

- \*Fill the tub with warm water, not to hot.
- \*Add bath salts and 18 drops of Divine Support.
- \*Use a rough washcloth and gently scrub your body down.
- \* \*Lie back and take a few deeply relaxing breathe.

\*Connect to Divine Support with a prayer. Set an intention to be restored to harmony.

\*Relax for the next half hour or as long as you are comfortable.

If you have a challenging time slowing your mind and aren't use to taking baths, use this time to connect with your body. Feel the energy of Divine Support coming up the bottoms of your feet filling every cell, atom and molecule with love and light. Feel or see it healing, cleansing, strengthening and restoring your feet. Allow this energy to nourish you. Gradually move up your body to your ankles, calves, and knees until you reach head. Go slowly. Give thanks for each part of your body. Take your time and enjoy the process.

When you feel complete, give thanks for the experience. Rise out of the bath, towel dry and record your experience. On a scale of 1 to 10, rate your level of well being before and after the bath. Describe this state of relaxation with a few key words. Record any insights or inspirations you received.

Treatment 2:

This treatment is ideal if you don't have a bathtub or want to experience Divine Support in a different way.

\*Create a peaceful environment. Disconnect your phone and set aside 45 minutes where you won't be disturbed. You may prefer a darkened room, perhaps with a candle or music.

\*Place 4 to 8 drops of Divine Support on a warm washcloth. While lying on your back, place the washcloth on the back of your neck. Lie still for the next 45 minutes.

\*Take a few deep relaxing breaths and come into your body. Notice the energy flowing in your body, restoring peace and relaxation.

\*By staying present in your body, you will be able to feel the energy moving and this will allow you to go into even deeper levels of relaxation. It is in these deeper states of relaxation, that we receive guidance. To still your mind, silently repeat “Divine Support” over and over. This will return you to the present moment.

\*Be willing to be surprised. Allow the process to unfold.

### If You Need Immediate Support

I realize some of you are in very challenging situations and feel a need for immediate shifts. If you feel guided, you can take the essence internally by placing 1-4 drops, (ask for guidance on the number of drops you need), then place the drops into a quart (2 large glasses) of water and sip throughout the day.

I also realize some of you have very busy lives and I ask that you do your best in the exercises above. Do what you are able to do. This is not about creating more stress. Connect with Divine Support even if it's only for a few moments. It's all about intention and with practice we will come to experience Divine Support in your bones.

In the next e-mail I will have a few questions for you to fill out and return. This will help me monitor your progress and assess the tools I have given you for the week.

The ways to use Divine Support are endless. If you are guided to use Divine Support in a new way, go for it!! I'd love to hear about it and what your experience was. It all comes down to listening and following guidance!

I have a poem from Rumi, translated by Andrew Harvey that I want to share with you.

## Revelations

All theologies are staws His sun burns to dust;  
Knowing takes you through the Threshold, but not through the  
door.

Nothing can teach you if you don't unlearn everything  
How learned I was, before Revelation made me dumb.

This is my beginning place and I welcome any/all feedback  
you have! By all of us working together, it is my desire to create  
a wonderful gift to share with the rest of the world in 2010. If  
any areas are unclear, confusing, etc. please let me know.

Have a blessed week. I look forward to hearing from you.

With a grateful heart,  
Rosie