

**I-A-5**  
**The Earthing**

It's in the roots.  
It's in the roots down in the earth.  
Connect into the roots.  
Then let yourself be rooted in the root.  
Then you never get lost.  
Then you belong here. You belong on earth.  
Your body lives on earth, and it lives in earth.  
It lives as earth on earth. So rooted. So one.  
You may be then a stranger to this world. You'll be a very dear familiar to this earth.  
You won't walk on the streets. You'll walk in the streets.  
Being truly rooted, not in this world, but in this earth.  
It is not your root.  
It is  
**THE ROOT**

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It is the root that lets you experience earth even in a city. Without the root you'll feel lost in a city, separate, not fully present. You'll identify with the surface. With the root you'll be that pulse of life so deep within your body. You won't be cut off from it so easily – because you know the root. As long as you have a body, you are able to connect, through your cells, with the root. Through the root you connect with the earth. You connect through the Inner Body into the Inner Earth. In the earth is the source of physical life. It is the source of your body and of any other form on earth. This source nourishes, enlivens, upholds, and regenerates your body. This source also pulls you back into itself. Gravity loves you. Love gravity, appreciate gravity, keep yourself aware of your relationship with it.

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A fully deeply relaxed nurturing easy body is the entrance into the mysteries of the earth. Tension is always a tightening *away* from the earth. The more tight your body is, the more pulled away from the life of the earth it is. The more easy going, fluid, full-blooded and full-fleshed your body is, the more the connection with the earth, the more in tune it is with the earth. When you then have an awakened awareness of it, you are able to read the earth in your own body. The mysteries of the earth are revealed to you. Within the earth, there are many dimensions of consciousness. By physically exploring them you gain entrance into them. By physically integrating them you become them. You start embodying the earth, and its many aspects.

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Long, long enough it has been hidden from the surface of the earth. It has been hidden because humans have separated from it. Humans, coming from the earth, have betrayed the earth. They step upon the earth utterly unconscious, utterly blind for the reality of their very existence. It was,

however, always present within the earth. The earth is being one with itself. Nevertheless, the earth is in a state of deep sleep. When human consciousness awakens, that allows the earth to awake. Then what is within the earth will be revealed on the surface of the earth. It is like all of life coming to new life, to full life. To awakened, integrated life. Here on earth.

Ask nature. Nature knows. Nature knows, and waits. Nature is nourished by its life within, and by the earth underneath. Nature is hurt by human distortion without. It quietly bears. It keeps living. It keeps knowing. It keeps responding. It keeps waiting. Waiting for humans to return. When humans return, this earth will not be the same any longer. The earth will be radiating throughout the universe. The earth will be like a sun. The universe will rearrange itself around the completion that has come together on and in this earth.

This will take a long, long time. Yet, it is true, now.

Know the response of nature to what you are being. Know it in your body.

Know the hurt of nature when you separate, up into the aloof mind. Know it in your body.

Know the blossoming of nature when you return. Know how it opens when you open. Know it in your body.

Be a tender openness.

Be it within yourself.

Be it within nature.

Be it and your body will be it.

Be it and the earth will be it.