

AES, Heart of Earth Treatment, Resonating with Planet Earth

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Introduction

Let's take a look at the Heart of Earth Symbol and Energy. This morphic field is a bundle of energy frequencies which are "turned on" by visualizing the symbol. The Heart of Earth Energy strengthens the connection between a person's heart and the Earth Heart for the downloading of differentiated energies from the Universal Heart.

The Earth has a torus or magnetic field as seen in the below figure. It may be this magnetic field is common throughout the universe. The Earth's heartbeat, so to speak, is called the Schumann resonance.

The Heart of Earth energy doesn't just help enhance a person's resonance with Earth's magnetic field and the Schumann resonance, but this energy can strengthen the bond between an individual and the Earth Heart. This feeling of Oneness with planet Earth can be a very heartwarming experience. It is very grounding.

Let's keep in mind what the AES is all about. The AES is not just about the ascension of an individual. But instead, it is also about the ascension of planet Earth, ourselves, and whomever chooses to join this journey into Oneness. In AES, the outcome is to consciously serve as a conduit of differentiated energies flowing from the Universal Heart, through our hearts, to the Earth Heart.

The AES experience is a process. The more we develop as individuals, the more refined the frequencies which we can receive and help transmit.

When we started using Focus, as we still do, there was some profound grounding and also clearing of the Earth chakra. The Heart of Earth Energy takes the next step, entering or enhancing that Oneness feeling with planet Earth. It is like a person's light body, or energy field, may integrate with the Earth's energy field more so when using the Heart of Earth Energy.

Try visualizing your heart torus merging with the Earth's torus or magnetic field. Do you feel a shift?

Try visualizing the Heart of Earth symbol, the crosses centered at your heart, extending to the Earth Heart (follow your intuition here). Do you feel the connectedness?

As the Earth undergoes more changes, this Heart of Earth frequency bundle (or morphic field) can have a stabilizing effect for our own wellbeing.

Heart of Earth Treatment

Mary and I start with a verbal prayer. We pray as we are led to. Expressing gratitude is important.

The treatments in this paper are split into two scenarios - channeling a treatment for another person and self treatment. The diagrams are below and should be easy to follow.

When working with another our suggestions include starting at the feet, then the heart, then the head, then beaming or just holding the energy, then back to the feet. The entire treatment should include visualizing the Heart of Earth Symbol, with the crosses centered at the heart. Also, why not visualize the symbol on yourself during the treatment. It is such a vague suggestion, to visualize the Heart of God Symbol extending to the Earth Heart. I suggest following whatever guidance you receive.

During a self treatment try just laying down, hands over heart. Visualize the Heart of Earth Symbol as above.

Intent is so important. Our intent during a treatment is to just connect with the Earth Heart. This energy has its own intelligence; the Heart of Earth Energy will do what needs to be done. Deep breaths, and especially an open heart, can lead to some wonderful experiences.

Additional Information

On a personal note, we usually work with the AES in the mediation room in Lisa (my wife) and I's home here in Nashville, TN, US. Either we sit or use the massage table as drawn to. We swap out treatments with each other and mostly learn by communicating with the AES Guides, etc..., as well as by experience. We do our best to be clear and open channels. Mary and I receive similar downloads of information to communicate.

This week (February 7, 2012) we both expressed the need for more clearing before we move forward with the AES. It is very important to Mary and I, to pay attention to clearing of beliefs or past experiences, which may be holding us back from being as clear and open channels as we can be.

These are simple treatments. This is a short paper. Notice how we are going in a step by step process. There is a definite direction we are heading.

Mostly I do the writing. But we do our best to speak as one as we complement each other well.

Just let the AES Energies integrate and work their magic so to speak. Try letting go of expectations and embrace the experiences.

The next paper will perhaps concern the Monad Energy. After the Monad Treatment is written, I suspect AES II will be written. There is so much we don't know. We will just see how AES flows into experiences and then words.

With Love and Light,
Lyn and Mary

Heart of Earth Treatment with Another Person Diagram

Heart of Earth, Hold the Person's Feet, Visualize, the Crosses of the Heart of Earth Centered at the Heart, with the Intent of Integrating the Energy Into Another's Energy Field as Well as Your Own, Visualize Heart of Earth extending to the Earth's Heart (Whatever that Looks Like to You), Deep Breaths, Open Heart, Visualize Heart of Earth on Yourself as Well as the Person Receiving the Treatment



Heart of Earth, Hands Over the Person's Heart, the Crosses of the Heart of Earth Centered at the Heart



Heart of Earth, Hands on Sides of Head of Person Being Treated, the Crosses of the Heart of Earth Centered at the Heart



Heart of Earth, Standing a Few feet Away From the Person, Hold the Energy, the Crosses of the Heart of Earth Centered at the Heart



Heart of Earth, Hold the Person's Feet, Visualize, the Crosses of the Heart of Earth Centered at the Heart



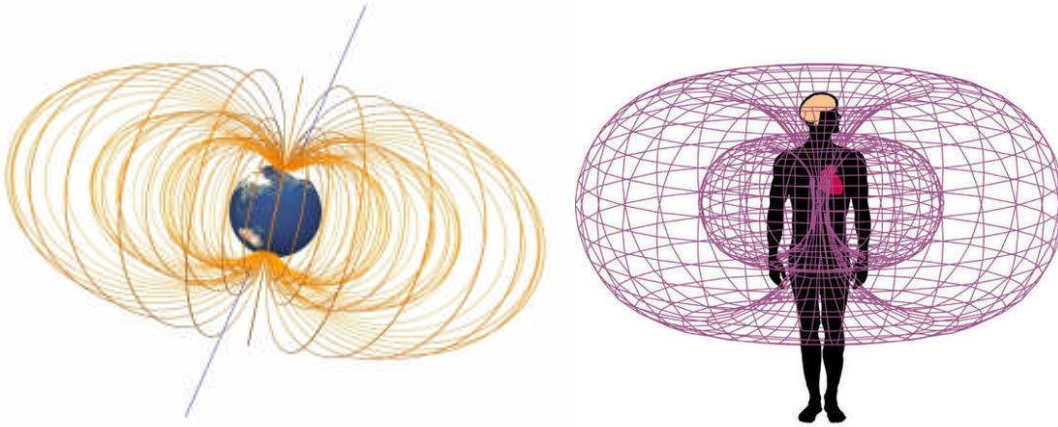
Heart of Earth Self Treatment Diagram

Heart of Earth, Visualize, the Crosses of Heart of Earth Centered at the Heart, with the Intent of Integrating the Heart of Earth Energy Into Your Energy Field, Visualize Heart of Earth extending to the Earth's Heart (Whatever that Looks Like to You); Deep Breaths, Open Heart

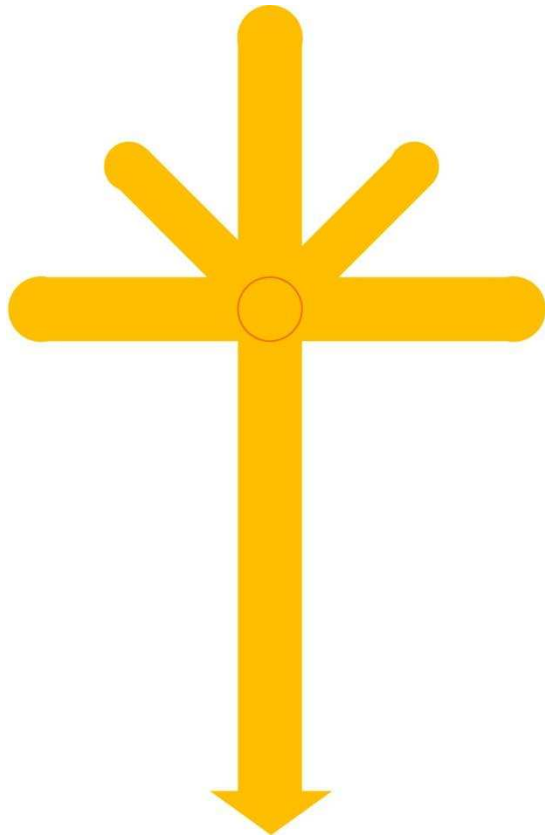


Merging Heart Tori with Planet Earth

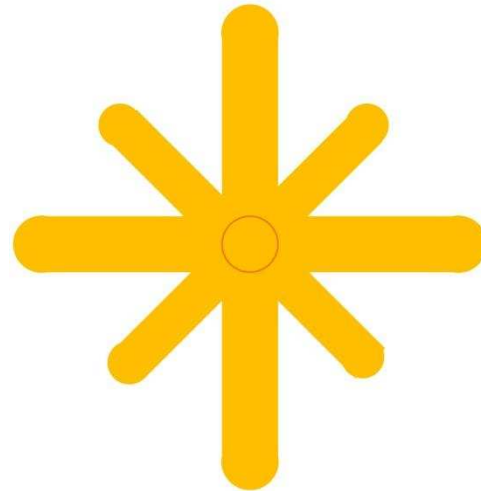
Visualize Your Heart Torus Merging with the Earth's Heart Torus or Magnetic Field



Heart of Earth



Front View



Top View