

Autumn's Exercises Bonus #1 Magical Notions
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The Many Aspects of Earth

Earth's premier exercise is *Grounding*, though once you've made your connection, there's quite a bit more this exercise can achieve.

1. You can use it as a healing tonic. As the light is receding back from your crown, you can focus on an organ or system that needs a bit of a boost. Focus and amplify the light as needed, then continue with the process of allowing the energy to return to the earth.
2. You can use it to revitalize by using the same procedure as above – except – do your amplification as you are drawing the light/energy up into your body from the earth.
3. You can use it as a shield – keep the torus in rotation – or amplify and freeze it about you. This takes considerable concentration and focus. But once you get the hang of it, it becomes automatic.
4. I've already mentioned in a previous Seasonal Feature how it has been used as a basis in spell-casting. Check out the Blog - www.magicalnotions.com
5. Don't forget to check out the *Exercises that Make Living Magical* section on the Blog

Address short questions to chris@magicalnotions.com