

Cosmo-Telluric Synergy (15,30 at the heart area)



(Toroidal Energetic Field, picture taken from the HeartMath Institute, www.heartmath.org)

Grounding and Earthing is most important, because without it we are at the mercy of life's pulls and pushes. If ungrounded we have more difficulty understanding ourselves. Consequently our reality can seem surreal. Connecting with the Cosmos is like the tree whose branches and leaves are rocked by the breeze; it opens us to new possibilities.

Did you know that there is a toroidal field around everything that exists? We can find toroidal fields around people, trees, fruits, plants, etc. It is around any living thing or individual. The toroidal energetic field is shaped like a donut with its center folding upon itself. Most toroidal activity contains two toruses, like the yin and yang aspects of a whole. One torus spirals upwards, one downwards. These tori are in continuous movement.

When a person is grounded as well as connected with the Universe, the flow of energies from the earth and the cosmos flow throughout the toroidal energetic field of the body and connects in the Central Channel which some people call the "Shushumna". The Central

Channel creates the link between the earth and the Cosmos. The circulation in the Toroidal Energetic Field creates constant movement which makes our energy flow, therefore preventing our energy to stagnate.

When both connections are in place, the energy from the cosmos comes down through the 7th chakra. The energy from the earth comes up from the first chakra. Both connect at the heart level, forming a synergy that helps energize and balance both thoughts and actions. It is then easier to do problem solving.

The exchange between the telluric or earth energy (anchored in this dimension), and the cosmic energies (universal potentiality) ensure a well balanced reflection between masculine and feminine energies. All people benefit from being in their Central Channel where our conscience has the most access to photons, the light particles that enhance the possibility of a more enlightened choice or decision.

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