



EMOTING EARTH  
ECOLOGICAL INTUITION

m.l.shafer

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**ISBN: 978-0-692-86341-1**  
**Vervain Holistic Studios**  
**Bloomfield Hills, Michigan**

**Disclaimer:** This is not a replacement for traditional medical care and treatment. It is an alternative and complementary eco-spiritual energy healing modality to be used with traditional medical care.

**To my children, Laura and Alex, our Millennial generation, and all sentient beings.  
May you experience the consciousness of the Universe as one involved in a  
conspiracy to assist you.**



**In acknowledgement of my mother and grandmothers who passed their Swiss  
Alpine healing wisdom down through the generations, from my 7<sup>th</sup> great-  
grandmother, Marie Barbe Marguerite Mansuette de Riedmatten Jacquemain,  
of Pouxoux, Lorraine, France – a wise Frenchwoman who fell in love and ran away  
with her lover, Pierre Joseph, to the Valais and lived happily ever after. Love rules!**

## Prologue

Deep ecology tells us we are emotionally and intuitively connected to the Earth.

So, who are we, really?

Softly, radiantly, the sun's rays of sublime warmth fall upon your skin like a hug of golden shimmer, and tumble gently into your calming heart. Your feet, like little shovels, root into sand crystals, wiggle and expand your consciousness to the touch of warmed salt water kissing your toes. Emanating from a patch of wildflowers over your shoulder, a tiny swirl of lavender perfume lilts on a summer breeze, fills your mind with peace and contentment. The sublime melody of ocean waves reach across the shoreline and into the stillness within your soul, drowns out the din of all the artificial man-made realities, and for this one sweet moment, you are free. This is Earth. This is You!

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## **We Are All Intimately Connected.**

Yes, it's factual, scientific, and so completely, gloriously real. It transcends all belief systems and manmade laws and realities. We are all connected to one another, to all sentient beings, to all the elements and the stars. We are born of the Earth, and each of us exists as an individual microcosm of our macrocosm known as the Cosmos.

God-ess. Universal Energy. Church of the Cosmic Saltshaker. Every one has a sacred name for what we know as Nature. The real world is the natural world, and it exists, as science does, whether you believe in it, or not. Everything else, from Wall Street to zero gravity pools in Belize to your favorite red bottomed FMP's are a human thought form of contrived artificial reality in comparison to the Cosmos.

Here's a quick overview:

It doesn't matter what your parent's lawyers told you during their divorce. Forget all of it and plug in this equation:

We = All energy and matter in the entire cosmos. If you don't believe me, check in with that world famous 21<sup>st</sup> century astrophysicist who followed in Carl Sagan's footsteps, Neil deGrasse Tyson. His modern research reveals how we are all connected to each other biologically, chemically and atomically to the universe. This, by the way, includes equal time for all animal and plant life. This is science, pure and simple. Consider what you are about to read as a hands-on guide map to discover your own personal eco-spiritual holistic path to the Universe. It gets you greater self-understanding, self-mastery and self-empowerment. You are about to intimately experience the art of cosmic consciousness and the interconnectedness of all sentient beings and your mother, Earth.

### **We all have internal and external realities**

External, or collective realities, occur on a daily basis, like the day your 3<sup>rd</sup> grade class went on a field trip to the zoo and you all saw the drugged out lions lying out on the fake rock terrain and asked your teacher if you could get your picture taken with one of them. Internal realities are the ones inside you that no one else experiences, like how it felt the first time you had sex,

and if you were lucky, you could share that with your partner and exchange notes. “What, you mean it wasn’t exactly the same for you? Huh? Really? You didn’t come, too?” You asked, astonished. You get it. I know you get it.

### **We all have a conscious and a subconscious mind**

This is the part where you know beyond a shadow of a doubt that if you wear that low cut dress with the push up bra to all the high school dances and blow every boy on the football team, you will get voted in for Homecoming Queen. Now, the other part of this is figuring out why you were driven to put this exorbitant amount of effort to organize, prioritize and execute such a goal in the first place. Perhaps the sobering turning point occurred as the police officer was shining his flashlight through the car window onto your bare little bottom bouncing in the back seat and hauled you into the station. You ponder as you wait in the holding cell for your parents to arrive. “Was I really that jealous of my competition who got the double D implants before I got mine?”. “Am I really that attention-starved as the middle child!” and “How could I let this happen – why, why?” You get it. Again, make friends with your subconscious. It will eliminate years of grief.

### **We all hold the ticket to our own power**

Everything you have ever, ever experienced, in both your internal and external realities are buried in your subconscious mind, like a hard drive of the soul. In that hard drive is a core wound, a shadow side, that will leak out and confuse you enough to ruin your precious life until you find it, face it and heal it. Then, it becomes your strength and power.

Carl Jung, the symbolist psychologist, identified the unconscious mind as the storage of every memory and experience of our life. Yes, it’s all under your hat, and it’s your baggage, and if you don’t make friends with it, it will leak out in the weirdest ways, causing you a lifetime of troubles. Trust me on this one - self-sabotage sucks.

### **We hold the keys to unlocking our power**

#### **Jeezy Key Number One: Self Mastery.**

Make friends with your Selves. Introduce your conscious mind to your subconscious mind and teach them to work together for your own gain. This is your secret gift.

#### Awareness Moment:

You just sit your sweet little Self down and have a good talk with your Self. Every morning, like clockwork, you wake up and say: “Self, I’m instructing both my conscious and subconscious minds to work together as one complementary unit in my favor.” Then seal the deal with quiet meditation by following your breath. Breathe in, pause and repeat the instruction in your mind, then breathe out. Roll it around in your heart a bit to see how it feels to you. Think about the goals you want to achieve and how reaching those goals will feel to you once you reach them.

Once you are comfortable with this process, you can begin adding specific intentions. Whatever your intention is, please quantify it within the now, the present. This opens a neural pathway within your conscious-subconscious mind to begin creatively processing the intent. Think of the volcanic eruptions under the ocean surface making new land masses.

#### Example:

“Self, I’m instructing both my conscious and subconscious minds to work together as one complementary unit in my favor, as I now creative an artistic, joyous and abundant life.”

#### Example:

“Self, I’m instructing both my conscious and subconscious minds to work together as one complementary unit in my favor, as I now release unhealthy emotional boundaries and create self-love.”

#### Example:

“Self, I’m instructing both my conscious and subconscious minds to work together as one complementary unit in my favor, as I now embrace a peaceful and loving home life.”

#### Begin:

“Self, I’m instructing both my conscious and subconscious minds to work together as one complementary unit in my favor, as I now (insert your intent here).”

Do this every day and keep it going until you wake up one morning and you really feel it in your gut, because that's how you'll know your intention is really churning and growing inside of you. It's the same creative energy that made the Earth and the Stars. Remember, you're Stardust, too. You have all the tools inside of you to do this. Then keep doing it. Let your self fantasize and dream about your intention. It's how you nurture that creative process and bring it into reality. You'll become consciously aware of the obstacles that are in the way of your goals, and you'll become aware of creative solutions to neutralize those obstacles. You'll find achievement and Self-mastery.

Self-mastery is the forbidden fruit from the tree of knowledge that the 1% is banking on you never getting to, and it will keep them flush. If you are confused, self-sabotaging and generally unaware, they've got you by the short hairs with a lifetime of combined minimum wage and a 30-year mortgage with triple the amount in interest. You'll ruin your health, vigor, beauty and sex life by running yourself ragged on their hamster wheel. Don't fall for it. Better to fall for your beautiful and wise Self.

### **Jeezy Key Number Two: Universal Mastery.**

Make friends with the Universe.

That's right. All energy and matter. The Earth and the Stars, and all the wonderful, magical elements that surround you. You may as well, because you are the microcosm of the macrocosm. Remember, you're here on the blue planet. We have something right here called elements: earth, fire, water, air, and then there's light from the stars above. Get well acquainted with them. Learn how to use all of them, because you are all of them. You are intimately connected to all of them and have the inherent ability to access their energies at any given moment to enhance your Self and your world. Let me explain further in the next chapter.



## **The Stardust in Us**

Earth my Body

Water my Blood

Air my Breath

And Fire my Spirit

– An Earth chant sung by indigenous children around the world. - Prattis  
2011

## **EARTH**

The only celestial body known to produce life. Nurture and recycle it.  
Be Earth.

The Earth is an amazing entity. Mother Earth gives and gives to us in an endless embrace of abundance. Every spring time the flower and vegetable seeds sprout up to beautify your world and feed your belly, nourishing your body and uplift your emotions.

Earth is a living body, a vessel of life that gives birth to new beings every day. Her seas hold the cosmic soup of the universe. Your body is made of Earth. Embracing her means embracing your Self. This book is your pathway to developing your personal Subconscious-to-Conscious integration. The goal is always to allow you access to attaining your awareness of the Eco-holistic natural you that exists in harmony and balance with all sentient beings. It's so easy to teach you about this because you know it already. It's in your DNA memory. I'm really just reminding you.

Earth Goal: Self-affirmation. Pathway: Safety and Security

## **AIR**

A universal power. The wind is everywhere and can move things. Big things.  
Be Air.

Air envelops the Earth, like a constant lover, and Earth breathes the Air, and the Air breathes the Earth. We breathe oxygen created by the trees and exhale carbon dioxide that returns to them. In our endless circle of breath, we join in their dance as the children of the universe that we are.

Air Goal: Attaining your inner clarity. Pathway: Breath.

## **FIRE**

The end product of the rapid oxidation of oxygen, fuel and heat.

A combustion of heat and light.

Be Fire.

Fire is the neurochemistry of the Earth. Beneath the sea, millions of volcanoes continuously bubble and churn red hot lava, creating new energy that regenerates and re-creates life. The neurochemistry in your brain and body mirrors that dance of life every time you have a new thought, a new emotion, and a new body movement. Whenever you paint a picture, write a song, make love, cook a delicious meal, put your mind to a task with determination or design a life plan, it's the same fire inside of you that ignites the creative process. Harnessing Fire with Air by following your breath bubbles up your strength and life force. It's the secret of Fire, and the heat that heals.

Fire Goal: Sitting within your core. Pathway: Creativity.

## **WATER**

The womb of life. It carries nearly all of the Earth's power and permeates the entire planet.

Be Water.

The Water in your body runs through you as rich, red blood, carrying Air (oxygen) and Earth (minerals, salts) and Fire (neurochemistry). Oxygen, nutrients and neuro hormones circle the inside of your body continuously, allowing you the daily knowing of movement, emotion, thought and healing. Water allows every part of your body to communicate with itself, accomplishing the synergy of life force the via flow. By connecting to the Water inside your body, you connect to your own energy flow.

Water Goal: Flowing in your own energy. Pathway: Healing.

## **LIGHT**

The main source of light on Earth is the Sun. Light from the Sun is the most important source of energy for life.

Be Light.

Light creates awareness and new consciousness as it enters your eyes to touch your brain through your optic nerve. Not only that, blind people and animals are effected the same way. Strange, yes, it's a strange world. MRI studies of blue light exposure to blind subjects activated the frontal cortex, the seat of alertness and executive function, stimulating neural pathways unrelated to vision. All it takes is thirty minutes of light exposure to give you a whole new outlook on life. The Buddhist philosopher, Golek Rimpoché, makes reference to a liquid light - a light that flows like water through your awareness. At 186,000 miles per second, it's not a bad deal. The light we receive comes from the Sun, a star, and penetrates in waves. This is the light we see every day that makes rainbows. Gamma waves are the highest form of light and are created by the nuclear fusion of exploding stars in black holes. We use these rays in gamma knife neurosurgery to dissolve brain tumors. Infrared light is the heat you feel radiating from your body, and it comes from giant clouds of stardust. Yes, we are stardust.

Light Goal: Growing your self-perception. Pathway: Awareness

### **Practicum: A Subconscious to Conscious Integration**

A simple act of awareness. So quick, so easy, so effective!

It can be done any time, anywhere, no matter whom you are with or what you are doing.

It will ground you, give you clarity, a sense of calm and allow you to access solutions you didn't even know were inside of you.

Begin:

With each hand, rub your thumb and fingertips together in a circular motion and keep doing it throughout this exercise. Subconsciously you are connecting your natural Earth body energy to the Mother Planet in an act of self-acceptance and self-love. You don't even have to think about it, because the connection is just there all the time waiting to be accessed. It's the awareness that is grounding you to the Now. It's the secret of Earth.

Breathe in deeply, expanding your chest and abdomen. Subconsciously you are creating space inside of your body for fresh nourishment to flow into your cells, awakening your conscious awareness in an act of self-affirmation. Inhale slowly and when you get to the top of the breath, pause and expand

before you exhale. The key is in the pause. Amazing things will happen to your consciousness in that pause. Solutions will come to you from deep down in your subconscious that you never knew were there. It's the secret of Air.

Taste and feel the wetness of the water in your mouth. Subconsciously you are connecting the natural fluids inside your body to the Ocean Water, the womb of the Mother Planet in an act of self-nourishment. Here you will activate a sense of calm and rest. You become one with the heartbeat of the Ocean waves, just like your heart pumps your blood in waves through your body. You calm and center as your emotions heal inside the flow. It's the secret of Water.

Feel the sexual fire at the base of your spine. Subconsciously you are connecting to the heat of the Sun held in the Mother Planet in an act of self-empowerment. As there is a fire core at the center of the Earth, so is there a fire core within your body. As the fire core of the Earth steams molten lava into new land masses, so you have the ability to create not only new humans from your loins, but also new ideas and creations within your own life. New creations forming in your subconscious will emerge into your conscious awareness, giving you those "Eureka!" moments. It's the secret of Fire.

Now, open your eyes to a naturally occurring source of light. Sunshine, moonlight, even a candle flame. Subconsciously you are connecting to the energy source of the universe in a very organic and holistic way in an act of self-receiving. You will feel energized with positivity and joy. It's the secret of Light.

Now, exhale. Follow your breath.

Do this every day. By the sixth week, you will have integrated this practice into your psyche. Here's a quick algorithm you can use. Take a photo of it with your phone camera and make it your lock screen photo for a few days to get started:

## **Subconscious to Conscious Integration**

Close your eyes.

Earth: Rub thumbs and fingers together in a circle.

Air: Breathe in and expand chest and abdomen fully and pause at the top of the breath (insert intention here).

Water: Taste and feel saliva in mouth

Fire: Feel sexual energy at the base of spine.

Light: Open your eyes to the light source near you and breathe out.

## **Neuroscience**

There's a delightful bonus in accessing the creative process during the Subconscious-to-Conscious Integration. At the top of your breath, inside the pause, you will actively change your neurochemistry, and in doing so, your perspective. GABA and Serotonin will increase and Norepinephrine will decrease, and you'll get calm, chilled and your focus will increase. You'll have created objectivity to whatever is annoying you at the moment. You'll create the neurochemical cascade in your brain that allows you to have total inner power and control over any intrinsic or external situation. It will allow you a window of time to become aware of the multiple perspectives of the situation at hand. You can then shift your perspective into one of the new solution choices for the outcome you desire. You grow in personal empowerment.

We all know that each one of us is the boss of their Self. This is a key pathway for getting there. You will open up to a new frontier of deep inner awareness that will show you who you really are inside, and what you really want for the time you are here – it's really all about what you want to do with that time.

You will feel a true connection to nature that will get you to your true purpose in life, which is the song your heart is born to sing.

You will come to a deep understanding that you are a precious and divine child of the universe deserving of loving kindness, joy, abundance and prosperity.

### **Practicum: Give negative energy back to the Earth**

Give all of your negative feelings to Gaia. The energy gets recycled into a new form of energy. The Earth will take it and compost it.

If you're hurt or angry, get to the top of the breath pause, acknowledge that pain, or anxiety, or fear, or sadness, or envy, or rejection inside the breath, and give it to the Earth as you release the breath, and keep breathing.

Troubleshooting:

If it comes back, you have a pattern, most likely rooted in a false belief that arose from an emotional trauma buried in your subconscious mind.

Heal that root issue and break the cycle. Love your Self through it. Work from the heart level in your chest. You can even put your palms over your heart and pant your way through the distress until you feel your body relax and let it go, just like the pregnant mothers panting through a contraction in the delivery room.

Note: This can encompass Inner Child work.

### **You and the Universe**

Being in the reality of interconnectedness with your Self, the natural elements and their universal energies allow you an incredible freedom. You get real! Down, dirty real. You get a liberated combination of conscious-subconscious awareness that kicks you right off the hamster wheel and out of the building, off the expressway and into the Cosmos. A state of being that takes responsibility for choosing and creating a peaceful reality. When you get good at it, then its iron clad and can't be tampered with, no matter what's going on around you. No matter how many horrid headlines you read on the news feed on your phone that morning that are designed to keep you living in terror and riding the hamster wheel. The beautiful, powerful, magical moment when you just know: It Doesn't Matter, and that gets you to who you are, where you connect, and where you belong with your Self and all sentient beings in the universe.

With love, joy and abundance to all.

Namaste.

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# ECOLOGICAL INTUITION

**As a species, humans carry over 400 million years of Earth knowledge and wisdom in our DNA. Concepts of deep ecology that defies species-ism and embraces the well being of all sentient beings and the Earth as our genetic Mother lay inherent within us, and is the key to ecological recovery with love and compassion as the ruling politic. We can do better.**

**INNER GREENING** is an eco-spiritual path to access your personal heart-spirit connection to Mother Earth, and all of her sentient beings, as a true and natural creative source of life energy. It's a key component to self-love and compassion, personal empowerment and understanding.

## KEYS TO INNER GREENING

- **Move past self-sabotaging false beliefs and illusions and into the clarity of the natural world – it's the key to personal truth.**
- **Steward the Earth – it's our only home and the key to our survival.**
- **Stop animal genocide – it's the #1 key to eliminating hate, violence, nuclear war and destruction.**
- **Eat an organic plant-based diet free of GMO's and pesticides– it's the key to health, longevity and quality of life.**
- **Feel peace – it's the key to co-existing with self and others.**



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