

Naked in the Woods
A Guide to Spiritual Nudity

Storm Moon

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Kindle Edition

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We stand as mighty oaks kissed by the Lady Spirit of Nature, just as leaves are kissed by the breeze. Father Sun sending loving shards of light deep within our souls, nourishing our roots. Slowly, patiently we take time to experience the flow of life, like sap in the trunk spreading to every branch and each and every twig. We stand as a bridge to the elements, rooted in the earth, flowing like water, the air our breath and the sunlight our soul. As does the oak, we stand as guardians to nature's great paradise. We bow in reverence to her great spirit. We shed our clothes, our worldly lives, our hectic existence, just as the oak sheds its leaves, standing tall. In this deep connection we find our true strength, our deep roots and the joy of simply being. We drink of her spirit in a divine union as she welcomes us into her magical embrace.

Contents

Introduction

Sacred Nudity

The Sacred Well

About the Exercises

Preparation

Introduction to Energy Work

Grounding & Centering

Bringing down light

Knowing you are “in charge”

After energy work

Notes and Disclaimer about the Exercises

Part One: The Naked Spirit

The Naked Spirit

My personal practice

Practical Exercises – Deepening your connection with nature

A short visualization to connect you with nature’s energies

Simple ways to enhance your connection with nature

Connecting through clothes

Camping in the Wilderness

The Green Man

The Symbolism of Clothes

The Chakras

The Wu Chi Position- Standing Like a Stake

Using symbols to open or close chakras

Part Two: Treasuring the Human Form

Treasuring the Human Form

The Million Coloured Rainbow

Physical Being and the Joy of the Flesh

Body Adornment

Ways to adorn your body

The Dune Walker

Part Three: Heart of Gaia

The Seven Senses

Energising and protecting your energy body

The Way of Water

Earth Energy Exercise

Sensory development

Sand Symbol Meditation

Sensory Awareness

Twilight Attunement

Connecting with Gaia

Tree Breathing

Tools to help you connect deeply with nature

Perceiving the Subtle Spirits of Nature

The MA Visualisation

The MA Symbol

Naked in the Forest

Part Four: Elemental Magic

Elemental Alchemy

Manifestation

Health, Vitality and the Metaphysical Elements

Life Energy and Abundance

The Four Naturally Created Elements of Life

Metal and Mist- The artificial elements of control

Submission to the Elements

[The Cycle of the Elements](#)
[Diagram of Elemental Symbols](#)

[Part Five: Sensual Journeying](#)

[Sensual Journeying](#)
[Creating a Safe Place](#)
[Pre Journey Visualization](#)
[The Cave: An Introductory Journey](#)
[Earthing: Sensual Journey](#)
[The Nine Elements: Sensual Journey](#)

[Part Six: Rites and Rituals](#)

[Drawing down the Moon](#)
[Working in a Group](#)
[Group Exercises](#)
[Ritual: Child of Nature](#)
[Initiation at Dusk](#)

[Part Seven: The Tribal Revival](#)

[Our Place in the Universe](#)
[Embracing the Flow](#)
[The Tribe of the Phoenix](#)
[The Naked Priestess](#)

[Bibliography](#)

[Glossary](#)

[About Storm Moon](#)

Introduction

This book will be of interest to anyone who wants to experience a deep and life-changing communion with mother earth, and the freedom and joy of knowing and accepting our true selves. It promotes our right to be free as we truly are, and encourages respect and love for our beautiful bodies. This book is a journey that begins with the symbolism of clothes and the joy of being naked in nature, and progresses through honouring our bodies to awakening our subtle energy awareness, bringing us in to communion with the spirit of nature. Part one deals with sacred nudity from a personal perspective. Part two looks at the body as a temple and why we should treasure the human form. In part three we learn how to connect deeply with Gaia, mother earth herself. Elemental magic is the subject of part four, including a look at how we are controlled. Part five looks at sensual journeying, a form of guided meditation, and part six introduces at group rites and rituals. The final part looks at the tribal revival and the new era of peace.

Sacred Nudity

Being naked in nature is a highly symbolic and deeply spiritual activity that has been used throughout the ages by countless earth traditions in their sacred rites and rituals. It is the giving up of oneself completely to a higher spiritual ideal. It is an ecstatic activity that brings us into intimate communion with nature and her spirits. Quite simply, it is to know and accept our true selves in mind, body and spirit. If we want an honest answer to the question: Who am I? We must first be prepared to accept ourselves without reservation.

Spiritual nudity holds the key to liberation through the senses. It is only due to our conditioning and false perceptions that we see the senses, and our bodies, as unclean. When we pay attention to and care for our senses and our bodies, they can take us beyond the coarser bodily senses to the subtle senses of the spirit. I call these senses of the spirit the chakra senses. They allow us to experience a union with nature, with each other and with the divine source itself.

The Sacred Well

It was a beautiful June evening and I was lucky enough to have the sacred well to myself. The stars shone down upon me with their ethereal light and the air was filled with magic. The moon too, was magical in her presence. A wonderful opportunity to connect, to dance, to be at one with nature. After removing my clothing I immediately felt free and danced on a grassy bank, twirling and turning like a dervish, like an elemental spirit set free. I danced with the fairies.

The well itself was equally magical, as we stood and peered into her mystical depths. The energy rising up our spines causing them to tingle in the slight breeze. As I walked to the source I could smell some of the beautiful flowers and trees that surrounded this most sacred of areas. The source itself provided an endless flow of pure water. I gulped it and splashed it all over, feeling instantly invigorated and shivering with the shock! Sacred well water is healing water and I could feel it heal me from within as I drank directly from the source. The water evaporating off my skin cleansed and healed me from the outside and the two forces me, totally embracing me, setting me free. Such an amazing feeling of ecstasy and being totally embraced by mother nature herself. I no longer felt cold in the breeze, but felt part of it.

As I walked further I empathised with the flowers and trees, I could feel their presence in a way that is impossible fully clothed in the daylight. I was one of these beings. I was a dancing sprite, overcome with the joy of simply being alive. This is what life is, the sky, the water and the earth. A sanctuary in nature that liberated me from the ties of society. For these few eternal moments I ran free as a stag

in a wood, flew like a bumble bee from flower to flower and soaked up the moons silver shards, as she too watched, and smiled.

It is one thing to take a shower in these gorgeous waters, but another to submerge in the life force of the goddess. As I lowered myself into the stream the cold instantly tingled and I breathed in sharply. Goosebumps and a feeling of liberation, a feeling of letting go. The waters gently bathed me and took away all my cares, all my negative thoughts, indeed all my concepts of who I was. They were replaced with a different me, a me that has always been there from the beginning of time. I had become part of nature and experienced her magical embrace. I looked up to the moon and the stars, up to the trees and down at the water. All were now familiar to me in a way I had long forgotten. They were like old friends, like finding my way home after a strange and weary journey through a dusty land.

I slowly climbed out of the stream and thanked her for the healing. My feet splashed onto the surrounding rocks causing wet footprints, like the tracks of some exotic animal never seen by human eyes. The breeze dried by, but left me with a coating of joy. A coating of Gaia's lifeblood, claiming me as one of her spirits. Everything looked so clear, like the water itself. Life is simple, it is all about connection. The moments of bliss embraced my whole being from the beginning to the end of time, I was changed, I was renewed, I had returned home.

About the Exercises

Throughout this book you will find energy exercises and visualisations for you to use if you want to, to bring you into closer communion with nature and to balance your own energy body. Working through these exercises and building them into your daily practice can help deepen your connection with nature and enhance your sacred experiences with the Earth Mother.

Most of the exercises can be performed either indoors or outdoors, although being outdoors will bring you closer to nature and her subtle energies, so do be outdoors if you can. The best times for such activities are at dusk and dawn. This is when nature is at its most beautiful and mysterious.

These exercises can also be done either naked or clothed. If you are performing them naked, please use good sense and discretion in choosing a place. Many of them can easily be performed in a secluded garden or in a deserted forest. If you are performing them clothed, please make sure the clothing is comfortable and not tight or restricting in any way. If you cannot find a good place to perform them naked outdoors, it is worth trying some of them naked indoors, so you can enjoy the feeling of being in nothing but your own beautiful body. Wherever you choose to do the exercises, make sure you are in a place where you feel comfortable and are unlikely to be disturbed.

Preparation

It is useful to get ready for this kind of work by preparing both mind and body. This also puts you in a psychological space of knowing you are stepping outside the hustle and bustle of daily life into a more subtle experience.

Before you start it is useful to have a bath or shower. You may wish to use aromatherapy to stimulate your sense of smell. It is important to only eat lightly as a full stomach causes drowsiness and lack of concentration. Drugs, smoking and alcohol should be avoided as they cloud and dull the senses.

You can prepare your mind using an imagery journey, meditation, and grounding and centring exercises.

Introduction to Energy Work

Most of the exercises in this book are suitable for both beginners and those accustomed to energy work, and any special guidelines will be given before the exercise description. I have included here some general guidelines for energy work. The first and most important guideline for energy work is that it should feel good to you. Never undertake any energy work that doesn't resonate with your heart and feel nourishing to your spirit. Two particularly important aspects of energy work are grounding & centring and bringing down light, so let us look at these briefly.

Grounding & Centering

It is important before undertaking energy work that you are grounded and centred. This is what allows you to become fully present in your body. It allows you to use discernment in processing your experiences, to harmonise mind body and spirit, and to know intuitively what your experiences mean to you. Some methods of grounding include imagining roots growing from your heels burrowing deep into the earth, or imagining that you have a long tail which is balancing you. Visualising a sphere of deep red, standing barefoot on the earth, or stamping your feet are also effective. Some methods of centring include any form of chakra clearing, focusing on your breath, becoming still and putting your attention on one symbol or mantra, or visualising an equilateral-armed golden cross over your solar plexus chakra. Experiment and find what works for you.

Bringing down light

To bring down light means to align yourself with pure, loving energy, and with your own inner self. This practice protects you, cleanses you, and opens your energy channels to allow positive and relevant spiritual experiences. You can imagine white light entering the crown of your head and filling your whole body. Alternatively you can see yourself in a sphere of white light, or you can breathe in white light and release tension on the out-breath. Sometimes you may find another soft coloured light is appropriate for you, for instance pink, light green, or turquoise. Work with what feels right. If you believe in angels, guides, God or the Goddess, you can ask them to clear the space around you and aid you in your work.

Knowing you are “in charge”

Sometimes during energy work or visualisation you will come across something that does not feel good to you. This won't necessarily be something harmful, it might just be an image during a meditation that does not resonate with you, or an energy that you find dissonant. Always be aware that you can come back to normal consciousness whenever you like. You can end a meditation whenever you wish, and you can use visualisation to cleanse and protect your energy field. Familiarise yourself with your safe place meditation on p. You can go there whenever you need to, whether during a meditation, or a stressful day. Focus your intention on attracting positive, healing energies and experiences, respect other energies, respect other people, love Gaia, stay centred, and let joy and positivity flow through you.

After energy work

After doing energy work it is important to take a few moments to ground yourself fully back in your physical body. This allows you to be present in the here and now and to integrate your experiences and wisdom. You can practice one of the grounding exercises given above. You might like to jump up and down, stamp your feet, or have something to eat or drink. It is also useful to imagine a shower of pure white light over your head which washes right through and over you, cleansing and balancing your energy field.

Notes and Disclaimer about the Exercises

The exercises in this book are wonderful tools for spiritual development and as such should be treated with respect. They are intended to be used by spiritually mature adults. If you have any physical or mental condition that may be affected by these exercises, please seek the advice of an appropriately qualified professional. After you have finished going on your journey or exercise please ground yourself, eating or drinking usually work well. If you are new to this type of work, do not overdo it. Use your own common sense and if you find yourself having any unwanted side effects, please stop. It is useful to have a friend, guide or mentor with which to check things out. Please do not use any of the meditations or exercises given in this book whilst driving or operating machinery. Please also remember that being naked in public is illegal in many countries, and the authors/publisher do not encourage that you should break the law! There are naturist camps, beaches and clubs available throughout the UK and USA and other parts of the world which provide a safe environment for naked experience of nature. There are also many enlightened countries where public nudity is accepted.

Part One: The Naked Spirit

Embrace of Nature

The trees, the warm and dry grass,
The heather and the sky,
A cloud floats past, then sunshine,
Bird-song and a babbling brook.

The comforting, rich smell of the earth,
The gentle coolness of a drop of rain on my face,
The wind in my hair...
and to my back.

A certain feeling of the embrace of nature,
As the wind softly blows through me,
To the core

The Naked Spirit

**"Only by being totally naked can we be completely free
- then we can lay bare the beauty of our true selves."**

Starclad, skyclad, or simply naked, the act of removing one's clothes in nature is profound, invigorating and totally joyful! It is a wonderful way to feel free and alive and just step away from all our everyday stresses and strains. Some people approach it from the point of view of paganism or Wicca, being skyclad in order to deepen their connection to the energies of nature. Or, it can be a way to relax, catch the sun, take time out, or spend time with friends and family. However you approach it, being naked in nature is a very invigorating and freeing experience which engenders a deep respect for ourselves and others, and encourages us to love and honour our bodies and feel truly happy and alive just as we are. To me, sacred nudity is more than removing my clothes. It is a deeply spiritual ritual that allows us to submit to nature and feel fully alive, awake and ecstatic!

Being naked in nature is the act of being totally unconstrained by clothing and being at one with heaven and earth, and it can help us to achieve a wonderful state of connectedness and peace. Clothes can act as a barrier between nature and ourselves, stiling the flow of our vital life force energy and symbolically binding us to society and all the constraints that it represents.

My personal practice

I like to go for a long nude walk deep into a forest, leaving my all connections to society miles behind. Then I will stop and concentrate on my breath to ground myself. I will sit on a rock or rest against a tree and allow nature to infuse me with her energies. All the senses will come into play. I will take a deep breath of the forest air and smell the freshness. I will close my eyes and listen to the birdsong, the wind in the trees and perhaps a babbling brook. I will feel the air embrace me and the sensation of the sun on my skin or the grass against my legs. Only then will I open my eyes and look around at the beauty of my surroundings, the majestic Scots Pine trees, the warm inviting grass, the birds and the clouds in the sky. If I am lucky I will see a deer or a hawk. Sometimes I will drink out of a brook and then submerge myself into its cool and vibrant energies. I will walk through the long grass and feel it against my legs. I will feel the heather beneath my feet and the wonderful sensation of mud squelching through my toes. All the time I am becoming more fully embraced by nature. After a while I become part of nature. I lie in the grass or the heather and look up at the clouds passing, losing myself in the moment.

Nudism is usually associated with warm sunny weather and sandy beaches. I have had many wonderful trips on warm sunny days and on large sandy beaches. The energy of connecting with nature at a beach is different to the countryside - both are equally wonderful. And so is going on a moonlit trip. I also find that walking in snow or feeling the rain on my skin to be very uplifting. There is nothing like a forest, just after rain! I love the smell of the sea or the forest in my hair after a trip. I have been out in all seasons and in all weather, all

have their own unique charm. The sun is warming and relaxing, but by contrast the wind and rain are very invigorating! If you have ever stood on a hill or cliff, naked or even clothed, with the mist and wind and rain hitting you, you will know what I am talking about!

Practical Exercises – Deepening your connection with nature

At the heart of spiritual nudity is deep connection with the energies of the natural world. The following exercises give you some suggestions that will help you draw closer to nature.

A short visualization to connect you with nature's energies

Find a quiet spot outdoors and sit or lie down. If you can do this sitting beside a tree, that's even better! Take a moment to breathe slowly and fully. As you breathe in, imagine you are breathing in a sense of peace and joy. As you breathe out, release any tension or worries with the breath. When you are ready, see, sense or feel the energy of the earth flowing upward to embrace you in a warm and loving sensation. Imagine the energies entwining you in the shape of a tree. This tree surrounds you and you feel totally grounded. Feel your roots going deep into the earth. Feel your strong, flexible body, at one with the elements. Sense your branches reaching up to heaven, drawing in light and nourishment, bringing you energy.

When you are ready, become aware of your breath once more, then become aware of the ground beneath you and of your surroundings. Become aware of the air around you, and of your body. Imagine the energy sinking back down through your roots into the earth, grounding you and leaving you filled with a wonderful energy. Welcome back!

Simple ways to enhance your connection with nature

Take time to explore and find out what will help you become calm, centered, and receptive to the relaxing and invigorating energies of nature. You might like to try some of the following:

- Use imagery work or guided meditation before, during or after a trip into nature
- Use energy work such as yoga, Chi Kung or Tai Chi while out in nature to allow the energies to infuse you deeply
- Meditate in a way that suites you. For example, concentrate on your breath, or just watch a waterfall or stream
- Use aromatherapy oils or crystals to help you settle into the correct frame of mind
- After an excursion, meditate and reflect on your experiences. Keep a diary.

- Eat only lightly before a trip, and avoid alcohol, spicy foods, smoking, drugs or other stimulants

If you are going skyclad, try going totally skyclad! Remove your shoes, jewelry, watch and any other electronic or mechanical items you might have.

Connecting through clothes

There will be many times when you are out in nature with clothes on, of course. Even the most dedicated nudist will find themselves in situations where the lure of shedding your clothes is outstripped by the risk of being seen by unenlightened people who consider your naked form distressing or offensive. Sometimes, no matter how hardy you are, weather conditions are just not conducive to a naked trip. You may be out walking in nature in the company of others who are not familiar with nudism, or who do not know about your beliefs. There are other possible reasons too, you may be a "sympathetic nature spirit" for whom it is impractical to go naked at all, due to a physical condition. You may simply be a bit shy! Maybe you are new to this practice, and want to start slowly. Whatever your reasons, you will want to ensure that your clothing in no way hinders you from feeling the deep connection with nature that you would feel while skyclad.

The first step is to define how you best connect with the spirit of nature. For example:

- Meditation or imagery work, while in nature.
- Working with your chakras and energy bodies, while in nature.
- Using crystals to connect, gather or align with natural energies.
- Connecting with the divine: invoking the serpent goddess (p), communing with God or Goddess, talking with Guides, Angels etc.
- Working with nature spirits or elementals.
- Connecting specifically with a tree, stone, or body of water.
- Just walking or sitting and enjoying your surroundings

You can practice these things whether you are skyclad or not, but clothes can be very restricting. Some clothes seem almost designed to interfere with your energy centres, as discussed in the next chapter.

Start by avoiding clothes that bind you. Keep clothes loose, wear only as many layers as you need for comfort; wear as few items as possible. Loose, flowing clothes with nothing underneath will help your energy flow much more than a suit and tie. Underwear is also very constricting, especially women's underwear, so avoid it if you can. Steer away from big brand names or clothes that come with an image attached, and try to stick to natural fibres where possible. Make comfort and ease your first aims as the less aware you are of your clothes the less they will hinder your energies. Choose clothes that make your body feel good. Even a trip to an icy glen on a chilly winter's day allows for a jumper you are particularly fond of, a soft scarf or snugly hat! In more temperate climes a floaty skirt, loose, long top or wide-legged trousers can work wonders. Consider also the colour of your clothes. Some examples include:

- Red for grounding, passion and courage
- Orange for strength, life force and optimism
- Yellow for sense of self, confidence, and the energies of the sun
- Pink for gentleness love and "going with the flow"
- Fuscia for flamboyance and material matters
- Green for calmness, connection with nature, meditation and

balance

- Blue for focus, concentration and communication
- Dark blue for the energies of water and the stars
- Black for mysteries, looking inwards, transformation, spiritual grounding and protection and the energies of the night
- Indigo for psychic powers, clairvoyance and astral travel
- White for universal light, purity, cleansing and protection

You might like to have a specific item of clothing or jewellery reserved for connecting with nature, in much the same way someone might have a robe set aside for rituals. This can be something inexpensive and ordinary looking. You don't need a £300 ceremonial robe! You will know that wearing this item will help shift you into the right headspace and will remind you of why you are wearing it, helping to keep your mind focused and free from everyday concerns.

If you perform energy exercises and follow these clothing tips, you will be able to feel a deep and abiding connection with nature no matter what you are wearing! This is when nudity ceases to be necessary to our connection and instead becomes what it truly is, a joyous and fulfilling experience.

Camping in the Wilderness

There are many ways to connect with nature, going for a long walk in the wilderness, swimming in a mountain stream, climbing a tree, exploring a cave... the list is endless. One way that I have found to be particularly beneficial is camping. The closeness to the ground, the harmony with natural cycles and even the sound of rain on your tent can be very earthy and wonderful.

Many naturist clubs have camping facilities, but why not go a step further and camp rough in the wilderness. Admittedly not for beginners, it is a profound experience. If you want to experience it to the full, you could even construct your own shelter, forage for food and drink out of a mountain stream. These activities are not without danger as water can often be contaminated by pollutants and eating food from the forest floor can be deadly to the novice. It would be advisable to go with a guide or friend who knows about outdoor survival, there are also many books on the subject. Imagine camping in a forest for a week and never wearing clothing, eating and drinking from what nature provides and rising and retiring with natural cycles, with your watch, mobile phone and other links to worldly life kept tucked away for emergencies only.

Naturally flowing water is energised with life force, it tastes completely different to tap water and can be very invigorating to swim in or to drink. Likewise wild growing berries, nuts, mushrooms and fruit are full of life force. In these days of intensive agriculture and pollution it is sometimes hazardous to drink stream water or eat the fruits of the forest, but if you can with safety, do so and feel the benefits.

There are many natural springs available to the public, which have

been deemed safe for drinking. The red and white springs of Glastonbury are amongst these and the water has a wonderfully energising quality. If you are not sure about the safety of a mountain stream, try drinking from these wells.

The Green Man

The Green Man story represents a return to nature. I have created my own version of the story based on one told to me by a storyteller, as is normal in the oral story telling community. Feel free to take the main points of this tale and use them to create your own Green Man story.

It was a long and arduous journey across very difficult terrain. On horseback I travelled many miles in the searing heat of the summer sun and to cut my journey short I decided to travel through the great forest. There were many myths about this forest and most people avoid it, fearing that they may become lost or pixie led. It was however the quickest route and would cut down my travel time by a whole day. So it was with some trepidation and some excitement I drew into the forest along a small track.

The track seemed to be well travelled at first, but quickly became quite overgrown. I began to doubt whether or not to proceed, but decided not to turn back. It was nearing noon and the sun was radiating with its full midsummer heat. I had travelled a long way and was thirsty and hot. My clothes clung to me with sweat and even my horse was beginning to flag. After some time to my delight I found a river. This river was flowing with fresh water and had luscious vegetation growing along its banks. I guided my horse downstream until I found a wonderful pool of water next to a cascading waterfall. At last I could rest!

I tied my horse to a tree by the river and we both drank greedily from

the fresh water we had so fortuitously found. It was the middle of nowhere, so I decided to strip off completely, peeling off my sticky clothes and putting them on the riverbank to dry off in the sun. With joy I jumped in the pool and swam, rejoicing in the cool water. I decided to explore a little and swam over to the waterfall, which was very loud and beautiful. I stood under the falls losing myself in the moment, feeling the joy of the crystal clear water cascading over my tired body. Wandering by the green bank I foraged for some edible mushrooms, wild and tasty. I sat and watched the river, resting my weary body on the grassy bank. The sun was not so high in the sky, so I thought it was time to return to my journey and thanked the river for its refreshment.

As I returned to the pool I was shocked to see no sign of my horse or my clothes. I searched around for a while, thinking I must be lost. Frantically I ran through the forest searching, but to no avail. All I managed to achieve was getting totally lost. It was now late afternoon and I was in the middle of the great forest, I was tired and frightened and lay naked against a tree.

I must have dozed for a good while, because when I came too it was dusk. The forest became eerie and I was aware of the seriousness of my predicament. I foraged around finding some wild berries to snack on and a few edible mushrooms. I found shelter in a small cave and after the initial shock became resigned to my fate. Perhaps someone would find me.

The next day was beautiful, I felt rejuvenated after spending a night in the forest. There was a slight mist in the trees and my belly told me it was time to find food and water. I spent that morning finding my bearings and by the afternoon could hear the rushing of the river. I ran towards it and jumped in, greedily drinking the fresh water. I

also found plenty of food to forage on the banks and sighed in relief, I could survive.

For the next few weeks I stayed close to the river and made a shelter out of branches and leaves. It was simple, but joyful. I found as time went on that the wildlife approached me and accepted me into their home. My friends became the hawk and the deer and I even managed to communicate with them in a primitive way.

Summer did not last long. It was getting colder and colder by the day, the water almost too cold to swim in. My shelter did not seem up to the task of keeping me warm, so I ventured to the cave I found all those weeks ago. Life became more difficult, most of my time was spent foraging for food or walking to and from the river. The days became shorter and colder. The food became scarcer and I began to worry about the onset of winter.

To keep warm I took one last swim in the river and then rolled in the mud, caking my entire body. I found some fallen leaves, as it was now well into autumn, and rolled in them. The sun had enough heat left in it to dry me. I became clothed in the forest and it kept me a little warmer. I gathered leaves for my bed and lived like a wild man.

As food became even more scarce I began to get hungry, eating only a handful of berries each day. I was cold and weak and could not manage my trips backward and forward to the river. I collapsed outside the cave and waited for nature to take me. Then something miraculous happened. A wolf bitch and her cubs had taken residence in a nearby cave and the wolf had become an uneasy friend as we co-existed. The wolf took it on to herself not only to feed her cubs, but to feed me too. I stayed in the cave with the small family for warmth and was brought rabbit, birds, rodents and other small

creatures. I slowly regained my strength and watched as the forest became white with snow.

The snow provided me with a source of water and the wolf continued to feed me throughout the winter. I learned to communicate with her using growls and grunts and when the snow had cleared ventured out into the forest again. It was now spring and the sun was beginning to have warmth. I could find mushrooms and as time went on, berries and fruit. Having spent three seasons in this forest I decided I now had my best chance of finding my way back to civilisation.

I journeyed further and further into the forest until one day found a settlement at the edge. I did not want to approach, as I was still clothed in mud and leaves. I feared that they would imprison me. Then, one day, I heard the crying of a little girl, many miles into the forest. I recognised her as one of the people from the settlement and approached her carefully. She was frightened at first, but I won her trust by offering her some wild berries. I led her out of the forest and to the settlement. I often wonder if those people developed a myth about a wild man living in the forest that rescued their child, as from then on they left food offerings at the forest edge. I took them gratefully, cooked food once again was wonderful!

I lived close to the settlement for some time and it drew into summer. The sun was hot again. I decided to venture back to the river and bathe in the magical pool by the waterfall. To my amazement there was somebody else swimming. A naked man, a weary traveller. As I got closer I found that he had left his horse tied to a tree and his clothes out to dry, just as I had, all that time ago. I silently put on his clothes and stealthily untied his horse and led it onto the path. When I was clear I rode off, leaving the unsuspecting man to his predicament!

The Symbolism of Clothes

"To be naked in nature is to be totally unconstrained by symbolic clothing and to be at one with heaven and earth."

Clothes are more than just items that protect and keep us warm - they are also symbolic. They are symbolic of the society we live in and the social constraints that we accept. Clothes can reflect status, wealth and creed, in addition to carrying out their protective functions. They vary from culture to culture and from climate to climate.

It is easy to see the social constraints provided by some clothes, uniforms for example. There are many different types of uniform; military uniform, school uniform, the wider uniform of the suit worn by so many and even the 'uniforms' or 'colours' worn by gangs. All these uniforms, even if it is the uniform of nonconformity, carry with them identification with a group and an acceptance of common ideals. Thus our clothes can symbolically constrain us. They rob us of our individuality and they become masks to our true identity, just as our persona changes with particular situations.

There are many specific 'clothing constraints' which are worth exploring. If we use clothes in the broadest meaning, we can see how many items symbolically bind us within social rules. A wristwatch is a good example. This is a means to constrain us into our obsession with exact time. We feel obliged to run to a well-scheduled timetable and portion up our time between tasks. The rise of the mobile phone as a fashion accessory constrains us to be in contact with the world at all times, even if we are out in the country taking time for ourselves. Technology in all shapes and forms, as a fashion accessory,

constrains us to our technological culture, and although technology has uses and can be used for good, it is important that we do not lose our connection with the natural world and the cycles of the planet which are a part of our lives, whether we are aware of it or not.

Try not wearing a watch for a day. You may find, like I have, that your perception of time is completely different from electronic time. I find that I can be outside walking in nature and think only an hour has passed, whereas many hours have actually past. I also find that I can connect better and enjoy my time in nature, I am not constantly checking the time and trying to schedule my life. I find that I notice subtle things and tune into the energies of Gaia more easily. It is immensely liberating and now I never wear a watch and hardly ever carry a mobile phone.

Of course, clothes can be used to adorn us, to bring us into a ritual space, to decorate our bodies, and to show that we are “dressed” for a special occasion, a gathering, or a professional get-together. There is nothing wrong with any of these things! But in this society, we have lost the innocence and joy of taking time to simply be ourselves, without clothes to symbolically label us. In the context of connecting deeply with nature and with our true selves, removing clothing can free up our energies to fully integrate with the natural world, of which we are a part.

In Eastern thought, there exist mystical energy centres called chakras. Each chakra has a particular function and is related to a particular area of the body. For example, the throat chakra is the centre of communication, and this is where we wear our ties! Chakra literally means 'wheel' or 'vortex'. In the west, we are beginning to recognise chakras as centres for our vital life force energy, which is sometimes referred to as 'Chi.' These centres are joined by meridians

that run all over our bodies. Some alternative therapies, such as Acupuncture and Shiatsu, work on these meridians and there are guided meditations and visualisation available that will help you to balance your chakras, as a chakra which is clogged, or out of alignment, or spinning too fast or too slow can affect your entire energy system.

We are now going to explore the chakras and their relationship to the clothes we wear. Clothes can be seen as symbolically covering each chakra, and therefore by removing them we can allow the energy of each chakra to flow free and to come back into alignment. I believe there are nine main chakras, two of which I have come to know through meditation and journeying. Each has a particular colour and element associated with it and they are part of a continuous energy flow through the body.

First we have the base chakra, which is deep red in colour. It is situated at the base of the spine and is our connection with the earth. It is our centre of security and it is vital that it is unconstrained so that we can connect with nature. The two energy circuits of earth energy and heaven, or source, energy are connected through the chakra system, the earth by the base chakra and heaven by the crown chakra. Being naked is the act of being totally unconstrained by symbolic clothing and being at one with heaven and earth. One of the most important chakras needed to accomplish this is the base chakra. Uncovering this chakra can bring profound connection with the earth.

Next is the deep orange sacral chakra, which is the centre of our sensuality, sexuality and reproduction. In most societies this chakra is the most closely guarded and constrained. Even if we reveal all our other chakras - we must not reveal our second chakra! To be topless

is often considered more acceptable than to be naked. This is because in this society we often confuse nudity with sexual desire, although desire has nothing to do with the amount of clothing we are wearing. We can be naked and feel no particular sexual urges, and we can be fully dressed and literally hot under the collar! This confusion of nudity and sex, combined with our attitude towards sex as something to be ashamed of, which of course it isn't, can lead to shame and shyness regarding the sacral chakra and its powerful energy. Uncovering it can help us to experience the sensual pleasure of the elements and nature, and to become at peace with our own body and its unique and beautiful energy.

The next chakra is the Solar Plexus chakra, the centre of our being. It is yellow in colour and is symbolically constrained in western society most of the time. This chakra represents our ego and self-interest: Money belts are worn round the waist. In more open and relaxed (and warmer) cultures it is often more acceptable to show this chakra. The Solar Plexus is also related to our sense of self, the more rational and logical functions of the brain, and our levels of confidence and self esteem. It is interesting that we only allow slender, beautiful women to show this chakra through the wearing of shorts and cropped T-shirts, for example. In actual fact, this area of the body is as beautiful as any other, and each person should be free to show and be comfortable with the Solar Plexus area, and with their selves, regardless of shape, size and the perceptions of others.

Above the Solar Plexus chakra lies the Heart chakra, which is bright green in colour. It is the centre of love and emotions 'the heart ruling the head'. It is also constrained in western society, and societies that value the intellect. It is less so in warmer climates and in places where intuition is favoured over intellect. Women are often taught

that their breasts, which are in close proximity to this chakra, are purely functional, or are sexual objects, when in actual fact it is perfectly natural to be topless, and to let your body be as it is, allowing your heart to be open and loving to others through acceptance of them, and of yourself. Think of the Buddha sitting under the Bodhi tree with a bare chest.

The thymus chakra, which is turquoise in colour, is usually covered at the same time as the heart chakra, as this chakra is located in the upper chest. This chakra represents passion, enthusiasm, driving force and spiritual inspiration. By covering this centre we can become uninspired and despondent, we can lose our passion, while uncovering it or doing energy work with it can bring a great sense of adventure and ideas and endless creativity.

The Throat chakra is next, it is sky blue in colour and is the centre of communication. This not only means verbal communication, but all forms of communication and self-expression, art, drama, writing, dance, and in any way we express ourselves. It is constrained in certain situations, such as when using a tie, but in more relaxed situations is uncovered. When we are expected to tow a party line, or act within a company policy, ties are often used. You can almost sense people trying to escape from well-tightened ties.

The Well of Dreams chakra, which is peach in colour, is situated behind the nape of your neck. This chakra is often covered up when wearing a collar, but is relatively unconstrained when wearing casual clothes. It represents dreaming, astral travel and daydreams - all of which are often discouraged by the pragmatic views we are taught.

The third eye chakra lies in the space between the eyes, diametrically opposite the pituitary gland. It is the centre of the intellect and is

prized in western culture. It is nearly always uncovered, but is sometimes hidden by helmets or hats.

Finally, we have the crown chakra, our connection with heaven. This is also prized and left uncovered in western society, as we prefer connection with heaven to our connection with earth. It is interesting to note that some monks shave their head. Perhaps this allows the crown chakra to open fully, thus allowing a deeper connection with heaven?

As we can see, each chakra has a particular function and most cultures constrain them to varying degrees. Those covered and those uncovered give us a clue to the culture, whether it is ruled by emotions, or the intellect and whether it allows freedom to communicate. In western society we allow the upper chakras to be uncovered, as we believe it is acceptable to operate from the level of mind, but the lower and more earthly chakras are covered, and the areas around them seen as dirty or forbidden. In actual fact, a balanced energy system means that all chakras are happy and bright, and none of the functions associated with them are seen as lesser or more than the others. When we are fully open and connected, our upper chakras are no longer the domain solely of mind and of everyday communication, but are centres of connection with divinity, with the unseen realms, and with spiritual insight. When we are fully open and connected, our lower chakras are seen as vibrant and vital, and the sensory experiences they give us are deeply connected to our experience of the world around us. Sensual experience and spiritual awareness merge in a holistic connection that is joyful and accepting. Being naked in nature is a wonderful way to experience this

openness.

Chakra Colour Location

Heaven White Above head

Crown Violet Crown of Head

Third Eye Indigo Between Eyebrows

Well of Dreams Peach Base of skull

Throat Blue Throat

Thymus Turquoise Top of sternum

Heart Green/Pink Middle of chest

Diaphragm Light Green Diaphragm

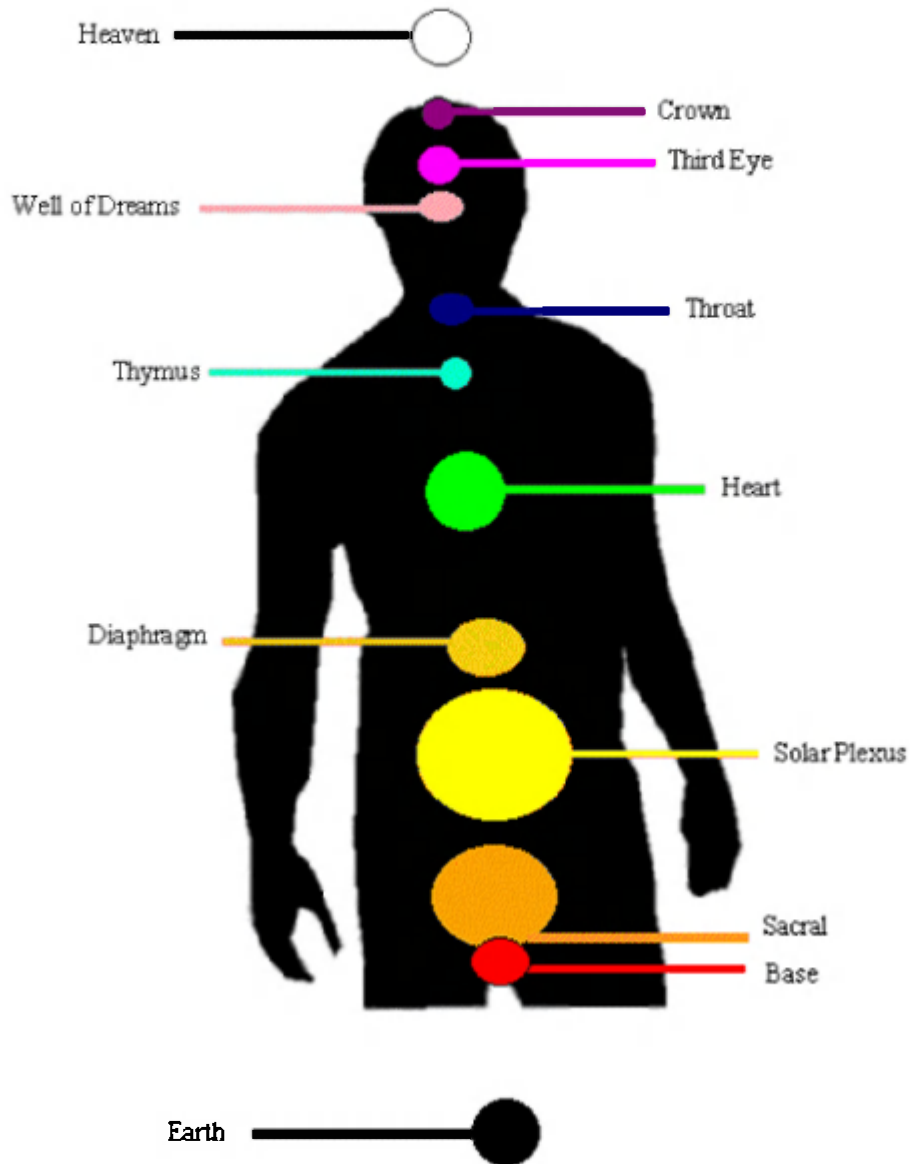
Solar Plexus Yellow Naval (Dantien)

Sacral Orange Ovaries/testis

Root Red Tailbone

Earth Black/Brown Below your feet

The Chakras



Working with your chakras

It is important to know how to open and close chakras. If we leave them open and unprotected we can be drained of energy and influenced by other energies. If we have our chakras closed during energy work, it will hamper our experience. It is therefore good to open them before you start a rite, guided meditation or sensory exercise and close them again when you are finished.

Stand in the Wu Chi position. This allows all your joints to open and your vital energy to flow freely. Now close your eyes and relax. If you wish, imagine being filled with water from the feet up, or imagine growing roots deep into the earth. Allow yourself to become centred, relaxed and sensitive.

The Wu Chi Position- Standing Like a Stake

If you are not familiar with the Wu Chi position use the following simple steps:

- Stand upright with your knees slightly bent, just enough to keep them from locking.
- Your feet should be a shoulder width apart (a foot width) and pointing ahead.
- Your hands should be hanging lightly by your sides with your palms open.
- Tuck your tailbone under slightly.
- Imagine an invisible thread on the crown of your head pulling you upwards like a puppet.

**This allows all your joints to open and your vital energy to flow freely.
Now close your eyes and relax.**

Imagine a violet flower on the crown of your head. Imagine this flower opening and a great spinning ball of violet light radiating outwards until it fills your entire perception. The crown chakra is associated with your transcendental nature and is your link with your higher self. When it has opened fully it is time to open the next chakra.

Imagine an indigo flower between your eyes. Imagine this flower opening and a great spinning ball of indigo light radiating outwards until it fills your entire perception. The third eye chakra is the centre of telepathy and the spirit. When it has opened fully it is time to open the next chakra.

Imagine a peach flower at the base of your skull. Imagine this flower opening and a great spinning ball of pink light radiating outwards until it fills your entire perception. This is the well of dreams chakra which is associated with dreams and visions. When it has opened fully it is time to open the next chakra.

Imagine a blue flower in your throat. Imagine this flower opening and a great spinning ball of blue light radiating outwards until it fills your entire perception. The throat chakra is associated with communication and self-expression. When it has opened fully it is time to open the next chakra.

Imagine a turquoise flower in your upper mid chest. Imagine this flower opening and a great spinning ball of turquoise light radiating outwards until it fills your entire perception. The thymus chakra is associated with drive, passion and motivation. When it has opened fully it is time to open the next chakra.

Imagine a green flower in the middle of your chest. Imagine this flower opening and a great spinning ball of green light radiating outwards until it fills your entire perception. The heart chakra is associated with unconditional love. When it has opened fully it is time to open the next chakra.

Imagine a yellow flower in your belly. Imagine this flower opening and a great spinning ball of yellow light radiating outwards until it fills your entire perception. The solar plexus chakra is associated with your sense of self, self-esteem and confidence. When it has opened fully it is time to open the next chakra.

Imagine an orange flower situated just below your navel. Imagine this flower opening and a great spinning ball of orange light radiating outwards until it fills your entire perception. The sacral chakra represents sexuality and all sensual experience. When it has opened fully it is time to open the next chakra.

Imagine a red flower at the base of your spine. Imagine this flower opening and a great spinning ball of red light radiating outwards until it fills your entire perception. The base chakra is where our life force energy is created - it is associated with vitality and physical security.

If you wish to connect with the earth energies try this exercise. Imagine a flower beneath your feet in a beautiful earthy colour, which resonates with you, such as brown, russet or green. Imagine this flower opening and a great spinning ball of light in your colour radiating outwards until it fills your entire perception. This is the earth chakra and helps you connect with the earth energies.

If you wish to connect to heaven energies try this exercise. Imagine a brilliant white flower above your head. Imagine this flower opening and a great spinning ball of brilliant white light radiating outwards until it fills your entire perception. This is the heaven chakra and allows you to connect with heaven energies.

To close your chakras, start with your base chakra and imagine a brilliant red glow filling your perception. This glow becomes dimmer and dimmer and contracts into a spinning ball at the base of your spine. See this ball spinning evenly and sense your chakra as clear

and balanced. Imagine a great red flower closing its petals over your chakra, covering it. Once you are sure that it is closed, move on up to your next chakra. Repeat this exercise for each chakra in turn, working up to your crown, and visualising the light and the flower in the corresponding colour for each chakra.

There are different schools of thought to whether open from the bottom up or the top down, the same is true for closing. Try both methods and use the one that works best. If you any intuitive images come to mind, use them as they are probably more suited to your particular energies.

Using symbols to open or close chakras

A variation on the above exercise is to use symbols to open and close your chakras. Choose a symbol which resonates with you and that feels good. You could use an expansive-feeling symbol or a symbol with very heaven energies such as the OM symbol to open your chakras and a protective symbol such as a pentagram or ankh to close them, or, you can use the same symbol each time. To use symbols, carry out the exercise as described above, with the addition of visualising your symbol over each chakra as it opens or closes.

The OM symbol:



Part Two: Treasuring the Human Form

Lady Nature

Soft breeze kisses our skin,
Naked within the grove we sing,
Leaves fall taking our cares,
Lady Nature answers our prayers.
Sunshine rain and dew,
Elements embrace us in all we do,
Lady Nature to you we sing,
Goddess, lover and the light within.
Night falls blanket of stars,
We bask in the sliver Moonlight shards,
Silence covers the grove,
Dance of stillness in a blissful flow.

Treasuring the Human Form

**“Only by being totally naked can we be completely free-
then we can lay bare the beauty of our true selves.”**

The human form, mind, body and spirit are part of the miracle of nature, part of the body of Gaia. We are as sacred as the rain forests or the great oceans. Our physical form is a great gift, a gift of beauty and wonder. It should be treated with utmost respect. True harmony only happens when mind, body and spirit are one. If we alienate ourselves from our body we become detached and aloof, unable to ground ourselves. If we alienate ourselves from our mind or spirit we become sensual thrill seekers. It is only when all three are functioning together can we function as well-grounded, spiritual human beings. If we feel shame about our bodies, how can we ever centre ourselves in them?

One of the greatest joys of spiritual nudity is accepting and loving your body! The more you embrace being naked, the more you can learn to accept your body. And the more you love, accept and respect your body, the more you will enjoy being naked. It is a positive feedback loop that will lead you to a great place, a place where you value your body for what it is, not what the media tell you it should be. To me, being comfortable naked is part of accepting our bodies. And accepting our bodies is an important part of being naked, as there is nothing quite like the freedom of being naked and happy

with that, alone or with a partner or like-minded others.

It is our birthright to be naked. To be naked is to be at one with nature with mind, body and spirit in harmony. To fully harmonise we must fully accept our mind, body and spirit. Our attitudes towards our bodies are conditioned by society. It is thought of as shameful to show our naked form. How can the beautiful, incredible physical vehicles we come into this world with, be shameful? We are conditioned to strive for a certain body shape and form. The female form "should" be slender. The male form "should" be athletic. So many people spend time and money and go to unimaginable lengths to change their body into a more socially "acceptable" one. Whatever body you have, whether you think it is too fat or thin, saggy or scarred, it is perfect. It is an object of great beauty, which deserves great respect. Trying to force your body to change into an unrealistic ideal form brings only pain and disease. Your body is an expression of your mind and spirit. If you try to change your body, you are trying to be something different to what you are. You are being unnatural! We all have at our disposal the very mind, body and spirit which is at its essence the expression of our true selves. It provides us with everything we need to harmonise with nature and experience enlightenment. Any other mind, body or spirit would just not do. If we can become happy and comfortable with our bodies, "warts" and all, we can become comfortable with our minds and spirits. To be truly comfortable within yourself is to become the expression of your true self. It is only when we are honest about all three and stop trying to manipulate them as if they were Bonsai trees that exist only to look pretty, that can we make any progress. That's not to say you

shouldn't take good care of your body – quite the opposite! But begin where you are now. Love your body as it is now, no matter what disease or discomfort you have. After all, this is the only body you have, your one vehicle for experiencing the wonder of being alive. It is more likely to be a healthy, happy body if you treat it with respect and love than if you curse and abuse it.

In modern Western society it is unacceptable to be naked. This reflects social hang-ups, values and conditioning. In a society which is not comfortable with nudity we must ask whether it is comfortable with itself. Too often is the human form manipulated into an advertising tool, a means of control, or a means to extort profit. Even in naturist settings, there are clubs that will not admit single men because men are seen as a threat, and the sight of an erect penis is to be avoided at all costs. Yet the functioning of the human body is perfectly natural, and should not be an issue. Sexual feelings are not dangerous; they should simply be accepted as a part of our experience and then, if the situation is not an appropriate one for expression of them, they can be put aside while we focus on other things. This societies obsession with and demonization of sex makes it into an issue that it need not be, and this alone can prevent us from accepting and rejoicing in our beautiful bodies. The fact that society is not comfortable with nudity suggests that it is limited in the way it perceives human form. It sees it is a sexually provocative object, which should express particular characteristics, such as being slim, large busted and unblemished. This image reflects the thinking of society, as it is presented in the tabloid press and popular television. It does not accept the human form, and therefore is not

happy with its own form. The individual members of society are equally unhappy with their form. This all points to a general lack of self-acceptance and harmonisation of the mind, body and spirit. Being naked in nature, or indeed at home or at a naturist club, can change this, teaching us body acceptance and respect, which is a route to joy and love for oneself.

The body should be treated with great respect. Honour your body by taking steps to eat well, exercise appropriately, sleep well and take time to relax. Smoking and drugs poison the body and cloud the mind and are best avoided. The water we drink is also important, it should be free from chemicals and bottled water (or fresh stream water) is the best. Exercise should be healthy, fun and uplifting, not a punishment, so choose something you love! Practising Yoga, Tai Chi, or Chi Kung, and meditation is very beneficial to health as are a number of complementary therapies. Reiki, massage and Shiatsu allow us to feel the warmth of the human touch again and also help us to break down social barriers. It does not matter what your body looks like, just treat it well. You will enjoy your experience of connecting with nature so much more, and the connection will be so profound, if you take steps to care for your body, the amazing interface between you and the physical world. Take time to look after yourself and give yourself time just for you. Learn to love your body and you will feel all those unhelpful barriers collapsing as you reach out to connect with nature, and with life.

Any form of expressing the body in a disrespectful way has a dehumanising effect. This can be seen most blatantly with pornography, where people are seen as mere sexual objects. To abuse your body with drugs, alcohol, junk food and negative emotions are all ways of expressing your physical self in a disrespectful way. We can also see this in large hospitals where the pressure on our health service results in patients being treated quickly, without the personal touch we all need. All forms of healing have a place, and I am not suggesting for a moment that anyone should refrain from medical treatment or from seeking medical help. I am however suggesting that we embrace alternative forms of medicine and energetic medicine, so that we can find ways of treating disease that focus on the whole person and work on an energetic level, rather than having to first treat by cutting, drugging, and manipulating. It is important that medicine be as natural and gentle as possible, treating the whole person with the minimum of damage and embracing holistic ways of being.

When we leave this life, it is important that others respect our bodies after death. Just because we no longer inhabit them does not mean that they suddenly become objects. To disrespect a corpse is to disrespect the person, their life and their family. In this society we butcher and dismember our dead. There is great scandal at the degree of disrespect that includes storing body parts in jars as interesting oddities. The dead should be treated with respect and returned to the earth in the most natural way possible. The body is sacred, more sacred than any church or man-made object, and to treat it otherwise is to defame both yourself and others. So love and

respect your body, and treat yourself as the miracle that you are!

The Million Coloured Rainbow

A human being is a hub of awareness, a divine spark of the Universe. Individual consciousness is the means by which the Universe self-actualises, grows and understands. Human beings function on many levels ranging from physical to the highest spiritual realities. They are dynamic energy systems, intimately connected to the Universe in a way that changing one part will have ramifications for the whole. They do not have unique, inseparable components, but share in a sea of physical and metaphysical elements that come together on a moment by moment basis to create life- ever changing in shape and flowing like water.

Take the physical matter that constitutes our bodies for example. Each atom has its own history and has been around for many times longer than our lifespan. Matter is produced in stars and released in supernova explosions. This matter then crystallises into stars like our Sun and planets like our Earth. We only borrow the matter to make our bodies. We are continually growing and regenerating, integrating new material into our bodies and excreting the old. Every time we breathe we take in billions of new Oxygen molecules and bind them to the haemoglobin in our blood. We then breathe out billions of Oxygen molecules in the shape of Carbon Dioxide, thus recycling the elements within us. This happens with our food as we constantly recycle and renew our bodies with new material. The body we have now is a completely different one to the one we were born with. According to the theory of particle physics, the atoms that constitute you now, may have been part of somebody completely different in the past.

This process of renewal is not limited to the physical. We are constantly interacting with our environment through our senses and our subtle energy bodies. These too are renewed. Our mind itself is a continual process, like a burning campfire. What it gives out relates to the fuel that it burns. The fuel includes past memories, thoughts, sensory experiences and subtle energy interactions. How many of our thoughts are truly our own?

We take physical form to experience separateness. Much of our reality and what we define as our selves is created by the functioning of the physical body. The intellect is formed by the higher functioning of our cerebral cortex. Desire for food, sex, security is created by our survival instincts in our reptilian part of our brains. Above all, it is our senses interacting with the Universe which defines our existence, our beliefs and our sense of self. In essence it is the process of perception that gives rise to consciousness. Take a tree for example, it has a physical form that reflects sunlight in a certain way. This sunlight enters our eyes and interacts with the cells in our retinas which in turn send a signal to the brain. We then perceive an image which we interpret as a tree, which leads to a cascade of thoughts, emotions and judgements, an inner dialogue which creates consciousness. This process is mechanistic in nature and is a natural part of a physical existence. All life-forms, animals, plants, people, take part in this process and the complexity of their nervous systems dictates how this process unfolds. This is not however the complete story, as there is more to life than the mechanistic.

Consciousness may be created by the process outlined above, but who is conscious? It is the Universe itself that is conscious through your eyes. This consciousness is the real you, it is your life force, your

spirit, your soul. This consciousness is both one and undivided and separate at the same time. This separate aspect is what we call our soul. It is separate in the way a drop is momentarily apart from the ocean, but it is still part of the ocean and was originally from the ocean, indeed it will one day return to the ocean. This separation is maintained by our own sense of self, the stronger that is the more stable and definable is our mind.

Each thought, memory and perception we have has a deep effect on the sense of self we create, and has repercussions throughout our physical and energetic bodies. This then effects how we think and act, which radiates out in a ripple pattern to affect those around us, and the events of the country, and the state of our star system, and the Universe itself. Each tiny interaction layers one on top of another to form an indescribably intricate web, and each movement we make and breath we take is changing and reweaving this web.

We can choose how to define ourselves. We can choose our own mind and continually create it, shape it and expand it. Unfortunately as we are part of a society that carefully conditions us, our minds are constrained within its limitations. Take the rainbow, we all know it has seven colours and can point them out easily. The rainbow is in fact a continuous spectrum of light with limitless colours. We can choose to have a seven-coloured rainbow or we can choose a million-coloured rainbow.

Society conditions us carefully from birth. Firstly it makes us feel guilty about our bodies and natural desires. It makes us feel dirty and defiled. We learn we can only gain acceptance by following rules and putting others, such as parents and teachers, above our own intuitive knowledge, and denying our bodies. Many of us when we get

older have created destructive patterns, buried deep in our psyches. These patterns lead us on a path of self debasement and hatred at a subconscious level. This guilt and shame leads us to punish ourselves. We continually find ourselves in negative situations, relationships, money and jobs and cannot understand why. The patterns, or ruts, run on an endless loop as we seek to subconsciously punish ourselves for our perceived diabolical behaviour.

A society that lives by these rules will eventually deteriorate into greed and selfishness. As our patterns play out we do not see our divine selves and suffer from depression and take solace in indulgence. Hedonism becomes our new god. We exist merely to experience pleasure, an ironic twist to the original use of the senses. Instead of growing and refining our senses to more subtle, metaphysical levels, we require more and more stimulation. We turn to cycle of abuse, drugs, alcohol, sex and food. We require overload to function, continual loud music, garish supermarkets and pornography.

This is what has happened to the western civilisation. Guilt ridden and feeling deep shame about our bodies, we indulge our senses and become insensitive to our fellow humans, animals and our planet. We wage wars inspired by greed, we farm and torture animals and destroy natural resources, inspired by our insatiable appetites. We do not notice the destruction of rain forests or animals, the human rights abuses, the millions starving. If we stopped for one moment to distract ourselves, we may hear the voice of our patterns. It would tell us that we are greedy and disgusting and we try our best to prove it right.

These patterns are here merely to control us. They have no substance

and can be wiped out. They are based on a lie and if we once see the reality of our lives and our souls they would cease to be. We would again take pleasure in simple things and feel a sense of awe and wonder at the night sky. We would see our bodies as beautiful and wonderful temples for our souls. We would see our life as a continually growing fire of joy, a forever deepening experience of the Universe and as a divine spark looking for understanding.

Physical Being and the Joy of the Flesh

“It is not the content that is important, it is the process.”

When we are born into a physical body we learn how to hold a form. We cannot hold this form for long at first, so require lots of sleep so our soul can travel back to the spirit realm. As we learn to hold this form and become accustomed to physicality, we need less sleep. This is why babies sleep for most of the time, whilst the aged can survive on very little sleep.

The form we take can vary wildly, and can be anything physical; a rock, a tree, a mountain, an animal, a fish, a bird or a swarm of bees. Everything in the physical world is alive as such and contains a soul that is undergoing the process of enrichment.

All the knowledge of the Universe is accessible to those who are advanced enough on the spiritual plane. Nothing is lost at death, Shakespeare's plays, Einstein's theories, Picasso's masterpieces. All are contained in the vast energetic store of knowledge and experience present on the astral planes. Even if the Earth should be destroyed and every physical crumb of human knowledge burned to ashes, nothing is lost of the experience and knowledge, masterpieces and musings.

What is lost is far more valuable. What is lost is a rare and beautiful physical realm, a planet just the right size, just the right distance from a suitable star, with just the right attributes for life to evolve. Souls of course occupy other physical realms, the rocks on the Moon, the dust-storms on Mars, the stars themselves, but they do not have life. Life, as defined by science, has characteristics that make

enrichment for souls much richer. This is due to the senses and the presence of a physical body that acts as a crystallisation point for consciousness.

The enrichment talked of here is that of experience, that of solidity and vulnerability that comes from having a physical body. It is more than just learning, it is a process of reflection, integration and growth. In the spirit realm a soul can go wherever it likes in time and space, it can take whatever form it likes from a ball of energy, a construct of thought, through to humanoid and animal shapes, with every possible variation in between. It can merge with other souls and the Universe, it can even choose to disperse completely. It does not have needs as does a physical body, needs for food, air, water, security, warmth. It is relatively indestructible and can shape-shift endlessly to create its own reality. It can change its environment through thought, it can experience levels of ecstasy and oneness physical beings can only begin to dream of. It is vulnerable though, vulnerable to stagnation, to dispersal and most of all to confusion over a sense of self.

This sense of a separate self is a hallmark of a physical body. A body is an independent agent that has many needs in order to survive. It operates through its physical senses and becomes grounded in the physical environment, which it cannot change so easily. Being in a physical body teaches a soul selfhood. It teaches it boundaries, self and other, very hard and defined boundaries. It teaches it separateness in thought and experience. It teaches it to create a self-image, as a physical being sees itself as its physical likeness, one that stays with the being and changes as the body changes.

It also teaches the soul how to create an inner form. This is the

organisation of thoughts, emotions, archetypes, metaphysical elements and constructs that make the psyche of the soul. This is taught by the process of a child growing up and learning about the world, itself and its place in the scheme of things. A person develops interests and a career, learns what it is to be like to be a mother, father, son, daughter, lover, loner. It defines its inner reality by its outer experiences. This process can be painful, fire burns, all physical bodies die, and are prone to diseases, hunger, thirst, and the emotional pain of separation.

Equally so, the process can be ecstatic. Sex is an analogy of spirit bonding, where two or more spirits merge in a platonic fashion, to give energy and love. On the physical plane sex lets us come as close as we can to another being, and teaches us our most intimate boundaries, it teaches us how to relate to other beings, it also teaches the sadness of separation, anger and jealousy. It turns us upside-down and forces us to redefine ourselves.

We also learn about patience and craftsmanship. In the astral plane we can make what we want, instantly and perfectly, according to our design. On the physical plane we must learn how to use our bodies in order to produce things. Humans are very adept at this, and this is one of the main reasons souls become human. They can learn much about defining themselves and holding a form in other modes of physical existence. They may learn about the elements by being a plant or a stone, they may learn fear and ecstasy through being an animal. They may choose to learn these lessons before, or after a human incarnation, or not at all.

Many souls choose to return to the human realm time after time to perfect craftsmanship. This can be in a conventional sense, such as a

painter or a carpenter, or can be the mastery of writing a novel, or intellectual pursuits, or it can even be the mastery of healing or spiritual pursuits, such as Tai Chi or training their voice to sing in a choir.

The problem is most people do not know why they are physical. They do not remember choosing to come here and they do not remember why they came. They then spend a great deal of valuable time and energy trying to figure out the answers to these questions. Sometimes they give up, sometimes they descend into despair. Many don't know why they are here and don't even seem to care, indulging in hedonistic pursuits. All these people will learn something, as it is the physical life process itself they have come to experience. Learning in a conventional sense does not apply, what matters is the school of life. What matters is creating and expanding a sense of self, becoming adept, shaping vital energy in a slow and imperceptible process, like the action of water buffing jagged rocks into smooth pebbles.

Physical life is valuable, very valuable. Human life is very rare and extremely valuable, like finding a diamond in the mud. There are countless souls in the Universe, there are relatively few physical planes for these souls to inhabit, most inhabit the astral planes and higher in energetic form. This is a mirror to the physical Universe, most is energy but there is only a small amount of matter. For a planet to contain life in any form is rare, but for intelligent life to evolve is a miracle.

It is part of the responsibility of humanity to grow and evolve, to reach out for the stars and inhabit other planets. This will increase the number of human bodies for souls to inhabit. Mankind also has a

responsibility to the planet, the spirit of Gaia, to act as her guardians and work with her energies and the many other souls that live with her. We are the lucky ones, as the human soul group lives closely with the planet Earth and human souls are repeatedly born into human bodies, if they so wish. There are great masses, trillions of souls, countless and more numerous than stars in the Universe, many never get the chance to become physical.

Body Adornment

“Sharp needle, etching skin

Sweet clean scent, sinking in”

Body art and painting have been used by tribal and modern cultures alike. They help us to express ourselves, adorn and worship our bodies and play an important role in ritual. Connecting with Gaia can be enhanced by body adornment. Perhaps one reason it is not used much in the West is due to the fact that we normally cover our bodies with clothes.

As you will see in the Child of Nature ritual later in this book, body painting and adornment can be an intricate part of spiritual nudity. Sometimes we feel we want to go further than being naked, so we adorn our bodies and make them temples. Some people become smoothies, that is, remove all body hair. This ritual stripping somehow helps them to connect more deeply. The sensations you feel with body hair are very different to those you can feel when you are totally smooth. Some people think that shaving off body hair is unnatural. If you feel this way, that is fine and you should keep your body natural. If you feel differently, that is fine too, just as long as any body alterations or adornments feel natural to you. Body adornment is a personal act of worshipping your body, the important point is that it comes from the heart and not from conditioning or peer pressure. Experimenting with body adornment for its own sake,

or during ritual or meditation, can bring you into a special place, a place where you feel your naked body to be not just natural, but a beautiful and amazing creation, a temple and an interface between the divine energy with you and the divine energy in the world, which are one and the same thing.

Some people adorn their bodies with piercings and tattoos. This helps them to worship and accept their bodies. Tattooing is often a controversial subject, and you might well ask what it has to do with spiritual nudity! But tattooing is essentially the art of decorating the body, and is a profound rite of passage, and as such can be very important for the naked spirit who chooses this form of decoration. Our denigrating attitudes to body art are almost unique to the west. Tattoo is a sacred art: tattooing and scarification have been used by the Indians, Africans, Native Americans and the people of Oceania, among others. Tattoos might be for beauty alone, or to denote rank, for worship, to tell one's own story, or to protect against evil.

Body painting is a temporary way of becoming totally immersed in a ritual. It goes beyond mere nudity. It helps us to connect to nature in a very full and powerful way. If we use natural substances like sand or mud, we can get a profound connection to the Earth and a special connection to the place we are in. It is a primal instinct to submit to the elements, we only have to look at the popularity of the seaside, sunbathing, swimming and burying in sand!

Ways to adorn your body

- Try gentle non-toxic body paints
- Use natural substances to decorate yourself in swirls or symbols or whatever feels right.
- If you are drawn to tattoos, perhaps consider getting one done (although of course you need to make sure you go to a professional, safe and reputable artist)
- If you are normally smooth, try letting your body hair grow and vice versa.
- Experiment! Find ways to worship and adorn your body.
- You might light a candle and meditate naked in front of a home altar, wearing only a special piece of jewellery.
- Put flowers in your hair
- Paint your finger and toe nails

Be aware of how you are decorating your body both in the spiritual sense and in every-day life. Naked or clothed, your body is beautiful. Make sure you treat it that way!

The Dune Walker

There is something about the air at dusk. It has an unusual quality; cold, with that hint of a breeze- the type of air you can breathe in fully and feel the wonderful energies of twilight infuse you. It is totally refreshing with a hint of the rapidly approaching night. An air of excitement, an air of the unknown- a sense of awe and wonder that anything could happen!

In the north of Scotland even the summer nights have this cold and mysterious hue. On this particular night the waxing moon is apparent over the deep blue sky, and opening my window and inhaling deeply transfixes me. What a beautiful night to visit the beach! It is slowly getting darker, the moon is becoming brighter and the daylight is being replaced with the mysterious moonlight. I decide to venture down to the dunes. As I walk I notice that I am quite cold, even fully clothed. As I walk on it slowly gets darker, the last of the deep scarlet sunset disappearing into a rich turquoise. The sand dunes that sparkle during the day, as the sun reflects off the glasslike grains, now look flat and creamy. In the moonlight the sand becomes like the lunar surface.

As I walk off the track into the dunes the walking becomes heavier. It is difficult to walk on sand, especially with shoes on. I take them off and walk barefoot on the sand. It feels cold and slightly damp- it sends a shiver of life up my spine. A shiver that reaches my head and

grounds me into the night! Fully clothed you are separated from nature, from the beautiful and mysterious energies. Even just taking off shoes and walking barefoot makes one feel fully connected and alive! I enjoy the sensation of the sand beneath my feet as I sink slowly during every step. I reach a bank of sand that formed my previous skyline. From here I can see the sea and look back into the countryside. I notice cars along a distant road, lit up as a distant symbol of the industrial world. The contrast is breathtaking - the Moon reflecting off the sea and the cars on the road. I walk along this bank of sand into a sheltered dune. The beach is deserted, and the time feels right to be starclad, so I remove all my clothes, standing naked, framed only by the beautiful night sky. I take a deep breath and close my eyes, using Chi Kung to slowly earth myself. Standing still makes me cold and I shiver slightly, wondering if it is too cold for a nude walk. I scramble up the sand dune and look around as the breeze embraces me. I feel totally at one with the earth!

I decide to proceed with my walk and gingerly at first make my way towards the sea. It feels very light walking without the impediment of clothing, I seem to glide effortlessly across the sand. As I walk on I experience an adrenaline rush. I walk for ten minutes across the moonlight sand until I arrive at the sea. It is a totally awe inspiring view. The Moon, now shining through a sea mist, reflecting off the ruffled water. It fills me with a longing to enter the sea - the ultimate moonlit skinny dip! I have warmed up and my body is now accustomed to the night. I slowly enter the water expecting it to be freezing! It is not as cold as I thought originally and venture deeper into the sea. The waves break across my legs and send a fountain of water down on me! My heart races as the cold water hits me! I walk back onto the shore as the seawater slowly evaporates in the breeze. I

walk further down the shore, the waves lapping against my feet. As I dry I feel very warm. The Moon still shines on the water and the wind is very cooling. I walk for a mile or so in the lapping waves.

After a seeming eternity lying on the beach watching the Moon, I decide to go into the sea one last time. I walk slowly into the sea, where the cooling water washes off the sand. I walk from the sea into the sand dunes. This time I walk to the top of a high dune and allow the wind to dry me. It is a wonderful feeling, one which permeates my every fibre. I feel so alive and human, as if I have been washed clean of industrialisation and modern living, and old patterns and beliefs. I am at one with nature as I walk back to the sand dune where I left my clothing. The sand seems orange. I cross the great wall of sand and slowly reached the dune. I reflect on my experience and stand watching the night for one last time.

Part Three: Heart of Gaia

Return to Nature

Cast off the World
Return to the Trees
The Spirit of Nature
The cool autumn breeze
Naked beneath the sea of stars
Lady of the Moon
Light our way

The Seven Senses

"When we connect through our senses, we can let go of our conditioning and our illusionary selves in order to be at one with the universe."

We can use our senses as a key to unfold to a new level of being. The emphasis here is using the senses to become more deeply embraced by nature until our boundaries dissolve. Deep is our conditioning to think of ourselves as totally separate from everything else. When we are born we are in tune, happy with our nakedness and we feel connected to everything. We need to regain this perspective, start off small, perhaps being aware that the food we eat will become part of us. This way we can savour the flavour and extend our boundaries to include the food. We may then extend them to include something close, like a loved one or a precious gem, all along being aware that we are not separate from them. We may go into nature and feel the wind against our skin or the sand beneath our feet, reflecting on how these are part of us. As we go on we can bring in larger and larger objects, starting with a blade of grass, then a tree and perhaps a rock, slowly working our way to forests and the sea and eventually to the world ... and the universe.

To use our senses in this way we must first purify them from the overload of modern life! We live in noisy cities with colourful and provocative images, television, billboards and magazines on all sides.

We are immersed in a sea of noise and pollution. Pollution of the senses, elevator music, road works, engines, the TV on for 'company'. We abuse our sense of smell by working in stuffy environments that block our sinuses and wearing strong perfumes, breathing in air pollution and smoking. Our taste buds are assaulted by the sledgehammer of flavour 'enhancers', hot curries and processed foods, not to mention alcohol. We cover up our bodies and stifle any tactile sensation. This goes for all the senses. First we must detoxify and re-sensitise.

We can do this in our time off, and if you can dedicate a weekend to doing this, that's wonderful! But if not, ten minutes or an hour here and there will start you off on a good footing. We should get out into nature, and if you can, try camping or sleeping under the stars far away from our modern world. Take a day to eat lightly and healthily, perhaps fasting and drinking plenty of pure water (always consult the appropriate medical professional before undertaking a fast as this practice will not suit everyone). Take time out from contact with the modern world and use the time to meditate, be still and experience nature. This way our senses will start to work properly, our eyesight and hearing will be more acute, our sinuses unblocked and our skin sensitised. Then we will be ready to use our senses to expand our boundaries.

So far I have discussed the five conventional senses. I include in the senses two others, the mind and the subtle energy body. The mind is

a sense as it can bring forth memories and change our perception with thought. We can daydream without input from our five physical senses. Therefore purifying the senses means purifying the mind. This can be done with meditation, imagery work or artistic activities such as reading, writing, painting and building. There are many books on meditation and I will not cover techniques to quieten the mind, but only mention two things. Counting your breath from one to ten and starting again at one on every out-breath is an excellent tool for calming the mind and improving concentration. Secondly, imagining your thoughts as cars going over a bridge, whilst you sit underneath watching a stream, is a good way to detach from the thinking process. Every time you find yourself chasing a car, gently come back to watching the stream! Try steering yourself away from negative media, including news programs and newspapers, horror, action, or emotionally negative films, soap operas, and talk shows etc for a while. Instead, embrace light, uplifting new age or classical music, gentle and positive films, and positive literature. If you try this, you will be amazed at how much your mood and overall outlook will begin to improve.

The seventh sense is the sense of the energy body and can be split into a number of senses. These senses are all centred around chakras, literally wheels of energy, that run from the base of your spine to the crown of the head. Chakra senses would include, for example, the sense of love from the heart and the 'sixth sense' from the third eye. If you look again at the Symbolism of Clothes, you will gain an idea about the energy of each chakra and its associated chakra sense. The important thing to mention about these energy senses is that they

too can be overwhelmed and desensitised.

Living in the modern world with electromagnetic fields from electrical equipment quickly dulls our subtle senses. The energy fields of other people can do the same, leaving you feeling drained. Generally any fast-flowing substance, water, air, people(!) has the potential to deplete your chakras and desensitise you - perhaps leading to tiredness and illness. Standing over a fast flowing river is one example, a strong wind is another, although both also have the potential to energise us. In places such as shopping malls people flow fast and can affect our energy field leaving us dull and exhausted.

Not all of nature is conducive to sensory development, take the Arctic or Death Valley, both unsuitable for sensory development (particularly in the nude!) Other places more subtle can also be unsuitable, such as an area of felled forest, or an area of severe geopathic stress such as land that has been shaped by farming. Naturally occurring areas of particular minerals or energies also exist which can affect your energy field. You can use your intuition to sense which places are unsuitable for energy work, or inappropriate for you. Equally so there are areas of enhanced quality that can help you, special areas such as nature temples or rock formations and mineral deposits. You will find these places intuitively or by word of mouth.

If you wish to purify your subtle senses, make time for yourself away from these negative factors and reduce their presence in your life as far as is appropriate and practicable for you. If you can experience yourself as a part of nature and lose your self-consciousness then you will become free from the illusion of separation and open yourself to an amazing sense of oneness with the natural world.

Energising and protecting your energy body

As we have just explored, our energy bodies can be subject to negative energies, which can make us feel depleted or tired. Here are a few suggestions that can help you to energise and protect your energy body.

- Take time each morning and at regular times during the day to visualise yourself being energetically protected, by a bubble of white light, or hammered gold, or green flame, or whatever works for you. Some people like to imagine three layers of light or flames, perhaps white, violet and green.
- Try visualising protective symbols over each chakra. The symbol should feel personally protective to you, for example an ankh cross, pentagram, Om symbol, six pointed star, roman cross etc.
- Regularly visualise your connection to the Source, however you see it. See or sense pure white light from this endless Source radiating into you.
- Use the white light shower visualisation given above
- Splash water over your face and hands to energise and cleanse you
- Use a space spray – you can get Archangel sprays, crystal clear, aura sprays and other products, and they are a fun and energising way to clear your space
- Burn sage, incense or a candle
- Mentally “cut cords” with stressful people or circumstances. This is not done to hurt others, it is just removing your connecting to the source of stress. You can do this while still spending time with the person concerned, but their negativity will no longer affect you

- Visualise a pink mirror between you and a stressful person. Imagine this mirror reflects their negativity back to them as love
- In a crowded place, imagine you are surrounded by a bubble of crystal clear blue water that flows around you, protecting you from influencing energies and easing your passage through the crowds

Practice love, laughter and patience. You'll be amazed how shifting your mood will shift your energy levels and keep you feeling buoyant and happy!

The Way of Water

In this energy exercise you will visualise water flowing through your body, from the crown of your head to the tips of your toes, whilst standing in the Wu Chi position detailed on page 30.

Stand in the Wu Chi position for a few moments whilst allowing yourself to relax.

Imagine water flowing all over you, perhaps under a cascading waterfall.

Imagine the water flowing through the crown of your head and filling your head, be aware of all the nooks and crannies, around your eyes, nose, jaw, back of your head and inside your head. If you like, imagine it flowing through and refreshing your head chakras (crown, third eye, base of brain).

The water flows down your neck, feel it flow through the inside and outside, cleansing your throat chakra. It cascades down your right shoulder, and fills up your hands, forearms and upper arms. The water begins to drip from each finger in turn, focus on this. The drips become a trickle and eventually freely flowing, continually being replenished by the water flow above you. Repeat this for your left shoulder and arm.

The water continues to flow through you freely, head, neck, arms, hands and pouring out of your fingers. Now imagine the water flowing down your back, filling up the space between your ribs and your chest. The water flows down the front of your chest and fills your thymus and heart chakras, eventually reaching your diaphragm.

The water pools and eventually flows through your diaphragm down your back and then down your belly, through the solar plexus and

sacral chakras. It then pools in your pelvic girdle, swirling with energy.

The water then flows down your right leg, filling it up from the foot to the thigh and eventually flowing from each toe. This is repeated on your left side.

Finally, imagine the water fully flowing through your body, washing away any blockages or resistances. Feel like you are made of the water and slowly allow the flow to tail off. The water runs through you and eventually it all runs out your toes and fingers, until the last drips leave you dry and energised.

Earth Energy Exercise

This is similar to the way of water described above. Again stand in the Wu Chi position and feel a strong connection with the earth. Imagine roots burrowing from your toes and heels deep into the earth. Then imagine the earth energies rising through your body- up through your roots, through every toe and up your feet and ankles, like a warm blanket or being buried in sand.

The energy rises up your calves and shins to your knees, working further up your thighs and buttocks to your pelvic girdle. It then twists like a snake as it rises through your abdomen to your diaphragm and chest. The energy moves across your shoulders and down your arms, to your fingers. Each finger grows roots that connect with the earth. The energy travels upwards to your head and totally embraces you.

Focus your attention a few feet below your feet, feel the earth energies. Then move your focus briefly above your head, to feel the heaven energies. Now bring your attention back to the earth beneath your feet until you feel totally grounded. Finish off by focusing on your hara, about an inch below your naval, then slowly bring yourself back, feeling relaxed and centred.

Sensory development

Have you ever wanted to get so close to nature that it permeates your every fibre? Just being naked in nature is completely fulfilling, but you may wish to deepen your experience. There are many aspects of nature and many subtle energies and feelings associated with them. There is more to being a naked spirit than just being naked in nature. The following three exercises will help you to open your sensory awareness to the more subtle energies of nature. Although the exercises are solitary in nature, sharing your experience with a group can be beneficial.

Sand Symbol Meditation

This works by drawing a symbol on the sand and standing over it. Find a nice quiet spot on a beach with some inviting looking sand and draw a symbol in any way you wish, using a stick or your hand, decorating it with stones or shells if you wish. Different symbols produce different feelings. You may wish to try your own personal symbols, Reiki symbols or other symbols that have meaning for you depending on your faith.



A Pentagram in the Sand



The Cosmic Breeze symbol

Stand in the sand in the Wu Chi position. After standing in the Wu Chi position for some time, take note of any feelings that you have. Then draw your chosen symbol in the sand and stand on the symbol. After you are relaxed and receptive, notice any sensations or feelings you have. You may find that these vary from symbol to symbol and in time you will be able to recognise specific symbols by their feel.

Sensory Awareness

This exercise follows on from the sand symbol meditation. In this exercise you will sense the spirit of nature in a rock, tree or other object.

Choose an object, it could be a rock that you can lie on, a tree you can hug, a field of grass or an expanse of sand. Try this exercise with many objects and you will sense different feelings from all of them.

Prepare yourself using meditation, one of the guided meditations, yoga or Chi Kung, until you are in a receptive and open state.

Embrace the object you have chosen. This may mean lying on it, holding it or hugging it. Take a few minutes just to centre your experiences.

Become aware of the surface you are holding or leaning against, is it hot or cold? Rough or smooth? Hard or soft? Are there any specific feelings or energies associated with it? Take a few minutes to explore these feelings.

Become aware of the air around you, is it hot or cold? Moving or still? Damp or dry? Is the sun warming your skin? Take a few moments to explore these feelings.

Return to your object and after you are fully immersed, imagine sinking into it. When you have sunk in, feel the quality of the embrace, the loving energy of nature. You may be able to feel what it is like to be a rock, tree, the sand, the grass...

Return to the sensations of the air on your skin. This time imagine that you are your chosen object and feeling the sun and air on your surface. Imagine that you have become one with the object - you no

longer have a human body, as your body is the object. Take some time to rejoice in the bliss and the beauty.

Explore the boundaries of your object, try to feel right to the edges. If it is a tree you may notice different sensations in the branches and leaves, in the roots and in the trunk. You may actually have some feeling of what being this tree is like. If you are on a rock, feel it deep in the ground, the difference between the cradling earth and the sunshine. Likewise, explore whatever natural object you have chosen.

Slowly bring yourself back by becoming aware of your human body. This exercise is very good for developing empathy with nature.

Twilight Attunement

This exercise allows you to experience the subtle changes in nature's energies as night approaches. It may also be done as a dawn attunement with a very different feel. Dusk and dawn are the magical times in nature. They are known as the golden hours in photography, due to the wonderful nature of the light. They also are times of changing energies in nature and are accompanied with a cooling breeze. As we fall asleep we go through various stages, just before we fall asleep we enter briefly into a blissful state of consciousness. Nature goes through the same process. At dusk nature goes through this open, receptive and blissful stage. It does not last for long, only a few moments, but if you get your timing right and become sensitive to this process, you will experience a wonderful new depth of oneness and wonder.

If you are aware what time of the sunset, this is a good starting point. The times can be found in local papers and many computers have prediction programmes. Make your way out to your chosen spot so you arrive just as the sun is beginning to set. Firstly remove your clothing and walk until they are out of sight. Watch the sunset and centre yourself and allow yourself to become open and sensitive. Just after the sun has set you will notice a breeze and a few moments later you will pass through the 'magical window'. You will know when you are there and the more you practice, the more you will be able to predict it and experience it. After experiencing the pure joy of these energies a few times, you may wish to synchronise other energy or group work to coincide with it. This natural boost will greatly enhance your experiences. If you wish stand, or walk for a while and take note of the subtle transformation as nature falls asleep.

Connecting with Gaia

“To be at one with nature is to be our true selves and vanish without a trace”

The main focus of my work is with connecting with Gaia, the Earth mother herself. We are all a part of Gaia, as individuals and as a whole. I like to think of it like this: The stones, minerals and inorganic material that comprise the bulk of the planet, are like the bones and connective tissues of Gaia's body. The plants and micro-organisms, which are by far the most abundant form of life on this planet, are the organs of Gaia, the heart, lungs and liver, the organs that are a vital part process of life. The animals are as the nervous system, the senses and the reflexes. They are Gaia stirring into consciousness. Humans, the rarest and most complex form of life, collectively are the newly waking consciousness of Gaia, they form the grey matter, the cerebral cortex of Gaia's body. We are all one with her spirit and as individuals we add to her experience. Gaia lives her conscious life through us. She breathes through the trees and is supported by the inorganic kingdom. We are not separate from her and we are certainly not a plague upon this Earth, we are her precious consciousness and if we awaken to this we can live in a deep and ecstatic harmony with her, with ourselves, and with each other. In order for humanity to evolve and grow we need, first of all, to connect with the centre of the Earth, the spirit of Gaia herself. Think of it like this, we all have chakras, and we've already done some work with them. But a chakra isn't unique to us – it is a point of energy, and our chakras are only a small part of the chakra system as we do not exist in isolation. The root chakra at the base of our spine is connected with the centre of the Earth, which is Gaia's root chakra.

Gaia's root chakra is then connected, in turn, to the core of the Sun, which is the root chakra of the Solar System. This is, in turn, connected to the centre of the Galaxy, the mystical and dense place that some think contains a black hole, which is the Galaxy's root chakra. This is then connected through time and space to the event called 'the big bang' which is the root chakra of the Universe. Finally this root chakra is connected to the source of all Universes, the original 'thought of god' or 'act of creation'. So all is rooted to the initial event and we can trace our individual histories back to this event through our root chakras.

The deeper we are rooted, the more profound our connection. Think of a radio astronomer using a huge radio telescope to gather in more signals. If we are to ascend to the next level, that of Gaia consciousness, we must first connect with Gaia herself. To connect with Gaia we must return to nature and live simply. We must attune ourselves to the cycles of day and night, the phases of the moon and the seasons. We must eat simply and perhaps try to grow some of our own food. We must take time to listen to the Earth and our own spirits, only then will we be grounded enough to connect with her root chakra. This is tribal living, and it is to tribal living that humanity must return. As seen in "The Symbolism of Clothes", our clothing symbolically blocks our chakras. Being naked in nature allows us to connect deeply with mother earth, allowing her energies to embrace us, so we are fully aligned. Tribal communities know this and we are beginning to learn this. Many people intuitively know this and wish to submit to the elements, by sunbathing or skinny-dipping. It is only our social taboos that hold us back. Just think of your experiences, naked beneath the stars and moonlight, water flowing over your naked body, skin tingling in the sunlight. These are the times when you are closest to her and closest to your

own spirit.

There is nothing retrograde about tribal living. Indeed many ancient tribes had skills that far surpass anything that can be achieved in our modern world. Our ancestors used 'technology' based on thought in order to literally move mountains and travel the cosmos. They lived at one with nature and took care of her and nature responded by revealing her deepest secrets. I'm not suggesting you sell everything you own and go and live in the trees! But if you can embrace the flow of energy that is all around us, if you can connect deeply with the earth, our mother, our home, you will be opening yourself to profound joy and spiritual experience.

Embracing the flow is as simple as connecting. Connecting through meditation & journeying, through ritual, through communing with like-minded people. There is a wealth of spiritually uplifting material available to help you on your journey: stay centred in light, and learn what moves you, what speaks to you. Together we can change this planet for the better, and be comforted that there is higher intelligence behind us all the way, Gaia, spirit guides, our ancestors, the Universe, God, the Goddess, Great Spirit - whatever you wish to call it. Many believe we are in the process of a great transition, one that is now inevitable and each one of us has a role to play. This is where spiritual nudity moves to a new level, that of profound connection with mother earth and with universal energy.

Tree Breathing

This exercise allows you to experience the life of a tree and can be performed with or without a real tree. If you have a real tree, sit next to it with your back leaning against its trunk, if you don't have a tree just visualise it. If you can find a suitable tree, try sitting in its branches.

Breathe in deeply and imagine energy welling up from deep within the earth, travelling up the roots of the tree, the trunk, branches, twigs and leaves. At the same time the energy fills you from head to toe.

Breathe out and imagine energy from the sun entering the leaves of the tree and travelling into the tree. Imagine the breath of the tree sinking into the ground through the branches, trunk and roots.

Continue this breathing pattern until you feel deeply connected to the tree. Expand your awareness to the processes happening in the tree. The sunlight shining on the leaves causing photosynthesis, the production of oxygen, to occur. The sap rising in the trunk.

Expand your awareness to all the life that lives on the tree- birds, insects & lichen.

Slowly bring you awareness back to your own breath and thank the tree (real or imaginary) for its help.

Tools to help you connect deeply with nature

- When you are out in nature, pick one small object. It could be a flower, a rock, a leaf or some moss. Anything that won't move away from you! Now, just look at it. Nothing else. Just sit quietly and experience that object. Sense its energy. Admire the colours. Look

long enough that you start to see colours and shades you hadn't seen before. Take in each and every detail, no matter how small. Allow yourself to dwell on this miracle, on the amazing beauty of this little object, on the miracle of the fact that it even exists, and feel within you a deep amazement at the beauty of planet earth.

- Pick another small object. This time, allow yourself to experience it totally. Not just the way it looks, but the way it feels, the way it smells, the textures, the temperature, each tiny part of it. Wonder at it. Take your time with it. If you keep practising this long enough you will soon start to feel a deep and ecstatic connection with the natural world.

- Become part of nature. Sit or lie down in a natural setting, close your eyes, and allow each sensation to flow over you. Start with smell, for example. Notice everything you can smell. Then notice everything you can hear, each little sound. Then notice every sensation. Whether it is grass or the sun on your skin, or a rock or the ground beneath you, the air in your lungs, heat or cold, everything. Really take your time. Can you taste anything in the air? Let yourself become totally submerged in each sensation, or sound, or smell until you feel yourself connected to everything around you. When you are ready, open your eyes and drink in the beauty, sending your love and thanks to mother earth for her bounty.

- If you are not in a place where you want to be naked, or it is not appropriate, don't worry! Just focus in on any part of you that is unclothed. Focus on your hands. What can they feel? What temperature is the air against them? Hands have many chakras and focusing on what you can touch can lead to a deeply sensual and beautiful experience of nature. Can you take your shoes off?

Feet are very sensitive and being barefoot is an exhilarating way to connect with nature. Feel the ground and all its textures beneath you. Perhaps you can rest with your top off, or wear shorts, or roll your trousers or sleeves up. All of this can help you to feel at one with nature and enjoy the connection that comes when you feel the elements against your body.

Perceiving the Subtle Spirits of Nature

Nature has its spiritual counterparts, just as humans have their energy bodies. Up until now I have talked about nature as if only having one spirit. If we take a step back and look with an open heart we will see that it has many spirits. These spirits are to be found in mythology and folklore, fairies, water nymphs, goblins, dwarfs and Pan. Every tree has a spiritual counterpart called a dryad and nature is literally teeming with these energy beings. As energy beings have no physical body it is difficult to discern them from one and other, instead getting an overall impression for the feel of a place. If we are aware of the existence of these elemental beings, we can begin to discern them and even communicate with them. This takes patience and sensitivity. Just as wild animals (which in themselves contain nature spirits) flee from humanity, so these spirits hide too. If we are to see them we must be quiet, still and have an open heart radiating love.

You will want to choose a spot that has a good feel to it. Practice mediation or some form of centring and relaxing form until receptive and open. Send out vibes of love from your heart chakra and intuitively invite the nature spirits to join you. As you do so you may be aware of their presence. In previous exercises we achieved close contact with the physical counterparts of nature, rocks, trees, grass and sand. To perceive the nature spirits one must step back. The human energy field expands far past the physical body, the energy of nature is the same. If we are to commune with the spirit of a rock, take a few steps back and focus on the feelings the rock presents. In time we will be able to distinguish different types of being and may even build up a rapport with some of them. If you have a favourite

spot, then you may already have an unconscious rapport with one or more of the beings there. Be patient as this takes time, but is very rewarding. In a sense this is the ultimate submission to nature as you are now centred in your spiritual self and communicating with nature in her various guises. You are present as an equal and in the same form. It is easy from here to see that you too are a nature spirit yearning to come home. Just as all the nature spirits merge at an energetic level, you too will merge and experience being part of nature. Your box called 'I' will cease to exist.

Nature spirits when you first encounter them may not be what you expected. They are archetypal energy forms that may occasionally appear ugly or frightening. Their power may scare you and they may be as inquisitive about you as you are about them. Relax, these beings are sending pure love and joy. They will comfort you and may even be playful! At times mankind does things to nature that affects the spirits. They may fell a forest, divert a stream or try to shape it into a rigid pattern. The elements beings in these instances may be very frightened and damaged, they may even appear to be 'evil' or 'demonic'. We have all been in places that have bad vibes, some of these are from distorted nature spirits. If you feel that you are in a position that is very frightening, ground yourself, and bring down light. Walk around, leave if appropriate. These beings need your help. Earth healing is a great joy and privilege. When you are confident you may be able to communicate with and help these beings. Most beings you meet will be able to help you and bring you into a blissful union with nature.

The MA Visualisation

This powerful visualisation will align you with the root chakra of Gaia, the heart of the earth itself. It is based on a symbol channelled to me many years ago during my work with earth energies. The symbol's mantra is MA, the primal sound that brings us in to rest with the great feminine principle, the Goddess or Mother Earth. To begin, stand, sit or lay down. Close your eyes, take a few deep breaths and imagine you are exhaling all tension and breathing in love. When you are relaxed and receptive follow the following steps.

Imagine, deep beneath your feet, in the heart of the earth, a large MA symbol (see next page), pulsating with energy. Concentrate on this symbol and its cradling, earthy qualities.

Imagine golden energy, like a combination of earth, gold and flames, travelling from the centre of this symbol to your feet. As you do so, the symbol resonates deeply with the sound MA.

When it reaches your feet, breathe in slowly, sounding the word MA in your mind. The energy will slowly travel up your body with each in-breath.

Let go with each out-breath and concentrate on the energy filling your body.

At first the energy will only travel a short distance with each breath, perhaps even only half way up your toes. It may take a dozen breaths to reach your knees and you may not even manage to breathe the energy all the way up your body. Do what is comfortable. As you practice this, the energy will travel further on each breath and

eventually you will be able to breathe it all the way to your crown with only half a dozen steps.

Once you have mastered breathing the energy to your crown, continue to take slow, deep breaths in, repeating MA in your mind. Visualise the symbol and feel the energy fill you. When you are ready to stop, simply take a few deep breaths and allow the energy to flow back into the earth.

Everybody will respond to the energy differently. Some will feel like they are turning to stone, others will feel like they are sprouting leaves and yet others will feel the embrace like a huge hug.

The MA Symbol

This symbol represents the element of Earth as well as Gaia.



Naked in the Forest

It was mid afternoon on a sunny spring day. The trees seemed to glow with a majestic glow and a few white puffy clouds navigated the clear blue sky. I made my way into the pine forest and found an area where I could safely undress and hide my clothes. I ventured out feeling the damp grass beneath my feet and for the first time felt the sun tingle on my now naked body. I stretched and let out a sigh of contentment!

Spring in Scotland is still quite cold and the air had a definite damp feel to it. Tiny droplets of pure water formed on my skin and reflected back many rainbows from the sun. I walked up the hill track feeling the breeze embrace me, listening to it embrace the trees and watching it move the clouds across the sky. The pine forest had a wonderful damp smell, I took a deep breath and paused to savour it. I made my way further up the track, sometimes feeling the mud squelch between my toes. I walked for fifteen minutes enjoying the sensations until I reached the gap in the trees that led to the summit of the Kist.

The trees were quite overgrown and I was careful not to let the sharp pine needles scratch my skin. Crawling through some sections I eventually came to the opening that led to the bare hillside and cairn. The rock felt cold on my feet sending a delightful shiver up my spine! I walked up to the cairn and surveyed the surrounding countryside, the hills in the distance, the expanse of the pine forest and the rolling fields. I stretched again and felt the now strong breeze chill me slightly. I took another deep breath and could smell the heather and the damp rock.

As with all spiritual naturist trips, I first grounded myself using Chi

Kung. I imagined water flowing through me as I stood with my back to the sun. I then imagined roots from my feet burrowing deep into the rock, earthing me. This always gives me a deep sense of the embrace of nature. I opened my eyes and stood silently meditating for a few moments, allowing myself to arrive and become centred.

One of the rocks was large with a flat surface, speckled with moss. I lay down on this rock and closed my eyes. At first I was aware of the cold damp rock that seemed to suck me downwards. Then I could sense the sun on my skin. The cold feeling slowly changed to a feeling of being embraced by the rock and before long all I was aware of was the rock and the sun. As I sunk further into this feeling I became the rock being dried by the sun. For a moment I was no longer bound by my physical body. After some time I came back to myself and decided to continue my journey.

I walked across the heather and areas of grass, slowly down the hill towards a small forest of Scots Pine trees in the distance. It took me some time to reach, moving from path to path, but I eventually reached these ancient and majestic trees - the guardians of the hill. I decided that it would now be a good time to open my chakras, so working up from the base of my spine to the crown of my head I did so. As each one opened I felt a deepening connection with nature. My eyes were closed but I could hear the birds and the wind in the trees, the grass rustling and a brook in the distance. I could feel the damp earth beneath my feet and the sun on my skin. I could smell the deep earthy smell and the pine trees. I could feel the life of the forest surge through me as I became lighter and lighter. When I finally opened my eyes everything looked different, brighter and more vibrant. It was almost too much to see the rich greens and browns, yellows and reds. I blinked a few times and brought myself slowly back down to

earth. I then decided to embrace a Scots Pine tree. As I hugged it I could sense the sap moving up the trunk towards the leaves. I could sense its strength and wisdom. I could actually feel the sap moving along the branches and twigs to each and every needle. Looking downwards I could sense its roots deep in the ground, holding it firmly to the earth. I could sense the spirit of the tree sending out rays of pure love and acceptance and reciprocated. I could sense the energies of the tree rise high into the sky catching the golden sunlight. Higher and higher I went until I was dizzy looking upwards, I would have overbalanced if it was not for the tree keeping me upright! I slowly came back into my body and thanked the tree.

After a few minutes sitting next to the trunk collecting myself I decided to find the babbling brook I could hear. I walked through the Scots Pine forest and found the stream. At first it was a narrow ditch, but as I followed it downwards it became wider and eventually flowed over a cascading waterfall into a deep pool of crystal clear water. The water was cold and very refreshing, it brought me back down to earth with a shiver! I slowly lowered myself into the pool, which was waist high and walked into the spray of the waterfall. I tasted the water and found it cold, but refreshing! The waterfall was cold and extremely invigorating as I walked into it.

I decided to climb out of the pool and rest on the soft grass allowing the sun to dry me. As it did so I became aware of the moisture evaporating leaving me feeling warm and cosy. I looked up at the sky and watched the clouds effortlessly drift across the blue expanse. I could feel myself sink into the earth and became aware of the entire earth, a giant sphere hurtling through space. I could sense it revolve on its axis and more subtly move around the sun. I then became aware of the boundless sky and felt myself dissolve into infinity. I

came around when the Sun became occluded by a cloud. I decided to walk back to my clothing, a long and energising walk through the forest.

Part Four: Elemental Magic

Standing Stones

Standing Stones in the night,
The Milky Way Streaks across the Sky,
The cross of Cygnus dominates.
A sense of contrast as the elements intersect,
So old, so very old, So near and so far,
The ancient stones, the timeless stars, the endless cosmos.
Spica rises above a stone.
The Plough and Cassiopeia in all their majesty,
The ancient and very distant Andromeda Galaxy.
An Eerie light, mist like, encircles the stones.
They form dark silhouettes on the skyline.
A sense of presence, a sense of awe.
So humble beneath the stars,
So human standing in the stone circle.
Timeless, ageless, like finding home.
This is who I am.
The sense of wonder is tangible.
The stones are my bones, the stars are my thoughts.

Elemental Alchemy

Alchemy is the art and science of combining the four elements of Earth, Air, Fire and Water to create gold. This gold is also a metaphor for self actualization and spiritual growth. The 'goal' of alchemy is spiritual growth, self actualization and control over matter, mind and spirit. This process is known as enrichment. The main tools are consciousness, imagination and concentration. Through journeying into the otherworld, the subtle elements can be worked with in order to create changes on the physical plane. There is much publicity about creating your own reality and the process of manifestation. To be truly adept at this process you must first master alchemy on the inner and outer planes.

Manifestation

Manifestation is imagination on the physical plane. If you imagine something it is manifestation on the astral plane and we do not have a problem with that. We can quite happily manifest our perfect life on the astral plane, in daydreams, without even trying. It happens naturally, no extra belief is required. It is us who manifests as sparks of divine consciousness. There is no essential difference between the physical and astral or any other plane, they are made of the same stuff- solidified consciousness. The difference is in the frequency of the consciousness, the higher the frequency the less 'dense' the 'matter'. That is why we describe people as 'having their heads in the clouds' or being 'full of hot air', meaning they are functioning on a less dense level- air instead of earth.

This leads to the astral apple analogy. The amount of effort, of visualization that is required on the astral plane is at a 1:1 ratio, as our minds are present here. You think it and it appears, fully formed- no extra effort required. Imagination is your only limit. Because of the density difference, the amount of effort needed to manifest physically is astronomical. It is so astronomical as to be prohibitive, a bit like to create one physical apple would require visualizing as many apples as there are atoms in the sun. But physical manifestation does work and there are two main agencies- utilizing the human body and using magic.

Manifest using your body is well established. You wish to manifest a cup of coffee and you go to the kitchen and make one- simple! It has a downside, you have to get the coffee granules, which requires money and this requires some sort of effort, or work- a job. Or so it does for a great deal of people. Money is not physical and more

closely resembles astral material- so some people can manifest money directly and use it to buy whatever they want. They manifest in vast quantities and are extremely wealthy and can do anything they like (except stop aging, dying or getting ill!) They do this using a form of magic, a very limited form of magic, which of course is the other way of manifesting.

The simple manifestation magic, used by the wealthy, is mass consciousness manipulation, practiced by masons and other such people. Basically it is all about controlling people and feeding them lies and illusions. It is about creating social structures with rules 'you scratch my back' etc. Membership of such organizations is pyramidal, the ones at the bottom get very little and indeed are being controlled through hypnosis and brainwashing. At the top of the pyramid are the 'Illuminati' who are the benefactors of the wealth and resources accumulated. Look into this and you will find very few exceptions, the rich are rich due to their family connections. Hollywood is full of nepotism, businesses are often family affairs and the 'big wigs' are members of elite families. Even sport stars and other extremely wealthy people are part of this pecking order. There are very few exceptions, just those who have joined the right societies- sold their souls- scratched the right backs. This is not real magic, it is simple mind control.

Real magic is represented on Earth by alchemy. But alchemy is only a very limited and weak form of true Elemental Magic. This is performed on the astral or higher planes- its central tenant is 'as above, so below'. It uses the metaphysical elements of Earth, Air, Fire and Water and their many derivatives in a ritualistic context. Each element is embodied, or channeled, by a priestess- who actually becomes that element for the duration of the ritual.

Elements are comprised of consciousness and must be treated with respect and reverence. The elements are related in the way a body, mind and spirit are related. The human body is animated by the mind which is directed by the spirit. The human body and mind are composed of elements. The physical body of physical elements and the mind of metaphysical elements. The spirit is directly from the goddess, but the elements have spirit too. It is important for the elements to be aligned with their spiritual purpose in the same way it is important for a person to be aligned with theirs. That is why guidance is asked from the goddess for any elemental magic and she often presides over the proceedings and takes an active part. This is similar to tuning into the goddess and asking for guidance or protection. The difference is the elements are asked in their astral or mind form, to affect their physical counterparts. This is how elemental manifestation works. On the astral plane the elements can be asked directly in the process of imagination to manifest in different forms. On the physical plane the physical matter is directed by the matter's mind 'the metaphysical elements' to manifest in physical ways. The spiritual purpose of the elements and of the beings performing the magic is paramount, as to go against this would be to offend and enslave the elements into black magic. Such magic has been practiced by black magicians and has created demons and possessions- the elements get disconnected from their spirit- a bit like elves and awks. The magician will also disconnect himself from his spirit and enter a downwards spiral of negativity. Manifestation is only for the initiated high priestesses and directed by the goddess- this is very important.

Money is an example of elemental magic gone awry. Initially people exchanged in a spirit of generosity- all was freely given and gratefully

received. There was no polarization of rich and poor, none of the control and nonsense now associated with money. Money is a bastardisation and manipulation of this free giving and receiving- it turns this spiritual activity into emotionless transactions, it removes the will of generosity and the sentiment of gratitude. As money is human interaction disconnected from spirit, the current world order will show just how such a negative spiral works. Money stifles and controls people and leads to all the control and nonsense of this society. It breeds fear, jealousy and resentment. In order to activate flow in your life, you must concentrate on the generosity/ gratuity relationship. This will lead to positive manifestation of abundance and freedom from fear. Money exists only in thought as an abstract concept. Do not pursue money or it will consume you, pursue the pure generosity/ gratitude energy and this will draw what you need to you.

Health, Vitality and the Metaphysical Elements

Health is really all to do with the state of your body, which is composed of the elements. If the elements are out of harmony with their soul's purpose then they will suffer. Western medicine does not see the elements at all, alternative medicine does to some degree- the humours for example. The best sort of medicine is soul medicine where your elemental body is kept in harmony with the elements themselves, both at the mind and spirit level. One of your main duties as custodian of a body is to ensure the elements are connected to their mind and spirit, just as you are connected to yours. This can be done in many ways- connecting with nature by going for a walk in the country is one, as here the elements can commune with the larger elemental mind in its natural form at body and spirit level. The physical elements of your body are in continual flux- the air you breathe becomes part of you for a while, so does the food you eat. Each particle has its own life and needs. It needs free exchange physically- food, air, water, elimination. It also needs replenishing with mind and soul elemental energy. Also, if the food, air, water you take in is of low quality, then the physical elements that create your body will be of equally low quality. So high quality building blocks are a must- but what defines high quality?

Forget all the marketing stuff for a while- yes, organic food is better, but the situation is more complicated than this. Anything artificial and anything that cuts off the elements from nature (whether they be in your food, water, air or actually in your body) will make the elements stagnate and illness will result. It is more important for the food to be in contact with nature as much as possible. Non-organic home grown vegetables are superior to organic supermarket ones, as

they are in constant contact with nature. Anything from a supermarket has been subject to all sorts of insults- manufacture, transport, storage and finally subject to the supermarket itself- where it picks up the energy of the customers and staff, as they are the nearest source of dynamic elemental energy (e.g. living). Water direct from a mountain stream, or a well is far healthier than bottled or tap water, no matter where it has come from. Bottled water companies may think their bottled water is good for you, but it is processed, stored in plastic and subjected to supermarkets. Water from a stream is straight from nature, vital and full of energy. Air is similar- why do some many people, particularly ill people, go to take in the sea air? Because it is much healthier and vital than air conditioned or city air. Eat, drink, breathe from the most direct natural source and this will do wonders for your health.

It is not always possible to do this in the current society, so there are things that can be done to add some vitality back to the elements before ingestion. Healing using energy, meditation or visualisation will help to restore some of the energy. Storage of the food/ water outside will also help. Have you ever noticed that food made whilst camping or on a barbecue, or even consumed outside seems somehow more nutritious and wholesome, even if it is relatively 'junky'? This is because the food is absorbing nature energy and cooking using natural elements such as fire is always more vital. Water too, if left in the moonlight or solarised, is much more healthy, whether it be tap water, spring water or bottled water. So where you eat and how your store and prepare it is actually more important than what you eat!

As for your physical body- being out in nature as outlined above is

very important. Indeed just sitting in nature is more beneficial to the health of your elemental body than exercising inside. There are certain techniques which can accentuate this of course- chi kung, Tai Chi and other forms of energy exercises are very powerful at healing your body. Sitting looking at the clouds or contemplating a stream or listening to birdsong is also very beneficial. Of course exercise outside is helpful too. Being naked in nature is very beneficial as there is no barrier between your body and the elemental forces- that is why people like to sunbathe or skinny dip- it is a natural desire borne of your elemental body's natural needs.

Having said all this, the bread and butter of it all so to speak, issues such as whether food is wholesome and organic come next. Naturally the fresher and less processed the food is the better it is for you. Vitamins and supplements can also help, but are exactly that- supplementary to nature energies. This is all very intuitive, but totally missed by current society, which likes to butcher people and poison them with drugs. It is not rocket science, it is simple connection with nature which allows your body to heal naturally. One of the reasons people get illnesses like ME, cancer, heart disease etc, is that they are so cut off. They may exercise and eat 'healthy' food and take all the drugs, but they work in air conditioned environments, cut off from nature with electromagnetic contamination all around. A day spent walking on the moors, or a weekend camping will heal your elemental body far more effectively than any slimming fad, medication, surgery or bottled water.

As a multiple group the rules are not different. It is basic nature connection. One of the reasons people get 'winter viruses' which are of course present all year round, is that they spend longer inside

during winter. If you feel unhealthy, sit in the garden or go for a walk.

Now we have covered basic elemental body health, there are some other things you should be aware of- curses and diseases caused on the astral plane. These affect your body by either programming your own mind or by programming your elemental body. Trauma is remembered by your body as it is stored in the consciousness of your elements. This trauma needs to be lifted and the elements healed. This can be done shamanically using journeying and visualisation, your power animals play a central role in protecting you from such curses and trauma. Commune with them daily and visit them physically if you can. Your elemental body is not a complex thing in a way your mind is, its needs are quite straightforward- nature energies, protection from curses and trauma and healing from curses and trauma. Complementary medicine and affirmations can help your elemental body and there are many other things that help to keep it in good shape.

Life Energy and Abundance

There are many names for the energy that powers your life, chi, life-force, prana and vital spark are but a few, here I will simply call it life. Life energy provides the power for you to move, breathe, digest food, think, experience, feel, imagine and exist as a being. This energy is depleted by the act of living, but can also be replenished. In a sense we have an internal battery which stores this energy and when the charge gets low we suffer from low energy. We need to take some time out to 'recharge our batteries' and this usually consists of some form of recreation, fun or healing.

If our batteries get critically low, or even flat, this can have an effect on all levels of our being- we start by becoming tired, moody, accident prone and may have 'bad luck' financially or have relationship and work problems. If we do not recharge our batteries at this stage we can become physically ill, develop mental illnesses such as depression, lose our jobs, become bankrupt and end relationships.

If the situation continues we desperately try to grab energy from anywhere we can, usually from those closest to us, we literally become draining. When this fails to provide us with enough life energy we sink further and may even die. The more depleted we become, the more difficult it is to recharge our batteries or even utilise the energy we grab. It is analogous to a car battery that goes flat, to begin with it can be recharged, but if left for a long period of time it becomes incapable of recharging. This can be seen in physical diseases such as ME, CFS, post viral syndrome and in mental diseases such as depression and agoraphobia.

When our batteries are in good working order and are just a little

depleted, then recharging them can be as simple as a walk in the park or dinner with friends, but there becomes a point when this will not recharge your batteries. This is when techniques such as meditation and complementary therapies become useful. These techniques work by either trying to fix your battery by moving energy blockages (shiatsu, acupuncture are good examples) or try to top up your battery with a supercharger- such as with Reiki.

Everybody has their own recipe for recharging their batteries. Some get their energy from a rock concert, others from rock climbing! It is important to know what your sources are. You can tell what energises you as it makes you feel alive. Some things will energise you more than others, you may find watching a film leaves you uplifted, but climbing a mountain and looking at the view makes you feel ecstatic, inspired and bursting with energy.

Life energy has a natural flow related to your most important needs. This can be illustrated by Maslow's hierarchy of needs. Imagine your energy battery is a barrel of water and that there are taps at various heights on the barrel. The bottom tap will be for basic security and needs such as shelter, food and drink. The next tap will be the well-being and health of your physical body, maintaining all your body systems and being free of physical illnesses. The next tap will be your psychological well being and the experience of positive states such as joy and peace, and if the water is not high enough in the barrel to reach this tap you will suffer from anxiety, depression and other mental disorders. Next will be your sociological well being, such as positive relationships with family, friends and colleagues. It is not until you get near the top of the barrel that the higher needs are catered for, such as appreciation of art, the ability to be inspired, the ability to excel. To fulfil your human potential you need to have a

fully charged battery!

If we extend this analogy further you will see that there are some people with devastating physical illnesses, but have excellent mental health and overcome the odds to fulfil their potential. In these people it is not that their battery is flat, far from it, they are usually brimming with energy. In this case it is like a blocked tap rather than a lack of energy.

Having a fully charged battery and a good source of energy is what leads to abundance on all levels. Abundance of health, positive emotions, nourishing relationships and of course money. Money is a form of energy, financial energy, and there are many ways to obtain it, most consist of converting your life energy into it. A good example is earning money by working, you put in your time, literally your life energy, and it is converted to money.

Some jobs have a really good conversion rate whilst others leave you depleted for little reward. The best work is that which inspires you as it replenishes your life energy, people who do this sort of work report that it is not like work at all. Often this sort of inspiring work leads to positive feedback and the energy builds up to enormous proportions, think of successful authors, musicians, actors or athletes. Wage slave jobs on the other hand, deplete your life energy quickly and for only a minimal financial return. People doing these jobs often become ill as they work long, draining hours just to afford basic needs.

If you want to live a full and abundant life, find out what energises you the most. Generally life is replenished from nature, some feel most alive in mountain areas, whilst others at the ocean. Look for what makes you feel alive, inspired, awake and ecstatic, these are the places you will find life energy. Avoid or change situations that leave

you feeling drained or depressed, whether it is your job, location, associates, partner, lifestyle or diet. Modern society tries to hide this basic truth to keep people bound to wage slavery and there is no end of energy vultures out there (be especially careful on the Internet!) Be intuitive, you will soon learn to identify what nourishes you and what depletes you. Even if your situation seems hopeless, you can live consciously and slowly build up your reserves. Remember positive thinking and dreaming are not enough by themselves, you need to find nourishment and guard your life energy.

The Four Naturally Created Elements of Life

Earth, Air, Fire, Water are the four elements used in alchemy, they are the four elements on which everything else is based, (of course there is the fifth element of space, ether, mind, spirit, consciousness, or whatever you like to call it, but this is more the animating force than an element).

These four elements naturally combine to create four further elements- wood, wind, cloud and mud (sometimes called flesh). These four elements are the elements of life. Below is a brief description of each one.

Wood

Wood is created by combining earth and air. This process is symbolised by the tree with roots firmly in the earth and branches reaching out into the air. Wood represents all plant life on the planet and also all plant like microscopic life forms.

Mud

Mud (or flesh) is created by combining earth and water. This process is somewhat symbolised by creating people out of clay. It represents all animal life, including humans and animal like microbes. Mud and Wood together represent all life on the planet.

Wind

Wind is created by combining air and fire. The wind not only represents the physical wind, but also all the atmospheric cycles,

including carbon, oxygen, sulphur, etc. It is the breath of Gaia, the lifeforce of the planet.

Cloud

Cloud is created by combining water and fire. Cloud represents the physical clouds and the life processes involving water. It is related to wind and the two interact very closely, just as mud and wood interact closely. Cloud not only provides rain, for which all land based life must rely, but it purifies the atmosphere and regulates the temperature.

Metal and Mist- The artificial elements of control

You are probably familiar with the four elements of classical alchemy Earth, Air, Fire, Water and of course the fifth ether- the four elements have been used to create two additional elements of control. These elements have been created by combining earth and fire to create metal and water and air to create mist. This process is the real alchemy and they are used to control us and were used to create our social system. I am not talking about physical control, I am talking about psychological and spiritual control, the physical elements mentioned above are just allegories for the human mind. This control matrix is best summarized using the six pointed star, the four elements plus the two created ones.

Metal

Metal is created from earth and fire. Think of physical metal extracted from ore using heat. The element of metal represents money, industry and technology. Before the rise of money, people used to barter, money brought control. Money is now meaningless and even the UK treasury admits that it has no value. Money is used to control us through vast financial institutions.

Mist

Mist is created from water and air to create the 'veil between the worlds' This veil is totally artificial and stops us from realizing our true nature and potential. It also stops us from connecting with the spirit world and from connecting with our fellow beings. The mist can be parted using concentration and meditation and it has also been used mythologically to hide places, think of 'The Mists of Avalon'.

The absence of the element of ether, or spirit, is very important. These two elements have been created without using spirit and are therefore destroyed by spirit. As an individual evolves spiritually the mists that form the veil between worlds part, and the being sees itself as part of a much bigger whole- this is the dissolution of the element of mist. The element of metal also dissolves, and this is one reason why spiritually advanced people do not have much money and also why many monastic orders shun wealth and disallow individual possession of money. This fact is key to the control of individuals through their 'person', a concept that is described below.

Submission to the Elements

The following exercise will bring you into a deep communion with the nine elements. Traditionally there are four elements, earth, water, fire and air. I have found that these four elements interact and give rise to four further elements: mud, wood, cloud and wind, and finally we have the element of space. Each element has a physical counterpart and is related to a specific chakra. Submitting to these elements is a wonderful way to bring you into deeper communion with nature, and with yourself. You can go through all nine elements in order in one day or over a period of time, or you can choose one or two elements which draw you and which fit with your surroundings. If you cannot find a specific element, improvise or imagine it. If you can do some of all of the element exercises outdoors and naked, that is perfect! Or practice them naked indoors, using the Nine Elements Sensual Journey given later in the book, then go out and find their physical counterparts, clothed or unclothed. You might try having a bath or relaxing in front of a log fire! We unconsciously submit to these elements when we go for a swim, or sunbathe. Experiment and have fun with this exercise and enjoy the feeling of coming into deeper connection with nature and perhaps adding a new element to your spiritual naturist practice.

Before submitting to the elements, open your chakras as discussed in the previous section. After experiencing each element, close each chakra in turn. Take some time to meditate, do imagery work, or reflect on your experience and bring that wondrous connected energy into your daily life.

Submit to earth: This is the connection to the earth mother. Submitting to earth can come in various forms - burying in sand, lying on a rock, entering a cave or entering a forest. Once you have found somewhere take some time to immerse yourself in the experience. Imagine pure loving energy from within the earth flowing into your base chakra, filling it with golden light, balancing it. Allow this feeling to embrace you, if you wish, close your eyes.

Submit to mud: This can be a muddy swamp or muddy sand. It is best to fully immerse yourself if possible, or try covering your body with mud or wet sand. Mud is associated with the sacral chakra and the sensual and sexual experience. Allow yourself to immerse fully into this. Feel the golden energy from the heart of the earth travelling up to your sacral chakra. You may find this quite arousing, as we are dealing with pleasure and sexual energy. Do not worry about this, just enjoy the sensations as much as is appropriate for you, and relax.

Submit to Wood: This element is associated with the solar plexus chakra, which is yellow in colour. It represents all plant life and in particular trees. A long nude walk in a forest or communing with a tree, are useful ways to connect with wood. Feel the energy flow up and fill your solar plexus.

Submit to water: Take a dip in the sea or a stream. Waterfalls are particularly useful. Feel the gentle golden earth energy flowing up to fill your heart chakra, balancing it. This chakra represents universal love. Experience this to the full.

Submit to fire: Sunbathe or standing close to a campfire. This element is associated with the thymus chakra in the upper chest, which has a turquoise colour. Feel the golden earth energy entering

the base of your spine and travelling up to fill your thymus chakra as you submerge yourself in the fire element. This element represents drive and passion.

Submit to cloud: If you are on a mountain and can climb into the clouds, this is ideal. A sea mist or a hill fog are often good and appear around dusk and dawn. Cloud represents creativity and self-expression and resides in the sky blue throat chakra. Submerge yourself within this element as the golden energy travels up to fill your throat chakra.

Submit to wind: Go to the top of hill or mountain or at dawn and dusk, or stand on a blustery seashore or cliff! This element represents insight and is centred in the third eye chakra between the eyes. This is indigo in colour. Submit to this element and sense the earth energy travelling up, golden in colour, filling this chakra.

Submit to air: Dance around or just be aware of the air on your skin. This element is associated with the violet crown chakra on the crown of your head. It represent the spirit. Submit to this element and sense the golden earth energies travelling up to your crown chakra.

Submit to space: By submitting to space heaven and earth become one. If you can find a beautiful starry sky to stand under, that is wonderful! Open all your chakras from your base upwards and connect to the universe, high above your head. Feel the pure white light of the universe entering your crown chakra as the golden earth energies flow up from your base. Allow them to meet within you, covering you in a blanket of golden light, then a blanket of white light

as the earth and space energies mingle in blissful union.

Submit to all the elements: If you can find a place where you can take time to submit to each element in turn, do so! Maybe you can find most, but will imagine some, that's ok. If you are submitting to the elements in turn, start with earth. As you move up to each chakra and its element, sense that chakra being connected to the one below it until you have formed a chain of energy all the way up your body, connected by the beautiful golden earth energy, and the element of space, connected by the white light of the universe.

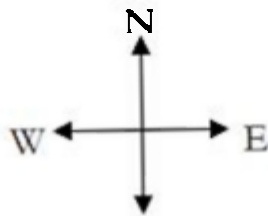
The Cycle of the Elements

The eight elements undergo a cycle. The cycle starts with Water, in the form of rain, soaking the element of Earth and transforming it into the element of Mud. The mud is dried out due to the action of the element of Fire, in the form of sunlight. This leads to the right conditions for Wood, in the form of trees, to grow out of the now fertile soil. The trees grow high into the sky, the element of Air, which is heated by the sun to create the element of Wind. Wind takes the breath of the trees, the element of Cloud, and forms clouds in the sky. The clouds then produce Water in the form of rain and the cycle repeats.

Diagram of Elemental Symbols

From Top 12 O'clock position, clockwise:

Earth, Wood, Air, Wind, Fire, Cloud, Water and Mud



Traditionally, in the North, the elements are invoked with Earth in the North, Air in the East, Fire in the South and Water in the West. Wood is in the North-East, Wind is in the South-East, Cloud is in the South West and Mud is in the North-East.

Part Five: Sensual Journeying

Lady of the Chalice

Dancing beneath the Moon
In the shadow of the Tor.
Drinking from the life-spring
from red Goddess blood.
Bathing in the waters,
Naked beneath the stars,
Soaking up the healing nectar,
Merging with her.
Feeling her presence
In the trees, the water, the cosmos.
Kneeling before her,
Her sacred well, her stillness.
The cold night air embraces me,
My skin blooded with her eternal due.
She whispers to me.

Sensual Journeying

“When we journey within we discover that we have a bright white flame burning within our hearts. This white flame is our spark of the divine, and our connection with All That Is”

Sensual journeys are a tool for spiritual development. A sensual journey is essentially a guided meditation focusing on holistic sensory experience, which aligns your energy system to a higher vibration. My journeys bring you deep into the energy of nature and into Gaia’s presence and are a useful tool as part of spiritual nudity, or in their own right. Sensual journeys use the senses to bring you deeper into the experience so that the place you are in can seem very real and beautiful, and they are a transformative and uplifting experience.

If you are new to guided meditation, start with The Cave, a transcript of which is below. This will provide you with a spiritual sanctuary you can use during sensual journeys, or at any other time you need to feel safe and secure. It is important to note that you can leave your journey at any time and that you are in control at all times. Many people find it beneficial to keep a written journal of their journeys, with drawings or paintings of their journey.

Remember to ground yourself after a journey and not use them on a full stomach, when tired, particularly emotional, or in any other state that would interfere with the alignment process. You will find that one meditation a day is more than sufficient, but of course use them less frequently is also fine. Using them more frequently is at your discretion, and is really only recommended for more experienced meditators. Some people like to share their experiences with a group, mentor or friend, but for others it is a very personal journey.

These journeys can be recorded onto cassette, CD or MP3 for your own use, or you could try using them in a group with one person nominated the guide.

Creating a Safe Place

It is important to have a safe place, both physically and psychically, to which you can return in times of uncertainty or danger.

Your physical safe place can be a room or part of a room dedicated to your spiritual practice. It will not be used for any other purpose (even if it is just a special chair) and it will provide you with a sense of security. Power objects and talisman, or even an altar are wonderful things to have in your safe place. In my personal space I have taken over the spare bedroom to create a temple room. Here I have an altar and a comfortable place to meditate and journey. I also play my didgeridoo and use my drums here. It is candlelit with sacred artworks on the wall. This place is only used for spiritual development and after a while builds up a very calm and protective energy. I know I can go to this room any time I am in need of

grounding and safety.

Your psychic safe place should be similar. It can be based on your favorite physical place such as a forest, beach, room or meadow. If you visit your safe place every day, you will soon get to know it very well and will be able to return there whenever you need to, even if you are in the middle of a journey or a ritual, or for that matter on the bus. A special object that you carry with you can also help to act as a trigger to this state of mind. This can be a piece of jewelry, a special crystal, or anything that has value to you- use it as a gateway to your safe space.

Pre Journey Visualization

The following short visualization can be used before journeying or any spiritual practice. It helps to ground and centre you and enter a protected state of mind.

Imagine you are standing or sitting in a large pool of crystal clear water. The water come up to your naval and is cool and refreshing, feel it flowing around you. Below you can feel the bottom of the pool, connecting you with the element of Earth. You can feel a deep connection with the rocks, sand, silt or whatever is on the bottom of your pool. Draw up the Earth energies, like a warm blanket around you. Feel the protection of the Earth Mother and the wonderful sense of groundedness.

Focus again on the water. Drink some of it and taste the wonderful refreshing liquid. Feel the water connecting you with the element of Water, its flowing, powerful essence.

Feel the breeze around you, on your exposed skin and in your hair. Feel the expansiveness of the element of Air, the potential and the

creativity.

The sun is shining above you and is warm and tingly on your skin. You can even feel its warming rays on the parts of your body under the water. Draw in the sunlight, connecting you with the element of Fire.

Now be aware of the Great Spirit surrounding you and penetrating every atom. This is the element of Spirit which is the divine force in the universe. It nurtures and protects you, filling you with life.

Now be aware of the Earth, Water, Air, Fire and Spirit elements, perfectly balanced within you. You are a bridge between the elements and centered, grounded and protected.

The Cave: An Introductory Journey

This is an introductory journey to your spiritual sanctuary. It takes around ten minutes.

Close your eyes... Be aware of your breath... allow your body to relax from head to toe... In this journey you will journey through a forest to a wonderful sanctuary in a cave...

Imagine you are lying down on a soft bed of moss in a wonderful forest. Your eyes are closed and you are aware of the sensations on your skin... The feel of the moss beneath you and the feel of the sunlight dappling through the trees onto your naked skin... Is the air warm or cool? Damp or dry? Is there a breeze and can you feel any other sensations on your skin?

Now, keeping your eyes closed, take in a deep breath of fresh air... What does it feel like, what does it smell like? It fills your entire body with a wonderful feeling of lightness and joy, connecting you to this forest. You may smell the trees, the moss, the earth, flowers, the forest air, or any number of magnificent aromas...

Still with your inner eyes closed, listen... what can you hear? Birdsong, a babbling stream perhaps, the wind in the trees or in the grass? Tune into the different sounds, try to isolate as many as possible.

Now be aware of the sensations on your skin, the smells in the air and the sounds that surround you... Slowly open your inner eyes and look around... what can you see? What sort of forest are you in? The colours seem very vivid and the light is ethereal and bright.

Slowly stretch and move to a standing position. You see a path before you, it may be well defined or rough, walk along this path noticing all the details as you do so. Find a tree that calls to you and run your fingers over its bark. Sniff it and if you like, lick it... what does it taste of? Perhaps you would like to taste a leaf? As you walk further down the path you notice some very colourful flowers... what do they smell like?

You walk on further and an animal crosses your path and looks at you with compassion and wisdom. This animal is a guardian spirit and will be with you throughout this journey. Take a moment to meet your animal and communicate with it in any way you choose. It leads you down a path into a deeper part of the forest... The trees get taller and the light gets dimmer... It is cooler and damper here...

You reach the entrance to a cave and your spirit animal leads you in... What is under your feet? Rock, moss, grass, earth? What are the walls of the cave made of? Is it warm or cool? This is your sanctuary, a place where you can return any time you wish... As you journey in deeper you arrive in a wonderful cavern with a pool of crystal clear water in the centre. It is silent in here, apart from the distant sound of running water... The walls are streaked with precious metals and stones and there is a light-source from above. The light shimmers on the water and causes reflections to dance around the cave walls.

Take a large handful of the water and drink it... It tastes delicious and fresh, cool and invigorating... You may, if you wish, swim in this water, or if you choose, you may sit at the side and look into the reflections in the cave. The water is magical and you feel so loved, so alive, so protected... All your worldly worries dissolve and you are in a state of bliss... This cave seems so familiar, like déjà vu or a past life

memory, it is part of you and cannot be taken from you... This is your safe place, a place where you can return even during your waking life... Just close your eyes and you will be here, it is only a breath away...

Your animal signals that it is time to leave... You follow it out into the bright sunlight and your eyes slowly adjust... You can hear the sounds of the forest again... You walk through the forest, along your path... The forest opens up and you find your clearing and say goodbye to your animal friend.

Sit or lie down on the moss and close your inner eyes. Bring your awareness back to the room you are in and take a deep breath... Flex your fingers and toes, open your eyes and stretch.

Earthing: Sensual Journey

This is an earthing journey. You can use it whenever you need to be in contact with the ground and earth, when you feel spacey, or when you want to be centred. On this journey you will meet the Earth Goddess, who will offer you healing and energy. This meditation normally takes around 15 minutes.

Close your eyes... Be aware of your posture... Take a couple of deep breaths... Your breath starts at the bottom of your spine, It travels up your spine to the crown of your head, There it pauses... It then travels down the front of your body like a great fountain. It reaches your naval, It returns to the base of your spine, It pauses there again... Take another couple of breaths in this way... Relax, be aware of your breath. Let any tension in your body go. It will be released just by thinking about it.

Imagine that you are in a forest... You can feel the damp air and the slight chill,

It caresses your face, and you breath it into your lungs. You can feel the soft moss beneath your feet, You can smell pine needles and the fresh spring air... You can almost taste it. You can hear the birds and the wind in the trees, A babbling stream flows by. One of the trees is particularly tall, It is warm and inviting...

Go over to this tree, It is going to help you on this journey. Sit next to it. As you are sitting, leaning against the tree. You become aware of the life of the tree. You are aware of the nutrients travelling up the trunk, to the branches, the twigs, to the leaves... You are aware of the life-force of this tree. Take a couple of minutes just to experience the life of the tree... It has a very earthy presence. You lie there, resting on this tree, feeling the life flow through its trunk. You may even be able to hear a very low sound, the sap of the tree... You become aware of the ground beneath you... You can see, in your mind's eye, the roots of the tree. They travel deep into the ground. The soil is very rich and earthy. As you sit there pondering this, you may actually feel that you are sinking into the earth. As you sink you feel very warm and cradled by the earth. You are aware of the various earth energies, as you slowly sink in. You sink down, and down... It is a wonderful feeling just sinking. You can begin to hear a sound like a great drum. It is the hear-beat of the earth. You are aware of the roots of the tree as you pass them. You may actually hear them taking up the nutrients of the earth, You sink down further until you reach a layer of rock. You rest on top of this layer of rock, deep within the earth and below the tree. Surrounded by this wonderful soil, you lie there on the rock. You feel perfectly safe and secure here. You can feel the rock absorbing your energies, deep into the earth. Any spacey feelings are being replaced with solid, secure feelings. Your body becomes very heavy with these earth energies. You become heavier and heavier... You notice that you are beginning to sink through the rock itself, You can feel the rock all around you as you sink through it. It is quite cool. You sink down and down... through the rock. You enjoy this sinking, there as a warmth as the rock embraces you. You become more and more earthed. You may feel that you are falling off

to sleep. You become aware that you are no longer surrounded by rock. There is a warm feel to the air, warm and slightly damp. You can feel, smell and taste the earthiness of this air. You begin to realise that you are actually in a cavern, deep in the earth itself.

You are actually lying on a huge piece of obsidian. This black, glassy colour. Very earthy. Any spacey feelings are converted to earthiness by the obsidian. You feel very relaxed. You can hear a noise coming from the cave. It is a very crumbly noise. You see before you is the beautiful earth goddess... She welcomes you to her domain, deep beneath the earth. She tells you that she is very pleased to see you and will help you to become earthed. She asks you if she may work with your energy field to help you become centred. You may choose to accept or reject her invitation.

You are free to leave this journey at any time, all you have to do is think about it. If you accept, please close your inner eyes. You will feel the earth goddess enter your energy field. You will be able to sense her make the adjustments that will centre you. Enjoy the sensations... Feel her love, her energy, her power... She has a very loving and warm presence. It seems to cradle you. After she has made the adjustments, she places her hand gently on your forehead and asks you to open your inner eye. As you lie there you see that she is very beautiful. She is in fact the most beautiful person you have ever seen. You can now take the opportunity to thank her... After you have thanked her, she may offer you a gift. This gift will help you become

earthed on the inner and outer planes of existence. You may now say goodbye in whatever way you wish. The earth goddess shows you the way to some caverns leading to the surface.

She wishes you goodbye and disappears deep within the earth. You begin to venture through caverns, instinctively knowing which way to go. As you go through these caverns you see the dim glow of daylight. It becomes brighter, you smell the fresh air of the outside world. You reach the mouth of the cavern. You find yourself on a beach. You can see the sea in front of you. The ebb and flow of the tide is very relaxing. You may smell the sea air, a salty smell... You can hear the waves crashing up against the shore. You can feel the warm sand beneath your feet. As you stand there in the sun notice how earthed you are. Notice how centred you are. It is now time to return to the physical existence. Become aware of your physical body. Notice how calm, earthed and relaxed you are. Start to notice your breathing, Take a couple of deep breaths... Flex your fingers and toes. Become aware of your surroundings. Close your inner eye... Start to become aware of your breath... The rhythmic flow... In and out... Take a deep breath... Become aware of your body... Notice how calm, relaxed and comfortable it is... Take another deep breath... And another... Begin to become aware of the room around you... Notice any sounds, smells or sensations... You are now very alert and almost ready to open your eyes... In your own time, take another deep breath... Stretch your fingers and toes... You feel relaxed and comfortable... You may see all the beings you met on your journey. In their own way they are waving to you! You can return here as often as you like. Open your eyes... Stretch and, if you like, walk around the room.

The Nine Elements: Sensual Journey

This sensual journey takes us through the nine elements of the sensory mind. These elements start off solid and become finer and finer as we proceed. Each element is associated with a particular feeling. This imagery journey is very good for developing and integrating the senses. It should take around 20 minutes.

We are going on a journey to balance the nine elements. These elements represent the nine functions of the mind. We will travel through each element, allowing complete submission to its energies. I would like you to begin by sitting comfortably. Close your eyes... Become aware of your breathing... In and out, the ebb and flow. Notice how calming your breath is... Take a deep breath... Imagine energy travelling up from the centre of the Earth. It passes your feet, ankles, shins, knees... Notice how golden in is. This energy embraces you. It travels up your thighs, buttocks... Allow any tension to dissolve into this golden light. It climbs up like a vine. It passes your abdomen, solar plexus and reaches your chest. Bring your attention back to your breath... In and out... A great bright light shines down on you from above. You can feel it on the crown of your head. It too is very relaxing. It is very bright, but does not hurt your eyes. In fact, it is strangely soothing. It penetrates your head, down your forehead...

Let go of any tension, allow it to dissolve in the light. It passes your ears, jaw and reaches your neck. All tension in your neck evaporates... The light passes your throat and reaches your shoulders. There all the tension is dispersed, like a great wave of joy... The light reaches your chest and combines with the Earth light... The two

mingle to give the most exquisite sensation, it radiates through your entire body. Your body is electric, you may hear it buzz.

You are lying on a sandy beach. You can feel the hot sun on your naked body. The sand embraces you... You can smell the sea, feel the sand, hear the waves... You are very relaxed and begin to sink into the sand. Your arms and legs, torso and finally your head... You can feel the embrace of the earth energies as you sink through the sand. The sand embraces you as you sink down. It begins to get damper as you get deeper. You can smell the rich earthy smell. You reach a layer of rock... For a moment you listen to the slow, deep heartbeat of the earth. You sink through the rock and find yourself in a subterranean cavern. As you lie on the hard rock, you feel earth all around you. You can smell it, taste it. Your body starts to turn to rock. You become part of the earth...

You are standing at a muddy swamp... Tentatively you explore the mud with your feet. It squelches below them, and squirts through your toes. You feel the mud travel up your legs. It is cold and wet at first, but soon becomes warm and embracing. It travels up to your knees, thighs, buttocks. You can smell the swampy, muddy smell... You lie back and allow it to suck you in. A wonderful feeling... It passes over your body and embraces you. This is the element of mud. You try to swim in the mud. It slurps past you and you move slowly. You relax and allow the mud to move you. You can feel it massaging your body. A very sensual feeling. It slurps and trickles, gloops and bubbles... You can taste it, smell it and hear it. It runs all over you, exploring your body... You relax and become one with the mud. You realise that you are mud... You gloop and slurp around.. You enter a

giant sea of mud and disperse into it...

You are in a wonderful forest... Look around you at all the trees... what sort of trees can you see? Take a deep breath and smell the forest air... Go over to a tree and feel its bark... Take some and rub it through your fingers, feel the texture... Taste it, what does it taste of and what does it feel like in your mouth... Embrace the tree and feel yourself turning into wood... You are becoming at one with the tree... Sending roots deep into the cool and damp earth... Feel the nutrients rise through your body, sap rising, all the way to your branches and leaves... feel them sway in the breeze, full of life energy...

You are on the shore of a great ocean. You walk towards the waves. They lap up over your feet, nice and refreshing. You walk in to the ocean... The waves lap up against your legs... As you get further in, you can feel the power of the waves. They eventually knock you over and you sink into the sea. You begin to swim, feeling the water flow past you. You can taste the salt and hear the water. Swishing and running. This is the element of water. You swim further down... Further and further... The light gets dimmer and dimmer... You begin to dissolve into the water, like a giant sugar cube. You become one with the water. You flow around with absolute freedom... Penetrating every rock, embracing every fish... There are many life forms in the sea, beautiful colours...

You are travelling towards the sun, the element of fire. You can feel its warmth radiate down on you. You get closer and closer to the sun. You can smell its powerful smell of flames. You see the massive, bright light. You are heading straight towards it... It becomes hotter and hotter... You get so close you begin to turn to fire. Your body combusts into a fireball. As you race towards the sun, your atoms disperse into a great wind... This wind radiates with light... You reach the sun and merge with it. Standing at its centre, you can feel the brilliant light radiate from you. Out into the universe.

You are travelling up into the sky... You are travelling to the clouds... There are many in the sky. All different shapes and sizes... You reach a giant, cotton wool cloud. You float within it... You can feel the cold and damp water vapour like mist. You are mysteriously warm. This is the element of cloud. You begin to dissolve into this cloud. You become the cloud, light and fluffy. You can feel your freedom, suspended in the sky.

It is a wonderful feeling... You look down towards the earth... You can feel the sun on your back, heating up the water vapour. You feel it stir up convection currents, like a tide within you... Your lower layer begins to get heavy. It begins to release water as rain, what a feeling. The sun, the rain, you in the middle... You float on upwards getting more diffuse. You can see the entire county before you... You span for miles... You are one of those very high fish-bone shaped clouds... You drift across the heavens... Enjoy...

You are on the top of a huge mountain. You can feel the air all around you... You can feel the wind pick up. It is blowing very hard. It blows your hair and you stagger backwards... You fight against it, but it gets very strong... It lifts you upwards at great speed... You can hear it howling, a hurricane! This is the element of wind. You head towards a giant spinning vortex. A tornado.... It whisks you up and you disperse into the tornado. You can feel its power and great speed as you swirl around. You can feel yourself, as the wind, blowing against things. You whistle through the trees, whisk up white capped waves on the ocean... A wonderful feeling of power...

You look up at the sky. It is very still... You begin to float upwards, high into the air. You can feel the air around you, very diffuse. This is the element air. It is so serene and peaceful up in the air. You can see for miles and miles. You can see the sun, the sea, mountains and fields. You feel at peace with the universe. It is very still and meditative. You begin to dissolve into the air, becoming it. You spread out and embrace the sea, mountains, trees and fields... It is such a blissful feeling... You can sense their energies, their presence. You expand outwards and are aware of everything...

You are in the middle of empty space... You look at the distant stars.... They are becoming more and more distant... You have to really peer to see them. The sense of space is amazing... You drift into

an area of total space... This is the element of ether, or space. You begin to dissolve into this space... It is like ceasing to exist... It a strange feeling, dissolving outwards, dissolving inwards. Dissolving in dimensions that you never knew existed. It is extremely liberating... You feel ecstatic as your consciousness dissolves. First to ecstasy, then to bliss, then to omnipotence. Then you dissolve altogether, aware of nothing.

Your elements are now balanced and your chakras are energised and open. I am going to count from five to one, when I reach one you will be awake, relaxed and energised. 5... Take a deep breath. 4... Become aware of your body. 3... Take another deep breath. 2... Flex your fingers and toes. 1... Open your eyes and stretch.

Part Six: Rites and Rituals

The Rite of Spring

Beltane. Shed the ties
That bind. Unleash new-
Born night on newly
Uncovered flesh. Chill water.
Line of planets, pointing to
Moon rise, high in the heavens,
Orange as sun, bright as day.

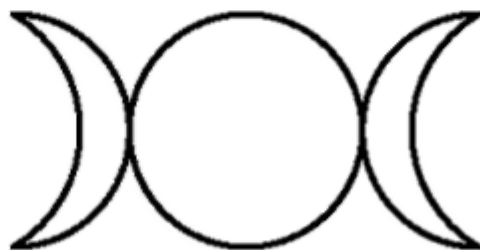
Connection.

The stars etch out a pattern on my body.

Drawing down the Moon

This is a ritual often practiced in Wicca. It need not be complicated, and at its most basic level involves watching the Moon and perceiving its great spiritual energy. For a more effective experience of the Moon, stand naked before her with your arms raised and visualise the energy flooding through your body. It is a very real and profound sensation.

Drawing down the Moon is usually performed during the full moon, when its energy is at maximum. All phases of the moon have their own magic and can be energetically harnessed. The new moon I find to be particularly magical as it has an air of mystery and new beginnings. The waning moon can be used to let go of that which you no longer require and has more of a 'pulling' or banishing energy. It is a good idea to be aware of the moon and her phases, as it helps to tune you in to natural cycles.



The triple goddess symbol represents the phases of the Moon.

Working in a Group

“Working together allows us to appreciate not only our true beauty, but that of others, bringing us to an awareness of our connection with Gaia and the Universe”

Group work adds a new dimension to the practice. They do more than offer support, encouragement and security. A group helps the individual to stay focused and balanced. It can also be good to take turns in reading out mediations, rites and energy exercises. It allows us to be more comfortable with ourselves and allows us to share our experiences with others.

The group exercises given below are described in order of advancement. They start with an introduction to the group, where everyone can get used to each other and the group dynamic can be formed. They go through various exercises comparing the group and individual experiences and end with group healing and acceptance.

If you are new to working in a nude group, or if you are new to ritual, there are a number of steps that you may go through as you accept your body and overcome conditioning. It is recommended that you try some of the exercise and get used to working in the nude alone, before joining a group. It is also recommended that the group get to know each other outside sacred activities before the first ritual meeting. This allows for forming of a group bond and breaking the ice. It is a means of breaking one in gently and you may examine hopes and fears before starting sacred group work. It goes without saying that with any spiritual group, naked or otherwise, you should only work with a group who feel right to you, and whose beliefs and practices are positive and life affirming!

I would like to mention the stages that you could go through as you start to explore sacred nudity, as they can be particularly exacerbated by being with other people, because even though they are on your wavelength, you might not be used to being naked in front of others! Firstly, in most western societies there is much shame attached to the body. Your first nude experience may be wonderful but may also leave you feeling that you have done something perverse or wrong. There is nothing wrong with what you are doing, it is perfectly natural. What is wrong is the conditioning you have received to make you feel such a way. You may feel sexually aroused. This is a natural response to your conditioning that sees the naked body as merely a sex object. There is nothing wrong with these feelings and you will work through them and soon you will reach a stage where you enjoy being naked without it having any sexual implications. If this should happen in a group, do not worry about it, as dwelling on it will only exacerbate the situation. No one in the group will judge you for this as long as you do not act on your feelings. With time they will pass, and in all honesty you are more likely to be nervous about being seen naked if you are new to it than anything else!

Some people go through a phase of experiencing an adrenaline rush at the thought of being seen. This is related to our social conditioning and is the buzz that comes from doing something risky. After a while these feelings will pass too. You will find yourself quite concerned with the fact that you may get caught (if you are in a public area) and reach a stage where you are unsure how to proceed. All of these stages are natural, and what is important is that you do only that which makes you comfortable, that you are sensible in where you go naked, and that you focus on creating positive spiritual

experiences. After all, this is about body acceptance and self-acceptance as well as deep connection with Gaia, and this is a beautiful combination.

These exercises can also be adapted so that they can be performed clothed. If you cannot find or form a group of people who would like to practise sacred nudity, you may find it beneficial to work with a group clothed. A group of likeminded people who wish to connect with Gaia, connect with likeminded others, and enrich their spiritual experience, can create a wonderful energy together, with or without clothes!

Group Exercises

Experiencing the Group

When your group first meets up, it is good to have an activity to introduce you all to working together and break the ice. If someone is willing to lead the group through a guided meditation or other sensory exercise, that will be a good way to accomplish this. For your first group activity, I suggest the following, which allows you to introduce yourselves to each other in a more ritualistic form, and can if you wish take place either before or after the casual introductions. Start by choosing a site in a forest or other secluded spot with plenty of cover. Choose a place some distance from the ritual centre of the group, far enough away not to be seen by any of the group members. Undress and centre yourself using meditation, Chi Kung, yoga or whatever exercise you find most appropriate. One by one, starting with whoever is leading the group, make your way to the ritual centre. Once there hold hands with the person next to you and begin to form a circle. Keep your eyes open until everyone has arrived and remain silent. Once everyone has arrived and your circle is formed, close your eyes and ground yourself further. Focus on the light within each being of the group, and the group as a whole. The person chosen to lead the group should then end the meditation.

You can then sit down and share your experiences if you wish. This exercise is good for the first formation of a group or at the beginning of subsequent meetings. It should be silent all the way through and members should also refrain from non-verbal communication. This allows every member of the group to feel welcome and at one with the whole.

If you have enough time, you might want to work through some other sensory exercises, or you might wish to do them slowly over the course of several weeks. You may wish to bring other exercises or techniques to your meetings, to bring you closer to Gaia. Let your group flow and unfold naturally.

Experiencing as a Group

This exercise allows the group to experience a natural object such as a tree or a rock. It can also be used to experience individual people. Start by using the Experiencing the Group exercise above and stand in a circle around your chosen object or person. If there is a new person in the group this is also a good initiation.

Once the circle is formed around the object, close your eyes and hold hands. Focus your main on the object or person and allow yourself to become lost in the experiences of the group. You may find that your experience is a lot richer and has different qualities to just experiencing the object by yourself. If it is a person that you are focusing on they may feel the love and acceptance of the group. The person chosen to lead the group should end the exercise and everyone should reform the circle, and share their experiences if they wish.

Touching only part of the Elephant

Touching only a part of the elephant is an expression that means that we all have different experience of the same object and can gain a fuller understanding by sharing these experiences. It is based on the story of seven blind men who are asked to describe an Elephant by touch. Each one touches a different part, the trunk, the tusks, the tail, a foot, the mouth, the eye and the back. Each one describes a totally different object and it is not until they put their findings

together that they can describe the elephant.

This exercise is closely related to the one above. Start out as before, this time each individual should touch the chosen object or person for a period of time, focusing on it. They should then for a circle around the object or person (if they are comfortable with that) and join hands. They will then be able to integrate their personal experience into the group. This should give a much richer understanding and experience. When everyone has touched the object or person, reform the circle and take time to discuss your experiences of the item.

Sharing Individual Experiences

Moving on from experiencing an individual object or person, split up and find similar but different objects. This could mean trees of the same species or rocks or plants of the same kind. Once you have experienced your chosen object, return to the group and hold hands in a circle. The individual experiences will join to form a group experience of that class of object. The group may experience the essence of Pine Tree, or daisy. If there are many people in the group, split into two equal parts. In twos, one from each group, experience each other by laying your hands on each other in a gentle and therapeutic (and non sexual) way. This will give the two groups a feeling of what a human is. Take time to discuss your experiences so that you can all share in the group experience of the person or natural object.

Group Healing

Moving on from just experiencing an object or person, the group can send thoughts of love and healing. If members of the group practice any healing art, they may use this. This is best done with all

members of the group laying their hands onto the object or person and sending healing. The group can then back off, form a circle, join hands and send healing energy to the more subtle aspects of the object or person. This is excellent for earth healing and for initiation of new members into the group.

Star-field Group Meditation

This meditation goes one step beyond as the objects of meditation will be heavenly bodies, stars, planets and moons. The group should lie down connecting feet in an open flower arrangement. Each member should pick a star and focus on it. The group will experience a sense of the vastness of the universe and also a sense of our place in the cosmos. You may be aware of the earth rotating as you do this exercise!

Treasuring Nature

This ritual is a ritual of adornment. It may be carried out on an individual object such as a rock or tree, a person or the entire planet. Firstly, everyone should pick a gift for the object of adornment. It should be something special and looked for with care. Stand in a wide circle around the person or object and one by one come forward and offer your gift on one knee. Bow and send thoughts of love and gratitude. Return to the circle and once everyone has made their offering, join hands and circle the object of adornment. You may wish to chant blessings as you do so. If doing this with people it is good that all the members are given a chance to be the adorned one.

Moving on to form your own Rites.

With all group work it is important to develop your own rites and rituals. You may wish to create a space clearing ritual for the formation of your group or rituals for certain occasions such as a

solstice. It is also beneficial to have festivals where an aspect of nature is rejoiced in and special rituals, readings and meditations are performed. Food and drink are also used in many rites as are dancing. Body adornment is another way of increasing the power of a rite as is fasting beforehand.

There are many ways of adorning the body. The sand person is one of the simplest. If you are near a beach, submerge yourself totally in the sea and then roll in dry sand. The sand will stick to you and dry forming 'natural clothing'. This allows for the submission to water (the sea), earth (the sand), fire and air (drying the sand). Making daisy chains or body painting are also very conducive to rituals. Materials should be as natural as possible and ideally manufactured in a ritual, the most readily abundant are flower pigments and different kinds of mud. The painting itself can be a ritual. Always be careful not to harm the environment and use these pigments sparingly. Be inventive and creative and allow everyone to have a chance to lead the group.

Using a balance between solitary work and group work a deeper connection is possible. Imagine a rite where the Submission to the Elements exercise is used by every member of the group who then converge on some distant ceremonial spot to undertake the Treasuring Nature rite. If you had enough time and space you could start the rite at sunrise and finish at sunset. Members can experience their own individual sensory exercises and rites before the group meeting, and can either share these verbally if they wish, or simply bring the energy with them into the group consciousness.

Ritual: Child of Nature

This ritual allows you to submit to nature and become a true child of Gaia, by symbolically burning your clothes (which represent ties to society) and becoming a tribal nature spirit. The initiate is immersed in the metaphysical elements of Earth, Air, Fire and Water and finally given a tribal name by a person channelling the spirit of Gaia. The ritual can be prepared for by meditation and spiritual protection and grounding, and of course a suitable location will need to be found. Some groups may find that if they have common ground they are comfortable to enjoy this rite with others, while others may find it works better in an established group who know each other. It could also be adapted for use at camps, such as Druid or Pagan camps, or other places where spiritually like-minded people gather.

The initiation is performed at dusk, as this is when people are most receptive and the world takes on a magical energy. It also leads into nightfall, which symbolises journeying into the underworld before becoming reborn. One person should volunteer to become the Spirit of Nature or Gaia. This person can be adorned in any way that feels right, and should spend time preparing to tune in to the energies. Those being initiated should choose their “nature spirit” name beforehand. This should be a name that feels right, and that reflects the feeling one gets in ritual or very close to nature. This name is symbolic of your connection with Gaia, and can be chosen intuitively, or through journeying or meditation. If you like, you can end the ritual with dancing around the campfire chanting in time to a drumbeat and consuming traditional cakes and ale to ground the experience.

Initiation at Dusk

Initiate walks up to fire wearing clothing symbolic of worldly ties.
DRUM

Spirit of Nature: Who Stands Before Me?

Initiate: SPEAK NAME

Spirit of Nature: Do you wish to be free?

Initiate: YES

Spirit of Nature: Do you wish to live as your true self?

Initiate: YES

Spirit of Nature: Do you wish to become a true child of nature?

Initiate: YES

Spirit of Nature: Remove the clothes that bind you! Know that you are free and beautiful!

Initiate removes clothing, ripping or cutting them off if desired and puts them in a pile.

Spirit of Nature: By the power of Fire You will first burn the ties that bind you!

Initiate places clothing into fire and watches them burn.

Spirit of Nature: Your ties have been transformed into the smoke that cleanses the mind!

Initiate stands in the smoke of the fire as the last embers of clothes burn.

Spirit of Nature: Come before me, child of nature! DRUM

Initiate stands or kneels in front of the Spirit of Nature, hands in prayer position.

Spirit of Nature: I now cleanse your body by the power of Earth!

Spirit of Nature sprinkles or pours sand or earth over the initiate.

Spirit of Nature: I now cleanse your spirit by the power of Water!

Spirit of Nature sprinkles or pours water over initiate.

Spirit of Nature: Be Free! Go to nature and become One! DRUM

Initiate walks away from the group to spend some time in nature alone and decorates their body with mud, wet sand or natural pigments. Body paint can also be used, making tribal patterns and covering us much as possible.

Initiate returns and stands or kneels in front of the Spirit of Nature.
DRUM

Spirit of Nature: Welcome my new Nature Spirit!

Spirit of Nature: You will now be known as (new nature spirit name)!

Spirit of Nature: Do you accept your new name!

Initiate: YES

Initiate is anointed by nature spirit with the MA symbol on forehead then stands with initiated nature spirits for remaining initiations.

It is traditional in pagan circles to have cakes and ale at the end of any ritual, offering some of each to the God and Goddess.

Part Seven: The Tribal Revival

Our Place in the Universe

In the beginning there was source energy that wished to realise itself. It split itself up into infinite parts each imbued with consciousness. These parts aggregated together at many different levels producing many planes of reality. Each plane has its own unique characteristics and allows the universe to experience itself as a 'continually growing fire that is pure joy'. One of these planes is the physical plane to which we are all familiar. To be born as a human in the physical plane is a rare privilege, and this plane has many levels of reality. This is best expressed as scale. At the smallest level is energy, then atoms, molecules, cells, organisms, the planet, the solar system, the galaxy and on and on onto the physical universe itself. Each level has its own set of rules and consciousness, and is a world in itself.

Mankind is part of the plane known as Gaia. If we view the planet as an organism we will see it has certain anatomical structures. The stones, minerals and inorganic material, which compose the vast majority of our planet, are like the connective tissues, bone, muscle and cartilage. This gives structure to the planet. The micro-organisms and plants, which comprise the largest section of biological life, are the major organs, skin, heart, lungs, digestive tracts, etc. These give the planet life. The animals are as the nervous system, which allows it to respond to stimuli and develop a rudimentary consciousness and rudimentary feelings. Finally, mankind, which only forms a fraction of the life on the planet, is the grey matter, the cerebral cortex. Mankind provides the higher

functioning, the reasoning, the consciousness, the personality of Gaia. It is through us that the spirit of Gaia is manifest. It has been through our collective unconscious as she has been asleep, but now she awakens and enters into our collective consciousness. As individuals and as a society we breathe her spirit. Our experiences, our joys and sorrows are hers. Just as any enlightened individual will, Gaia will bring us into line, allowing us our personal freedom and encouraging us to live our bliss, but she will prevent us from harming her, or ourselves, just as a mother would a child. The challenges for living a physical existence are many, but may be summarised by the following. Experiencing individuality and separateness. Holding form for long periods of time. Mastery over the physical elements and ultimately our own energy by living an existence conditioned by physical nature, i.e. the need for food and shelter, the development of survival skills and ultimately craftsmanship. This craftsmanship is our bliss, as each of us has a unique talent to develop during our lives. This talent brings us great joy and satisfaction and enriches all of humanity and Gaia herself. Finding our talents and living them is to gain mastery of our lives.

As Gaia awakens humanity awakens. We are entering a new era, an era of co-operation, of planetary responsibility, of individual spiritual development. We are responsible for ourselves, humankind and the planet. We will work together to form a new world-order, one based on spirit and directed by Gaia herself. As we connect to her we bring her out of her slumber and she responds by connecting us to a much bigger universe. The planets are her brothers and sisters, the Sun her father. The Galaxy is her local community and is filled with much bigger, older and wiser beings than we have ever conceived. As she awakens we join this Galactic community, we gain the ability to

connect to the subtle energies of galaxies, stars and nebulae and are influenced by more than just the zodiac. She acts like a giant antenna bringing in signals from across the planes of time and space, across the planes of existence. The last time she was awake was during Atlantis, and in an energetic sense, Atlantis is rising once more.

Embracing the Flow

Humanity is undergoing a great transition, a transformation into a new society. This society will be tribally based and people will live in small communities, or villages, in harmony with nature. The seeds are already sprouting as people turn away from empty materialism and cheap mass entertainment and question their existence.

As human consciousness connects with Gaia there is a natural progression to this new state. Some call it the Rainbow Tribe, some call it Shambala, and yet others call the process the ascension. Works such as the Celestine Prophecy describe this in detail, and there are other films and books, both fiction and non-fiction, available today which point to the greater potential of humanity and the wisdom of our ancestors. It has been suggested that only a small number of people, perhaps even as low as 4%, need to be working from this position of higher consciousness to cause a cascade, and this group of people reaching the new consciousness is what the Celestine Prophecy refers to as a critical mass.

This critical mass is very near and there is a tangible change in the energies. People are getting together in groups and on the Internet in ways never experienced before. Previously pragmatic people are opening up to concepts such as angels, the spiritual reality and the fact that you create your own reality.

People feel a need to be close to the Earth, this is a natural need as it is through the Earth that we connect with spirit. We are to Gaia as our cells are to us. We are part of a much greater whole, a living planet with intelligence beyond our comprehension. As we connect

with her, we experience her power and great love. Connection and harmony with Gaia is the first stage in the creation of this new society.

We treat tribal cultures as simple people, but it is these tribes who hold the real key, it is they who live in harmony with Gaia and treat her with respect. Our ancestors and the native tribes of this world often have psychic and spiritual knowledge which is far beyond that of Western society at this stage in our evolution. This is a humbling, but liberating message for modern man, who has pride in his 'high' technology and lifestyle.

One indicator of the wisdom of tribal people, is the way in which they treat those who are different from the 'norm'. One such group of individuals are transsexuals. Tribal cultures are much more enlightened with their approach to bigendered and transgendered individuals. In Lakota culture the two-souled shaman, or [Winvanktehca](#), is highly revered and occupies a special place in tribal society. In native Aboriginal Australian culture, the [Sistergirls or Yimpininni](#) are accepted by the tribe and take a more traditional female role. In the [Tiwi Islands](#) Sistergirls make up 4% of the population. From the Berdache people of the Native American culture to the Fa'afafine of Polynesia, transsexual and bigendered individuals often have a special place in tribal cultures.

Contrast this to the way they are treated in our 'enlightened' western society. Transsexual individuals are at best seen as suffering from an illness- Gender Identity Disorder, and at worst are equated with perverts and sex offenders. There are two modes that western culture deals with transgender issues, by treating it with derision and handling it with 'humor', or by becoming fearful and violent. This is

the same for nudism, where the human body is either laughed at or perceived as an object of fear in British society, where it is possible to be 'guilty' of a breach of the peace, merely by being naked!

As we evolve to a tribal way of living, in harmony with Gaia and each other, we will not be living in the dark ages. We will learn the new science and use the new technology based on thought and love, far more advanced and safer than our current technology. We will receive healing far more powerful than orthodox medicine, we will have unlimited sustainable energy, we will have nutritious food and ecological housing. We will use this technology to repair the effects of planetary abuse, restoring the ozone layer and reversing global warming, safely disposing of nuclear waste and reforesting the lungs of the Earth.

This revolution will allow people to travel to places and in ways they have never dreamed. It will promote inspiration and self-expression, communication with other realms of existence and a sense of connectedness and joy beyond our current abilities to experience.

We will again be proud of our bodies and be free and open. We will deeply and intimately connect with nature. It will be tribal living with the technology of Atlantis. We must hold this vision, as we create what we intend. The more people who do so, the stronger the creative force. Many religions and cultures talk of this place, and my guides refer to it as 'The Tribe of the Phoenix', as it rises from the ashes of western society.

Embracing the flow is as simple as connecting. Connecting through meditation & journeying, through ritual, through communing with like-minded people. There is a wealth of spiritually uplifting material

available to help you on your journey: stay centred in light, and learn what moves you, what speaks to you. Together we can make this happen and be comforted that there is higher intelligence behind us all the way, Gaia, spirit guides, our ancestors, the Universe, God, the Goddess, Great Spirit - whatever you wish to call it. We are in the process of a great transition, one that is now inevitable and each one of us has a role to play.

The Tribe of the Phoenix

The Tribe of the Phoenix is a movement for people who are looking for their roots and want to live in harmony with the planet. It is not a religion, but a meeting point for people who share concerns about the future of Gaia and humanity.

The story of the universe and our place in the scheme of things can be summarised in the following seven core beliefs. These core beliefs provide the metaphysical foundation for the Tribe of the Phoenix.

1. The Universe is enriched by our experiences

In the beginning the universe split itself into infinite parts, all imbued with consciousness, so that it could enrich and realise itself. This is the *continually blazing fire that is pure joy*. This process of realisation is the evolution of consciousness.

2. There are many levels to reality

There are an almost infinite number of different levels of reality, or dimensions, out there. We are aware of but a few and they are all as different from each other as physical reality is to dream reality. This adds great variety to the experience of consciousness enrichment and evolution.

3. Physical reality is very precious

It is very rare to be in this physical reality which has its own unique enrichment opportunities. These gifts from the source include craftsmanship and individuality.

4. We are all cells in Gaia's body

Just as individual cells make our body, we are all part of a larger body known as planet Earth. The inorganic rocks and minerals are like the bones and connective tissues; The plants and microorganisms are like the major organs; The animals are like the nervous system; humans are the gray matter of the brain.

5. Humanity is Gaia's consciousness

As Gaia's cerebral cortex, humanity provides Gaia's mind and personality. She has been asleep for aeons and her voice has only been heard in our collective unconscious. Now she is awakening and her voice is becoming conscious to us. She will gently gain control of her mind in a similar way to meditation and individuals will spontaneously realise higher consciousness. The point at which this happens is the critical mass talked of in the Celestine Prophecy.

6. Gaia is part of a larger family

Gaia herself is but a cell in a much larger body, that of our galaxy. As humans we have friends and family, Gaia has sister planets and father Sun. Gaia is affected by distant galaxies, star clusters and nebulae in a similar way to which we are affected by the constellations and planets. This will yield a new astrology and methods of deep connection with subtle energies.

7. Gaia opens the gateway to higher realities

If we attune ourselves to Gaia's energy field, she will act like a giant antenna bringing in spiritual signals from other levels of reality. This will allow us to journey and communicate with advanced beings and gain great spiritual and practical knowledge. The last time on Earth

this happened was during the Golden Age of Atlantis.

The Naked Priestess

A woman approaches a blue extraterrestrial craft. She is a priestess of the Tribe of the Phoenix and is about to meet an etheric being from across the galaxy. This being is one of her spirit guides and brings much love and wisdom to the new Earth.

Over the years she has developed her subtle senses enough to perceive this craft and the being inside. These beings have been with humanity since its genesis and have always watched over us. In dense times, such as we are currently living, such craft are only seen as brief glimpses by those momentarily sensitive to subtle energies. They are discounted by scientists and are regarded as a fringe phenomenon. They are described as UFOs, flying saucers, balls of light, fairies, spirits and ghosts. They exist on a level of reality that few can experience during our current order, but all will experience after the elevation of consciousness.

In the time of the priestess, people will be able to see these subtle phenomena as easily as we see physical structures. They will interact on a level of love at a day to day level with these beings. Some will develop their senses enough to board the craft and be taken on magnificent journeys across the universe. They will be able to elevate their cellular and thought vibrations to such a level as to become transparent to people of our current time, as if ghosts. They will then see these beings and craft as solid and interact with them accordingly. They will use their minds to control the craft and travel in time and space in the subtle dimensions. They may be visiting us here even now, but only a few will have the subtle sight to see them.

Most will perceive only a flicker or a hint of colour out of the corners of their eyes, or perhaps the feeling of a slight breath, or the gentlest of touches. Such beings are regarded as angels in our time, but are really just our descendants. Some people alive today may be able to exist at this level.

The woman is naked, and this is a key to her subtle existence. She is in harmony with nature and connects fully to the natural forces. Clothing binds us to a dense existence, it blocks our subtle energy bodies and it places a barrier between us and the world, and each other. We live in dense times, obsessed with time and rules and desensitisation. We eat heavy food, listen to loud music, are bombarded by images and bright colours, and at the same time are insulated from feeling the sun on our skin or the moss beneath our feet. She is naked to be in total union with her surroundings. She is an advanced being of great intelligence and wisdom. Her tribal living is not retrograde, but the height of subtlety.

Technology for our priestess is based on thought and direct manifestation. She lives a life of simple pleasures and as such is extremely sensitive. She can sense the pain of a daisy being picked, she can feel every blade of grass beneath her feet, every droplet of dew on her skin. For her to be clothed would be for us to wear full body armour. Everything in her world would seem like soap bubbles to us, but are actually more resilient than the strongest of our buildings.

This meeting is one met with joy. Under a blanket of stars she greets her guide and friend. After a brief meditation calling down the subtle powers of the nebulae and galaxies, she is ready to board the blue craft. As she does so she feels a rush of air and a sense of peace. Being

in the craft is like being in a bubble bath or luxuriating on soft silk sheets. Taking her time to meditate with the crystalline energies, she holds the key to her third eye. The craft responds by gently lifting-off, like a feather on the breeze. It rises into space and she looks down upon Gaia, her home. The sunlight shines through the craft, it is like being in a giant bubble. Her energies are too subtle to be harmed by radiation or solar winds, but she does feel the gentle caress of the particle stream.

The craft moves swiftly on, past the Moon and deep into space. The energies rise in vibration until the craft seems to disappear totally. It has entered a higher state, that of the etheric realm. Together with her guide, she pilots the craft through a sea of energy. Travelling across time and space until she reaches the shores of a beautiful planet. This planet is in orbit around a giant blue sun.

She lands the craft on a beach and slowly it crystallises into more solid form. Together they leave the craft and use energy techniques to ground themselves and to solidify their forms. This is not astral travel, but the next level beyond. It is travel in mind, body and spirit. She is totally present and her physical body can solidify as much as ours can

She walks along the sandy beach and reaches a settlement. There she meets others like herself, physical beings. They take many forms and are from across the galaxy. This is the galactic council and she is the Gaia representative. This may sound fantastical, but it has been done before. In Lemurian times beings travelled from the Pleiades to Earth in such a fashion. By Atlantean times they had begun to lose this ability and by our time it seems like pure fantasy. But these abilities are becoming manifest. There has always been a few who could do

this. The difference is that in the time of our priestess, everybody can.

The council meets to help steer Earth towards the ascension of consciousness. They are meeting in the future, but their decisions will affect us now. We will only know their guidance through meditation and we think of them as angels or guides. The council will meet and act as evidenced by their presence now. The time is right for humanity to ascend. We are about to enter a new era and our consciousness is going to take a quantum leap forward.

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Glossary

Berdache: Transsexual women from Native American culture.

Chakra: (Shock-Rah) Literally means wheel, it describes one of the subtle energy centres of the human being. There are historically seven chakras starting at the base of the spine and running up to the crown of the head.

Chakra Senses: Special senses based on perception through our subtle energy centres. These include gut feelings, feeling from the heart and insight.

Chi Kung: (Chee Kung) Literally means Lifeforce (Chi) and Practice or Exercise (Kung). An ancient oriental martial art that strengthens the body by allowing the subtle lifeforce energy to flow naturally.

Earth Healing: Healing the subtle energy fields of the earth by using ritual, magic and any other means.

Ego: The interface between our senses and consciousness that we mistake for our true self. Seeing the ego for what it is brings liberation and oneness with the universe.

Element: The metaphysical embodiment of a particular energy state or state of being. There are classically five metaphysical elements, earth, air, fire, water and spirit. Mud, Woods, Cloud and Wind are the four life elements and metal and mist are the two artificial elements.

Energy Exercises: Any system of mediation, postures or rituals that works on the subtle energy body. This includes yoga and the soft martial arts such as Chi Kung and Tai Chi.

Energy Field: We are surrounded by numerous energy fields that

allow life force to flow in and out of our physical and subtle bodies. These fields are integrated into the chakras and meridians of the body.

Fa'afafine: Polynesian transsexual women.

Freeman-on-the-Land: A movement that promotes individual freedom from state control and statutes by declaring oneself free and bound only by the Common Law- as is our right under the Magna Carta.

Gaia: The name of the Earth Goddess, used to describe the unified life of the Planet by James Lovelock, in his Gaia theory.

Group Exercise: Any energy exercise or ritual practised in a group.

Guided Meditation: Also known as guided imagery or an imagery exercise- a meditation where one is guided using speech. Images form spontaneously in a dream like fashion allowing contact with the subconscious mind.

Illusionary Self: See the Ego.

MA: The symbol and mantra for the root chakra of Gaia..

Nature Religions: Any religion that worships nature. These include Paganism and Wicca.

Naturist: A person who prefers to be unclothed.

Oneness: When we see our ego for what it is we immediately become one with the universe.

Person: In the legal sense the person is a fictitious entity which is given to a human being at birth, by the issuing of a birth (birth) certificate. It is the main means by which we are bound to statutes and state control without ever questioning. The person is also a level

of mind created by education and social conditioning which is used to function in society.

Seven Senses: The seven senses are the five conventional senses, sight, hearing, taste, smell and touch; the chakra senses and the mind.

Sensory Exercise: An exercise that develops our senses so that we can experience oneness.

Skyclad: Being naked, particularly in nature. A term used by Pagans.

Social Order Reality (SOR): A term that describes your predominant mindset and sense of identity, created by social, political, educational, religious and cultural conditioning.

Spiritual Naturist: A naturist who is interested in developing spiritually as to be at one with nature.

Starclad: A variation on Skyclad and Sunclad.

Stolen Generations: A name given to the children who were taken from their native aboriginal families in Australia and indoctrinated with western values. There was also a deliberate attempt at eugenics in a hope to dilute the aboriginal gene pool to extinction.

Subtle Energies: Lifeforce energy that cannot be measured by conventional scientific methods.

Tai Chi: (Tie Chee) A martial art and energy practice similar to Chi Kung.

Tribe of the Phoenix: The name given to the next age of human enlightenment where people will follow their own bliss.

Web of Life: Everything in the universe is interconnected and

inter-dependant. This complex set of interactions is known as the Web of Life.

Winyanktehca: From Lakota culture, a two-souled transgendered shaman.

Wu Chi: (Woo Chee) A stance used in Chi Kung that forms the basis of the practice. Also called Standing like a Stake.

Yimpininni: Sistergirls, transgendered members of the Native Aboriginal Australian society.

About Storm Moon



I have been working with meditation, healing and shamanism for many years. I am two spirited and work with both the male and female energies, integrating them in to a greater whole.

Being naked in nature is natural to me and helps create a profound state of connection where I can journey to the otherworld and commune with nature's many spirits.

I write on metaphysical and spiritual matters in addition to visionary fiction and lead workshops on connecting with Gaia.

For more information, please visit my website:

www.thenakedpriestess.com

Or The Tribe of the Phoenix website

www.tribeofthephoenix.co.uk

