

## *Cultivating Right Relationship with Spirit of Place*

by Gaela Morrison

In reality, all places have their sacred qualities, whether they are special places of power or ordinary landscapes. Specific sites that have been sanctified, blessed and tended with ceremony and prayer over time to keep them activated naturally attract Devic and angelic spirit presences to the place. Possessing extraordinary spiritual potency, these are places where the veil between the worlds is thinner, acting as gateways from the physical world into the spiritual realm. The higher vibrations of these places have an expanded energy field and numinous qualities that can strengthen your spirit, and offer power for healing, inspiration, recharging and balancing. But what about our own backyard?

I feel that it is crucial, particularly at this time, to develop an interconnected relationship with the consciousness of places in our own region, the places where we live and work everyday. When we are able to discover, create and activate our own sacred places in our local landscapes, mutual healing and awakening can happen as we foster a co-creative vision of our future with the spirits of the natural world.

**What can you do to develop this deeper connection with the spirit of place or the “genius loci” in your daily lives?** By developing your own deep attunement with the consciousness of a place, you can expand your personal geomantic skills. The following principles and suggestions are useful for connecting with all sacred sites as well as well-known power spots, and are intended to encourage you to trust your own path in relationship building with a place’s subtler energies. The spirit presence of each place is unique, and is unique to each individual. To find your own sacred places in nature, pay attention to what calls you and what you resonate with, perhaps a place where the earth pulse is strong.

We usually are attracted to specific places in the landscape for a reason - whether to gather power, for specific healing, for visions and messages, for inspiration, or for rejuvenation and recharging. There may be an energy blueprint of that particular place that reflects similarities in patterns within yourself that you are attracted to. This being a relationship of reciprocity, and knowing we are interconnected and related to everything, the more we can be fully *receptive* to what these presences have to express, the more the spirit of the place awakens, and comes alive. The more we recognize, honor, and celebrate the consciousness of a place, the more the place expands and restores its energy and power.

**How to enter and approach sacred sites is essential.** See if you can feel the edges of its energy boundary, and stop there. Entering with an attitude of the utmost respect and being very present, you absolutely must have permission from the spirit guardians of the place to enter, and if for any reason permission is not granted, by no means should you enter. If you get a go ahead, introduce yourself verbally, as if you were speaking to a new friend. Physically touching a tree or stone at the entry point as a greeting helps to align you with the place and the beings there. You can always ask for guidance from allies, power animals, and spiritual ancestors. Honor the beings of the place and always honor the indigenous ancestors of the land. Approach with an attitude of openness, and with offerings (material and/or of the heart) of gratitude. Pay attention to any signs in nature that appear - animals, birds, plants, sounds, wind.

**Get Present.** Make sure to ground deep into the Earth, connect with the Cosmos, and then expand your ch'i out beyond what you think your boundaries are. Find a quiet safe place to be and engage all of your senses - perceive with softer eyes and listen for the sounds in between the sounds, sense with your heart. Allow your essence to *Shine*, feel your inner sun radiate - the joyful spark of your soul light. I cannot stress *receptivity* enough, as efforting, imposing or projecting will get you nowhere in developing a rich co-creative relationship with the spirits of place. Recognizing, receiving and appreciating them will awaken and open new networks of relating. Simply being, and allowing are key. Be in your innocence, engage your imagination, trust your intuition and just relax. *Allow* yourself to be touched by the experience. What does it feel like to allow yourself to *be seen* by the spirits of the place? Whether you meditate, journey, or just open your senses, try breathing *with* the consciousness of place.

**How you tune into the spirit of place is a very personal process.** You may relate with various aspects of a place's character in very different ways. Regardless of what aspect you connect with or how you do this, it is important to always be in a place of receptivity, sincerity and humility. I also find it beneficial to connect with a childlike innocence, which helps to be more open to joy and non-attachment to any outcome. In my experience I find it simplest to connect with a *feeling* sense, particularly when attuning to the devic fields, but not everyone does so. **Devas are non-physical beings connected to the consciousness of nature, having an instinctive knowledge of the patterns and harmonies in the natural world.** Places have different subtle energy qualities and facets that you can intuitively tune into or focus on. There is the basic ch'i or life force of a place, its vitality connected with the earth energies. Often on a dragon line, colors seem brighter in a place with vibrant chi, visually crisper - and plants, trees and animal life have more vigor, almost a pulsating. Try sensing the

energy on a vibrational level with your bare feet on the ground and tune in with your second and third chakras.

Each spirit of place also radiates a consciousness or intelligence connected with its wisdom. Openheartedness, receptivity and deep listening will assist in connecting with the spirit presence of the place. Others may resonate with tuning into the personality or the feeling quality of the place, the emotion it is expressing. How do we experience that emotion in our own being? And then there's the shamanic principle of Beauty, which speaks directly to and nourishes our deepest soul. Open your heart with gratitude and experience the beauty of a place by being porous, absorbing it with every cell and allow it to touch your soul. Feel it as a reflection of your own beauty. BE the Beauty.

**Start a dialogue.** Singing, dancing, tai chi, or any mode of expression that uses poetic language is a great way to communicate with the subtle worlds. As you start conversing with the spirit presence of a place, notice what messages, images, feelings or impressions you receive. Is there a story of the place? Listen with every fiber of your being - remember that you are exchanging *vibrational* energies. Ask if there is anything you can do to serve the place. Connect in both ordinary and non-ordinary ways, and try exploring places with different elemental qualities: Mountain, Water, Tree, Stone, Desert, or Jungle. As you breathe with the place, visualize *becoming* the place or a tree or stone, and let yourself experience this directly on a cellular level.

**Trees** are the easiest to feel the spirit presence and are excellent to initiate an exchange with, as they are very attuned to humans. Seek out a tree you feel a resonance with and greet it when you feel you are entering its auric field. Touch the tree either with your hands or lean against it. As you breathe with the tree, be very still, tune in and listen with all your senses, (including your body and your heart) particularly beneath the tree. Become the tree, and travel in your imagination to all parts of it from the roots to the inside of a leaf to its energy body. Feel the photosynthesis take place. Trees have the capacity to align and soothe our innermost soul. Returning to the same place or tree on a regular basis will establish trust, hone your sensing skills and most importantly promote a deepening of the relationship. It can also be helpful to visit these places at a transitional time of day, at dawn or dusk when the veils are thinner.

**Offer Your Beauty.** Remember that **this is a two-way relationship, based on the principle of Reciprocity.** By expressing who you are, in the form of a creative act of beauty can be the most wonderful offering of gratitude to the spirit presence and the beings of a place. Using the lyrical and rhythmic language of the arts, whether it is a

song, a dance, movement, chanting, music, a poem, or a drawing - when it is given with love straight from the heart, the receiving of it is often palpable. I've heard that just chanting the simple Aum will help the immune system of a place to self regulate and open.

**Bring it Home.** Practice what you've experienced out in nature and in sacred places, and apply that to your own home and property! Get to know the spirit of your home and land, and honor the consciousness of your place in and around your home. Your home is alive and part of nature; we are exchanging vibrational energies with everything. *Every* thing. Didn't everything come from the Earth originally?! Even plastic is a petroleum product, which came from the Earth. Cultivate awareness that all abundance comes from Her, and honor that in your daily life. Your altar is a link to spirit and a way for you to work with this. Outdoor altars are a necessity in my book. Consider making a spirit house or some sort of altar or shrine on your property to specifically recognize and consciously co-create with the spirits of your home and land.

Above all, let your experiences be guided by your own heart!

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