

**OCTOBER**  
**Curriculum**

*Mother Earth's*

*Crystal Schools*

**MOTHER EARTH**  
**MEDICINE**

*~ October ~*  
*Mother Earth Medicine*

**Our Curriculum flows based on a 3-day school week. Each month there is a total of 12 days' worth of content & corresponding activity that parents can then adapt accordingly to cater for their child's age bracket.**

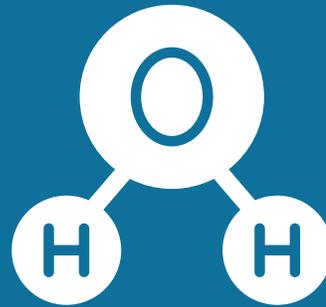
- Day 1. Water Wisdom
- Day 2. Crystal Cures
- Day 3. Childlike Wonder
- Day 4. Healing Herbs
- Day 5. Grounding Grandness
- Day 6. Animal Love
- Day 7. Plasma Power
- Day 8. Mushroom Magic
- Day 9. Medicinal Metals
- Day 10. Energy Medicine
- Day 11. Be Love In Simple Service
- Day 12. Human Design



# Water Wisdom



Water is much more than a means of hydrating our body when we're thirsty. It is one of the primary building blocks of Life and Consciousness. We are quickly re-discovering previously 'hidden' properties of water. Mystics or those who were seekers of truth and knew about Magic have been aware of these sacred properties of Water. Their knowledge was typically kept hidden and passed down only to students deemed ready for a higher level of Awareness.

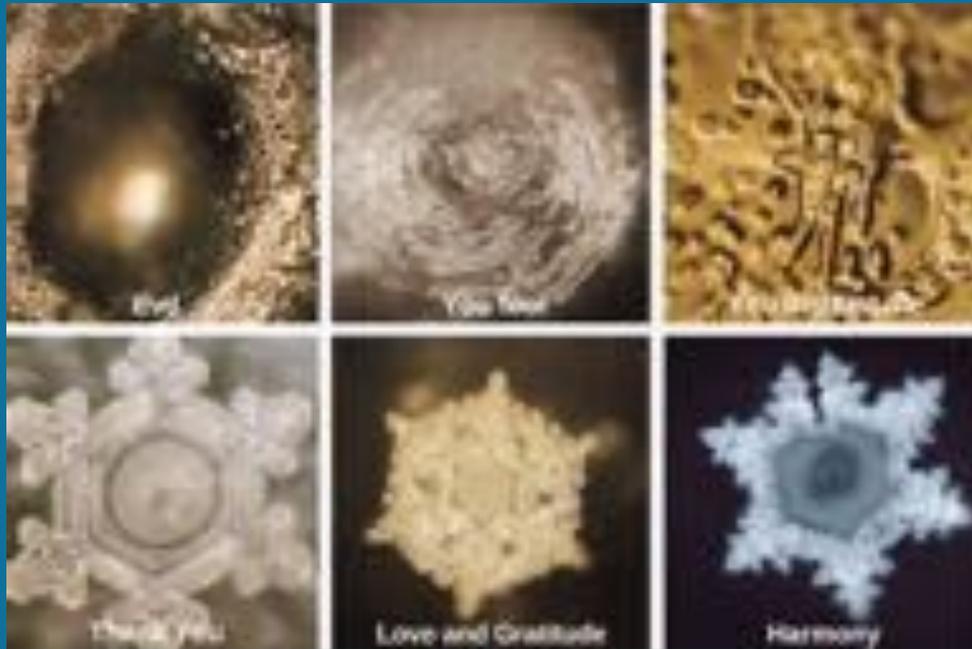


Now, this 'lost' knowledge is being proven to be correct through scientific research by Pioneers such as Dr Masaru Emoto, who have successfully recorded these sacred properties with acceptable ways of measurement. Water is finally becoming widely acknowledged as the incredible vehicle for Consciousness that it actually is. Like many things in life, it was right in front of us the whole time, but it was not until we became aware of its existence that we were finally able to finally see it.



# DR. Masaru Emoto

## Water Experiment



Water is the oldest and wisest Guardian of all recorded information. Water is literally a library of knowledge, memories, future possibilities and it holds all the secrets of Creation. It is a precious Element that holds Magical powers, we just need to connect to it and ask Water to help us create our own magic.



Nostradamus for example, used a bowl of water as a skrying tool (an art of looking through something to allow us to see visions from our Third Eye) for seeing future events.



Mother of All Creation performed countless Water Ceremonies to bring about healing, Love, Prayer and Higher Vibrations to be carried through the waterways that spread across the planet, thereby assisting us to raise our own frequency.

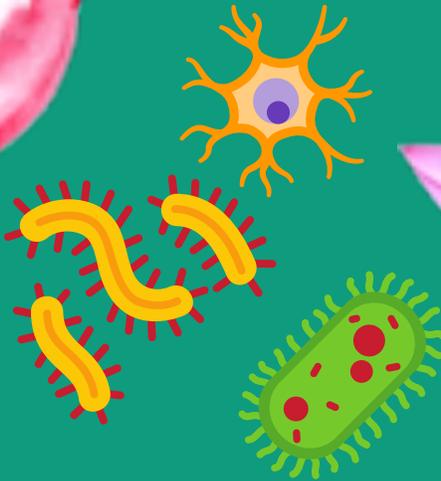


Remember the story of Elsa's quest in Frozen 2? If you haven't already seen the film, you may want to watch it again. On a journey to find out more about her past, Elsa, along with Anna, Sven, and Olaf, travels to the Enchanted Forest. They encounter the Northuldra people and a section of Arendelle's army who have been trapped and frozen there by a magical mist. Elsa, led by a mysterious call of the Unknown, continues on to the glacier Ahtohallan where she discovers the history of Arendelle and the nature of the curse. In the process, she also learns that she's the "bridge" that connects the magical realm and the human world. Likewise Mother God and Her Royal Angel Children (Us) are the bridge to connect both realms to manifest Heaven on Earth=Heart



Though not recognised by mainstream science, living Water in truth performs all intercommunication functions between all organisms, including us Human Beings as well as the Natural Kingdoms of the world. Water creates a network of sensitivity throughout all of life, even between life on Earth and the Cosmos, so that nothing can happen without affecting other processes; all are linked together by water. In this way, it drives evolution.

Innerstanding Water and learn to live more in tune with our environment and see/ feel with all of your hearth that we are part of a Family Of Beings – Human, Animal, Microbial, and Botanical – And we share a common bond of Water. Through the medium of Water we can finally feel The Whole Truth that not only do we share a common heritage – we are in Truth all One.



# Water Activity:

## Perform a Water Ceremony

Go on a field trip with your family and visit a waterway, like a river, beach, or stream.

Write down on a piece of paper a prayer to bless the Water. If you own a crystal, you could take it with you and with intention, drop it in the water and give it back to Mother Gaia.

## Tea leaves

If you have loose tea leaves in your kitchen pantry, you can do this activity of Skrying. Heat up some water in the kettle. Pour some tea leaves in a cup and add some warm/hot water. Ask your parents to help. Watch the leaves sink to the bottom of the cup. Observe what shapes the tea leaves form. What can you see. You can ask a question before hand and look for an answer in the tea leaves.



# Crystal Cures

Crystals are subtle yet powerful tools that work uniquely with each being. Not every being feels the energy of the crystals in the same way. Crystal healing is a beneficial way to balance your energy centers and promote deep relaxation.

When working with crystals, it is important to trust your intuition and how the crystals make you feel.



# Amethyst



This amazing crystal, known for its protective qualities, absorbs negative energies, calms the nervous system and the brain, easing headaches and migraines. Amethyst can be worn or carried to help calm mental stress. To help with quality of sleep, you can place a piece under your pillow.

# Citrine

Citrine is a pale, golden yellow crystal that stimulates hormone balance and creative inspiration. Citrine can be placed over the Solar Plexus area to clear tension from the upper abdomen.



# Clear Quartz

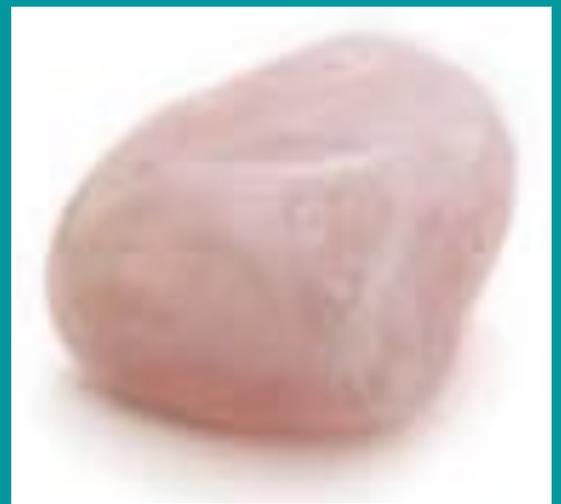


This powerful crystal can be placed in the home to cleanse the energy and enhance peace and clarity.

Using this crystal increases concentration and focus, clearing away psychic debris from the energy field.

# Rose Quartz

The crystal of unconditional love, easing anxiety and fear, supports the heart in all ways. This crystal can be placed in the home to create peace and harmony.

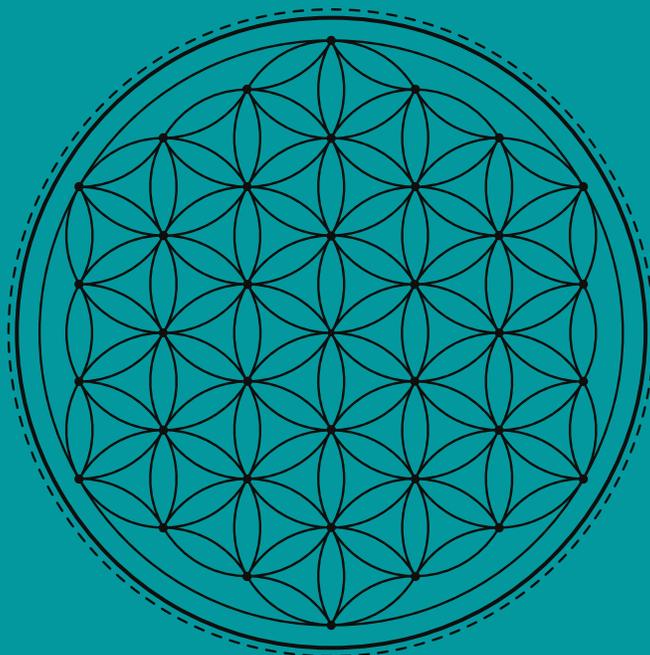




# Energized Water

## using crystals

Drinking energized water is a grand way to experience the healing properties of crystals. Energized water assists in balancing energies and calming your mind.



# Activities

## A way to check if a crystal is right for you

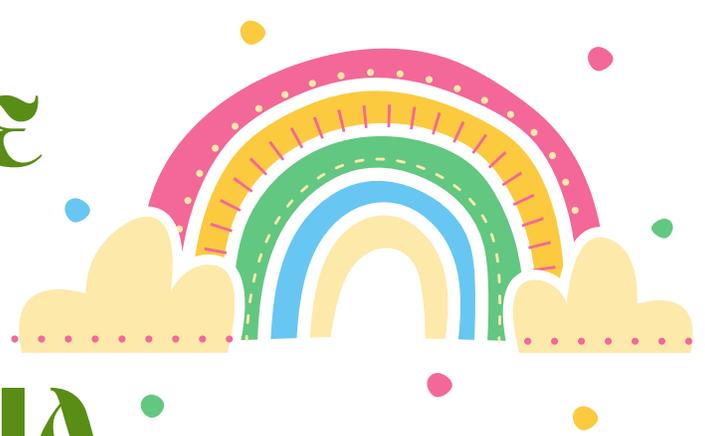
Place the crystal on your heart, close your eyes. If the crystal is right for you, your upper body will move forward, if it is not, your upper body will move backwards.

## Making Energized Water

Place a crystal against your heart and envision and set intentions of what you would like to bless your body with, purity, abundance, health, love. Place the crystal in your water bottle or decanter and leave it there and keep refilling it with water. Solid crystals communicate with water crystals and that message will spread to all the water crystals in your body.



# CHILD-LIKE WONDER WITH MOTHER GAIA



There are so many ways we can bring about healing.  
Mother Gaia herself shows us the way.  
There is magic everywhere when we have our feeling  
centers open and remain in our heart.

Children are so in tuned with this special Superpower that  
we, who have lost that childlike wonder, can begin to  
re~heart ourselves of the magic and awe-inspiring  
messages that  
Planet Earth=Heart has for us.

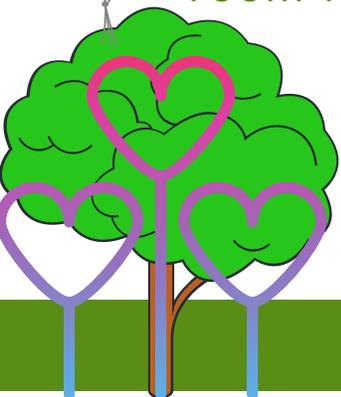


Innocence, Playfulness, Laughter, Fun and Adventure are  
Divine Traits that we all have.

Some of us just forgot how important these were for our  
own wellbeing. We don't create enough opportunities in our  
daily life to allow for these beautiful experiences to  
happen.



So today and every day, let's find Inner Joy, let's make  
room for fun and let's pause from our busy schedule to  
connect with  
Mother Nature in Childlike Wonder.



# ACTIVITIES

Choose a fun activity outside that you haven't done in a while. Look up new and fun ways to play in Nature. Here are some ideas to get you started.

## Rock Skipping (Skimming)

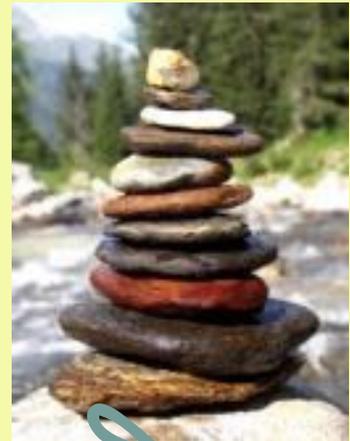
Find a body of water (lake, sea) and a smooth, flat rock. Hold the rock and instead of throwing it normally onto the water, quickly flick your wrist forward, letting the rock go.

At the beginning it may be that the rock bounces once or twice off the surface of the water. And with enough practise, you will be able to see your rock skip more just like a pro.

## Build A Rock Tower

Take a trip to the River or Creek and find some different sized rocks. Take the biggest sized rock and lay it flat on a surface.

Now add another rock on top of it. Balance them one rock on top of the other to create your own Tower.



# ACTIVITIES CONT'D



## Muddy Puddles

Rain is so much fun. Especially when there is a lot of rain for muddy puddles to form. You can wear rain gear for this activity or not.

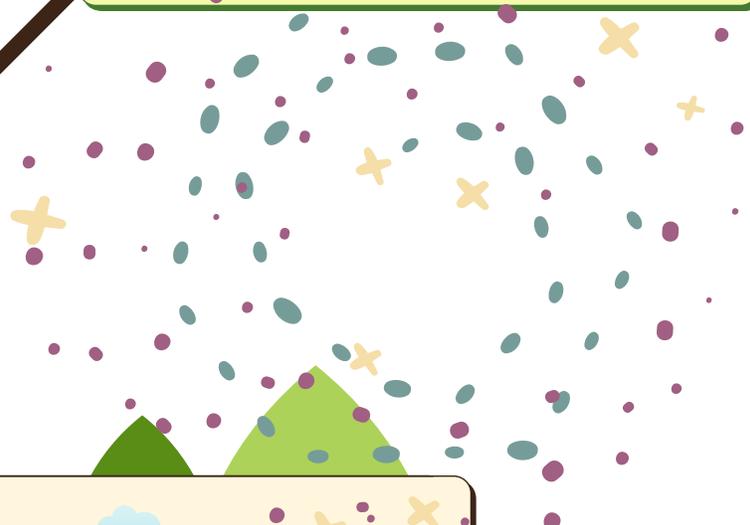
Basically, jump into as many puddles as you wish and get yourself as dirty and wet as possible. Enjoy!



## Ice Puddles

If it is Winter time where you are and the water has iced over, jump on them to crack them.

Sometimes you may find a pool of water just underneath the ice surface. What sound does it make when you break the ice with your feet?



# FAIRY HOUSES

Dress up your garden by making some fun little fairy houses.  
You can craft a single house or make an entire town.

Most of the items needed to make these houses can be found  
lying around your yard.

## Possible Materials

- Flat bases, such as a piece of bark from a tree.
- Craft sticks
- Twigs, leaves, or other wall items
- Tiny stones, gravel, etc. for walkways
- Tiny dried flowers (a bag of potpourri works great)
- Anything natural that you find outdoors
- Wood glue



## ~ Suggestion ~

Start by searching your yard for a large, flat base.  
You can make the initial wall structures out of craft sticks.

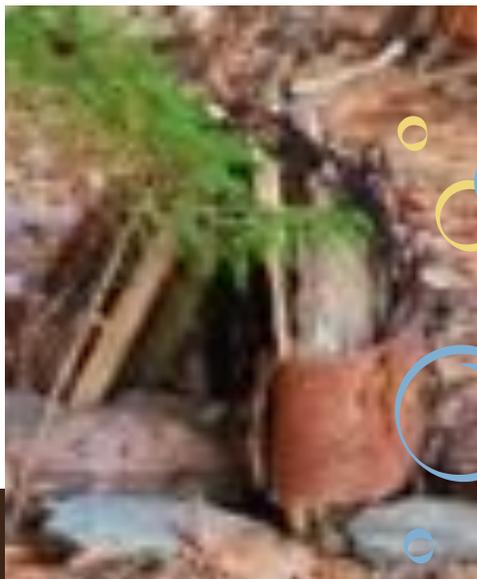
Glue these onto the base.

Choose an item for walls, such as twigs or leaves, and use them to  
make the walls for the outside of the house.

Use other items you find to create walkways, little trees, windows,  
porches, little piles of firewood, and fairy gardens.

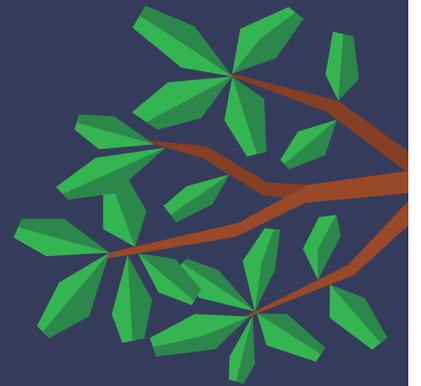
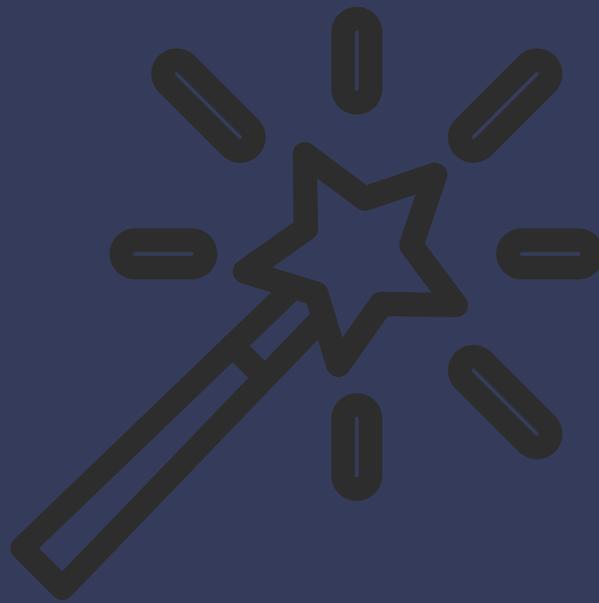
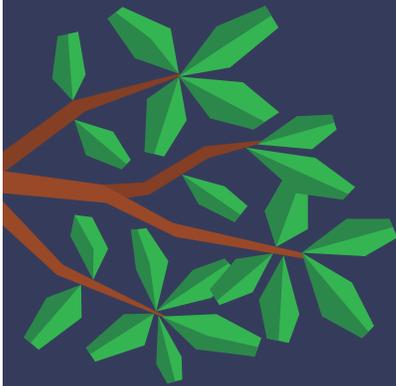


Just let your imagination go wild!





Herbs are plants with  
healing powers



Many of the pharmaceutical drugs of  
today used in hospitals and prescribed  
by doctors were based on plants!



Tinctures are letting herbs soak in a preserving liquid like alcohol for a couple weeks to allow beneficial molecules and compounds enter the liquid.



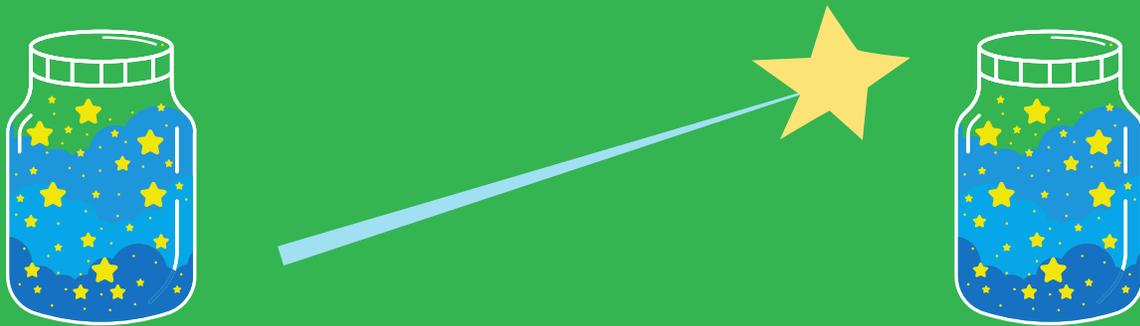
Homeopathic remedies – uses stirring and shaking to infuse the energy of an herb for healing purposes. This will bring out different properties of the herb. Typically homeopathic remedies are made from an undiluted tincture.

# **Teas - involves letting dried or fresh herbs soak in hot water for several minutes.**



Herbal tea from a common household spice: ingredients are 1 cinnamon stick and water. Bring a little more than 2 cups of water to a boil. Place one cinnamon stick in the water, cover the pot, then reduce heat to low. Set timer for 9 minutes and then turn heat off. Allow pot to cool for about 20 minutes before pouring a cup of herbal tea! Cinnamon stick will be able to be used again.

## Making a plant homeopathic remedy



- Make a cup of tea using distilled water. Before adding anything like sugar or honey, pour a few ounces or 100 ml into an empty jar. Stir, swirl, or shake the jar for 10 minutes. Put lid on if you shake! After 10 minutes add about 5 ounces or 150 ml of distilled water and stir, shake or swirl for another 10 minutes. The energy from the plant will be transferred to the water. Still your mind and focus on your body. Take a sip of your remedy. How does it make you feel? The distilled water will keep the energy of the plant for at least several days.



# Other Preparations

Essential oils – Also extracted from plants, usually by distillation with steam and water. They contain the plant's flavor, scent, and more.

Salves, oils, soaps, and lotions – Herbs can be added to or infused in products for skin or external use on the body.



**Plant Telepathy – go out in nature or even a nursery with plants. Use your intuition to and ask a plant if it has healing properties. Focus on the plant. How or what do you feel?**



Resources and notes:  
According to Rudolph Steiner some people used to make remedies that involved two hours of stirring! The long version of how to make homeopathic remedies like the ones in stores can be found online.



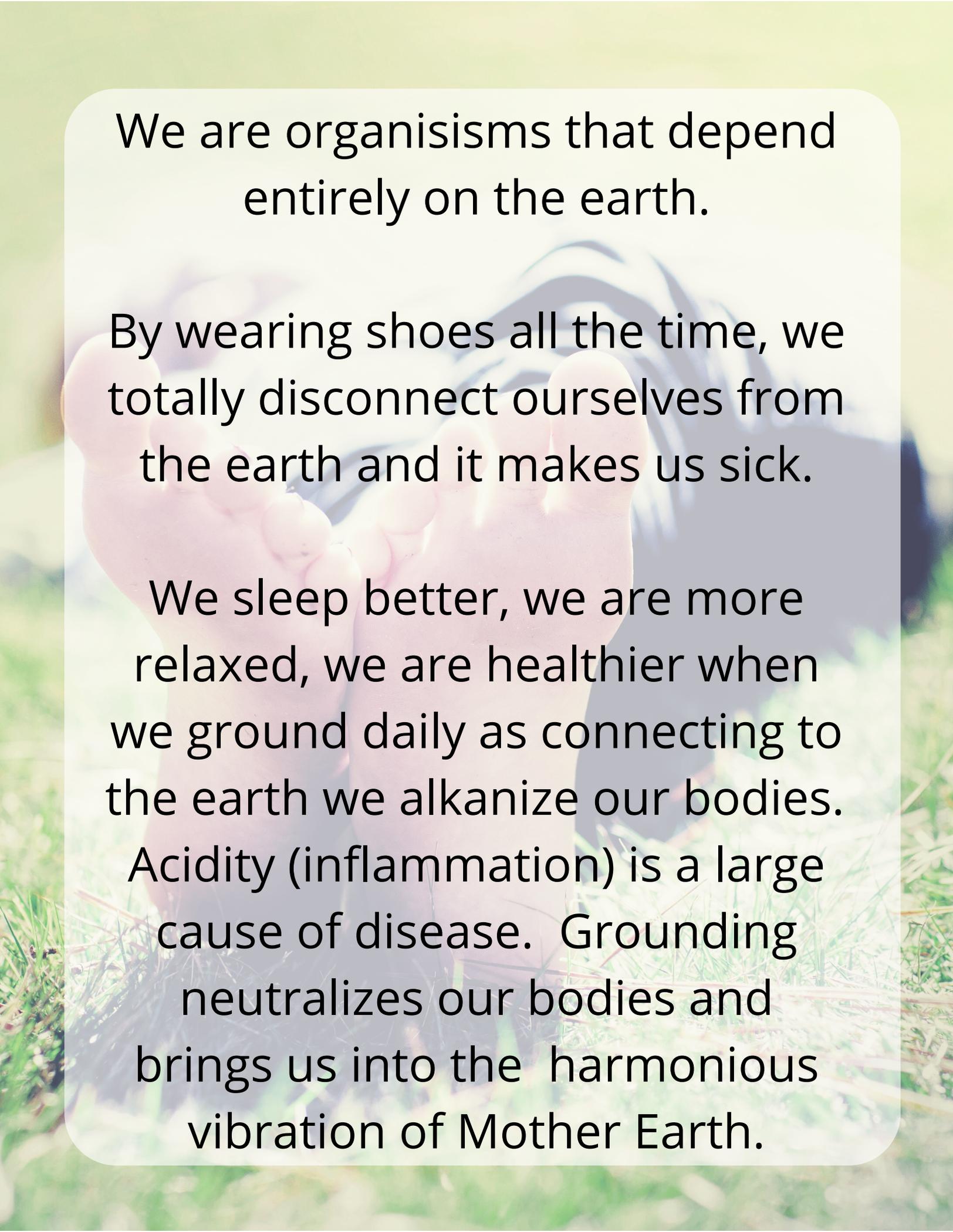


# GROUNDING



Grounding is simply putting your bare feet on the earth.

Mother earth is endowed with electrons and these electrons are absorbed through your feet, it is like taking a handful of antioxidants, but you are getting them through your feet. Connecting with the earth is supporting the specific functions of the organs of your body. It supports everything, even the tissues of your entire body.

A photograph of a person's bare feet on a grassy surface. A hand is reaching down from the top of the frame, with fingers touching the top of the feet. The background is a soft-focus green field.

We are organisms that depend entirely on the earth.

By wearing shoes all the time, we totally disconnect ourselves from the earth and it makes us sick.

We sleep better, we are more relaxed, we are healthier when we ground daily as connecting to the earth we alkalize our bodies. Acidity (inflammation) is a large cause of disease. Grounding neutralizes our bodies and brings us into the harmonious vibration of Mother Earth.

# Daily Activity



When you innerstand how powerful grounding is, you won't want to wear shoes.

Every day, spend as much time as you can with your shoes off out in nature, it is the best thing you can do to support your entire body.

Ditch your shoes and go bare foot!





ANIMAL  
LOVE!

Animals are contracted here in the physical plane to assist humanity in their Ascension Process, to teach us how to be Unconditionally Loving.





## COMMIT TO ANIMAL CONNECTION!



If you have animals, commit to 30 minutes a day one on one Heart connection.

Connect to animals in nature, see if you can feel/hear their communication in your Heart

Keep an animal Gratitude Journal, see how many animals you can connect with and document your experience

Intend Healing on a sick animal



# CARING FOR DOGS!

DOGS SERVE US BEST  
WITHIN A CONSISTENT  
ROUTINE!

Feed Dogs at consistent  
times like 7am and 7pm

Walk dogs EVERY day

Bathe Dogs once a week

Set boundaries and  
house (train)



Honoring and  
Respecting  
Animals is part of  
Our Contracted  
Responsibilities!



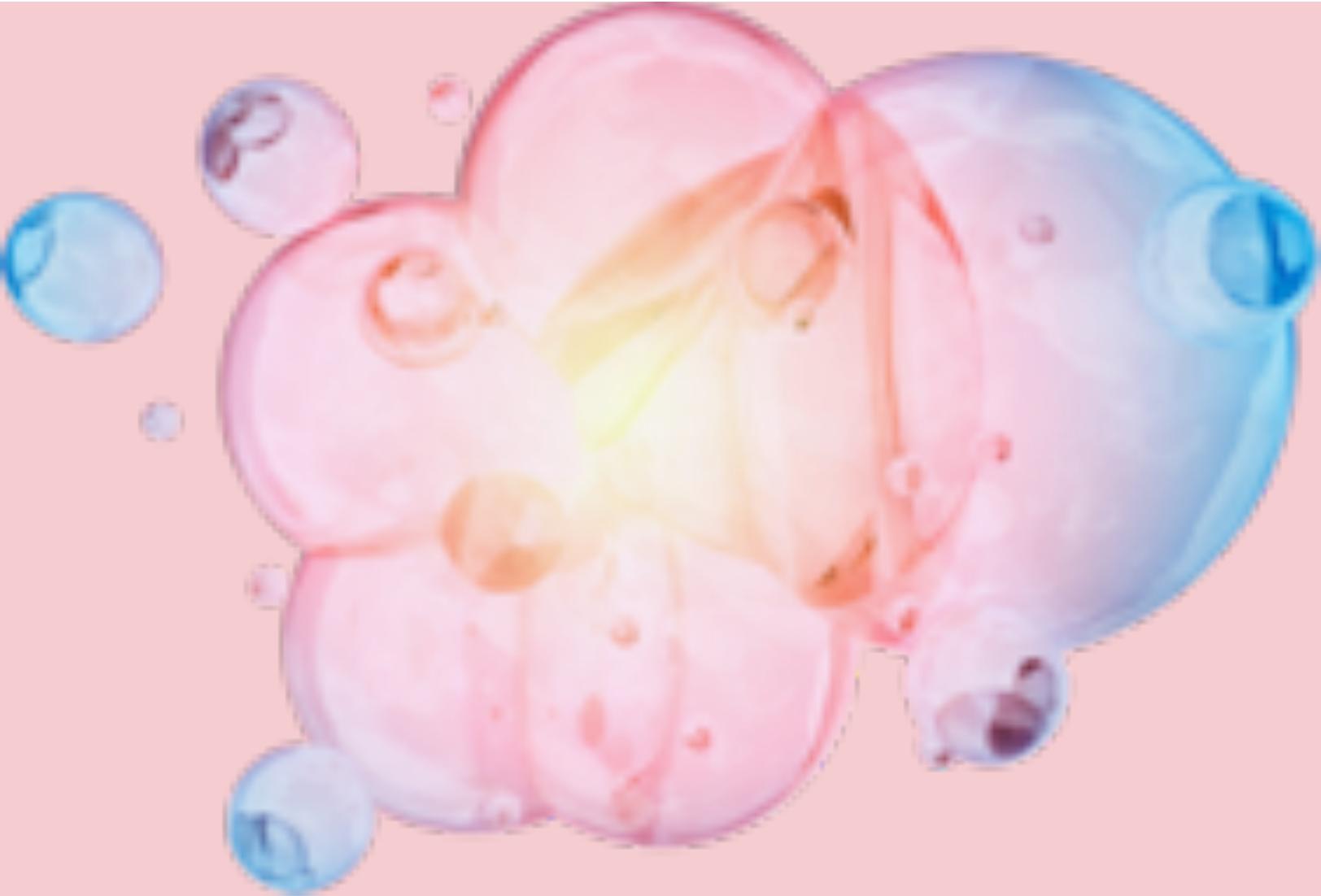
# ANIMALS DO NOT HAVE EGO!

ANIMALS WILL MIRROR ENERGETICS  
THAT ARE DEEPLY HELD WITHIN  
THEIR ENVIRONMENT

Attachment, Abandonment, Jealousy, Anxiety are  
some of the common Human dysfunction animals  
take on to SHOW US OURSELVES!

If any animals in Our care exhibit less than whole  
experiences it is an opportunity to reflect and  
transform

THANK YOU ANIMALS OF EARTH FOR SERVING MOTHER EARTH!



# Plasma Power

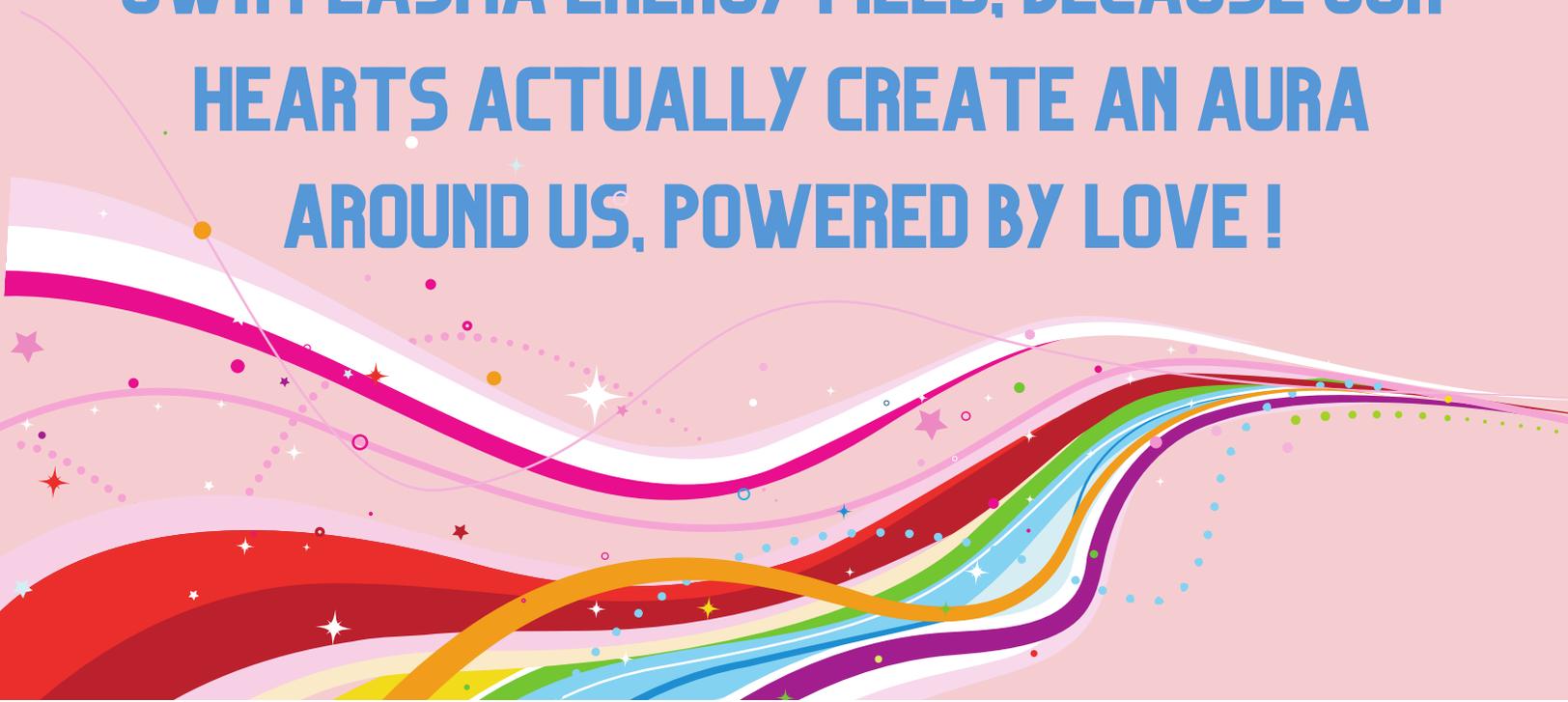
LOVE IN ACTION



# WHAT IS PLASMA?

**EVERYTHING IS MADE UP OF PLASMA !  
PLASMA IS ENERGY, MOLECULES, & IS MADE UP  
OF LOVE ENERGY IN MOTION.**

**EVERYTHING ON THIS PLANET CONTAINS ITS  
OWN PLASMA ENERGY FIELD, BECAUSE OUR  
HEARTS ACTUALLY CREATE AN AURA  
AROUND US, POWERED BY LOVE !**



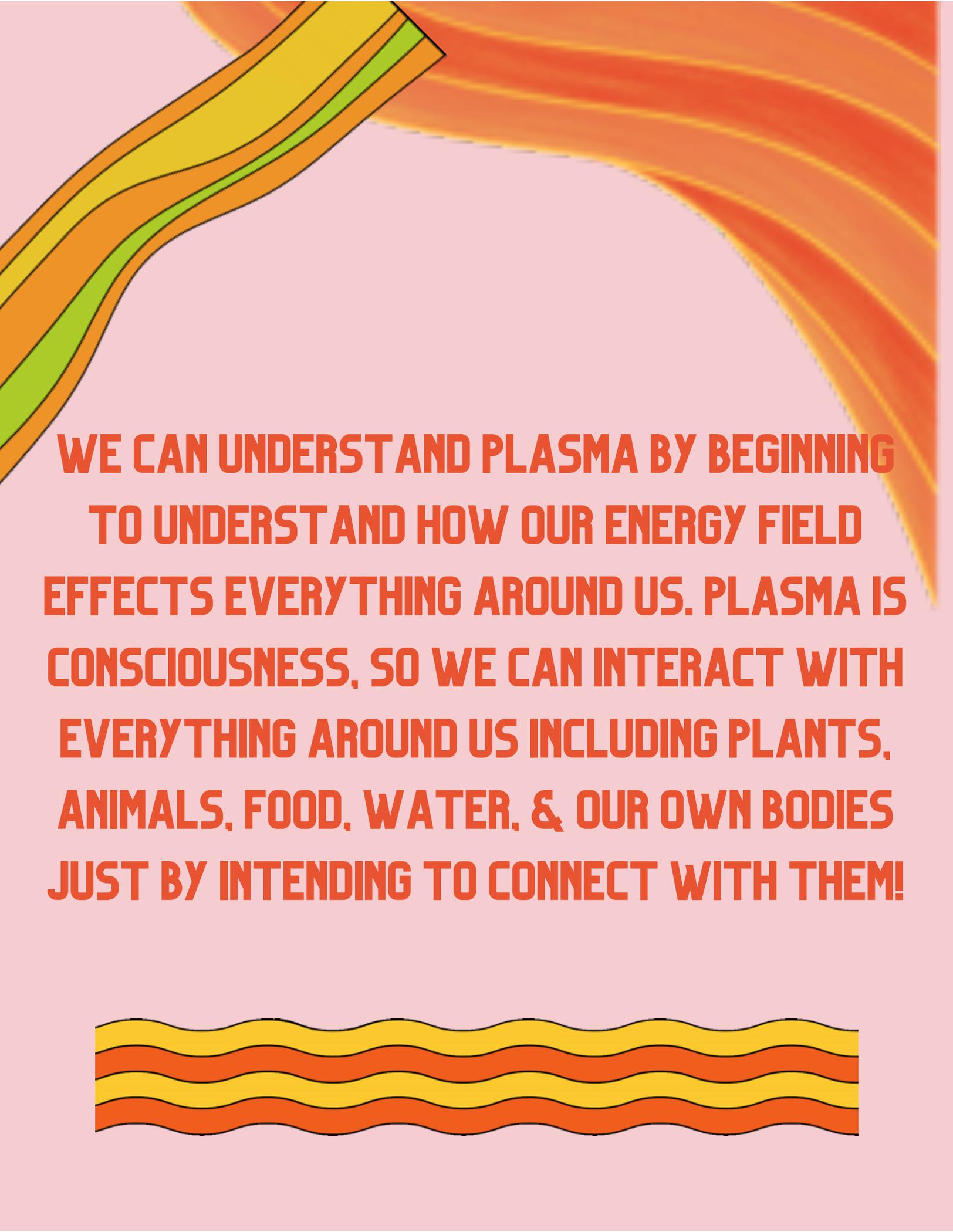


**THE PLASMA FIELD THAT SURROUNDS EVERY BEING, ANIMAL & THING, INTERACTS WITH ALL OTHER PLASMA FIELDS. THIS IS HOW WE ARE CONNECTED TO EVERYTHING THAT EXISTS!**

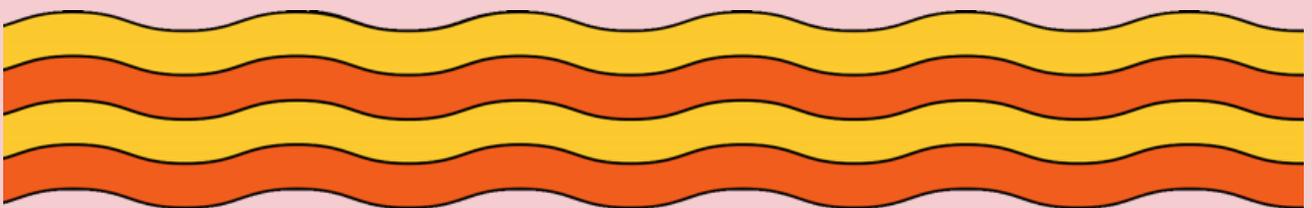


**PLASMA IS A DIVINELY INTELLIGENT FORCE.  
JUST LIKE WHEN SUPERHERO'S CREATE A  
FORCE FIELD AROUND THEM, WE CAN DO THAT  
TOO! THE FORCE FIELD IS PART OF US AND IT  
INTUITIVELY KNOWS EXACTLY HOW TO  
INTERACT WITH OTHER FORCE FIELDS**





**WE CAN UNDERSTAND PLASMA BY BEGINNING TO UNDERSTAND HOW OUR ENERGY FIELD EFFECTS EVERYTHING AROUND US. PLASMA IS CONSCIOUSNESS, SO WE CAN INTERACT WITH EVERYTHING AROUND US INCLUDING PLANTS, ANIMALS, FOOD, WATER, & OUR OWN BODIES JUST BY INTENDING TO CONNECT WITH THEM!**



# Activity

## PLASMA WATER

**WATER IS CONSCIOUSNESS & HOLDS MEMORY  
JUST LIKE PLASMA, ALL IS ENERGY OF LOVE.  
DR. EMOTO WAS A SCIENTIST WHO  
DISCOVERED IF WE TALK TO OUR WATER, WE  
CAN CHANGE THE STRUCTURE, TASTE &  
VIBRATION OF IT!**

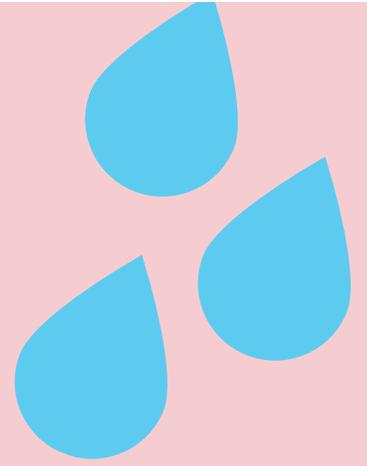
### **SUPPLIES:**

**3 CLEAR JARS OR GLASSES  
TAP WATER OR FILTERED WATER  
INDEX CARDS OR PAPER**



# Activity

PLASMA WATER



**FILLED EACH GLASS OR JAR WITH THE SAME AMOUNT OF WATER. CHOOSE 3 DIFFERENT WORDS OR PHRASES TO WRITE ON EACH INDEX CARD OR PIECE OF PAPER.**

**CHOOSE ONE WORDS OR PHRASE THAT IS POSITIVE, ONE THAT IS NEGATIVE, & ONE THAT IS NEUTRAL**

**EXAMPLES:**

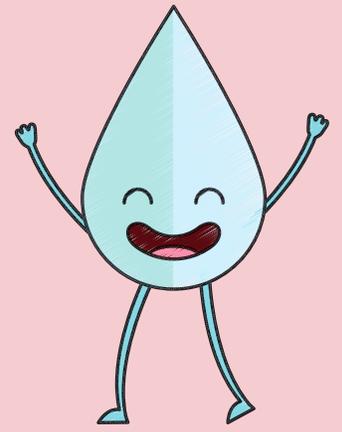
**YOU ARE BEAUTIFUL (POSITIVE)**

**YOU ARE UGLY (NEGATIVE)**

**YOU ARE OKAY (NEUTRAL)**



# Activity



PLASMA WATER

**PLACE ONE OF THE INDEX CARD OR PIECE OF PAPER UNDERNEATH EACH GLASS. READ THE CARD OUT LOUD 3X TO THE GLASS YOU ARE PLACING IT UNDER.**



**LEAVE THE WATER UNTOUCHED FOR 24 HOURS.**

**LOOK AT THE WATER. DO YOU NOTICE A DIFFERENCE? DOES ONE LOOK CLEARER THAN THE OTHER? DOES ONE FEEL DIFFERENT THAN THE OTHER? THEN, GO AHEAD AND TASTE THE WATER & SEE HOW IT TASTES!**

# Activity



PLASMA WATER

**NOW, TAKE THE JAR/GLASS WITH WITH  
NEGATIVE CARD & THE GLASS WITH THE  
NEUTRAL CARD AND PRAY OVER THEM. TELL  
THEM YOU LOVE THEM & ARE GRATEFUL FOR  
THEM. GO AHEAD AND POUR THAT WATER  
DOWN THE SINK.**



**TAKE THE GLASS/JAR FILLED WITH THE  
POSITIVE CARD & DRINK IT ! THIS FILLS YOUR  
BODY WITH LOVE & INTENTION AND NOW YOU  
HAVE CONNECTED WITH THE ELEMENT OF  
WATER WHICH IS JUST LIKE PLASMA!**

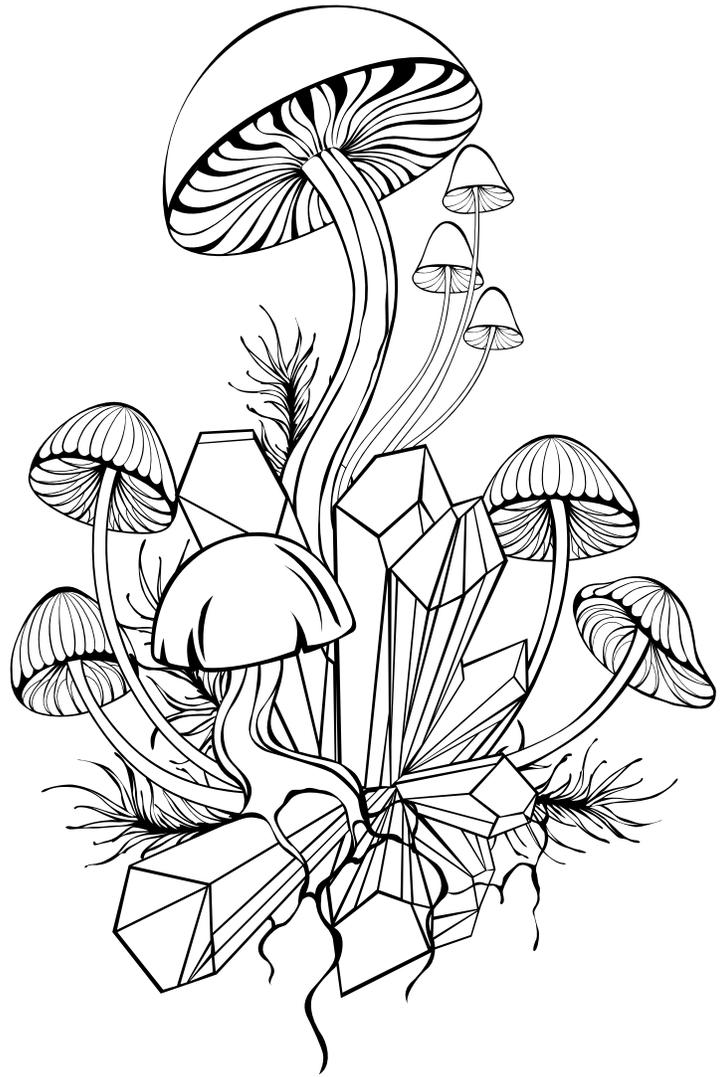


# Mushroom Magic

Crystal Schools - Mother Earth Curriculum  
October 2021  
NETG

# Learning About Mushrooms

What are Mushrooms?  
Imagine running around in your neighborhood park. As you're playing with your friends, you notice something different growing in the grass that wasn't there yesterday. You stop to get a closer look and notice that it looks like a small umbrella. You've just found a mushroom! Mushrooms are a kind of fungus that usually look like umbrellas and grow in places like yards, forests, fields, and gardens.



**Because mushrooms are a fungus and not a plant, they don't make their own food. They don't even need sunlight to grow!**



**Mushrooms absorb the nutrients they need from the decaying and decomposing (composting) plants and animals where they live. They are Mother Earth's great digestors.**



And when you see that little umbrella-shaped mushroom poking out of the grass, you might not know it is hiding a big secret. Most of this fungus is actually growing underneath the ground!



**Mycelium:**  
the vegetative part of a fungus, consisting of a network of fine white filaments (hyphae).





**A fairy ring, also known as fairy circle, elf circle, elf ring or pixie ring, is a naturally occurring ring or arc of mushrooms. They are found mainly in forested areas, but also appear in grasslands or rangelands.**



**Medicinal mushrooms are nutritional powerhouses with a myriad of health benefits including the following:**

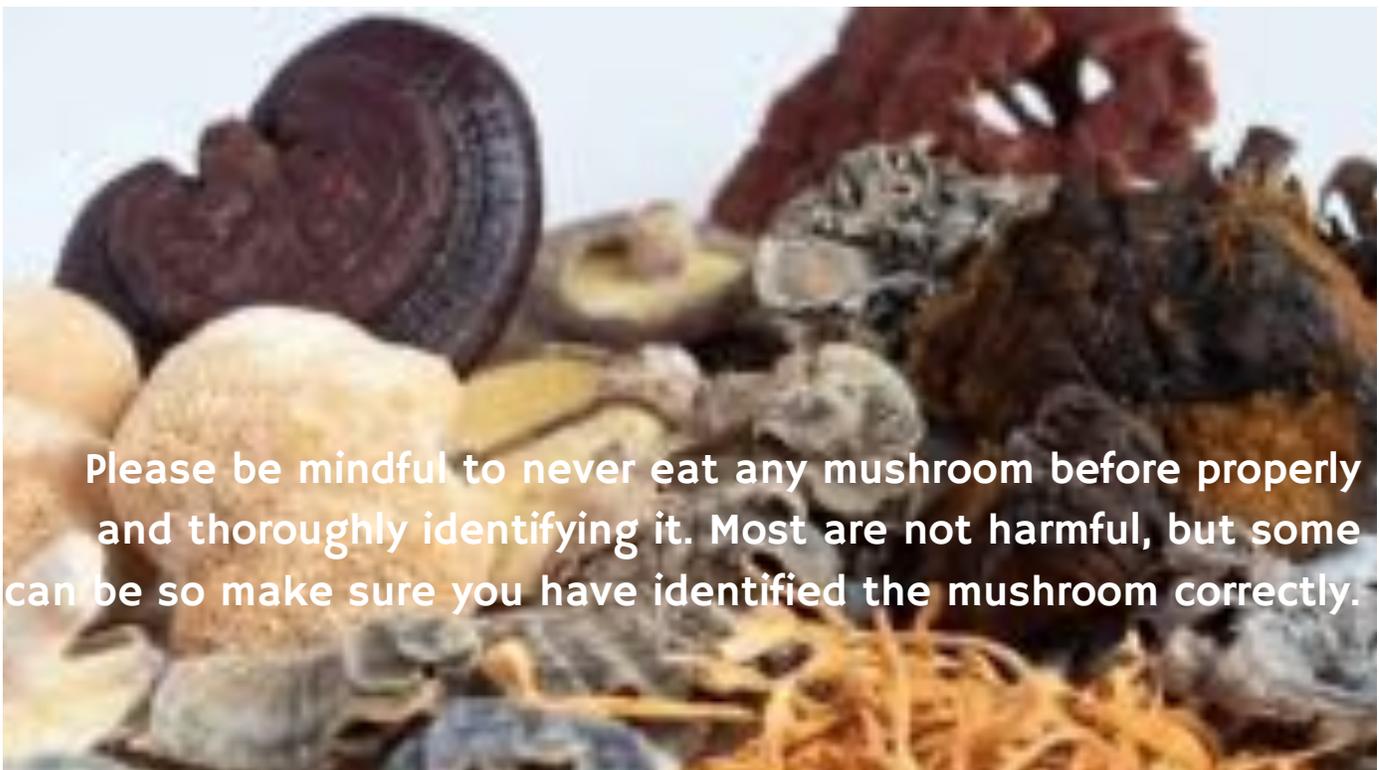
- Immune support
- Full of antioxidants
- Anti-inflammatory
- Helps to manage blood sugar
- Support brain health and cognition
- Support the nervous system
- Increase energy and stamina



# Exploring Mushrooms

## Activities::

- Identify a mushroom
- Find a mushroom habitat
- Harvest wild mushroom
- Make a spore-print
- Experiment with fungi
- Make kombucha
- Make a mycelium starter
- Dye textiles with fungi
- Grow your own mushrooms



Please be mindful to never eat any mushroom before properly and thoroughly identifying it. Most are not harmful, but some can be so make sure you have identified the mushroom correctly.

# Make a Spore Print

Learning how to make a mushroom spore print is an essential skill for any budding mycologist (a mushroom scientist).

If you're interested in foraging for wild mushrooms, spore printing can help identify exactly what mushroom you've found. If instead, you're interested in growing mushrooms from spores, you need to know how to properly collect and store the spores to complete the mushroom life cycle.

Either way, the spore printing process is basically the same.

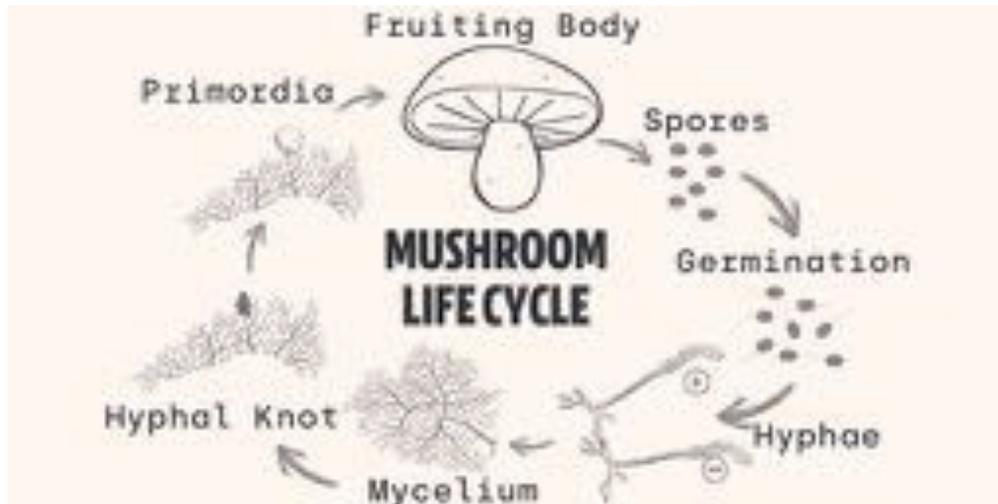
## WHAT ARE SPORES?

Although not technically accurate, mushroom spores can be thought of as "seeds", with each spore containing exactly half of the genetic information required to produce an actual mushroom.

The spores are released into the environment from the gills (or pores) located under the cap of a mature mushroom. They then get carried away by air currents, and if they land in the right place, will eventually produce fine white strands of mycelium. The mycelium will grow and eventually produce a new mushroom fruiting body, starting the cycle all over again.

Spores come in all different shapes, colors and sizes depending on the species- they really are amazing! And to think that a single mushroom can release billions of spores into the air.

That being said, the only factor visible to the human eye is the spore color, which is why taking a proper spore print is such an important characteristic for identifying mushrooms.



## HOW TO MAKE A MUSHROOM SPORE PRINT

The process for making a spore print is pretty simple. Basically, you just need to allow spores to fall from the cap of a mature mushroom and onto a piece of paper, tinfoil or glass.

This method below works well for both gilled mushrooms and mushrooms with pores.

### What You'll Need

1. A Mushroom Fruiting Body
2. Printer Paper (white or black), tinfoil, or glass
3. A drinking glass or a bowl to cover the mushroom cap
4. A Ziploc bag for storing

## **STEP 1: CHOOSE A MUSHROOM**

Mushroom spores aren't produced until near the end of the mushroom life cycle, so try and find a mushroom that is mature in age.

When young, many mushrooms will even have a "veil" covering the gills and protecting them as the mushroom develops. If you try and take a spore print of these young mushrooms, it's very likely that no spores will fall.

## **STEP 2: REMOVE THE CAP**

To make spore printing easier, carefully remove the cap of the mushroom from the stem at the highest possible point. Again, if you have a shelf mushroom or an oyster-type mushroom you might just be able to use the whole thing to make the print.



### **STEP 3: PLACE THE CAP DOWN**

Lay the cap of the mushroom with the gills upside down onto a piece of paper. For the majority of specimens, a normal sheet of white paper works fine.

However, some mushrooms have white spores- so if you are taking prints for the purposes of identification, you might want to consider also getting some black paper.

If you're planning on growing out the mushrooms from spores, it's better to make the print on tinfoil. Not only is tinfoil more sterile (you can wipe it down with alcohol), it's also better for making spore syringes and scraping spores on to agar plates.



## **STEP 4 – COVER WITH GLASS AND WAIT**

**You want the spores to fall directly down onto the paper from the mushroom cap. To do this, cover the cap with a glass or small bowl which will prevent air currents from carrying away your spores.**

**After 6-12 hours, remove the cap. You should have a fully formed mushroom spore print.**

**To store the prints, fold over some of the paper or tin foil and store them in a ziploc bag. Spore prints can be stored anywhere at room temperature, and can last decades.**

**There is no need whatsoever to refrigerate the spore print, even if you are planning to use the spores for cultivation later down the road.**





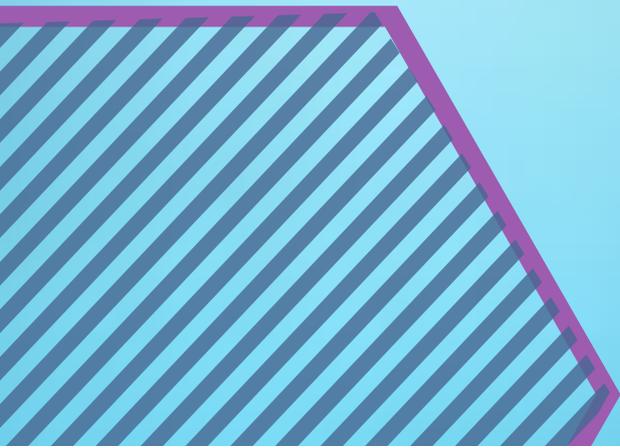
# MEDICINAL METALS



**THERE IS WAY MORE THEN HEAVY  
TOXIC METALS. METALS ARE  
NATURALLY PART OF OUR BRAIN  
AND BODY!**

**ONE OF THE MOST HEALING  
METALLIC MEDICINE FOR  
EXAMPLE ARE COLLOIDAL  
ELIXIRS. MOTHER GUIDED US TO  
CO-CREATE THE FOLLOWING ONES:**

**SILVER  
GOLD  
COPPER  
INDIUM  
PLATINUM  
IRIDIUM  
TITANIUM**



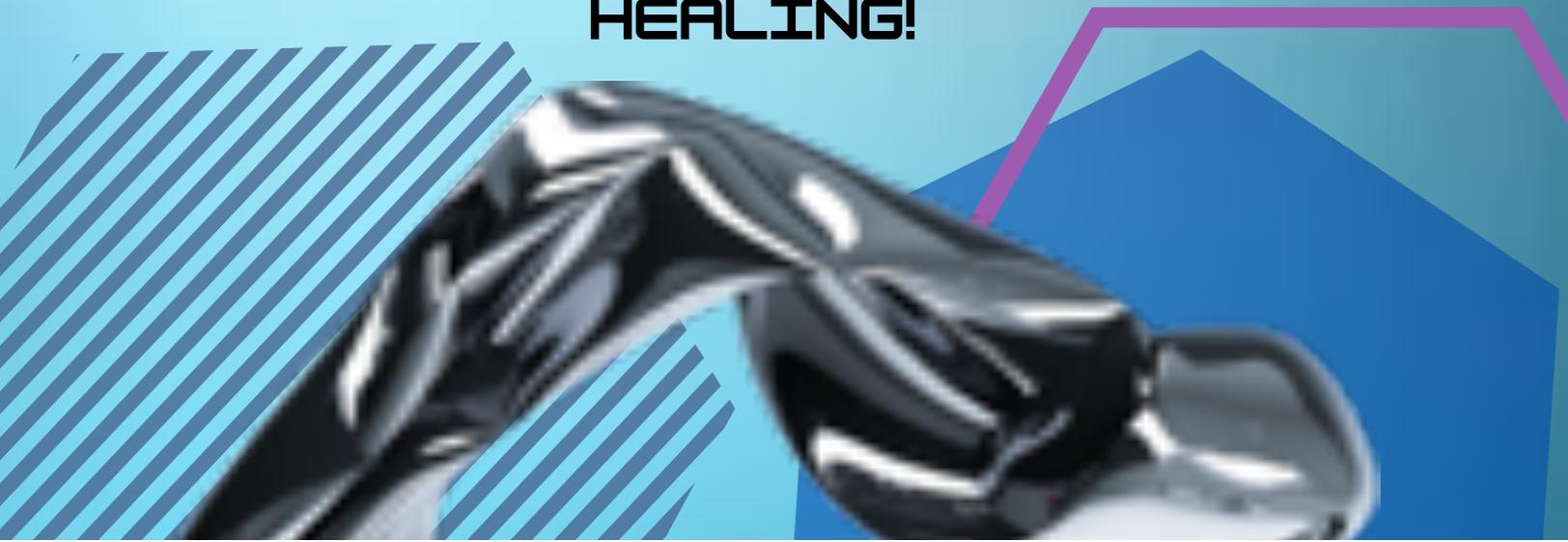
# COLLOIDAL SILVER

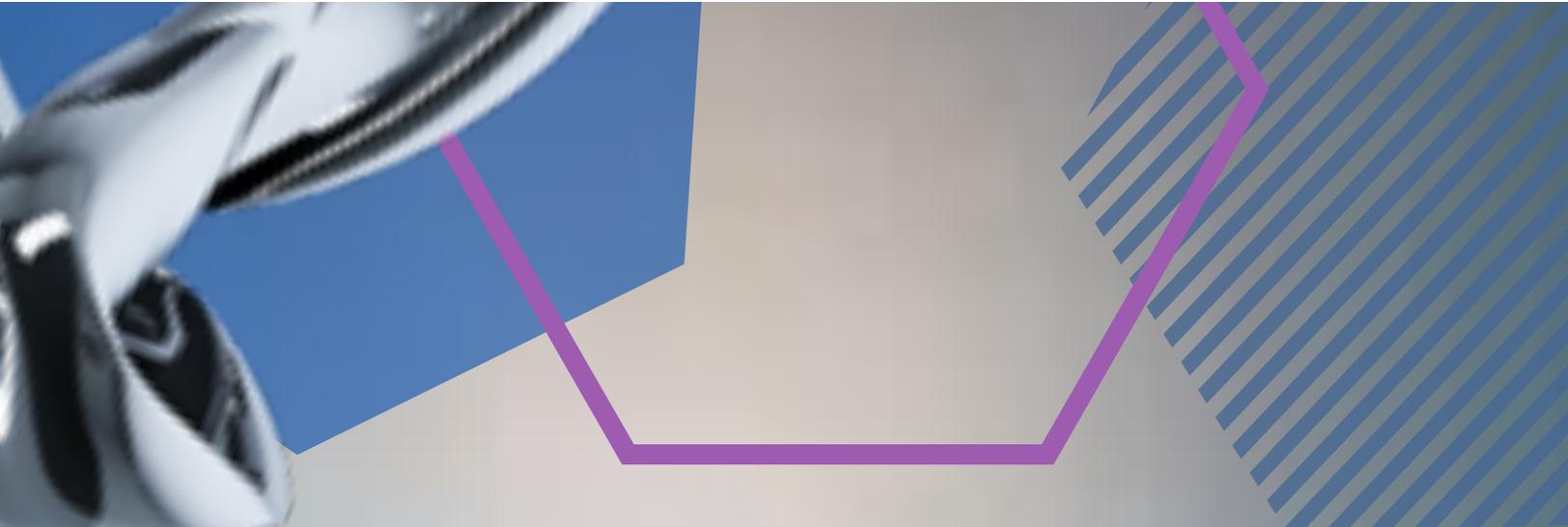
IT'S MAIN BENEFIT IS THE INCREASE OF THE IMMUNSYSTEM. IT IS HELPFUL WITH ANY KIND OF INFLAMMATION, INFECTION OR WOUND THAT NEEDS TO HEAL.

IT CAN BE USED INTERNALLY, 3-5 DROPPERS A DAY IN WATER ARE USUALLY ALL WE REQUIRE TO KEEP OUR SYSTEM HEALTHY AND WHOLE.

IT CAN ALSO BE USED EXTERNALLY WHEN SKIN IRRITATIONS, DRY SKIN OR RASHES OCCURE.

MOM RECOMMENDED US ALL TO UTILIZE THIS AMAZING METAL DAILY FOR OUR HEALING!



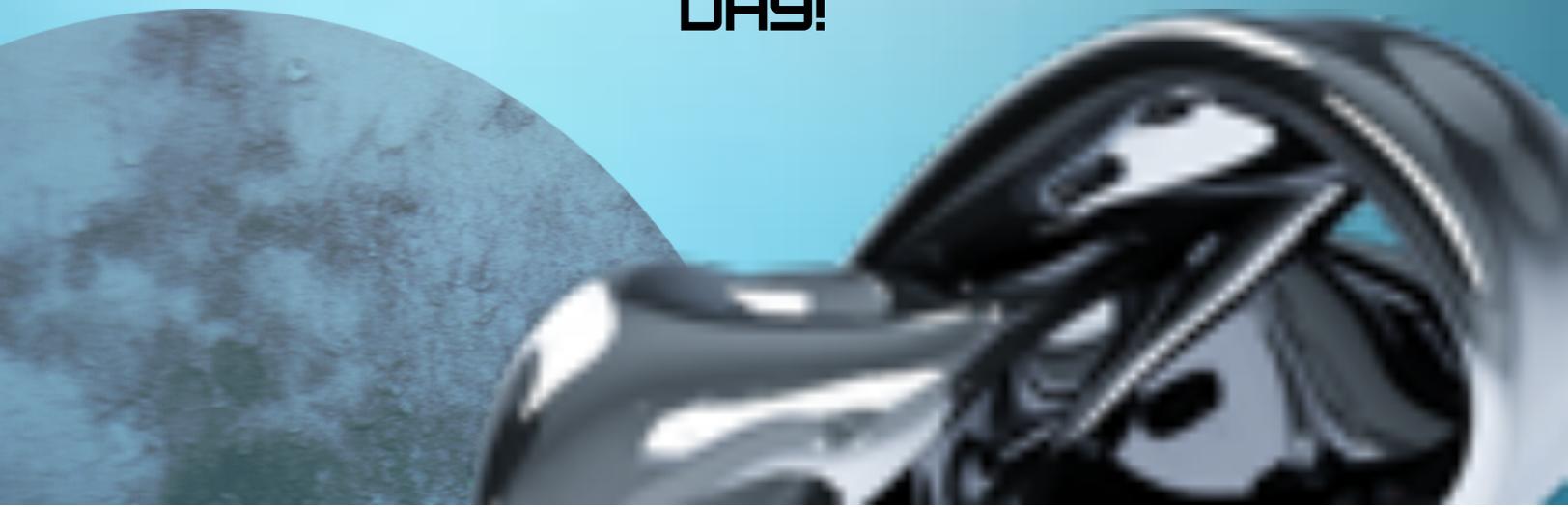


## **COLLOIDAL GOLD**

**THIS METAL IS SPECIFICALLY HEALING FOR THE BRAIN. WE CAN HAVE BLACK HOLES IN OUR BRAIN FROM PHARMACRUTICA OR EXCESSIVE VIDEOGAMING.**

**THE RIGHT BRAIN-LEFT BRAIN BALANCE GOT INFILTRATED BY THE CABAL AS WELL.**

**TO RECREATE OUR DIVINE BRAIN IN BALANCE AND HEAL ALL SYNAPSIS, WE UTILIZE 5-7 DROPS OF GOLD EVERY DAY!**





## **COLLOIDAL COPPER**

**COPPER IS AMAZING TO USE FOR ANY KIND OF ADDICTION WE HAD. THE INTERNAL USE IS ESPACIALLY FOR THOSE BEINGS. THAT WANT TO QUIT A MEDICIN OR DRUG THEY ARE ADDICTED TO. IT HELPS ENOURMSLY WITH THE EFFECT OF QUITTING.**

**IT'S EXTERNAL USE IS A GRAND HEALING TOOL FOR SCARS OF ANY SORT. IT BRINGS COLOR BACK TO GRAY HAIR AND HEALS EVERY SKIN, HAIR OR NAIL CELL OF OUR BODY**



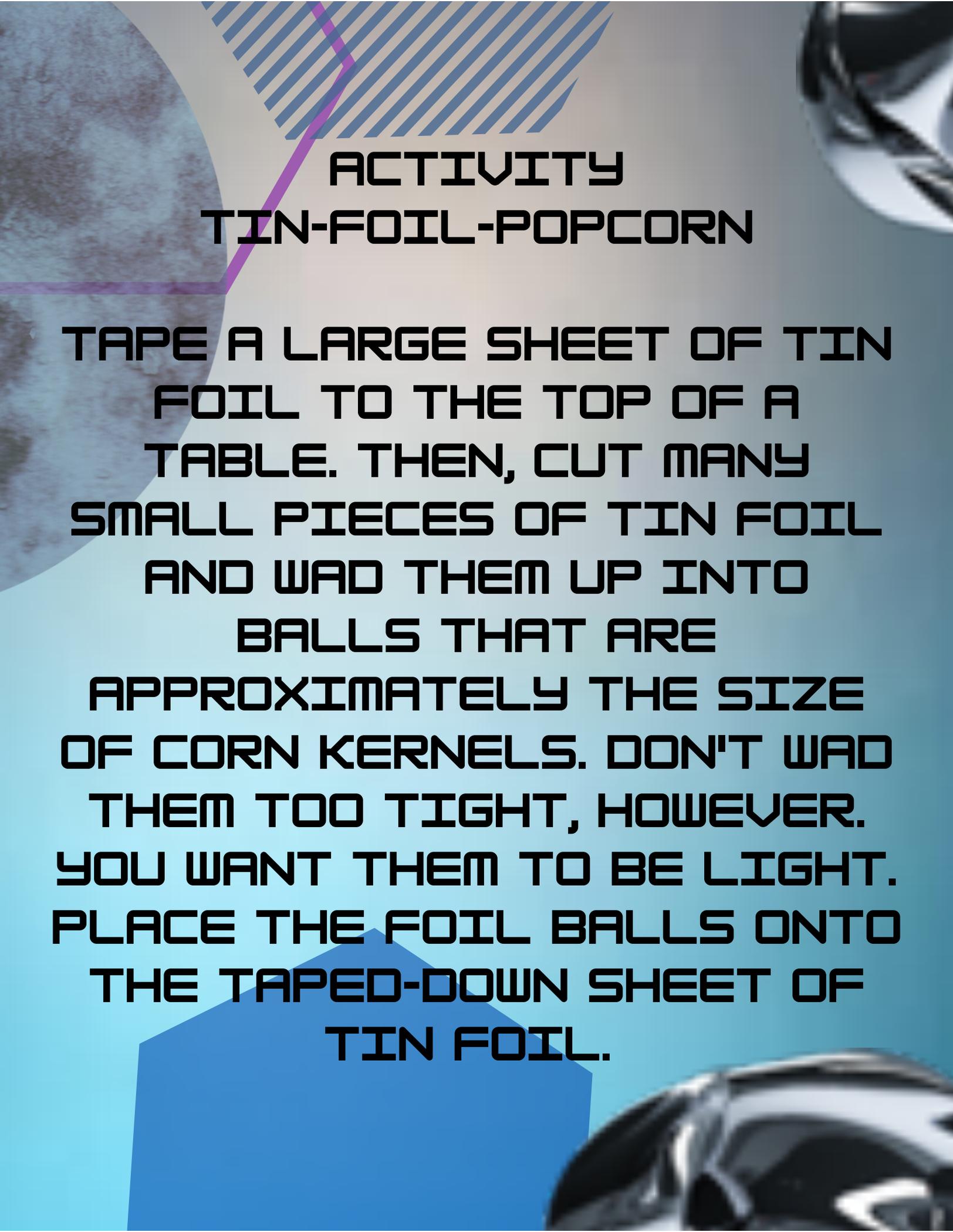


## **MORE TO LEARN**

**METALS PLAY VERY IMPORTANT ROLES IN HUMAN LIFE. THEIR ABSENCE MAY LEAD TO SEVERAL DISEASES IN HUMAN BODY.**

**METALS HAVE ALSO BEEN EXPLOITED TO DESIGN THERAPEUTICALLY USEFUL DRUGS AGAINST SEVERAL DISEASES LIKE CANCER, ARTHRITIS, ULCER, ETC. METALS PRESENT IN ENZYMES STRONGLY FACILITATE THEIR CATALYTIC REACTION.**





## **ACTIVITY**

### **TIN-FOIL-POPCORN**

**TAPE A LARGE SHEET OF TIN FOIL TO THE TOP OF A TABLE. THEN, CUT MANY SMALL PIECES OF TIN FOIL AND WAD THEM UP INTO BALLS THAT ARE APPROXIMATELY THE SIZE OF CORN KERNELS. DON'T WAD THEM TOO TIGHT, HOWEVER. YOU WANT THEM TO BE LIGHT. PLACE THE FOIL BALLS ONTO THE TAPED-DOWN SHEET OF TIN FOIL.**

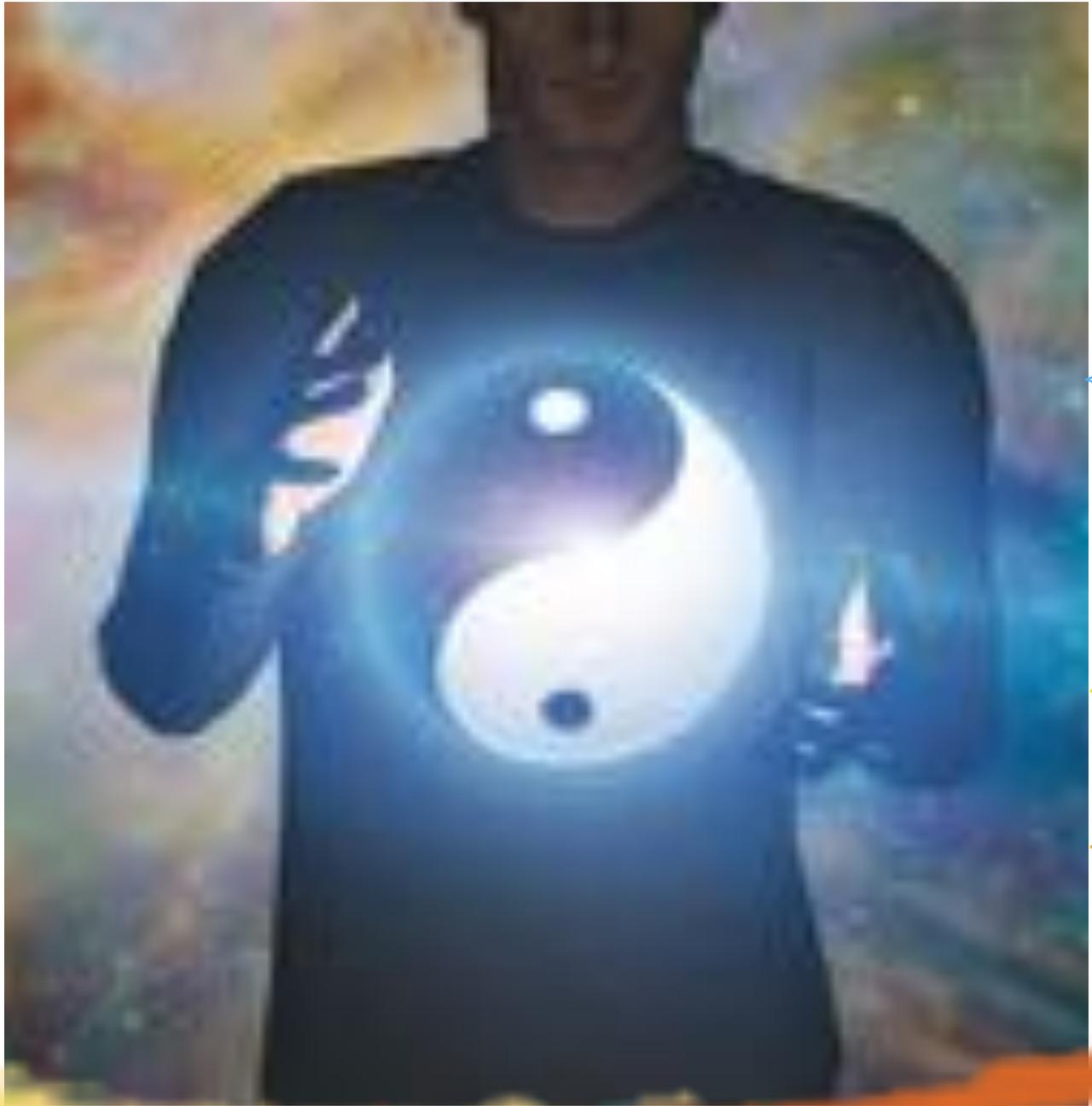


**BLOW UP A BALLOON, AND  
THEN RUB THE BALLOON  
AGAINST A PIECE OF WOOL  
TO CHARGE IT WITH STATIC  
ELECTRICITY. SLOWLY  
LOWER THE CHARGED  
BALLOON TOWARD THE SHEET  
OF TIN FOIL, AND AS YOU  
CLOSE IN WITH THE  
BALLOON, THE FOIL BALLS  
WILL REACT TO THE STATIC  
CHARGE AND BEGIN JUMPING  
LIKE EXPLODING POPCORN  
KERNELS**



# POLARITY

THE THERAPY



# WHAT IS POLARITY THERAPY?

Polarity therapy is a complementary healing treatment using consciousness of the therapist, knowledge of the body's energy systems, and the use of polarity energy in the hands to unblock congestion and restore the body's energy flows.

Understanding this energy flow between the body's negative and positive poles is the key to unlocking energy blockages in the body.

There are four aspects of treatment in Polarity Therapy:

**Physical Treatments:** A pressure point technique where the hands of the practitioner are placed on particular reflex points of the client to help stimulate the flow and balance of energy in the body.

**Diet:** Both cleansing and health-building diets help the digestion and metabolism to work efficiently and thoroughly.

**Exercise:** Regular exercise is an important aspect of a healthy body. Polarity includes a series of 'self-treatment' exercises, and any form of regular exercise such as yoga, walking, and cycling are also recommended, as long as the individual enjoys the activity.

**Mental Attitude:** The most intangible, but perhaps the most important aspect to health is the effect that the mind has on the body. Mental attitude has a strong effect on the flow of body energy and on the overall health of the person.

# WHERE HAS IT COME FROM?

Polarity works at the intersection of body, mind and spirit, to encourage a flow of energy and restoration of health throughout the whole person. Developed over the course of his career, Dr Randolph Stone (1890-1981) an American Osteopathic physician, gathered together the teachings of spiritual and mystic texts, and utilised practices from

Osteopathy

Naturopathy

Chiropractic

Cranial Osteopathy (predecessor to Craniosacral Therapy)

Chinese Medicine

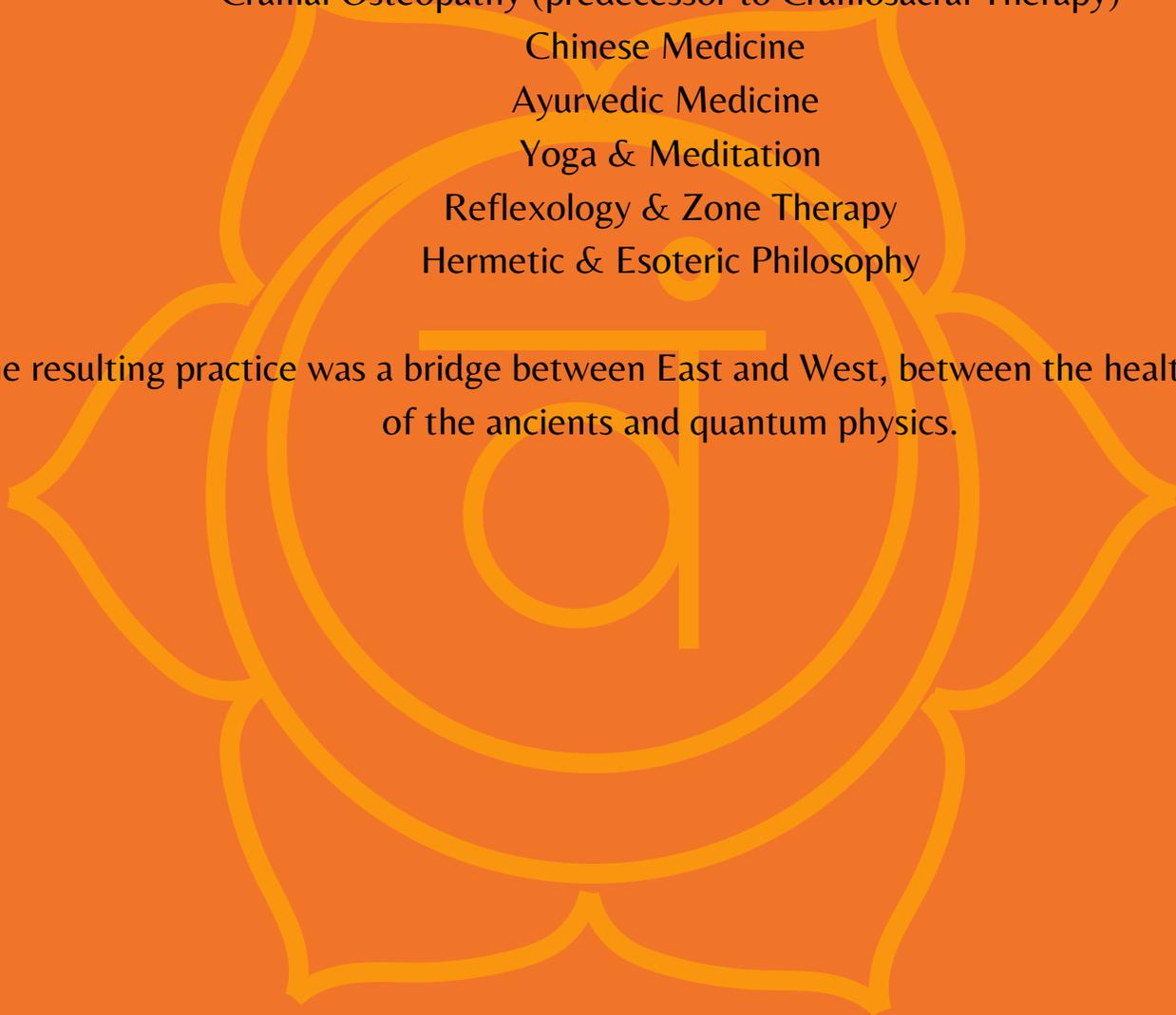
Ayurvedic Medicine

Yoga & Meditation

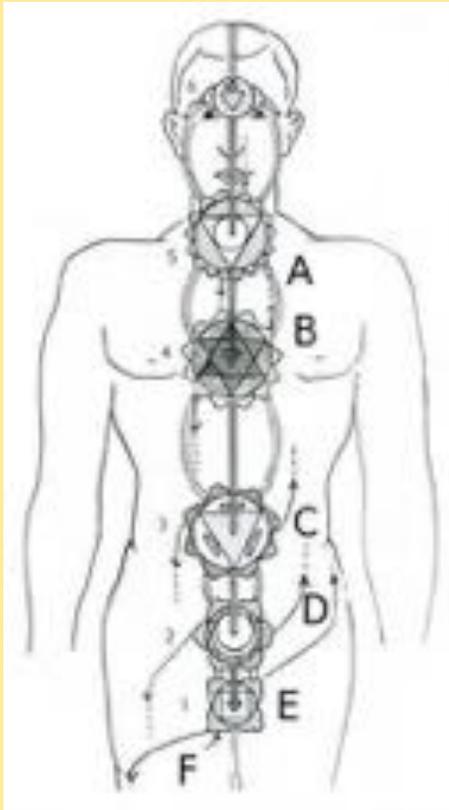
Reflexology & Zone Therapy

Hermetic & Esoteric Philosophy

The resulting practice was a bridge between East and West, between the health philosophy of the ancients and quantum physics.



# CHAKRAS & FIVE ELEMENT THEORY



There are many patterns of energy flow in Polarity therapy, but the core-pattern describes the relationship of consciousness to physical form. Energy enters the body through the third-eye center and then splits into two separate 'rivers.'

As the two rivers flow down the body, they cross and re-cross each other over each body cavity. As they cross, they create a spark of energy or a whirling vortex which is called a 'Chakra'.

The physical health chakras and their related elements reside at:  
the throat centre (Ether)  
over the heart and lungs in the chest (Air)  
over the solar plexus in the abdomen (Fire)  
over the genitals in the pelvis (Water)  
over the rectum (Earth)

The two chakras at the third eye and the crown, pertain more to spiritual development than physical wellbeing.

# CHAKRAS & ENERGY BLOCKAGES

When your body has lost polarity it means there is no north-south tension between those opposite poles. Energy can get congested, diverted or blocked - creating a sense of pressure in the body (many headaches are caused this way).

The other circulatory systems of the body - the blood and lymph - follow suit as they reflect the energy flow —thus nourishment and elimination in the tissues is also reduced.

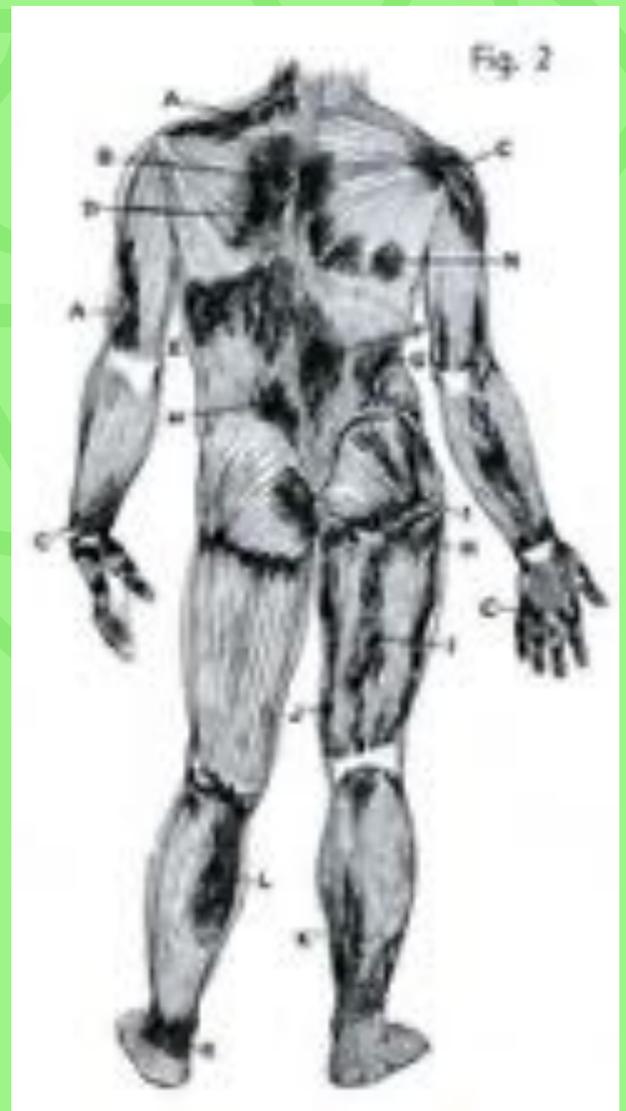
Clearing a blockage is achieved by the therapists hands' encouraging the electromagnetic energy to flow into stagnant areas and come into a state of balance.

Problems on physical, mental and emotional levels have an opportunity to resolve themselves as the life force is liberated and re-balanced.

Image right shows Abnormal muscular fibres due to electro-magnetic blocks in the muscular structure

## Symptoms

- (A) Neuritis
- (B) Pulmonary Affections
- (C) Rheumatism
- (D) Asthma
- (E) Tuberculosis
- (F) Lumbago
- (G) Kidney Complaints
- (H) Haemorrhoids [Hemorrhoids], Fistula
- (I) Sciatica
- (J) Phlebitis
- (K) Ulceration
- (L) Cramp, Muscular Atrophy
- (M) Arthritis
- (N) Pleurisy



# POLARITY PHYSICAL TREATMENT

There are three types of pressure that are used in Polarity Therapy, with Sanskrit names:

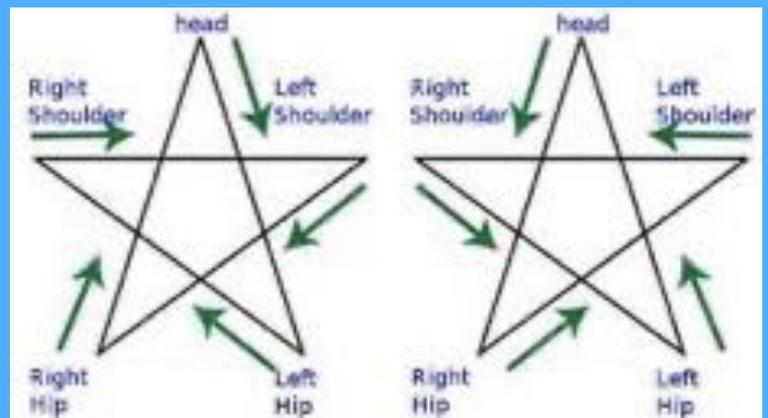
There is a very calming and soothing, light touch which is called Sattvic.

There is a stimulating touch that tends to gently stir the energy, called Rajasic.

And there is a deeper touch called Tamasic which is sometimes needed in order to move energy crystallisations that have formed. After these crystallisations are broken up, energy moves through that area, carrying away the toxins which have collected.

Treatments include holding the opposing side of the trauma's congested area to heal the body as a whole. I have found this to be incredibly effective in my personal experience.

These star diagrams show which areas are related in the treatment process.



# USING BOTH HANDS

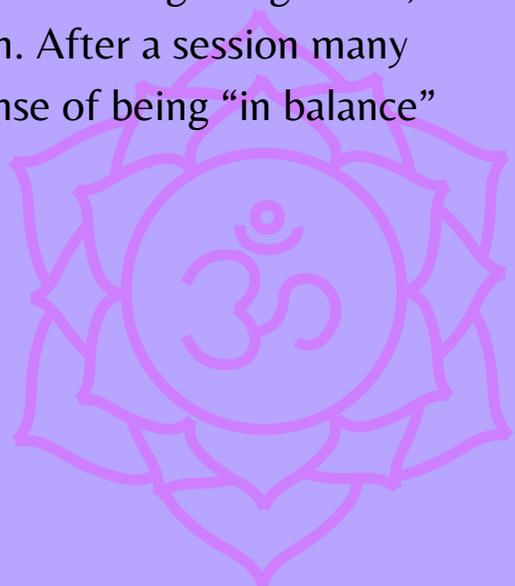


Whenever working on the body, we tend to use both hands. The right hand has a positive charge and the left hand has a negative charge.

Alternate fingers and even the top and palms of the hands or feet have different polar charges. This allows us to constantly move energy between our right and left hands by attraction and repulsion.

As the client is treated, the therapist places two hands around the energy block. As the energy moves between the therapist's hands, it sweeps away any interference in the energy pattern that the therapist is working with.

The person being worked on often experiences a feeling of lightness, sometimes tingling, and a feeling of relaxation. After a session many clients report feeling clarity of mind, and a sense of being "in balance" physically, mentally, emotionally.



# ENERGY BASED NUTRITION

A common cause for blockages in the energy flow is poor diet\*. When the body is not digesting and metabolising food properly, a collection of gases and toxins is created which disturbs the energy flow. Polarity Therapy helps to clear the body of toxins by using cleansing diets as well as rebuilding health using strengthening yet easily digested foods.

## A Cleansing Diet

The cleansing diet generally consists of raw or lightly-steamed vegetables, fruits, nuts and seeds, sprouted grains and legumes as well as the morning 'liver flush'.

## LIVER FLUSH or "VITALITY DRINK"

3-4 tablespoons of pure, cold-pressed almond, olive, or sesame oil  
Twice the amount of fresh lemon juice. To be followed by 2 cups of

## HERBAL CLEANSING TEA - Make with equal parts:

- Liquorice root
- Flax seed
- Anise or Fennel seed
- Peppermint
- Fenugreek

# POLARITY PHYSICAL EXERCISE

It is not enough for a Practitioner to release the blockage of energy— it is also important to analyse why the blockage was formed and correct the habit that caused it.

One thing we know is that in modern society, people generally don't get enough exercise. Even if a person is feeling fairly good, in society there are normal tensions and blockages which occur in everyone every day. Unless they are released daily, these can begin to accumulate and stagnate in the body.

Dr. Stone developed exercises that he called 'self-treatment' exercises because they were specifically designed to move energy in the body and to clear blockages. They are also sometimes called "Polarity Yoga" or "Energy Exercises."

## Popular Polarity poses

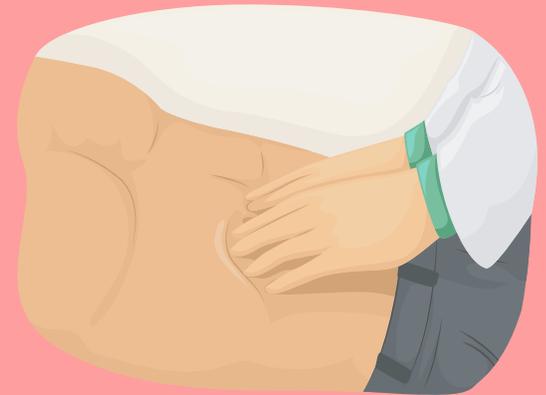




*Polarity  
therapy  
4 kids!*

# What is Polarity therapy?

Polarity therapy is a way to heal your body by putting your hands in the right places, depending on what is wrong.



You have energy inside you that works in a special way. It has two ends to it, a positive and a negative. This is called Polarity, which also means opposite. One energy pushes and another energy pulls and this force clears blockages and helps the body have a healthy energy flow.



To know where to put your hands, we have charts and diagrams based on the shape of stars. Have you noticed that a star can look like a body with a head at the top, arms at the sides and legs, pointing down to the ground!



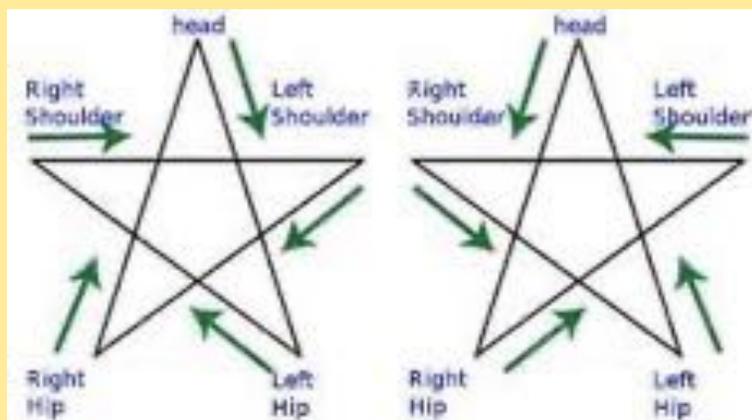
# Where do we put our hands?

The name Polarity or 'opposite' helps us know where to put our hands and direct our thinking to help the body heal. Let's say someones head is hurting, by putting your hands on the head and the bottom of their spine, which is the opposite area, you can help the energy flow better, which heals the body.

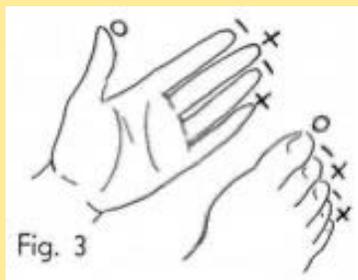
## \* ACTIVITY 1 \*

Using the star diagram here, can you work out these opposite areas of the body?

- 1) The Right Shoulder is opposite to?
- 2) The Right Hip is opposite to?



## We all have healing hands!



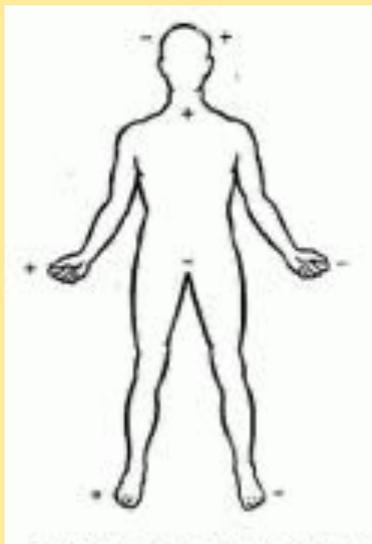
Our right hand gives positive energy and our left hand gives negative energy.

Also, each finger and toe has a positive or negative energy flow! And the palm or back of your hands are opposites too.

The left side of the body is negative and the right side of the body is positive, so we use the polar (opposite) hand/ finger for the area in pain/ discomfort. i.e. left hand for right side of the body and vice versa.

Our hands can also give off healing energy when we want. It works to heal us.

The cool thing about this is you only have to think about healing someone, and the energy can be felt running through your hands and fingers.



# Are you ready to feel your magic healing hands?

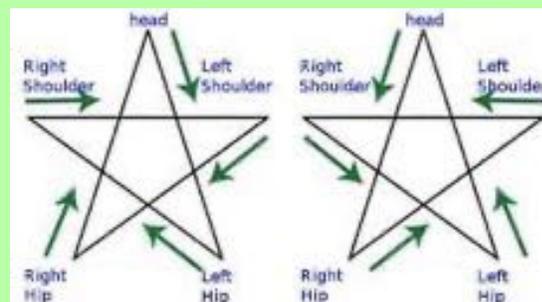
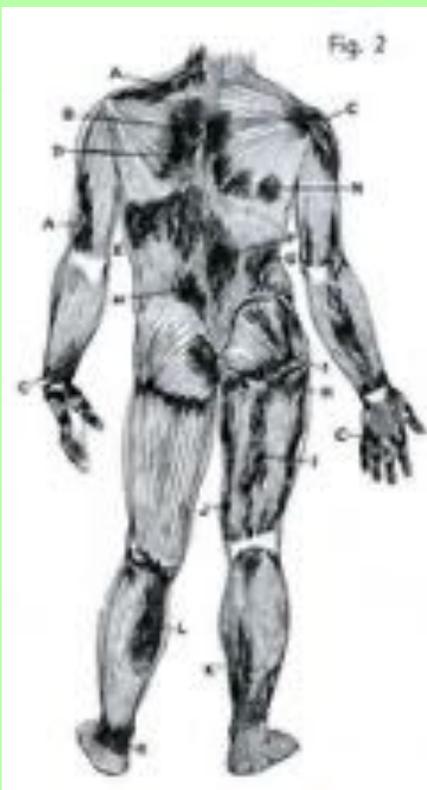
## \* ACTIVITY 2 \*



1. Sit comfortably and close your eyes
2. Smile until you feel good inside
3. Thank the source for being able to send powerful healing energy to (pick someone / thing)
4. Imagine them being small enough to fit between your hands!
5. Now allow your hands to send that powerful energy to them
6. Know that this energy will keep flowing until the healing is done.
7. What did you feel?

## \* ACTIVITY 3 \*

1. Look at this chart, all the dark areas are blocked energy.
2. Pick a few areas and think where the opposites of these areas are.
3. Where would you put your hands to help heal them?



B.L.I.S.S.

BE LOVE IN SIMPLE SERVICE



**Did you know that you are also part of Mother Earth's Medicine? Medicine isn't just something that we have to take like a pill. True Medicine is all about healing inside and out.**

**Your kindness, giving nature, open heart, and smile are all beautiful acts of Love that give meaning and value to everyone else's experience.**

**BLISS means keeping our energy and vibration high doing something for the Greater Whole. It is this focus in serving Love and others that creates and manifests in physicality a New and Better Earth.**

**We see everyday how people forget their Divine connection and fall into lower embodiments of Ego such as thinking that they don't have enough, doing selfish things or arguing with others so that they get what they want.**

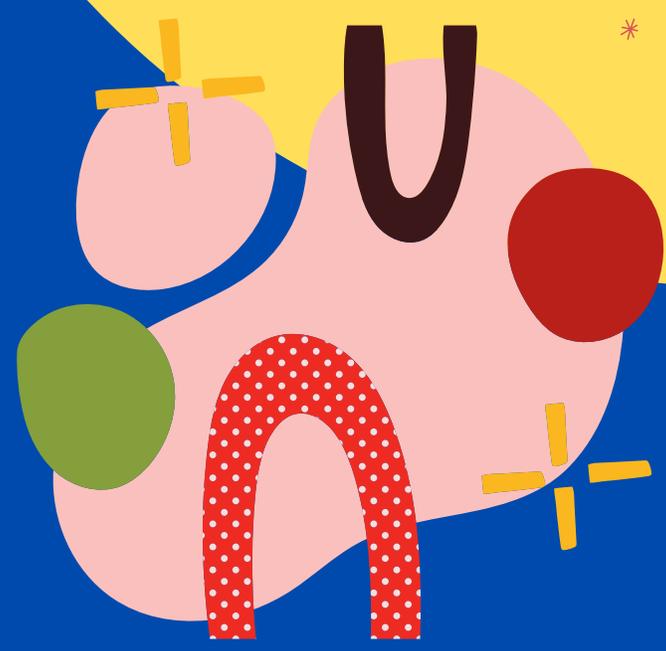




TRUE REALITY IS...

THAT WE ARE SUPER ABUNDANT, HAVE PLENTY,  
CAN LIVE IN PEACE AND HAVE THE CAPABILITY TO  
END ALL SUFFERING.

OUR ROLE IS TO BE THE DIVINE EXAMPLE OF WHAT  
IT IS TO BE IN JOY, MAKING THE RIGHT CHOICES, BEING  
HELPFUL, CONSIDERATE, GRATEFUL, EXPRESSIVE  
AND CREATING BEAUTIFUL ARTWORK AND MUSIC.



**We are the Change We Wish To See.  
We are the Superheroes.  
We are here to help Mother Gaia  
heal her planet  
through having pure thoughts of Love,  
performing acts of kindness  
and speaking words that  
uplift others.**



**What do you love to do?**

**Do you like to draw, paint, cook, bake, or help in the garden?**

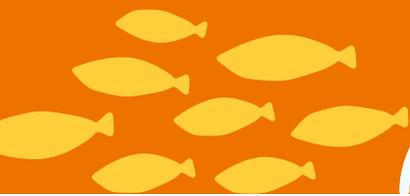
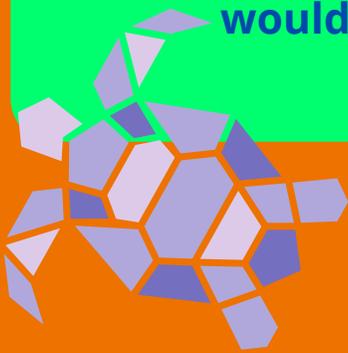
**Do you pick up other people's trash at the Beach?**

**Do you smile at people when they walk past?**

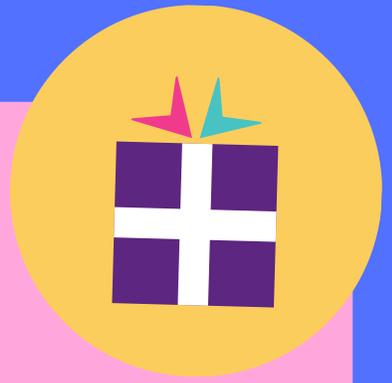
**Are you helpful at home and at school?**

**There is so much work that needs to be done to continue making this world a better place.**

**What can you do today that would brighten up someone else's day?**



# Activities

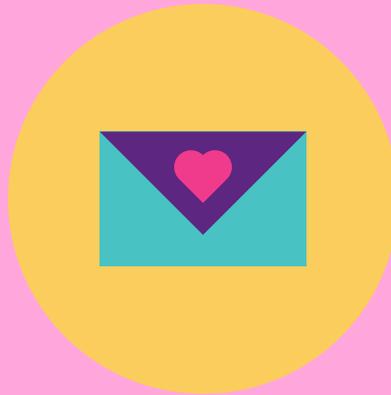


BE A PEN-PAL TODAY.

WRITE A LETTER TO SOMEONE AND POST IT.

IT CAN BE A DISTANT RELATIVE, A FRIEND, YOUR  
TEACHER.

SHARE WITH THEM SOMETHING  
WONDERFUL ABOUT YOUR EXPERIENCE.

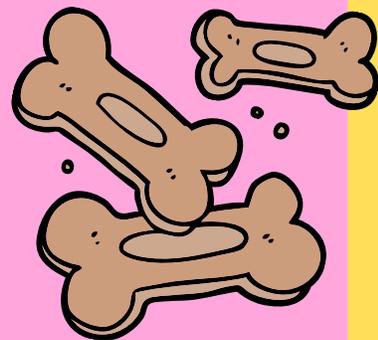




# MAKE SOME PET COOKIES AND GIFT TO SOMEONE WHO OWNS A PET

## INGREDIENTS

- 3 CUPS ALL PURPOSE FLOUR &
- ADDITIONAL FLOUR FOR DUSTING SURFACE
- 2 LARGE EGGS
- APPROXIMATELY 1/3 CUP WATER



## INSTRUCTIONS

1. PREHEAT OVEN TO 350 DEGREES F.
2. MIX ALL INGREDIENTS IN A LARGE BOWL, FORMING A STIFF DOUGH WITH YOUR HANDS. ADD MORE WATER IF NECESSARY.
3. DUST SURFACE WITH FLOUR. USING A ROLLING PIN, ROLL OUT DOUGH ABOUT 1/4 INCH THICK. USING A COOKIE CUTTER, CUT INTO SHAPES (OR USE A KNIFE TO CUT INTO SMALL STRIPS).
4. PLACE ONTO BAKING SHEET SPRAYED WITH COOKING SPRAY. BAKE FOR 15-20 MINUTES, OR UNTIL LIGHTLY BROWNED ON BOTTOM (TOPS OF TREATS WILL NOT BE AS BROWNED).
5. COOL ON A WIRE RACK, USE A COOKIE CUTTER TO MAKE SHAPES & STORE IN AN AIRTIGHT CONTAINER.

THANK YOU TO THE BLOND COOK FOR THIS RECIPE!

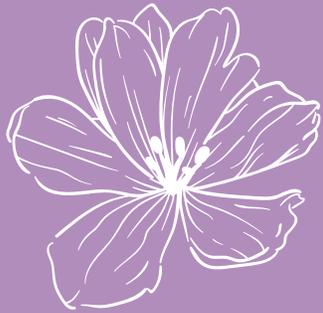
[HTTPS://THEBLONDCOOK.COM/SIMPLE-DOG-BISCUITS/](https://theblondcook.com/simple-dog-biscuits/)

A decorative border composed of various colored triangles (teal, purple, pink, blue) arranged in a repeating pattern around the central text.

# Human Design

Mother Earth  
Medicine Series

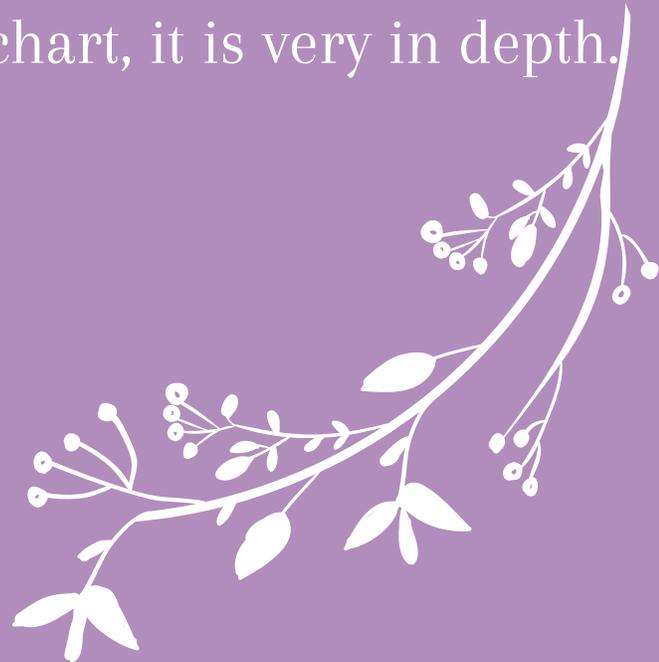
# What is Human



# Design?



Your Human Design is a chart that shows you your specific energetics you were born with. Some of these energetics are determined 2/3 months before you are born, some are based off of your exact birthday (date, time and location). There are many parts to the human design chart, it is very in depth.



For parents: If you would like to know your or your child's human design, the link below will take you to a website that allows you to see your chart and get a free mini report

<https://www.ihdschool.com/get-your-chart>

# Human Design and Healing

Why is Human Design important with our healing? It is important for us to be aware of the energetics we are born with so we can transform any lower or negative habits we may have. We were born on this Earth to learn, once we pass our tests we are able to advance to higher states of love.



# Human Design and Healing

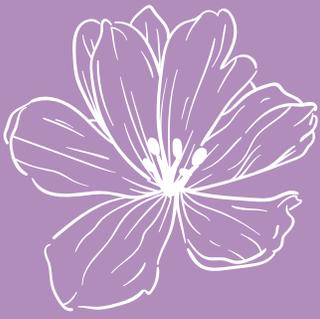
Our Human Design shows us what higher gifts and talents we were born with, and also the challenges we may face throughout our lives. Human Design helps us with our day to day life, and shows us that life is a journey. We are all learning everyday to better ourselves, it is all about the learning process so we can become grander.



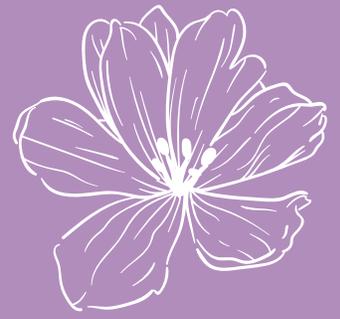
# Human Design and Healing

Human Design shows us the different energy systems that make up the human body such as the chakras and astrology. The more we get to know our own energetics, we can begin to live a joy filled life that is our soul calling. Every single person on Earth right now has a unique soul calling. It is amazing that we have access to figuring out so many different energetics that we carry. It shows how special and different every person is.





# Activity



1) Human Design is

- A) a food
- B) a birth chart
- C) an animal

2) Why is Human Design important?

- A) so we can be aware of our energetics
- B) so we can learn to run faster
- C) its not important

3) Human Design also shows us:

- A) nothing
- B) where to go to eat
- C) our unique gifts and talents

4) Human Design is made up of aspects of astrology and ...

- A) colors
- B) the chakras
- C) dragonflies