

Ceremony and Teachings

from Spider



Survival Manual For The Energy Changes

Red Alert! The events of 2020 are clear symptoms of system failure – from environmental imbalance; to the collapse of all of the social, economic, political, educational, health care and other systems that we invented in the Fourth World; to the stress of adapting to environmental toxins upon our personal immune systems. We can no longer ignore the issues that have been mounting during so many years of living out of harmony with the planetary Web of Life.

Since we have passed through the center of the Universal Vortex in the year 2000, things have most definitely speeded up. There is no foundation left for the institutions of separation and control that supported the Fourth World where we have lived in most of our lives. We have created time, governments, financial institutions, educational institutions, caste and class structures, and ways of thinking that allowed us to see ourselves as separate from others. We have lived our lives thinking that validation came from someone or something outside of ourselves. All of that is a part of the past.

When Earth passed through the center of the Universal Vortex in 2000, the Fifth World began to solidify. From 2000 to 2020, the planetary energy grid was restructuring as a Fifth Dimensional template. The planetary line up in December of 2020 locked the Fifth

Dimensional grid into place. We are living now in the Fifth World. For a while we will see the institutions of the Fourth World collapsing and transforming as the new frequencies manifest. Timelines have collapsed and we are witnessing the collapse of many of the institutions that were once familiar ways of life. Within ourselves, we are experiencing physical traumas as our bodies rearrange to accommodate the new energy vibrations. Our nervous system is being restructured. Our heartbeat and breathing rhythms have changed. Releasing is also taking place as we can no longer hold onto old beliefs, and we are also releasing the cellular energy of our ancestors that we carry inside our physical body. We are shifting from carbon based physical entities to crystalline based fully conscious entities.

During this time, our DNA is being triggered. Four new strands of our DNA are now activated, bringing an awareness of our Energy Web and the gifts of Telepathy, Healing, Prophecy and Manifestation. These gifts develop physical and emotional adaptations for survival in the Fifth World. Our senses of intuition, hearing and feeling are heightened. Although this may seem chaotic, we have an opportunity to grow in ways that were not available to our ancestors. Now we can really experience our connection with All Our Relations in the Web of Life and truly become creators of our own reality. We are living in a most exciting time!

The center of the Vortex that our planet passed through in January 2000, the end of the Great Cycle in December 2012, and the locking in of the Fifth World Energy Grid in December 2020, are only some of the major energy shifts that we have experienced and will experience as we progress in our evolution to Wholeness. It is important to understand that at this time we are the ancestors of a new species of humans standing at a very crucial evolutionary crossroads. Everything that we think, say and do has an impact not only on ourselves but on the survival of our species and the world. Each one of us carries a tremendous responsibility for creating the future. Each one of us also carries an awesome gift to contribute. As we remember the promise that we made when we came to the Earth Walk, we will recognize our gifts and then we will use those gifts to create role models for living in the Fifth World. This is our legacy for the future.

I was given the Survival Manual information in fall 2002. It is just as relevant now in 2022 as it was then. I call it the "1,2,3, Rearrange!" method of survival. As our DNA code is activated, we are literally rearranging from the tiniest cells in our bodies to our outer relationships and living situations. There are things we can do to assist this process and make it as comfortable as possible. How you feel and what happens in the world is up to you.

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1: Get Self Centered

The most important thing you can do is to stay centered. Being centered is being mindful and grounded in the present moment. When you are centered, your life force is strong and focused. Your mind is clearer, your health glows, and your energy flows. You keep your unique Vibrational Light in the energy center which is located just above your navel. All of the energy for living comes into your body through your Vibrational Light Center.

Think about it. When you are feeling sick or down, is there a dark or thick place in the energy surrounding your Vibrational Light Center (right above your navel)? Energy must be flowing into and out of your Vibrational Light Center at all times for you to be happy and healthy.

Place first your left hand, then your right hand over this energy center, which is where your hands cross right above your waist. Take five deep breaths. Bring your awareness down into your Vibrational Light Center and see what's going on.

Do you feel present and grounded here? A lot of people live their lives with their energy pulled out of their center. Some people carry their energy in front of their bodies, anticipating the future and taking their awareness away from the present. Some people carry their energy behind their bodies, stuck in the past with little energy for present concerns. Still others carry their energy out to one side or both sides as they become so concerned with the affairs of others that they allow all their energy to be drained away.

Is your energy located outside your body? If you feel that you have little or no energy for doing the things you set out to do, then that is probably the case. While you stand with your awareness in your Vibrational Light Center, see if you can tell where your energy is going.

Then, release this connection with a loving rainbow and see that attachment float away. Bring all of your energy back inside. If you can't tell where your energy is, that's ok. Surround your Vibrational Light Center with a loving rainbow and sparkle the energy there until it has become strong and shining. Then, surround your Vibrational Light Center with a rainbow circle of protection so that your energy will stay there.

You can do this exercise several times a day if you feel the need. After a while, it will become very easy for you to notice when your energy is being pulled away and also easy for you to bring it back. You will feel more balanced and grounded, and also stronger, healthier and more at peace.

Create An Energy Band To Balance Your Energy

It's best to practice this exercise every day in order to become aware of your perception of energy and allow your physical body and Energy Web a gradual adjustment. Find a quiet space, preferably when you first awake or before going to bed, where you can put your full attention on working with your Energy Band. Be observant to the subtle changes in your body, mind, emotions, and the energy you attract into your life after you start using the Energy Band.

Your body exists in an electromagnetic field that is your personal Energy Web. Traveling out from your Vibrational Light Center, electromagnetic energy pathways connect your Energy Web to all parts of your body.

The left side of your body has a negative charge, the right side a positive charge. By putting your hands together, palms touching, you create a strong magnetic field similar to putting together the opposing ends of two magnets. The energy flowing between them tends to push

the two apart, and creates a field that polarizes your energy. Polarization balances cell structure and removes blocks from within energy flow patterns to align both your physical body and Energy Web. Polarization awakens the memory of your purpose on the Earth Walk and the new energy flow patterns of Fifth World.

The Energy Band is polarized energy that creates a strong magnetic field. The magnetic field lines up your energy, which in turn creates the environment for the inter-molecular atoms in your physical body to line up. This Energy Band erases blockages in your energy body and changes the magnetic programming of cells within its field.



Begin by standing with your feet about shoulder width apart. Put your hands together in the energy space in front of your Vibrational Light Center (right above your navel), palms touching and all the corresponding joints of both hands connecting. This is prayer position. Hold your hands here a few minutes. Both sides of your body have distinctive rhythms. Feel the rhythm on the left side of your body, your nourishing side, and notice how your energy is flowing here. Now, feel the rhythm on the right side of your body, your giving away side, and notice how your energy flows on this side. Be aware of how the two sides of your body are similar yet different at the same time.

After you have checked in with the energy rhythms on both sides of your body, allow your energy to begin flowing from the joints of your right hand through the joints on your left hand. Each joint is a small Vortex center where energy flows into and out of your body. Energy also flows from joint to joint through your body. The energy will flow up your left arm to your heart, then down the right arm to your right hand, and keep going in this circular pattern. Let these energies flow together until they create one unified rhythm. You have now centered yourself and brought your personal circle of harmony back together.

When you feel your energy coming together, take five slow, deep breaths to allow you to more fully experience your rhythm. Then, slowly separate your hands. As you pull your hands apart, feel an Energy Band extending from the joints in one hand to the corresponding joints of the opposite hand. It resembles an energetic feeling of pulling long, sticky threads of taffy. Let your hands act on their own to separate as far as you feel comfortable. You have now created your Energy Band.

Direct your Energy Band by putting your hands on either side of the top of your head. Slowly bring the Energy Band down your body, all the way to your feet. As the Energy Band travels, it magnetizes your energy, harmonizing your Energy Web and strengthening your Truth Path. In this way, you are balancing your energy much like turning the dial on the radio eliminates static.

To use the Energy Band to increase your perception of energy, create the Energy Band and place one hand on either side of your head over your ears. Your sensory centers are the most sensitive places in your body to feel the flow of energy. Move your hands slightly in this position to notice the effects of subtle energy changes. To use the Energy Band on an injury, headache, or on a body part needing healing, create the Energy Band and put one hand on either side of the body part. Tune in to the energy in that location and let your hands decide the best position to remind the energy to flow in. Intention is not necessary or appropriate to use with the Energy Band because we cannot know the "right" way to direct energy. Each person and each experience is different. Simply placing our hands with the Energy Band in position is all that is required to remind our body of what to do to bring our energy into alignment.

Close off the Energy Band by slowly returning your hands to their original position in front of your Vibrational Light Center and bringing them together until the corresponding joints of both hands are once again touching. You always have the ability to create the Energy Band when your energy needs alignment. The Energy Band is one of the ways we can work with Fifth World energy through listening within to create harmony. Explore any feelings or messages you receive while using your Energy Band so that you can develop your own system of using energy.

You can use the Energy Band at other times when you need to balance your energy. Injuries, headaches and emotional stress are examples of opportunities that allow you to learn about how your energy flows around your body. It is not essential to graduate from a class in order to effectively work with energy for healing and manifesting. What is required is the ability to listen within, practice, and patience.

Rest

We are exposed to a tremendous amount of energy every moment of every day. There are Universal energy shifts that we feel on a very deep level. There are changes to Mother Earth's Energy Web that we feel both in the atmosphere as changing weather patterns and in the Earth under our feet as the magnetic energy centers release and rearrange. We are affected by the transformation of the institutions of the Fourth World, which is causing social instability and chaos in countries all over the world. The energy shifting of people around us may affect us in a personal way. All of this is in addition to your own energy shifting. That is a lot of stimulation, even if you do not pursue activities during the day.

Still, none of us can afford to just sit around and let the energy shift. We have each chosen to be here at this time for a specific purpose to assist the energy change and manifest the Fifth World. Often, this means that we are creating role models for the future. These new ways of thinking and acting are understandably very slow in being accepted. Institutions can

not endorse such different ways, and people are going within to listen for their own Truth. We may not find much support or nourishment for the seeds that we are planting, yet we know that they are so very important to the world.

The key to our health and well-being during this time is rest. This means taking small "rest breaks" during the day to replenish your energy and center. When you take a "rest break" you step outside of the present situation and back into yourself. Your energy is strongest in your Vibrational Light Center, so these few moments will strengthen and energize you. Don't get too busy to give this treat to yourself. When you take a small moment away, you may start seeing things with a different perspective and receive inspirations to help you through challenging times.

It is also very important to get sufficient sleep at night so that you are able to walk all day amongst shifting energy that can pull you off balance if you are too tired. If you can't sleep, lay in bed and relax one tiny part of your body at a time, starting with your mind and senses, and go all the way down to the tips of your toes. Take your time. Focus on your body and allow your thoughts to rest. Bring your awareness into each part of your body and feel the energy there. See each body part and healthy and glowing.

When you lay down, you directly connect with the concentric circle of Mother Earth's Energy Web. Whether you sleep or stay awake, your energy is replenished through this connection. The closer you are to Mother Earth, the stronger her Energy Web. Surround yourself with Mother Earth's vibration of life and just be without expectation during your rest.

There is a space between awake and asleep which is where healing manifests and energy rearranges. You may or may not be able to perceive it, and even if you do, words are not sufficient to describe this place. A large portion of the time that you think you are asleep, you enter this space between. This is where healing, rearranging and transformation take place within us. This is the time that our mind processes the events of the day and our DNA shifts. Universal and planetary energies are still shifting while we sleep, and when we move into the space between we get out of the way and allow that energy to transform us on a very deep level. Being in the space between is a necessary part of our transformation and evolution.

Take Care of Your Body: What We Eat

Getting enough rest is only one way that we must take care of ourselves during this time of transformation. We must nourish ourselves on all levels – physical, mental, emotional, energetic and spiritual - with everything that we do. Everything that we come into contact

with has an energy vibration that affects us. At this time, we need to be especially careful of what we wear and put into our bodies, and really everything we come into contact with.

As Fifth Dimensional energy surrounds the planet, it affects every being and changes our vibration as we physically come into resonance with the Fifth World. Our physical sensitivities increase and we may perceive this as 'allergies' to certain foods that are not resonating with our vibration, even if we have loved these foods in the past. The Fifth World brings different nutritional requirements as we are now balancing the physical and energetic aspects of our being. Our nutritional needs will change, and the amount of food we need will also change. We may find that we only need to eat once a day. Your body will lead the way.

You are what you eat. Really. Your physical body is built from the vitamins and minerals (or the lack of vitamins and minerals) in the food that you ingest. Your emotional body is affected by the chemicals, hormones and additives in your food. On a much subtler level, your spirit is influenced by the energy of that plant or animal and the way that it was harvested for you to eat.

We are much the same as the primitive hunters that eat the heart of their kill so that they can become strong and take on the spirit of that animal. When we eat a plant or animal, we literally take on the Spirit of that plant or animal and it becomes a part of who we are. If we bless our food, simply state our gratitude for the food, or harmonize with its energy, then we will receive its healing gifts. If we grow and harvest our own food, those healing gifts can be greatly increased by the amount of personal energy put into the garden and flock before we even eat.

The energy of the plants, trees, animals and All Our Relations is changing and rearranging just as your personal energy is. That means that the plants and animals each have a different energy vibration and nutritional value than they had in the past. Plants and animals are also affected by environmental toxins and pass these along to you whether you eat organic foods or not. For these reasons, and because now that your DNA is being activated and your physical body is shifting, your nutritional needs will also need to change to nourish this new growth.

There are many schools of nutrition with much information to share about the right way to eat, but each of us is shifting and changing in our own way so no one will be able to tell you what is right for you. The best rule of thumb is to know where your food comes from and how it got to you. Eat real food. Anything in a box or processed is many steps away from offering its natural energy. While in the store or at the market, hold the food in your hand and feel the energy. If that food resonates with you, you will feel the energy; if you feel nothing, that food has nothing to offer you physically or energetically. Listen to your body and how you feel after eating.

Follow your intuitive feelings for what is best for you to eat. If these feelings are really different than what your diet has been, take a chance and try it out. Then, pay attention to how you feel after eating this new food, later that day, the next day and even the day after. Learn to observe the subtle changes in your physical body, the way you feel, and the energy surrounding your Sacred Space. Then determine what foods are most nourishing to support your changes.

If you still feel that you need something or are lacking something in your diet, ask a clear question before you go to sleep and then pay attention to your dreams and the feelings or messages you have upon awakening. Also pay attention to the foods that grab your eye in the produce aisle at the market. These are good ways to find out the answers to your questions. There are no right or wrong ways to eat, just the way that's right for you.

The only advice that I will give here is to eat the gifts that Mother Earth provides for us during this time because we are all connected in the Web of Life and we are all changing as Mother Earth's vibration changes. Artificial foods and those with a lot of chemical additives will only serve to muddle your energy and hold back your growth. On the other hand, wild foods like the weeds growing in your yard have adapted to the present vibration of Mother Earth and have the most gifts to give. Select foods closest to the sun on the food chain. We are each still in the process of transformation and will find our own personal needs somewhere in between. Listen to what your body is asking for and be grateful for your gifts of nourishment. Whatever your choice may be, you can assist your energy shifting by eating what you need to feel balanced.

Be Aware of What You Use

The substances that your skin comes into contact with also affects your energy. Soaps, creams and cosmetics as well as paint, chemicals and the cleaning supplies that we use all interact with our energy. Substances that touch your skin go in through your pores and become a part of your body. Aromas and fumes enter your body through your lungs. You may find your skin changing now, requiring a different kind of attention or maybe even becoming allergic to the same things that you have used all along. This is because of changing energy vibrations.

In the Fourth World, where we were taught that we were separate from the world around us, there was little concern for the environment. People did not understand that everything we use and wash away also affects all of the Plant People, Tree People, Water People, Crawlers, Winged Ones and Four-Leggeds. Because this way of thinking is changing very slowly, there is still little regulation for the ingredients in cosmetics and cleaning products. Sometimes the ingredients are not even listed on the package. Luckily, many products are

being developed that are all natural and environmentally friendly. It is up to you to decide what is best for you to use.

As in the case of eating, what is right for one person may not be the best thing for another to use. This is where it is necessary to know how to connect with the energy of something to determine if it is in harmony with your energy. First, stand firmly on your feet so that you are balanced and connected with Mother Earth. Put your hands on your center, left hand first and right hand covering it, so that you can close off your energy. Take five slow, deep breaths. If you feel distracted, close your eyes while you are breathing and visualize the Sacred Breath of Life entering your body and bringing you back to your center.

While you are breathing, ask your Guardian Spirit to let you know if this specific product is right for you to use. Then, place both of your hands on the item in question. Notice what you are feeling. Pay attention to how your energy is responding. Are your hands hot and tingling or lacking energy? Do you feel uncomfortable? Or wonderful? Or just ok? Use these feelings to make your decision. As you practice connecting energy, you will learn your own energy responses and this will become much easier. You can connect energy with anything outside of yourself. You can use this method to select which potatoes you will eat for dinner, what to clean the bathroom with, what cream to use on your face, where the best location is for you to move, or the sincerity of a friend. Remember, there are no rights or wrongs in this process, only what is right for you. What is right and healing for you is what is the most similar to your changing energy vibration.

Natural Healing

Water

There are ways that we can connect with the energy of the natural world that can be healing for us during this time of changes. Water, one of the primary building blocks of all physical structures on this planet, is very important. Water is necessary for life to thrive and survive, as the quality and quantity of water in our bodies directly determines our health and well-being. Our DNA is our personal manifestation code held in the water that comprises 90% of our physical body.

The Water World was the first manifestation of life on this planet. Water embodied Mother Earth's feelings and expectations for all of her children. Through the water of the sea, Mother Earth's planetary dream became a reality. Our First Ancestors came into their Earth Walks by swimming through the waters of the sea until they reached the Stone People's Land. While they were in the water, they were nourished by Mother Earth's love.

Water always has been nourishing for us. We have all heard the saying that 8 glasses of water a day is a requirement for good health. This is because water replenishes and renews our bodies. Most of us prefer to drink other things nowadays, although our bodies still need water. The rest of Our Relations drink only water. It is essential now to drink lots of water so that we can easily flow through these changes. Look for clear, clean water that has natural minerals. Avoid water in plastic bottles as the water will absorb the plastic.

Water can be healing for us in other ways. In many traditions, healing baths are used. Herbs prepared in a bath will bring their healing gifts to the bather. A bath of warm salt water will draw toxins from our physical bodies and clear our energy webs. In the purification lodge, steam renews our Earth connection. Even sitting in a tub of plain water can be a relaxing and replenishing experience.

Listen to the song of the water as it flows over the rocks, as the waves crash on the shore, and as the fog softly rolls by. Even polluted water still carries Mother Earth's love. Many of our Ancestors held special ceremonies at the sea, rivers and lakes. If you are able to sit by one of these special places, the water can renew your spirit as well as your thoughts and your body.

Stones

The Stone People manifest Mother Earth's vibration in a physical form. Within Mother Earth's center are great crystals that hold Mother Earth's dream and trigger events necessary for the survival of our planet. The crystals hold the truest form of Mother Earth's vibration. As the great crystals resonate, the storms are called and the seasons change. The crystals connect Mother Earth's Energy Web and carry her heartbeat. Their energy is strong enough to sing all the way out to greet our Universal family.

If you are lucky enough to have a small crystal, holding it will help attune your energy with Mother Earth's changing rhythms, but do not go searching for a crystal to use. A true healing stone will always come to you when the time is right. In the past few decades, the popularity of crystals has led to many of them being removed from deep inside Mother Earth. This has brought a major imbalance to the planet. Mother Earth's vibration is scattered because too many crystals have been taken away. If you have more than one crystal, you could consider putting some back into the Earth (or ocean) to strengthen Mother Earth's vibration and help her through the changes.

Similar healing energy can be found in the stones that we walk upon wherever we are on the Earth. After the Water World came to be, great stone giants rose up out of the sea to become the Stone People's Land that our First Ancestors walked upon. During the evolution of Mother Earth, the shape of the Stone People's Land has shifted and changed, but the Stone

People remain as our oldest ancestors. Within their shapes and markings, each Stone Person has recorded part of the story of Mother Earth's growth.

While you are out walking, look for the Stone People. Notice their shapes, the marks on their surfaces and where they are located. If you are really perceptive, you may be able to see the marks encoded within each stone. Pick them up and feel their energy. You may find a stone that fits in the palm of your hand that feels really good. This stone can be a healing stone for you.

There are many ways to use a healing stone. Carry it in your pocket and touch it often. Sleep with your stone. Listen with your inner ears and see with your inner eyes. Notice your dream messages. What does this Stone Person have to tell you? If you are injured or sick, placing a stone on your body can help ease pain and shift your energy. Stones carry minerals that can balance your body, your thoughts and energy. Put your stone in a clear glass of water in either sun or moon light and drink in the healing energy of Mother Earth and Father Sky. Let the Stone People remind you to take a break and just BE. The Stone People are the backbone of Mother Earth and they can be our support through changing times.

Trees

The Tree People connect Mother Earth and Father Sky. Through their intricate pattern of woven roots, the trees literally hold our planet together by keeping the soil in place and anchoring Mother Earth's Energy Web underground. Through their leaves, the trees renew and replenish the air that we breathe. Their branches dance with the wind and send messages through the woodlands. Listen to the trees talking. Watch the clouds overhead. Observe the behavior of the animals. If you pay attention, you will be alerted to all the major Earth changes before they happen. Trees are the source of our life. Without them, we could not survive. Besides purifying the air, they give us food to eat, medicines to keep us healthy, wood to build homes and just about whatever else we need. It is no wonder that our Ancestors had stories about the Sacred Tree that is the center of our world. When we honor the Tree People, we are grateful for the gifts given to us by Mother Earth to survive.

Find a tree that you like to be around. Go there and sit quietly for at least 15 minutes a day. While you are sitting under your tree, shut off thoughts from the tape that runs through your head. Focus on your breathing and feel how the rhythm of your breathing is shared by the trees. Close your eyes. Listen to the sound around you. Listen to the tree. Open your eyes. Look at the tree. Observe how the branches dance. Let your inner eyes follow the roots of the tree all the way down inside Mother Earth. Ground yourself with this connection to Mother Earth. Sit straight up against the trunk of the tree and feel the strength of the tree renewing your inner strength. Become a part of the Earth like the tree that is rooted in the same place season after season.

Everyone has a centering tree that they can go to for grounding and healing. Once you find your centering tree, all trees of that species carry the medicine of your connection so you will be able to find another tree to center you wherever you go.

As you sit with the Water People, Stone People and Tree People you may discover more of their special gifts that can help you adapt to these energy shifts. Spend time with them often.

Your Thoughts

Over ten years ago, I had a dream that I knew represented a crucial time for the evolution of our species of Two-Leggeds on the Earth. I was standing on the top of a very tall building with a group of people that represented every ethnicity and nationality. Suddenly, the building began to tremble and shake. Fearfully, people started running in all directions. I called the people together and asked them to join their hands in a circle and focus their thoughts on peace. That circle and its focused thought brought a sense of unity to the situation. The building under us exploded and we shot up into the air as if propelled by a rocket. We looked back at the Earth on fire below us. There was no turning back. Where we were headed depended on the thoughts that were held by the people in that circle of joined hands. I wrote this dream down in my journal, although at the time I did not fully understand its message. Then, while watching the newscast of the September 11th events, the dream came back to me with its feeling of urgency.

We have passed through the center of the Universal Vortex. Now is the most crucial time in the evolution of our species. Mother Earth is in the fires of transformation and it is up to us to envision the world of the future. We cannot turn back. Where we are headed depends on the thoughts of everyone in the circle. The question is, how do we envision the future? The first step is to remember our gifts and use them.

Our First Ancestors were given a very special gift when they entered the Earth Walk. They were given a way to create with their thoughts. Along with this gift, our First Ancestors were given the responsibility to be the caretakers of Mother Earth and All Our Relations. For many years, our ancestors used their gifts of creative thought and were mindful of the effects of their actions on all of their Relations. Our ancestors knew that if they held a focused thought for what they envisioned, they could make it come about. This is how our First Ancestors learned to make fire, what food to eat, and how to communicate with the other Creature Beings. This is how many generations of our ancestors discovered what makes our human bodies work and who our Universal neighbors are. Those focused thoughts lead to great inventions that have made life easier for us.

Our thoughts have energy and movement. Once you create a thought, it goes out onto the Web of Life and touches All Our Relations until it finally brings back to you the very image

that you imagined. If you think that you can't do something, then surely you will not achieve your goal. If you think you have no friends, or worry that you are sick, your thoughts can manifest these situations in your life. Hateful thoughts can bring violence into your life. Unfocused thoughts can bring chaos and illness. It is just as easy to think thoughts that are happy and healthy. If you love yourself, then others will see that love and you will have many friends. If you believe that you can make it, you can achieve a goal beyond all odds or beat a terminal illness. Love can bring harmony and happiness into your life and the lives of others. Focused thoughts can create a peaceful world.

Start by simply recognizing what thoughts you are generating with your mind. Your mind is like a computer. It programs your Energy Web and your body, then reaches out to share this program with others. If you don't like the program, you can shut it off or change it. Stop those thoughts that are disturbing and replace them with positive thoughts. Do this one thought at a time. For instance, if you think that you have nothing to offer others, then you cannot create friendship. Everyone has a light of love within, so you can start by letting that light shine and offering it to others. Once you have erased that limitation, you will find other gifts to share. Then you can work on changing other thoughts. After you have consciously worked on changing thoughts for a while, your mind will automatically think in this new way.

If it is difficult for you to create a positive thought, or you just can't shut off the static that interferes with clear thinking, simply focus your thoughts on the rainbow. Surround yourself or another person or situation with a rainbow. The energy within the rainbow colors brings harmony. The energy surrounding you will shift and things will manifest in the best possible way for your growth. I have used the rainbow many times, both on myself and while doing healing work with others, and found this a very gentle, non-intrusive way of creating changes.

It is important to keep your thoughts focused in everything you do. Our ancestors knew that, whatever they did, it worked better when they held focused thoughts. Baking bread can become a meditative activity and the resulting food so much more beneficial for your health if you put your love and focused thoughts into it during the entire process. Making a gift for someone is so much better when you put all your love and energy into it. We can all remember the things that our grandparents made and the homes that they lived in which held a special energy and character because they were created with intention.

In our busy, fast paced world, we are not taught to focus our thoughts. Rather, our thoughts are always wandering and pulling energy away from the task at hand. As a result, we create things that easily break down, make food that has little nutritional value, and alienate ourselves from the world around us and the Spirit Essence we carry within.

Thoughts Of Gratitude

Our wisdom is found through the process of being grateful for all of the gifts and experiences we receive every day. Appreciation is our process of using this wisdom. Gratitude and appreciation form a doorway that we walk through to personal healing. Every healing process begins with a learning experience that teaches us to focus our thoughts. We must be grateful for our experiences in order to pass through this doorway before healing finally occurs.

Every moment of every day, with each breath of life that we share, there are gifts and experiences waiting for us. If we look around, we notice the abundance and beauty of Mother Earth. Every bird song and every smile is a gift to energize us. The Creature Beings bring us teachings every day. The abundance within the Void is always available to manifest through our thoughts.

We also walk with the Trickster Spirit every day. The challenges and hardships brought into our life from the Trickster Spirit's lessons are as beneficial as the gifts of beauty given by Mother Earth. The experiences of the Trickster Spirit motivate us to learn survival skills, acquire personal wisdom, strengthen our physical body, and become more sensitive to energy vibrations. The gifts of Mother Earth nourish and nurture our body and spirit, and the challenges of the Trickster Spirit motivate our growth and bring wisdom and teaching into our life. For all of these gifts and experiences, we are grateful.

Gratitude is the key that moves us past painful or limiting situations. We have equal reason to be grateful if we break an arm, are involved in a fender bender, or if we receive a hug or see a beautiful sunset. All are gifts of life, bringing the energy for growth and change. When we receive a hug or see a beautiful sunset, we know why we are grateful, for these gifts share love and beauty. If we are in a painful situation, such as breaking an arm, we can also express gratitude, for surely, we will learn how to live with the other arm and discover talents we have not known about healing ourself. When we have an accident, such as a fender bender, we can be grateful because it opens the door to better opportunities. Expressing our gratitude moves us past pain and frustration into the flow of healing energy. Often, we do not know why the Trickster Spirit's lessons come into our life until later. It is essential to trust that everything we invite into our reality is the absolute best for our welfare.

When we are grateful, we align our feelings and thoughts with wisdom and healing. Very simply, stop whatever you are doing seven times each day and say "Thank you, Great Mystery, for this moment". Expressing gratefulness automatically centers us and moves us past the limitations that stop our flow of energy. Taking a "Thank Break", a moment of gratitude, brings an increased appreciation of life within a hectic world. We can always

thank ourselves for our contributions and achievements. We can also verbalize our gratitude to others. For those who are assisting us in some way, we increase their energy by sharing our gratitude. When we thank those who are giving us a hard time, we are actually thanking them for sharing their point of view. They undoubtedly will become quiet as your energy of gratitude causes them to rethink their words and actions.

You can express your gratitude as often as you like. Start with making a point to thank the Great Mystery seven times a day. Seven is the number of directions on the Medicine Wheel and the number of stars in the Doorway of Seven Stars that we entered to begin our Earth Walk. This universal number is a code for personal centering. Every time you verbalize gratitude, you increase the positive, loving, healing energy available on the planet. Gratitude also fosters self-esteem and well-being and sends out energy to attract love and peace into our relationships and other situations. There is never too much gratitude.

The vibration of the Fifth World is speeded up, but we can still only do one thing at a time. It is necessary to prioritize and carefully choose where we want to put our energy. Take a few moments every day to sort out your thoughts and make choices. Then attend to the moment and share your good energy in all that you do. You will find that your energy, when used this way, multiplies and returns to you. Life becomes more meaningful. If something interrupts your agenda, welcome this as a gift and learn from it. In the larger scheme of things, this event is necessary. Perhaps this interruption will direct you in a way that you have not thought of before or will lead you to learn something new. Perhaps you only need to become firm in your choices and say, "Not Now" to outside influences. Listen within for guidance. Where you steer your energy is always up to you.

When you are self-centered, you know who you are and why you are here. You remember the purpose for your Earth Walk and can make choices to follow your path and do your part in the energy transition into the Fifth World. While it may take some practice, keep yourself centered in everything you think, feel, say and do. Share your good thoughts, good feelings, good words and good actions. Remember, you are making the way for the children and grandchildren of the new species of Two-Leggeds to live in this world.

2: Get Earth Centered

Once you are self-centered, you will recognize the connection that you have with Mother Earth and All Our Relations. We walk upon the breast of Mother Earth every day. With every step we take, we can feel Mother Earth's heartbeat under our feet. Mother Earth is always there for us, to listen and nourish our spirits as well as our bodies and minds.

Remembering Our Connection With Mother Earth

When we walk mindfully and take the time to listen to Mother Earth we can bring balance to our planet as well as ourselves. Through this simple exercise, you can speak with Mother Earth. This exercise is a good "Time-out" for all children and adults as well. Children especially have ease with speaking to Mother Earth that makes this an excellent way for them to deal with conflicts. As we go through the frustrations and challenges of life, we need to remember that we always carry our nourishing roots inside of us and that Mother Earth is always there to listen to us and guide our Earth Walk. All we have to do to receive her wisdom is ask.

It's best to do this exercise out of doors where you can directly connect with Mother Earth. Go to a special sacred space or chose any place where you feel comfortable and have some privacy to speak freely. Sit on the Earth with your legs loosely crossed, or sit on a stone or log, whichever is most comfortable for you and the season. Put your hands on your Vibrational Light Center (the energy center that is located just above your navel), left hand first with the right hand covering it, and both of the thumbs touching together pointing towards your head. Take five deep breaths, each time inhaling slowly to fill up every part of your body with air, and exhaling swiftly to release any stuck energy.

Reach down to the Earth in front of you and make a small indentation in the soil with your finger. Then, put your hands on either side of this indentation, palms flat on the Earth, and with both thumbs and index fingers touching to make a circle around the indentation. This little opening into the Earth will allow a channel for you to speak with Mother Earth.

Through this circle, you can speak anything you need to say to Mother Earth. Gratitude and happiness can be shared, but you can also scream your frustrations or cry your sorrows into the circle. You can ask for the answer to a question on your mind or for advice in making an important decision. Speak aloud and clearly, allowing the feelings to come from your heart. Don't hold anything back. Know that Mother Earth listens without judgment and is very concerned about the welfare of every one of her children. Speak until you have covered all aspects of the situation and until you have said everything you need to say. Take as long as you need.

When you have completed speaking, remain in the same place with your hands on Mother Earth, and listen to what she says to you in response to your sharing. Mother Earth can speak through loud and clear messages, but she can also speak through subtle feelings within us and through the actions of the Creature Beings around us. Listen with all of your inner and outer senses and be aware of her voice. Stay here until you feel a response or receive an answer to your question. Then, thank Mother Earth for speaking with you. Pick your hands up off the Earth and place them in their original position on your Vibrational

Light Center, right hand over the left. Feel the message of Mother Earth become internalized within you.

You will want to leave a small gift for Mother Earth inside the indentation in the soil. A pinch of corn meal or tobacco is appropriate; so is a piece of your hair or some breadcrumbs. Mother Earth also appreciates good thoughts and any gifts to nourish the neighboring Creature Beings. Cover the indentation back up and leave the area as you found it, but take away any garbage as a way of returning the favor of healing and cleansing that the Mother Earth has given you. Walk through the rest of your day feeling grateful for Mother Earth's gifts.

Walk Softly on Mother Earth

If we speak with Mother Earth, we remember that she is not only our mother who provides everything that we need, but that she is also the mother of All Our Relations as well. We are all connected as family, all children of Mother Earth.

When our First Ancestors came to walk upon the Earth, they were given the responsibility to be the caretakers of Mother Earth and All Our Relations. We interact with Mother Earth and All Our Relations with every step we take. If we listen within, we can feel Mother Earth's heartbeat under our feet with every step we take. Wherever we walk, we are walking in someone else's home. We are never alone, for All Our Relations are always all around us. We have a responsibility to be mindful of every step we take as well as everything we say and do.

For millions of years before we arrived, life for all creatures followed the harmony and rhythm of Mother Earth's cycles. Universal Wisdom is given to us when we enter the Earth Walk. Universal Laws, the Great Mystery's plan for the Universe, are available to all who listen within. Living within these guidelines kept the circle of life turning in an endless self-perpetuating state.

In the past hundred years or so, the Two-Leggeds have created many inventions that have forever altered life on the Earth. In our quest to be unique, the Two-Leggeds have forgotten to listen to the Universal Wisdom that we carry inside. We have created a way of thinking that puts us outside of the Universal Laws and a way of living that is concerned only for our own comfort. In our progress, we have forgotten that Mother Earth's gifts must be used wisely and taken care of for future generations. In our efforts to acquire wealth, we have disregarded the welfare of All Our Relations.

It is just as easy to create a way of thinking and living that is in harmony with Mother Earth and All Our Relations. Everything we need will still be here for us as it always was. It is up to us to learn to use the technology that we have created to bring the balance back to Mother

Earth. As she spins in her rotation, Mother Earth dances the cycles of growth. As she hums in her spinning, Mother Earth sings the rhythm of life. Just as a child wants to be held by its mother and rocked, we need to take the time to feel Mother Earth's rhythm and observe the cycles of life if we want to live in harmony.

All creatures have cycles of energy and replenishment that occur during our waking hours as well as at night. Look around you. The sun comes up in the morning, the birds wake up and go about their day, and all the animals have their rituals of living. In the evening, the sun goes down, bringing rest for the day creatures and the night creatures wake up. Each part of the day has a different rhythm and energy. Observe your energy very carefully throughout the day and you will find your high energy cycle, or the time when your body is most in harmony with Mother Earth's energy. This is the best time to plan, build, create and interact with others as you will have the most energy to share.

You will also find your low energy cycle, or the time when your body most needs replenishment from Mother Earth's energy. This is not the time to give out energy, as you have very little left. Now you need to take a break and rest so that your energy can be renewed. If you can lie down and let your Energy Web connect with Mother Earth's Energy Web during this cycle, you can receive the most replenishment. At night you will have your most active dream period during your high energy cycle and maybe wake up at during this time. You will probably sleep very deeply during your low energy cycle.

It's important to find your energy cycles by listening within and not looking at a clock. Mother Earth's rhythm is not time as we measure it by the clock. We have invented time in the Fourth World to measure the passage of life. During these energy shifts, time as measured by the clock has changed and does not fit Mother Earth's cycles anymore. If you do not feel that there is enough time during the day, then you already know this. We cannot live in harmony if we are always trying to follow a clock. When you have the opportunity, put your clock away and live by following your energy cycles. You can achieve an inner sense of peace and harmony by following your own inner cycles.

Mother Earth also has larger cycles that are the yearly cycles of growth. These are the planting, growing and harvest cycles of the Standing People. We can see Mother Earth birthing new life in the springtime, the growth that summer brings, the harvest of food in the autumn and then the rest time that winter brings for the seeds. Our bodies follow these cycles, feeling refreshed in the spring, wanting to get out and play during the summer, gathering in the fall and slowing down to rest more in the winter.

These yearly cycles are the cycles of life and death that continually renew our planet. Your body goes through a continual process of change following these cycles. You grow strong and healthy and then sometimes get weak or sick. This is all a part of your natural growth.

You need times of rest and renewal as well as times of work and celebration. Your spirit also follows cycles in a never-ending spiral the entire time that you are walking on the Earth. Listen within and nourish yourself through following the rhythm of Mother Earth's cycles.

Fifth World Rhythm

Now that we have entered the Fifth World, the rhythm of Mother Earth has changed. The Fifth Dimension brings a different vibration and a faster, more expanded rhythm. Things are not the same as they were before. Everything is happening at a quicker pace. We are exposed to more information than ever available before. Each person's energy is intricately connected with the entire planet and is felt by all. The light of the sun is triggering multi-dimensionality within our DNA. Earth is rotating in a different location in the Universe. We can now feel the rhythm of the entire Universe along with Mother Earth's rhythm and cycles. Mother Earth, and all of her children, are waking up to remember the Great Mystery's dream.

This does not mean that we have to speed up. Many people are feeling stress at this time because we are overwhelmed. We simply do not have time for everything that we think we want to do. The changing rhythm of the Fifth World is calling each of us to make choices and focus our lives on the purpose for why we are here. Each of us came into our Earth Walk with a promise for living and special gifts and talents to help us achieve our purpose. We must remember our promise and use our gifts, for each creature that is living at this time plays an important role in creating the Fifth World.

We no longer have the time to do everything, to follow another person's dreams, or to get caught up in the concerns of others. We can no longer let others tell us what to do. Everyone must walk their own path now and do what we came here to do. We can support each other, but each of us must make our own choices and take responsibility for our own life. When we follow our purpose and walk our own path, we can create a new world of peace and harmony. We create the new world by focusing on one thing at a time and doing everything with intent.

Your purpose is connected to the purpose of Mother Earth. When things appear to be going too fast, slow down and walk with Mother Earth's cycles. Focus on 'Being' instead of 'Doing'. Take your shoes off and invite the new rhythm of Mother Earth's heartbeat to merge with your heartbeat and change your personal rhythm. Take the time to smell the flowers, to watch the sunset, to listen to the water flowing over the rocks and the song of the bees. Observe the plants growing in their seasons. Within the rhythms of All Our Relations, you will find out how to adapt your own rhythm to the Fifth World.

Become a part of the Fifth World rhythm by celebrating the cycles of Mother Earth. The year begins in the springtime when new shoots start to grow back out of the soil. When the ground softens, decide what you want to grow in your life and plant your personal seeds. In the summer when the sun is high, celebrate life and All Our Relations. Gather friends in a circle to dance around the Sacred Tree and share stories. When the harvest is gathered, make a feast and give thanks to Mother Earth for sharing her gifts with us. Contemplate how you have grown in your life and be grateful for everything that has come across your path; for each situation, good and challenging, is a gift for your growth. When the snow blankets the Earth, go within like the seeds and dream of the future. This is the time to visualize a peaceful world and create things of beauty to share. Give good energy back to Mother Earth to help her through the changes. Make gifts to show your appreciation for friends and family. Be grateful every day for you are exactly where you are supposed to be.

In this time of changing energy, Two-Leggeds have an especially important role to play. In the 1990's, Mother Earth's energy pattern shifted. Mother Earth's Energy Web used to be a square grid encircling the planet and intersecting at specific points. That square grid is still in place, but another energy pattern has opened up that is redirecting Mother Earth's energy. Now, energy is traveling outwards from the Mother Earth's Vibrational Light Center. If you could see the new energy grid, it would look like a shining star originating at the center of our planet and reaching out into the Universe at the location of intersection points of the square grid. As the energy continues to shift, this Earth Star will shine brighter and brighter. When our energy is clear and balanced, we open up an energy channel for Mother Earth to shine.

As we walk, we actually become a conduit for energy to flow into Mother Earth from the Universe and for Mother Earth's energy to flow out, amplified, to touch All Our Relations here and on other worlds. This energy flow triggers more of our DNA shifts. We are all becoming one energy body with Mother Earth.

Mother Earth's energy is also shifting because this planet has entered the Fifth Dimension. The planet has entered the Photon Belt and Mother Earth is being bombarded by plasma from the sun. This energy is changing the vibration of every living being. Let yourself flow with these energy shifts. Our bodies take time to make the necessary adjustments, so we will naturally feel lower energy on some days. This is part of our evolution. We may not understand these shifts or be able to fit them into our busy schedules, but it is necessary to trust this process and move through this time as easily as possible. Take advantage of high energy days to get things accomplished. Allow yourself to replenish and renew on low energy days. Without judgment, be the best that you can be and do the best that you can do every day, and know that it is enough.

Make a commitment to spend some time everyday connecting with Mother Earth's energy. Celebrate Mother Earth's cycles and seasons in whatever way feels comfortable for you. Take the time to recognize the small gifts that come to you each day. Most of all, be grateful for each day because you are living in a most exciting time. Never before has Mother Earth and all of her children had these special opportunities for change and growth.

3: Get Community Centered

Now that you are centered within yourself and feel your connection with Mother Earth, you can understand the connection that we have with All Our Relations in the Web of Life. Mother Earth has given birth to thousands of different kinds of creatures. She has provided for food, shelter and other needs for all of these creatures. We are all children of Mother Earth. Everything we see around us, no matter where we are, is connected in the Web of Life. That makes us all relations. We all came here together, each playing a part in the grand dream of the Great Mystery.

The Great Mystery's Dream and The Web Of Life

The Universe began as the dream of the Great Mystery. Within that dream, the Great Mystery envisioned every possible creature living on all the worlds that would come to be in the great Universe that is our home. The Universe is much grander than our present science and technology can show us. There are many worlds with living creatures all playing out the Great Mystery's dream from every possible perspective. Each planet, sun and star rotate in their places according to the dream. Each creature being walks the path that Great Mystery has dreamed. We are all living out the scenario of Great Mystery's dream as unique beings, each with a point of view that is like no other. You are very lucky indeed to bring the gifts of the Great Mystery into the Universe.

Grandmother Spider was sitting in her web in the Sky World when Great Mystery awoke from the dream. She had connected the Void, the place of potential for creation, with the physical Universe created in Great Mystery's dream. The first life forms came out of the dream as seven shining light beings. They went out to take their places as the Doorway of Seven Stars. Grandmother Spider connected these shining energy beings to their physical bodies and they became the doorway through which all Universal life enters.

Grandmother Spider never finishes her work of weaving this grand Web of Life. As each new creature enters life on every world, Grandmother Spider weaves it from feet to head into her web. Grandmother Spider connects each spirit essence to its physical body and then trails the web cord out from the center of each creature to connect the next and the next. The

Creature Beings and Standing People connected closest to you have teachings, healing and wisdom to share that are special for you and can guide your Earth Walk.

Although we are connected with all life in the Universe, we have the closest connection with the rest of Mother Earth's children because they are a part of the Energy Web of this planet where we live. Your Energy Web, where Grandmother Spider connected you into the Web of Life, is bound up with the energy webs of All Our Relations. All of the energy webs of Mother Earth's children are a part of Mother Earth's Energy Web. The Energy Web is an invisible but very real energy connection. You keep your thoughts and feelings within your personal Energy Web. Your thoughts and feelings, whether conscious or unconscious, circulate within and around your physical body and can eventually make changes in your body structure and abilities. Your thoughts and feelings travel out from your Energy Web to touch All of Our Relations in the Web of Life. We can directly affect the lives of the plants and trees, animals and other people near and far from where we are. We can also be affected by the thoughts and feelings of the plants and trees, animals and other people, especially those close by. The connection that we have in the Web of Life is a symbiotic relationship that determines the evolutionary path of our world.

We are bound with All Our Relations on a very deep level within the Web of Life. Therefore, it is best to keep our thoughts and actions to those which we wish to pass along. When we live for a long time with unresolved issues and emotional baggage, we can send confusing energy out that will slow down the growth of All Our Relations. On the other hand, if we can see the positive side of our challenges and accept the lessons of our lives, we can send out peace and harmony that make the Web of Life vibrate with love. At this time in our evolution, we are becoming one energy being with Mother Earth. The Standing People and Creature Beings have already adapted to these changes. It is up to each one of the Two-Leggeds to consciously send out we want to share through our very special connection in the Web of Life.

Connecting With The Web of Life

This exercise awakens and strengthens our connection with All Our Relations in the Web of Life. Although most effective if done outdoors, it can also be done indoors sitting by a window. Doing this visualization in several different locations will further expand your awareness of the Web of Life.

Select a comfortable place to sit or lay down. Breathe slowly and deeply a while, allowing the Sacred Breath of Life to enter every part of your body. Soften the edges of your body and allow yourself to spread out on the Earth, feeling the Mother Earth's support beneath you. Even if you are indoors, Mother Earth is still beneath you, supporting your body and

spirit essence. Clear your mind of all concerns except the present moment. Let your energy vibration harmonize with the environment around you.

Put your hands on your Vibrational Light Center, the left hand first with the right hand covering it, and with both thumbs touching and pointing towards your head. The space between your hands and thumbs is where Grandmother Spider connected you to the Web of Life. Put your awareness into this space and feel the energy of your connection to the Web of Life.

Look out at all of the life around you - at All Our Relations. Feel your Energy Web extending from your center and going out to connect with the Energy Web of one of these Relations. Feel the unique vibration of this being and the gifts that it contributes to the Web of Life. Observe how your energies, although two different vibrations, blend together in the web like different musical instruments harmonizing in a symphony. Understand the connection that you have with this Relation and the gifts you give to each other.

Then, extend your Energy Web - now harmonized with the energies of two beings - to another one of Our Relations in this environment. Once again, connect with its Energy Web and observe this creature's unique gifts, energy, vibration and relationship with yourself.

When you are finished, extend your Energy Web, now harmonized with the energies of three beings, onto another one of Our Relations in the environment. Continue connecting the Web of Life with as many of Our Relations as you choose. In addition to connecting your Energy Web with the beings you can see, you may also be drawn to connect with a Winged One you can only hear, or a star too far away to see, or a creature living under the ground that you can perceive only by feeling its energy. Connect your Energy Web wherever you are drawn and continue until you feel complete in your weaving.

When you have completed weaving your web, draw it back into your own center. Feel the circle of the Web of Life and how it extends outward to include All Our Relations sharing the planet Earth. You can energize your connection to the Web of Life by sending a rainbow or a positive thought of love out through your center to all of the creature beings you have extended an energy connection with today, or the entire Web of Life. Every time we energize our connection to the Web of Life, we create a more harmonious environment to share with All Our Relations.

Honoring Our Relations

We replenish the Web of Life when we honor any one of Our Relations. Our thoughts and energy go out into the Web of Life to strengthen and energize our connection to the Great Mystery and all of our sisters and brothers. We know that all of our needs are within the Web of Life waiting to manifest. The needs of all the other Creature Beings are also in the

Web of Life. If we take the time to listen to the creatures and other Two-Leggeds around us, we can be the facilitators in manifesting their needs.

Start in your own backyard. If you don't have a backyard, go to a nearby park. Select a spot and sit there every day for at least fifteen minutes. Go to this place as an observer, and sit quietly and without moving. Breathe softly and keep your energy balanced and gentle. It takes at least fifteen minutes for the creatures in the environment to resume their activities once there has been a disturbance. Look at the trees and plants in the area and see if you can identify them by name. If not, observe them closely for details and look them up later in a field guide. Notice the feel of the Earth under you, the sounds around you, the smells. Watch the birds and see if you can identify them through their songs or the color of their feathers. Notice footprints in the Earth of animals such as squirrel, raccoon, deer or groundhog. If you are lucky, maybe one of these neighbors will pay you a visit. Look at the insects and crawlers. Allow all of these neighbors to teach you about their rhythms and how the Web of Life is connected in this particular place.

Return to this spot to observe for several days or even a week. Watch how the creatures interact, what they eat, and what their needs are. Listen to the plants and trees to observe their rhythms and needs. Listen with your heart and inner ears to really realize the messages of these Creature Beings.

Once you have recognized the needs, plan what you can do to give a gift to replenish the Web of Life in this area. Build a birdhouse or birdfeeder, or plant wildflowers to feed the bees and butterflies. Plant new trees to replenish an area that has been cut down and prune the vines that choke off new growth in the forest canopy. You might want to plant a special section in your garden just as a "give-away" to feed the insects, rabbits and deer that are your neighbors.

If you live in the city, you can plant flowers to beautify the environment and attract birds, bees and butterflies to an area. It is especially important to help feed the wildlife remaining in urban areas as we continue to take away their natural sources of food. There are as many possibilities for planning an activity to replenish the Web of Life as there are Relations living around you.

This exercise can also be done by contemplating the situations of the other Two-Leggeds that share the Web of Life. There are many people living in our communities that need the assistance of their neighbors. Take time to observe them through the newspapers and television, church and community groups. Watch the people that live around you to identify their needs. Then, plan what you can do to energize their part of the Web. This can be a simple activity such as assisting an elderly person with shopping or yard work. It can also include participating in a group activity such as a food drive or volunteering in a program

for the handicapped. There are many community projects already established that aid the welfare of individuals that are in need of volunteers and supporters. Every way of helping our families and neighbors puts energy out in the Web of Life and creates a more positive healing environment for All Our Relations.

All of our efforts to share within the Web of Life go out to benefit our immediate neighbors by making life better for them, and the energy ripples out like rings on a pond to energize the entire Web of Life and All Our Relations. All of the energy that you put out to help Our Relations will return to you, bringing even more energy and abundance through the Web of Life.

Caretakers of Mother Earth

When our Two-Legged Ancestors first came into the Earth Walk, they were given the responsibility to be the Caretakers of Mother Earth and All Our Relations. Each one of Our Relations was also given a responsibility so that life could function as an orderly whole. The flowers provide beauty through their colors and aromas and they make honey to feed Mother Earth's Children. The bees collect the honey. Trees shade and cool Mother Earth while holding the soil intact and produce fruits, flowers and homes for all of Mother Earth's Children. The Plant People provide food and medicines. Spiders carry the wisdom of weaving and the stories of living. The Winged Ones sing and dance the messages of peace. Each one of the Crawlers and Four-Leggeds also has a unique and important job in the Web of Life. If just one of these Relations ceased doing their job or became extinct, the entire Web of Life would be out of balance.

The responsibility of being the Caretakers of Mother Earth has been handed down to us as the job that the Two-Leggeds must perform to keep the Web of Life in harmony. When all of the Two-Leggeds live according to the Universal Laws, we are doing just that. Of course, there are always more creatures needing help than any one person's energy can assist. Select personal projects that are manageable and not energy draining. Doing one good deed to help All Our Relations, and doing it with love and intention, is much better than trying to do many mindless good deeds at once because you are spreading yourself too thin. Know that whatever you choose to contribute, you are doing your very best and it will be exactly what is needed.

Caretaking Mother Earth is an ongoing task for our Two-Legged species. Do not feel guilty about saying "not now". If things don't feel right for you at the moment, saying "not now" can help you keep your energy centered until the time is right. If something seems too difficult or draining, let it go until later or do it when you can get help. "Not now" does not mean that you are refusing to help Mother Earth or All Our Relations - only that you are choosing the best time and place to do the best job that you can. Sometimes saying "not

now" means that this is not the job for you. Remember that you are not required to be a Caretaker of Mother Earth all by yourself. This responsibility comes with our birthright as Two-Leggeds. You have lots of help.

Our thoughts and actions go out to touch the lives of All Our Relations. What good thoughts and feelings are you sending out? Our thoughts can make a difference. The things that we say and do create an example for others. Make every thought, word and action a call to connect the Circle of Life back together. Reach out your hand and invite your family and friends to sit in the circle and envision a peaceful world.

The circle is the symbol that represents the harmony of hands connected in the Web of Life. The circle of the Web of Life has been scattered as some Two-Leggeds forgot this connection. Now is the time to bring the Circle of Life back together. Get together with family or friends. Start with telling a story about how we are all connected in the Web of Life. Pass a Talking Stick around and let everyone share their wisdom. If you start out by yourself, and envision a circle of hands, others will come. Even if you start out with only two or three friends, the circle will grow.

Celebrate the cycles and seasons of Mother Earth in your circle. Honor the Great Mystery and the dream of living. Feel your connection with All Our Relations. Use the circle to send out positive, peaceful thoughts. The connection of hands in the circle amplifies all of the thoughts that you put into it. There is no limit to what you can create. Because thoughts and energy travel immediately through the entire Web of Life, you do not have to be right next to something to help heal it with your thoughts. It is possible to affect the actions of world leaders and even disarm nuclear weapons if we keep our thoughts focused with love and peace. You may not be able to see the results of the energy that your circle sends out, but know that it is being gratefully received by Mother Earth. Follow up your good energy with actions to create peace in your family and the world around you. When you make the choice to live in peace, then you will be peaceful. It will take many circles sending out peaceful energy to create a totally peaceful world.

On To The Future

There are many major changes yet to come in this transition into the Fifth World and we are now building the foundation for our future. As we integrate more of the new rhythms, life will soon become very different than what we now know.

So, what will the Fifth World look like? There are no Fifth World role models to follow so it's up to us to create the world we want to live in. Since the timelines have collapsed, and our intuitive gifts are on line, anything is possible! The process begins with humans recognizing our true nature and our ability as creators. Our DNA is presently triggering

latent gifts and abilities so that we can explore our full potential, which is a consciousness far more expanded and universally aware than humans have ever experienced. We are each the reflection of the Great Mystery, and when we join together, we manifest harmony among ourselves and with Nature.

In the Fifth World, each one of us must step up and take responsibility for our thoughts, words and actions. Each one of us is important. We must work together to transform destructive patterns left over from the Fourth World. Working together means that everyone's voice is heard. Division between people will be overcome by recognizing our similarities and working out solutions to benefit all. Discrimination will become a thing of the past, as we can now finally appreciate our sisters and brothers for what they have to offer, knowing that everyone's gifts are special. We will bond as small groups of like-minded people, where each one in the group takes turns leading and decisions are made by consensus. We will become a circle of equality. Peace will be our goal. We will once again become Caretakers of the Earth. This will be the Golden Age prophesized by our Elders.

Our first job is to transform the way that we have been treating the planet. The technologies are already here for us to clean the water, soil and air. This will mean totally changing our way of living and it will be well worth it for Earth will become a pristine garden once again. Alternate ways of farming that rely on replenishing the soil will become the norm. Fossil fuels will be replaced as new methods of transportation are developed using light and sound energy. New forms of using energy will also be utilized to heat our homes, run our communication devices and provide many other services, all without harmful side effects to the people or environment. We already have some projects, such as Tesla's work, and technologies that have been given to us by the Star People, that are not publicly recognized yet.

Learning in the Fifth World will allow students to follow their interests and choose to apprentice to more experienced masters. There will be no more school buildings and schedules, tests or studying, but rather an immersion into life and the opportunity to practice skills. Students will learn the importance of taking care of their energy body as well as their physical body, and the importance of taking care of each other. All people will be encouraged to trust their intuition and develop the Language of the Heart. Creativity and imagination will be supported and each person's gifts will be recognized.

Wealth will be evenly distributed with everyone in the community taken care of. Money as we know it will no longer exist, being replaced by a barter or exchange system. Manufacturing and competitive marketplaces will be replaced with technologies that work in harmony with Earth energy and a return to handmade goods. The marketplace will become local with an emphasis on locally produced foods. Inventive ways to recycle will produce many practical things. These visions are not so far in the future. The 'Buy Local'

and 'Support Local Farmers' movements are gaining momentum as are popular housing projects now incorporating recycled materials.

With no separation into 'rich' and 'poor' we are free to work with the wealth that we have to share through our goods, services or creative endeavors. Greed and taxes will fade into the past and we will have more available free time to interact as a community sharing positive projects to better the whole. Our exchanges will be heart based, rather than currency generating.

Governments will also become a thing of the past. The people will govern themselves in small communities focused on taking care of the people and land rather than on imposing restrictions. In the Fifth World, there are no hierarchies, so the leadership will probably be shared among a small group whose members change often. With a focus on peace, communities will easily learn to work together.

Healing will once again be found through maintaining a balance with the planet. We are all part of the same Energy Web, so when we are out of balance so is the planet - and when the planet is out of balance so are we. As we bring the planet back to health, we individually become stronger and healthier. Diseases will fade away when we live in a healthy environment. The Earth gives us everything we need to heal any complaint of body, mind energy or spirit. The plants and trees have already adapted to the Fifth World energy and have much to offer for gentle and effective healing.

We must recognize and integrate our Energy Web as part of our health. The primary source of healing in the Fifth World will be through vibration, sound and light. Technologies already exist in these areas and are being practiced by a wide variety of healers. Hospitals will be places of maintaining harmony, much like an oasis where we can go to get replenished and recharged. The Star People have given us technologies for healing and we will soon see these become available.

In the Fifth World, spirituality comes from within. When we each make a personal connection to Creator, we find our guidance readily available through meditation and asking within ourselves. Dogmas that separate give way to accepting our relationship with all of creation. When our true spiritual nature is realized, we will develop a new science to support the evolution of the Universe and recognize Our Relations from the stars.

Energy beams from other planets and starships near our planet are sending stabilizing rays to assist with our transition. These energies, plus energy emitted from the sun, are triggering our latent DNA to awaken. The DNA shifts will open up our individual abilities to see, hear, taste, imagine, feel, touch and think in more expanded ways. We can be creative now in ways that we never dreamed possible. As timelines have collapsed, manifestation can be immediate. We can manifest all of our dreams and visions. Our world can be recycled and

transformed. Peace can replace war if we hold this in our hearts. In several hundred years, our descendants will live in an entirely different world with very different capabilities than we now have.

Mother Earth has made this transition three times before in her evolution up to the Fourth World. Each time, our planet has changed as the land moved; the Plant and Tree People have adapted as the energy shifted; species of Creature Beings have come and gone; and our perception has expanded as energy vibration increased. When we think of these changes as part of Mother Earth's planetary growth, we know that there is nothing to fear.

A new species of humans is birthing. We are standing in a big doorway to the future. Most of what is on the other side of the doorway is still unknown to us. If you look at the news, perhaps all that you can see at the present time is the Fourth World institutions crumbling as the educational, religious, financial and governmental organizations can no longer survive. Don't hang onto these old ways. If you look inside yourself, perhaps what you feel is a need that you cannot identify. Situations in each of our lives are changing as we attract different people, jobs and living spaces. We are each given a choice at this time. Step over the threshold. Don't look back.

We cannot imagine how the bodies of our future grandchildren will look, how we can clean up the environment, what new species these changes might birth, or how the world will look with our expanded perceptions. But we can dream our good dreams for the future, imagine our goals, and trust that this will come to be. When these thoughts and dreams go out on the Web of Life, they will create what we hold in our hearts. Each one of the present energy shifts is a gift in the grand adventure of evolution. We are headed exactly where we think we are going.

All possibilities always exist within the Web of Life. When the Great Mystery dreamed the dream of living for the Universe, every possible option was also dreamed. All we need to do is to envision our choices and they will manifest. We are being tested now to develop the skills of envisioning the future. With all the chaos in the world, it is very easy to feel afraid. But fear only stops the process of envisioning. Fear slows our energy vibration so that we cannot grow. Fear keeps our energy compacted so we cannot expand our awareness. Fear keeps us within limits and boundaries. That is why those in power are using fear to keep their control and stop evolution. Turn the channel of your thoughts from fear to love by forgiving.

Forgive those who are bringing your biggest lessons. Be grateful for their help in your growth. Forgive those that are trying to control the world and the Fourth World institutions. Feel instead compassion that they cannot see beyond the doorway. Forgive others for creating your big and little everyday challenges, for in the evolutionary cycle of Mother

Earth, these things are all really insignificant. Most important of all, forgive yourself. Be grateful for who you are and all the gifts that you have.

Survival

How are you going to survive these energy shifts and Earth changes? The choice is up to you. Now is the time to start simplifying your life and get rid of excess baggage. Focus your goals for the future and release those things that you no longer need. Be yourself, love yourself, and be grateful for this opportunity to live in such an exciting evolutionary doorway. When in doubt, trust and be flexible. Since we do not know the bigger picture, allow the Great Mystery to guide you. Take each day as a message and you will make an easier transition. Honor the Sacred Tree. Know that everything you need will be here for you all the time. Look for it and you will find it.

Honor All Our Relations. Wherever you are, look out and see Our Relations. Be kind. Make your thoughts and actions those which you want to pass along. Honor the cycles and seasons of Mother Earth. Embrace a rhythm of living that is outside of the clock and within the harmony of natural rhythms. Hold positive, peaceful thoughts for our world. Know that we can create a peaceful future and a loving world to give to our children and grandchildren. We create this peace by starting within ourselves and sharing with our own family and friends.

Do everything with good intention. Life will become more balanced when our hearts are behind our actions.

Feel good. If you do not have good feelings, turn them around so they will be. From your good feelings, create good thoughts, say good words, make good actions, and reach out your hand to your neighbor in peace. Be grateful. For everything. Welcome back to the circle.

Thank you for letting me share my thoughts. This article is a give-away and can be passed along, providing it contains the following credits:

© 2002 & 2022 | Spider/Kathleen J. Lawrence | Spider is the author of Vortex Energy: Creating a Doorway for Transformation and Evolution – A workbook on multidimensional energy given to Spider by the Star People; [Songs Of Bleeding](#) - a book on Taino women's ceremonies; [All Our Relations](#) - a story and activity book on Earth awareness for children of all ages; [Grandmothers of the Four Winds](#) - a short story about the Medicine Wheel teachings; and [Grandmother Spider and the Web of Life](#) - a book about the evolution of Mother Earth.

The images, stories and exercises in this ebook create a blending of ideas and activities inspired by the Wisdom Wheel of Seneca Grandmother Twylah Nitsch, the Taino creation stories, information given by the Star People, and Spider's own teachings to guide the reader in connecting with life.

Special thanks to Sigurd for offering his gifts in technology and design to transform this manual into a digital format for sharing. And also the support and encouragement that went along with the job.

Taino Ti - honor to you,

[Spider](#)

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