

## WEEK TWO – EMBRACING DIVINE SUPPORT

By Rosie Quigley

Hope you enjoyed connecting with the nature spirits in new ways last week. Let's pause for a moment to take a deep breath and to celebrate our first steps in deepening our connection to the Divine. By stopping to celebrate, we are anchoring in this new energy, thus strengthening our learning and our vibration! And it feels good too!

Please send me any questions you may have. Each week I will put together a pdf with the answers and will send it out to all of you. This will strengthen your understanding of the various processes we are learning. Like learning to ride a bike; it takes time, practice and perseverance.

This week we will learn how to re-establish our biofields. In 2000, I read an article where Marian Woodward was talking about the cancer she was experiencing. She asked a profound question that has stayed with me through the years. She asked, "Why has our bodies forgotten to heal?"

The answer only came to me recently and it has to do with having a strong biofield. A biofield is another word for aura. When our biofields are strong, nutrients are getting into our cells, our meridians are flowing, and our body's ability to heal itself is turned on. Today, we are dealing with an incredible number of stressors, from electromagnetic pollution to nutritional deficiencies, etc. These weaken our energy fields on a daily basis. Let's see if your biofield is working to protect you and how strong it is.

## **To Test Your Biofield**

1. Place three fingers on Governing Vessel (GV) 20, an acupuncture point at the top of your head directly up from your ears.
2. Now have a friend test your muscle strength on the opposite arm. To do this, stick your arm straight out, parallel to the floor. With your arm strong, have your friend try to push your arm down. It is important to resist again their pressure.
3. If your arm goes down easily, your biofield is weak.

### Test 2 for Biofield

1. Another test is to stick both arm out to each side. Have your friend push both arms down at the same time. Remember to resist their pressure, be as strong as you can.
2. If both arms go down, your biofield is weak.

Almost everyone I have tested so far has had a weak biofield. Which in today's world of multiple stressors isn't surprising.

## **To Correct Your Biofield**

1. Place the bottle of Divine Support on top of your head at GV 20.
2. Next, state your intention, "I ask that my biofield be repaired and restored."
3. Now take three deep breaths.
4. Retest again with your fingers on GV 20.

You will now test strong. Your biofield has been restored. This means nutrients are now able to get into your cells and your

meridians are now flowing in the right direction. This releases stagnant energy from your system.

To restore the integrity of our biofields, we need to do this practice before each meal and when taking nutritional supplements. If you have a Qigong, yoga or any energy practice, holding the bottle of Divine Support on GV 20 for 30 seconds will make your session more powerful. Try it and notice how energized you feel at the end.

This is the work of Dr. Bob Marshall and Dr. Linda Forbes from Premier Research Labs in Austin Texas. However, I have modified it using flower essences that energetically restore our biofields. They use a BRT vial of specially charged minerals to restore biofields. I am testing stronger using the essence than their vial. This is an emerging field and needs more research.

By strengthening our biofields, it will increase our immunity, help us to claim our space in the world and overall improve our health and energy levels. It will also assist us in feeling safer in the world. Many of us are energetically sensitive; easily feeling other's energies. This is a gift, yet experiencing other's energies on a daily basis can be overwhelming and deplete us.

Imagine feeling strong, safe and secure bringing your gifts into the world. Imagine being like a sunset. You show up every night and do your thing. It doesn't matter if anyone is watching. It doesn't matter if you are shocking orange and vibrant pink. You are doing your thing.

You can become like a sunset, bringing your gifts into the world free of worry. It starts with a strong biofield to keep others energies out. It's like having an incredible space suit that wraps around you - keeping you strong, safe and protected.

Another technique to help us feel safe in the world is called the Veil of Safety. I learned this from Mark Silver at The Heart of

Business. A veil allows light in and out. It's transparent. A veil is like a curtain in the mid-day sun. It blocks the scorching sun yet allows light in. Being a bright light we often blind those in lower vibrations causing them to react or resist what we have to say. By inviting in the Veil of Safety, we are being Veiled by the Divine, offering us protection and at the same time allowing our light to shine in a way that others can handle with ease.

To do this, just ask. Say, "Veil of Safety, please. Thank you!" And it is installed. If you have a presentation to give, ask for the Veil of Safety before you begin. Before going into the grocery store (so you don't pick up everyone's energy), ask for the Veil. Use it whenever you want to feel emotionally safe.

If you are in a physically unsafe environment, enact the Veil and then remove yourself to a safe place. Use your best judgment. This tool works. Experiment with it and notice what happens. You will be delighted with the results as I have.

## **Activities for Week 2**

1. Before each meal, place Divine Support on the top of your head for 30 seconds. State your intention, "I ask that my biofield be repaired and restored. Thank you!" Take 3 deep breaths. At the end of the week, have a friend randomly test the strength of your biofield. It may take time to restore.

With daily assaults to our energy bodies, this is a good practice to maintain for the next 7 weeks. Place a note on your refrigerator reminding you to do it. I keep my bottle of Divine Support in my pocket and do it before meals. Find a routine that works for you!

2. Continue connecting with your bottle of Divine Support for 15 minutes each day. Feel the energy of the bottle, feel the energy flowing in your body. Feel into the connection you are

making and be open to support in all ways. Call in Support any time you are in need. Acknowledge that support is available and you are connecting to it. (Asking for help is okay!!)

Each time you connect with Divine Support, you are receiving an energetic transmission. With consistent use, we are raising our vibrations. Einstein said, "We will never solve our problems at the level they were created." By working with Divine Support we are raising our vibrations so we can connect to new solutions.

3. In either a bath or with a compress on the back of your neck, get into a relaxed state. Call in and connect to Divine Support. Ask the Loving Spirits of Divine Support to clear away any and all patterns of learning through pain and suffering. Feel the energy releasing out the bottoms of your feet. Ask that ALL of it be cleansed and removed from your body. Now state your new intention to learn through joy, through grace and ease. Feel it being done in Divine Perfection. Affirm, "I am now learning through joy." And so it is!!!!

4. Record in a journal at the end of each day, how you were supported by the Divine.

Remember to record your experiences. I will be sending out a feedback form in a few days for you to return with your experiences.

### **Meet Cow Parsnip**

Each week I will be describing one of the plants in the Divine Support Essence. Cow Parsnip is the first plant I worked with this past summer. I noticed her each time I was at our local swimming hole. She is a plant with a presence, standing over four feet tall with a beautiful white umbrella top.

The first day I worked with her, I asked for permission to cut one of her flowers. I then went to rest on the beach where I placed the flower on my heart. After a few deep relaxing breathes, I noticed energy pulsing at the bottoms of my feet, opening the Kidney 1 acupuncture point. From there she cleared the kidney meridian traveling up the inside of my leg and at the same time filling my kidneys with energy.

I began to experience a deep sense of peace. My mind went quiet. Next, my stomach gurgled as the tension was released. It felt like my sympathetic nervous system was calming down. I was being restored to harmony after so much stress and exposure to paint.

Cow parsnip grounds us and connects us to the energy of the earth by opening kidney 1. She strengthens and nourishes the kidney meridian. When the kidney meridian is imbalanced, we experience fear and it is impossible to trust! She is the most peaceful spirit I have met to date. Perhaps her lovely white umbrella top is significant of the umbrella-ing of strength, peace and reassurance she offers us.

With a quiet mind, she helps us to access deep levels of guidance. On the day I made the essence, she gave me words of reassurance and comfort. She said, "Your sensitivities are a blessing and a curse. Focus on the blessings. Good will come from this, you will see. This illness is an opportunity to learn how plant medicine works. Be patient. Learn the power of one thing." These were comforting words, for I was basically living out of our van in the forest with no idea of when I would be able to return to living at home.

Each time I visited with her, I experienced a quiet mind, deep peace and healing. I invite you to open to her abundant gifts this week as you connect to her Loving Spirit!

