

EXCHANGING ENERGIES

As an intro to the symposium the participants were asked to practice “ayni” (reciprocity, ed.) through an energy exchange with the Earth – as a guided tour.

You may want to try this Andeen tradition out yourself:

1. Stand on the ground and feel the soil beneath your feet
2. Breathe
3. Imagine a bubble around you – this is your private space
4. Open up in the top and let energy from above into the bubble
5. Let the energy flow through your body – all the way down and into the center of the Earth. Let go of all heavy energy which you don't need.
6. The Earth likes it – it is food!
7. Now that you have been giving energy, you may also receive energy
8. Feel the Earth under your feet and let the light energy from the Earth come up through your body
9. Imagine that it springs above your head and falls down again as if it comes from a huge shower.
10. Enjoy the energy!