The Importance of Reconnecting with our True Source of Power for Wholeness, Vitality and Well-Being Transcript

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Introduction to Neelam and the summit

Welcome back, everybody, to the bioenergetics summit. I'm your host, doctor Greg Eckel, and I have a special treat. I've got Neelam, our quantum alchemist, a healer, a channel and founder of the Circle of Light, focused on building a community of heart centered souls from around the world, of which I am one.

And assisting leaders, pioneers, creatives, lightworkers and Starseeds who are here to build the new Earth template. Through her powerful high frequency energy transmissions and meditation, she anchors the new codes of consciousness onto the planet and into the human energy field, activating, awakening, aligning, and upgrading our DNA to quantum level.

She assists souls to step into their multi dimensionality and divine mastery by helping souls to remember their true divinity and to reconnect them to their galactic heritage and soul gifts.

Today's topic is reconnection with our cosmic truth. Neelam. Welcome aboard. Hi Greg, thank you for having me. It's lovely to be here with you and you know how much I love you. So.

It's really lovely to be with you. Thank you. I was so pleased when you said yes to come on to the bioenergetics summit. You know, I really I've shared with you, and I'll share publicly.

You know, you have really helped with keeping my vibration, just reminding me to really tune into these frequencies that we're going to talk about today.

So really, one, I want to just start out with just introducing you to the community here. How did you get into the energy field? It was crazy, actually.

I mean, I went through I felt very lost for a while. You know, I used to be a director in the corporate world. And then I went and, you know, I had to look after my mother in law through cancer.

And so I left my work, and I started to care for her. Had my family started to support my husband with his business. And then over time, I saw actually a sense of myself.

I couldn't go back to work because my mother in law was always very sick with cancer, and I started to kind of watch her, you know, sickness. And I would watch her emotions.

And I started to feel things, internally like, you know, things were going on in the body. And I started to intuitively sense what was going on. And, I slowly, slowly slipped into a depression myself.

I mean, I had no, no boundaries, you know, I was a natural healer, and I was picking up her energy as well. And, I think the breaking point for me was in 2008, where I had a little bit of, I went into a depression, and also four of our friends, old men in their early 40s, all passed away that year.

And it was a real shock to my system. But I knew that something deep inside me was waking up, and I couldn't let it go. You know, I couldn't, let go.

From corporate life to energy healing

Let the fact that they all passed away at such a young age thriving, you know, good careers, everything. What was it that triggered the sickness and the illness?

And so I started to, you know, turn to meditation. I didn't want to go on to, you know, anti-depressants or anything. I knew I had to start meditation, and I actually heard it in, you know, in the, in, in deep inside, I heard the word meditation.

So I found a lady that taught meditation, and I started to do it, and I did it every day for 30 minutes in the morning, 30 minutes in the afternoon. If I picked up my kids, I would meditate.

And what I started to notice over, I think a few months I started to feel slightly different, like I was. I stopped and the energy started to move slightly and I started to feel brighter and I started to see things, you know, things started to open up and I started to see into the body, and I could see into the stars.

And then, you know, slowly, slowly being started to connect with me. The archer and, and the, the lady and started to come and I opened my practice. I started, I did, you know, went into energy work and I just knew this was my path.

I had to follow this calling. And I always knew I had a calling. I was here to do something. And it just let one thing led to another. And, you know, I helped people all over the world, but really help starseeds, lightworkers, you know, creatives, leaders who are here to build and they need the activations.

And, you know, we give them really powerful high frequency activations to keep them vibing high. So it's just beautiful when you find your way, you know.

But it was a depression that led to meditation that really, you know, that is so often the case in the stories of folks that what we're seeing through, you know, interview after interview of like the their kind of dark night of the soul, so to speak.

And that led to really the expression of the gift. And you truly have a gift. I, I think, why why do you think it's so important for us to access our soul?

You know, I experienced when I wasn't connected with my soul and I felt like I was dying inside. You know, when you get stuck in life and you know you're here for something and, you know, you, a naturally creative being.

We are naturally creative beings. We are meant to create. And when our soul is not being expressed, we get physical conditions. You know, we get physical conditions because there's dis ease and there's disharmony in the body, the body we have to line up with ourselves.

The soul is meant to express, thrive, you know, play, dance, create through us. And I have physically experience what happens when the soul feels like it's dying inside it.

Literally, I was wilting like a flower, wilting, not being water and not receiving sunlight. That's how it felt for me. And when I started to search and explore and the, you know, the feeling of lighting out when you're doing your divine work and when you're doing something that you love.

I literally started to experience my soul coming online. And I truly, truly in the core of my being, you know, say to everyone, you know, wake up your soul, align with your soul path, find your calling, find what you're here to do, and light up the soul has to be alive and thriving, and we have to use the full container of our field and our energy, you know?

And, Yeah, it's everything, you know, mind, body, heart, soul, spirit. We have to wake everything up, and then we really come online. So was that at the beginning of that process?

Because you did come out of corporate world, was it difficult or did you have some shyness about it or what was that process like at the beginning? For me, coming out was very difficult, you know, because, you know, I was and obviously other lifetimes you've been invisible.

You had to hide yourself. So it took me a long time to come on to YouTube and on screen and in front of people. So I would sit quietly in a room. I didn't say to anyone I was a healer, you know, when people would ask me what was my occupation and I'd say, oh, the I was in the, in the corporate world.

Accountant. Oh, you know, just I wouldn't say I was a healer. I felt uncomfortable. And then when I did start saying I'm a healer, you know, and people would just look at me. And when I went on to say, I'm.

I'm going to look at myself like, what is that? You know? And I would just get blank stares. But over time, you build your confidence, you know, you start to do your divine work and you really start to believe in it and have faith.

And you see the results and you see people's lives changing, and then you start to step forward. It's a process, isn't it? Step by step, you step forward and you start to then you know, be seen for who you truly are, your true self.

And so that process took a long time. But now, you know, it's like, I don't care. Hey, I've got we've got work to do. And it's about being seen. And so I tend to attract a lot of souls who have been invisible in their lives, starseeds who have had to hide their true identity, you know, who've had to mask their truth and lightworkers, but they're the ones who are here to shine, and it's just helping them find the confidence and, you know, value themselves, understand that they have rare gifts that they had to spread and share and not to be afraid, not to be afraid of, shining.

So that component around safety there is it seems like, you know, there there has been maybe past lives or there was good reasons to be not kind of the tallest poppy on the, in the, in the field, but it seems like there's, there's more momentum and more people are kind of blooming or blossoming in that.

Is that is that a correct assessment of what I'm seeing out there? Yes. People are waking up and they're stepping forward and they're not wanting to be, to hide their voices anymore.

They want to express. They want to express who they are. You know, they're realizing that they don't want to do the 9 to 5 job, that they're not happy.

They've got to find their passion. They're calling. And whatever society has told us they should make us happy is not making us happy.

Why soul expression matters

So that's why people are now waking up. They are exploring. They want to know who they are. They are asking questions and they exploring sound and energy and movement and meditation and yoga.

And they're looking at the holistic field. And this is how they're going to start to now expand. And, you know, millions on the earth are waking up at this time.

Millions and millions of songs are waking up because the frequencies are just going higher and higher. So, but there's also a lot of density being released right now.

So it's a time of, a little bit, unsettled times that we are in. It truly is what how do you see the next few years kind of unfolding here? I say chaotic because we are changing from one paradigm to another, you know, and so this in-between stage is always difficult.

And this is why we have to stay so centered. There are two realities at play. You can have a very different experience if you stay in the higher vibrations, if you have your tools, if you use your affirmations, if you know how to center yourself and come back into presence, if you are connected with Mother Earth and souls, you can ride these waves and you will be a surfer on top of the waves.

If you don't have any tools and you don't have that stability, you'll be a loose leaf in the wind and you'll get blown about through this time. So, you know, it is really, really.

And this is what I teach most of the time in my sessions. The tools are key to get you through this next few years. So chaotic. But you can find peace on a daily basis with your tools.

I love it and at the end I want you to share some of those tools with us because it is, you know, the times are changing and it is turbulent out there, as you mentioned.

And you know, finding community, of folks to support and also encourage on this path is so important. And, and having having some guides to to help with, you know, the darkness.

Let's just say that, what do you see, you know, in your work because you are reaching more and more people. I mean, it's growing every week for you. I've seen it over just even the last 2 to 3 years that I've been, you know, studying with you.

It's really impressive on, you know, all of the different. I love that you're so grounded in that, you know, your message is very clear around it's in you, like, you tune in to you because that's where the answer is.

How do you encourage folks along that path? I truly believe, to lead by example. Certainly the more grounded you are. You know, I feel that when you're authentic in your expression and you share from a place of, when you've been through something and then you share when you're on the other side of that, you know, I don't believe in preaching something that I don't know or have an experience.

And God through. So, and, I tend to be very, you know, authentic in, in the sense open in the groups. And it's really important to hold them through this time.

So these high frequency hubs and these, groups are so, so key to help souls move through this time. But, you just go to Vibe High. You've just got to stay high.

Be with people that you, you know, you get and, more and more are coming and I, you know, more starseeds are finding their way to the circle of light, community.

And, you know, we're helping them heal. We're helping them clear trauma. We're doing a lot of work. I, I stay connected with souls and I keep receiving the information through me, and then I share it, and then we share it.

And it's always so aligned with the planets. And I didn't even look at the planets. But the alignment is it blows me away sometimes. And so the the key is to stay grounded.

I see myself as a tree, my roots are deep and I can reach high into the stars. And that's the way we have to be. The more grounded we are, you know? And I truly believe that spirituality can be very simple.

We can keep it simple. We don't have to overcome great things. So a grounded in a simple, connected spirituality is the way that I want to serve. So I love it.

It's such a beautiful way. And like I said, you do have. I feel such an amazing gift for sharing it. How do you how do you coach folks or, share around care for the vessel?

Because, you know, the clarity of the message of, I think a lot of times it gets a little maybe we're not as confident that we truly are creator, or that we are getting a clear message.

So how do you how do you help with that? So I teach a lot of channeling courses. I help them to connect first with their highest selves and then to listen to the guidance from the higher sense and not the ego mind, but the higher self.

And that higher self will always speak to you in a very tender, loving, soft voice.

Coming out as a healer and finding confidence

And it come from deep within you, and it'll be very simple. That'd be very repetitive. And so you have to listen to that voice, and it won't stop until you've actually put it into action, and then it will stop.

So it's learning to listen to the subtle energies inside of you, you know, your guides speaking to you from inside of you. So the more present you are, the more you can start to hear this wisdom.

And I really want to empower souls to be able to get their inner guidance. You know, we connect them to their higher selves, and then they listen to the wisdom of the higher self.

And then we connect them to their guides, their spirit team. We all have a spirit team here on earth that is here for us. And it has a group consciousness made up of, you know, ascended masters, angels and power animals, divine feminine goddesses.

And then we connect them to nature, learning to listen to nature and what nature was used to say, you know, the trees speak, the plants speak, they sing, and the bees and the dragonflies and, you know, the birds, they're all messengers of light and high frequency.

So we teach them how to connect with them. And then the star beings, you know, in the ocean, everything has a voice is frequency. So I try and help souls to, you know, listen and connect and start to receive their own messages so that they can navigate their day to day.

But you have to be so present and aware and feeling with your feeling body and, you know, tuning into the energy around you and what's coming. And that's how you will stay ahead of the game when you can really start to listen and feel sense and read energy.

So, it's really important to be able to channel, I think, I think it is it's it's kind of one of the essential things for us now because as you know, there's more madness on the globe.

And with this density of matter, less old system passing, you know, with fake news or, you know, there's this propaganda this way, propaganda that way, and it's, you know, we can't really trust those external signals anymore.

And it's so essential to have that knowing the deep knowing in ourselves around what is true, what's true like in your heart space and, and that piece, you know, I am forever grateful for you, and really giving the confidence and, creating a space and community where people can really tune into that.

So, I'm wondering if you would share maybe, what the guides have to share with us now and, and kind of kind of share with us one of these, a channeled, event.

Yeah, absolutely. I'd love to, and I just wanted to, you know, expand on your point about the there's so much news out there and, you know, energy can get really scattered because you're receiving information from everywhere.

I mean, you've got the, you know, the, the, the news, which I and I say, don't listen to the news, but also on different channels, you've got different people saying different things.

And so you have to use your intuition and your gut and your instinct, and what feels aligned with you. So you're going to get lots of different perspectives this at this time.

And if you're trying to listen to all of them, you're going to get lost and muddled and confused. So this is where you have to regroup, recalibrate, come back to center and just listen to your own truth or follow guides that feel aligned for you.

They feel, you know, like they're speaking your language and then you listen to them. But if it all gets confusing, come back to your center and just breathe.

And you don't need to know. You just need to become peaceful in your center because there's a lot of information out there and it can throw you off. So you need really important to regroup at this time.

Okay, so I am going to channel Source Creator today and just see what the guides want to bring through. And Source Creator is a group consciousness, the infinite mind, infinite intelligence.

And we will just flow with it and see where we want to go with it. Okay. I always like to put some music on, so let's get some music going. It just helps everyone get into the hearts.

Might take a bit in a few minutes to pick it up. Okay. So just taking a few deep breaths down into the heart space. And it's going to be really important to stay in the heart, dear ones.

Really important to stay in the heart space. And the heart is where we connect with you. The heart is where we can guide you. The heart is where we can love you, dear ones, and hold you and hug you and be with you.

Awakening, collective change, and turbulent times

And we all enter from the heart because the frequency is high. We are here, dear ones. We are walking through this evolution and this time with you. You are not to fear, but you are to connect.

You are not to fear, but you are to connect. Ground your feet into the earth, dear ones. Ground your feet into the earth. Connect with souls. Connect with mother.

Connect with your higher selves. Connect with your spirit team and go and stand up against the trees and let the trees hold you. Put your feet on the ground and feel the earth beneath you.

There is so much you can do every day to stay connected. And we are here, and the next few years are going to be erratic, chaotic. A lot of disharmony, a lot of karma coming up, a lot of clearing of density.

We are moving from duality to unity to one's oneness. You are to come together, build these communities, build new earth together. No more competition, no gain.

But seeing your brothers and sisters as your own, arising together. Supporting each other. Cheering each other on and respecting each other's gifts. And knowing that you are all different, diverse, individual, unique.

And none of you here on earth have the same gifts. None of you dear ones. And even if you teach similar things, you still bring your unique essence and your truth.

You've had different life times. You've had different experiences. You've been different things in different lifetimes. Some of you been shamans and medicine, women and mystics, some of you been teachers and guides and some physicists.

You're all different. You're all unique. You all carry different light codes and different frequencies and fractals of light. You all carry different key codes and certain key codes open certain energy fields in the quantum field.

You are all a tapestry, the ones in beautiful jigsaw puzzle, all pieces fitting together like a beautiful symphony, an orchestra. And when we play in harmony together, dear ones, that's when the magic really happens.

When we start to come together as a group consciousness. Because in the higher realms, we are a group consciousness. We are angels and guides and ascended masters and many, many different beings come together to form a unit.

We are not singular anymore. When we support one another, we help one another. And in time, in time you will not use money anymore. It will just be service.

Connection. My gift is your gift. How can I serve you? How can you serve me? How can we create together? How can we move through this time together? How can we support the children?

How can we grow our own food and work with the natural resources of Gaia? How can we build communities and sustainability and love and connectedness and sing our folk songs and sit around the fire, sing a sit in our circles and feel a peace and harmony and unity and strength of community on your earth right now?

People are very lonely, dear ones. They're very lonely, isolated, insular. You want to reach out to them, to hold them, to hug them, to make them feel part of the community.

And that's when they will start to thrive, dear ones. That's when they will come alive. Many souls are dying of sickness because they feel so alone. And it is love, dear ones.

It is love that will heal their souls in their homes. We just love each other. We care for each other. We love each other so much. You are me, I am you.

We are one dear ones. Reach out to those souls that are so alone that are left on the red side. And no one cares. And give them your love, dear ones. Give them your love. Sick. Who needs your help?

The locked into the earth and create communities of love. It's why you are here.

Guidance, intuition, and channeling Source

Your hearts are so beautiful, so big. You can embrace many in your hearts. Build those beautiful new earth grids. Build them dear ones where everyone is seen, held, heard, respected, treated as an equal.

This is why you are here. Build this community of loved ones. When you sing and dance together, this will be our greatest joy, our greatest joy. And we will also join here.

We will join you because your frequencies will be high enough. We will all stick together. We will dance and play. You will learn and sing and teach each other.

Oh, it's a beautiful world ahead of you. And it will take strength and resilience and belief and vision. You have to keep your vision alive. Never lose sight of your vision, no matter how rocky it gets here on the earth.

You are shifting whole paradigm and this is why you are here at this time. You chose to be here through this huge, huge, grand experiment. You chose to be the ones that came here for this time, which makes you so resilient and bold and brave, courageous, strong.

Stay anchored on the earth. Stay anchored. Connected. Hold each other. Support each other. See who needs help. Support the lightworkers and the Starseeds.

And for they carry the light. Lead from your hearts, dear ones, not from the mind. And lead from your hearts. And then the Christ consciousness, compassion, love, kindness, heart centeredness, love and your being.

Seeing with eyes of Christ, being present, taking a deep breath every day. Gratitude in your heart no matter how difficult it gets. In gratitude and love for your brothers and sisters.

And you rise together through this time. Come together, come together, come together to ones. Come together and we are right behind you. All around you.

Creating a double helix, a halo around you. Stay strong. Stay centered. Stay grounded. Speak from your hearts. Create. Create. Use a full container that you have here.

You fulfill your songs live from your highest expression and your highest joy in play and dance and create. Become

the masters of energy. Dear ones, become the masters of energy.

Remember your mastery. Remember your connection to souls. Remember who you truly are. Remember, dear ones, we are you. You are us. We are one. Dear ones, you are not weak.

You're not meek. You are courageous and bold and everything you need will come to you exactly when you need to know this in your heart and soul. Know this in your heart and soul, that everything you need is inside of you, just waiting to be discovered by you through this time.

Keep raising your vibration. Keep raising your vibration. Keep raising your vibration. That is the key to experience these beautiful new worlds. The golden days are up ahead.

Keep going dear ones. Never lose sight. Stay focused. Stay aligned. Stay present. Stay in your hearts and we love you dear ones. We love you so so so so so much.

And we send you infinite, abundant blessings to it. Once are infinite abundant blessings are infinite. Abundant blessings. Dear ones, we love you. Taking a deep breath down into your hearts.

Taking a deep breath down into your hearts. And make gratitude and grace in your hearts. We invite you to come back into this space full of love and blessings and peace in your hearts or.

Oh thank you. The future looks so brilliant. The future is very bright, you know, and it's about coming together. So I just see these communities and love and children playing and, you know, everyone coming together, no one competing.

But everyone has a gift. Everyone is unique. We are here to create diversity, you know, and, just to build from the natural resources and, you know, grow our own food and just, create these communities of sustainability.

So that is the future where there's no fear, just love and connection. And everyone knows everyone has their own unique gifts. So, you know, equality, equilibrium, harmony, peace.

So a little bit of way to go, but we're on our way but not to lose focus with. So let's talk about that because the a lot of times I'm hearing from multiple sources of, hey, there's some turbulent times ahead.

I mean, we're seeing it in our world today. And so it really does bring up the the practice of, you know, creating in the frequencies. It's there. Those limitless, abundant possibilities are there.

It's and then it's holding that in our hearts. Really what our, you know, kind of a component that I say is, you know, helping people create heaven on earth, even, you know, faster than we ever dreamed possible.

And when you say that, people look at you like, do you see what's happening out there? Like what? You know, the key is this just create your own heaven on earth.

So you have to be so mindful every day. You know what's going on in your mind. What are your thoughts? If they go into, you know, negativity in the, in the low vibrational, you've got to shift them.

So it's just total awareness. Look at your thoughts, create affirmations that lift you, you know, high vibrations I am divine, I'm so same. Creative. I am love, I am peace, I'm harmony.

I'm blessed, I'm abundant. You know I have peace in my heart and everything is flowing in my life. Affirmations like this on a daily basis. Starting your day with gratitude in your heart.

You know just sitting before you wake up and you reach for your phone. Just spend a few minutes focusing on what you're grateful for and it is the tiniest things.

You know, I have a roof over my head. I have, my heart is in at peace.

Creating heaven on Earth through daily practice

You know, I have, money in the bank. I have food on the table. I have my breath. I have eyes that I can see. And then my body is well and healthy. These are just the things we have to come back to.

And when we are vibrating in that vibration and when we're connected to the earth. Stay grounded. Connected to the Earth. I'm going to show you a process in a minute and also connected to source.

And as you stay connected to Mother Earth and Source, you are creating your heaven here on earth. So not to look it out. Yes, there's going to be turbulent times, but you can be the peaceful Buddha through the turbulent times by staying centered, by regrouping, recalibrating it on a daily basis, and being so mindful of your energy.

And this is our master here to stay so aligned in our energy field. And that's the vibration. And then that you will emanate and create the ripples in the quantum field.

So, it's a daily practice. I mean, it is a daily practice. Yes. Yeah. And so worth it. I mean, to, to experience that expansiveness and in touch with source and I mean infinity, they really weren't messing around with that word.

Right? Right. Absolutely. You know, and the thing is to this time, you know, we're not here to, you know, sacrifice our soul or, you know, save anyone or, rescue anyone.

But this is the the next vibration is like the universe. We breathe in and we breathe out. And this is the figure you serve. You give, you receive, you give, you receive.

But you have to receive the gift. You have to receive the gift. Fill up your container and then you give an abundance. But if you don't know where this container is filled from, you're going to get depleted.

So you have to charge yourself up, from source, from Mother Earth. And then you give in abundance. But, you know, it's this figure eight. It's this figure I serve.

I share my gifts, I receive the food because I feel fulfilled, I give, and I serve some more, and I create and I feel fulfilled. So this is the figure eight infinity sign.

You know, I love it. You know, that that component that the, the aspect of receiving, a lot of folks have, some challenges with that. Why why do you think that is?

You know, we are designed to give and we feel guilty for receiving, and then we feel it's selfish to receive. I was one of them, you know, I never used to feel I was worthy of receiving.

Oh, no, you can't receive. I can't ask for what I need. But you give, give, give, give, give to your depleted and on the floor. And, you know, you to burnt out and you've got nothing left.

So I've experienced all of that. And many souls receive, you know, experience that. And a lot of lightworkers and Starseeds have real difficulty in receiving.

But this new energies is all about receiving, receiving the love that you deserve, knowing that you are worthy of receiving, knowing that your needs matter, knowing that you matter.

You are worthy and deserving of everything that you dream of and that you desire. And yes, you know, we give, but in equal measure and we have to check in with ourselves.

Are we? So, are we depleted? Do we need to charge up? Then we give some. Otherwise we end up angry, depleted, resentful, frustrated. And we don't want to give that to anyone, right?

So we came from an abundant, loving space which is full. Love it from a full cup. Well, at the end of our time together, I really like to put folks or give them some action items or the ability to get into motion.

And you wanted to share, a technique with us or some thoughts around, most important daily practices during these turbulent times and, or ways to keep our cups full.

Yeah. So I'm going to share a lovely technique that the guides are showing me at the moment that will help the community, that this is going out to and it is, connecting with the Earth, the solar sun, Mother Earth, solar sun to stay grounded.

So we're not only going into the Earth, we're going to go deeper and also we're going to connect to source. So, I'm going to do a few processes through this, you know, and just take you through, what they can do in a day, what someone cells can do on a daily basis.

Okay. So I'm going to for everyone to close their eyes again, it's always good to close the eyes and go within. So, so when you wake up in the morning and maybe if you're feeling unsettled, and, you've got emotions surfacing and you're confused or you just have to come back to present the present moment and start to get your journal out and write a few affirmations, write a gratitude list, listen to some high frequency music, and just start to focus on your breath.

Listen to the birds outside. Listen to the breeze. Look at the sun that's shining. Become so present to this very moment. And just take a moment to be grateful.

No matter what is happening in your life, just come back to this present moment and feel so grateful. As you start to feel grateful and you start to open the portal of your heart, dear ones, you start to open the portal of your heart and your vibration changes immediately.

And then this is a technique that we would like to show you through this time. So in the morning when you wake up or whenever you need some grounding, first of all, and you connect with source.

And then you connect with mother. You connect with your higher selves.

Receiving, replenishing, and the figure-eight flow

Connect with your spirit team that is here to support you and only assign to you. Your spirit team is here for you and only is to start to build the connection with them.

And to start to imagine now that, your roots are going down into the earth. Into Mother Earth. And at the base of your spine, you have a dragon's tail, a beautiful tone that comes out from the base of your spine.

And as your roots go down into the earth, you start to see deep into inner earth, there is a globe. Directly below you there is a globe. And in the middle of that globe is a golden sun, a mother earth, its power center.

And if you are feeling depleted or low of energy, or tired or burnt out, or just confused, start to see your tail and remember you can imagine anything you want.

Your imagination is key. Through this time. Start to see a dragon's tail going down through the earth, through the soil. Down deep down into the earth's core.

Just guide the tail. Down, down all the way. Until you start to reach Mother Earth's globe. Just like the Earth. There's also one beneath the inner earth.

And this is where all the mineral kingdoms are. Then you can charge up with your favorite minerals as well. I'm a fist and jade and whatever you need.

Citrine. Start to take your child deeper now, dear ones. Down into the solar sun. You just stick the end into the sun. Just like the golden sun. Here on earth and in the sky.

And as you do, this energy will start to come up your tail. Up through the base of your feet. Up, through and up your legs and into your pelvis.

Grounding technique: connecting Earth and Source

Into your solar sun. Your solar plexus. And, your middle and lower back. Your glutes. Filling you up. Lighting you up like a light bulb. Going up higher into your ribs and your chest and your, upper back into your shoulders and your organs, your spleen, your kidneys, your liver.

Into your lungs and your throat and your face. Your ears, your nose, your eyes, your brain. And down your arms. Into your hands, your fingers, your fingertips.

And just light up your entire being like charging up your iPhone, your mobile phones, with them when you plug them in, it is the same thing. You're plugging yourself in to Mother Earth power source.

And you can start to see your battery going up in percentage 50 to 60, up to 70 all the way up, slowly going up to 100%. And when you are at 100%, you can start to unplug.

You have recharge your entire system from Mother Earth's natural sources. Start to take your vision down to an Earth. And start to guide up your tail all the way up through the soil and seeing your roots as you pass deep into the earth.

And bringing your turn all the way up to the base of your spine. And then curling it into a ball and tucking it in and you know it's there. And this is an ancient practice used by masters and alchemists on the Earth through many lifetimes, and also by the higher beings.

We ask you to use this tool through this time. It will help you, dear ones, to stay so grounded and connected and aligned. We thank you, dear ones, for allowing us to show you this tool today.

We are here to serve you. Dear ones, we love you. We bless you abundantly. Thank you. So that is a very beautiful tool. And this is one of the tools that I teach in a sessions.

But it is really powerful and just like we don't forget to plug in our iPhones and charge them up every night, but we forget to charge ourselves up. So this is a beautiful technique to charge yourselves up from the natural resources of Mother Earth in the earth.

So, I hope that helps. But that was the tool that the guides wanted to show today. It was lovely and a great, great energizer. So thank you for that. Neelam.

The quantum Alchemist, thank you for coming on the bioenergetics summit. Thank you Greg, it's always a pleasure and it's always a pleasure to see you.

You're so beautiful. So I wish you all the best with the summit. I really do thank you. For.