

All of life on this planet is held between two streams of energy. One stream rises from the center of the earth. It spirals upward, entering your body through your feet and the base of your spine. It spirals around your spine, up through your body and out your crown chakra. It continues into the ethers to the source of all things.

The second stream descends from this source, spiraling downward into the material plane. It enters your body at your crown, spirals down around your spine and through your legs. It leaves your body through your feet and the base of your spine. It spirals down into the center of the earth.

These two streams, like the two strands of your DNA, mirror each other, each following the curves of the other, meeting in your body in pure creative pleasure. Energy is constantly flowing down one strand and up the other strand...spirit manifesting in physical form. If you are quiet and surrender to this flow, you can feel these currents pulsing in your body. Each creative pulse of spirit is met by a complimentary creative pulse of the earth. Each pulse bathes your body, heals your body, *creates* your body.

Today, breathe deeply, feeling or imagining the energy spiraling up from the earth. Feel it enter through your feet and the base of your spine, spiral around your spine and exit through your head, where it extends all the way up to the source of all things. Breathe again and feel the energy spiraling down from this source, entering your body through your head, spiraling down around your spine. See it exiting through your feet and the base of your spine, where it spirals down into the center of the earth. Feel yourself riding these currents, descending as spirit upon the one and drawing up your human form upon the other. You are, indeed, this powerful and beautiful.