



~ Words of Wisdom ~

A quarterly newsletter from Wisdom of the Earth

Issue 43

Spring 2011

Editorial: The Time for Clarity is NOW

They that sow in tears shall reap in joy. Psalms 126:5 This verse came to mind this day as I attempt to transfer my feelings to all of our family. Today is the 14th of March, 3 days after Mother Earth again woke so many of us up. I trust we are all introspective to feel everything we are called to feel, and then give it back to Source, lest we become ill.

On the morning of the 11th, I sat up in bed and told Cynthia... "Today is going to be very special, in addition to it being the day which the Mayan Elders have made clear would be another day of ratcheting up the ascension process of Mother Earth." Cynthia and I went into meditation, then I came up to the office and was lovingly greeted by Richard, who asked me if I had heard about Japan? I said "No," but soon found out. Any human who is empathic has tremendous swirling energy emotions when such information is brought to us to process.

Please remember our clients in Japan. One lives near the nuclear facility that is presently in trouble. Dear ones, we have been speaking and looking forward to the changes for several years, but when the birthing gets hard, such as the time we are in, it can definitely be challenging and draining. People are hungry for natural ways to cope — physically, emotionally and spiritually. Folks are concerned about possible radiation dangers. So, remember the blue essences for protection against radiation and detoxing. Blue Yarrow...Blue Cypress...Blue Chamomile...Blue Tansy. Other excellent essences include Niaouli (MQV), Mugwort and Blue Spruce. Other powerful detoxifiers are Laurel Leaf, Patchouli and Geranium.

Also, it is imperative to keep our immune system in tip top shape for these changing times. Absolutely no exceptions. Please refer to our BlogTalk Radio programs (WOTE website has the archives) in reference to this. We discussed this, in particular, on our March 13th show. In addition to EEs, Bee Pollen, Propolis and Royal Jelly are known to help with radiation problems, whether it be from radiation fall-out or chemo treatments. Unfortunately, our bee friends are also in trouble at this time, and today there are articles online announcing that even the UN is getting concerned, because world-wide, countries are reporting that their bees are leaving. However, pollen is the sperm from many species that denotes life, which is saturated with life force. The propolis is the gummy resin from the bark of trees and flowers. Bees use it for protection from any and all kind of invaders of their stash of honey and capping of the honey wells. Royal Jelly is a honey bee secretion that is used in the nutrition of larvae, as well as adult queens.

All of this information points us again to the imperative importance of raising our immune system so that our physical bodies can repel any undesirables, whatever that might be. Emotionally and spiritually, the time is now, dear ones, and the margin for indecision about what you or I are going to do with the changes and challenges upon us, and how we are going to react to them, is becoming less and less. Let us do our work, stay in love, ASK and find out who we really are, and why we came to Mother Earth for such a time as this. When I say ASK, I mean, inquire within our hearts and inner knowing. If you still don't know how to do that, find out by asking questions to yourself, and then second, to others whom you trust. Essences to help facilitate this are Hyssop officinalis, Rose (from either China or Bulgaria), Spruce (Norway), Neroli, Frankincense, Myrrh, the Orange family and the Lavender family.

Also, remember that ANY and ALL pure, single essences will, in some way, stimulate our immune systems, are anti-bacterial, and will adapt to the circumstances at hand, even if you do not have the essences you would prefer. Because They are conscious, they will respond if you but have FAITH, ASKING Them, in love, and waiting patiently for the answer. The Spring Equinox is upon us. Be prepared for more changes in the very near future. Approximately every 20 days, shifts of vibrational energy are going to start occurring on a regular basis for a while.

Blessings, Barry

Barry Kapp, Master Medicinal Aromatherapist and founder of Wisdom of the Earth, has studied aromatherapy internationally, and shares his experiences, explorations, feelings and knowing via seminars, his books, and through his own medicinal aromatherapy practice. He has had many human mentors, but believes that his Tree, Plant and Animal friends have influenced him even more. A life-long student and practitioner of herbology, Barry was introduced to the wonder of the Natural World by his Mother and Father as a child, and his passion is still the same today. Formerly a dairy farmer, Barry grew his own crops and used herbs to treat his animals; they, in turn, taught him many truths about all beings' true connections to Mother Earth.



Tea Tree Essential Oil...The “Comeback Kid” Offers Grounding & Upliftment

Melaleuca alternifolia (Tea Tree) was studied in the 1920s by Dr. A.R. Penfold, Curator and chemist at the Government Museum of Technology and Applied Sciences in Sydney, Australia. He discovered the oil to be 13 times stronger as an antiseptic bactericide than carbolic acid, considered the universal standard in the early 1900s. In the 1930s, tea tree oil was used as an antiseptic in dressing wounds and was useful in oral hygiene. As a hand soap, it was found to be 60 times more effective than other disinfectants against the typhoid bacilli. Articles were then published on the findings of this special oil that included usage on infected nail beds, as a gargle for sore throats, and as a disinfectant for septic conditions. Research showed the tea tree oil was successfully administered around the world for throat and mouth conditions, for gynecological conditions and in dental treatment for pyorrhea and gingivitis, and for skin fungi, including candida, tinea and perionychia.



During World War II, the oil was considered to be such a necessary commodity that cutters and producers were exempted from the war service until sufficient reserves of the oil had been accumulated to permit its standard issue in first aid kits for the Army and Navy units in the tropical regions. Demand exceeded supply and synthetic alternatives were developed. These synthetic drugs gained popularity as “miracle drugs” and eventually pushed tea tree oil into the shadows. In the 1960s, a new awareness took hold throughout the West and toxic substances began to lose favor as a new generation turned to natural medicines. By the 1970s, tea tree oil was “re-discovered.”

Approximately twenty years ago I began using Tea Tree after reading how the Australian Aborigines used the leaves, along with the earth, to treat bone fractures and skin maladies. I decided to experiment with my own body. I used the oil as a gargle as well as a topical treatment. With lacerations...out came my bottle of oil. I sprayed my roses for fungus with the tea tree oil, with great success. I have also used it for toe fungus (which was a painstakingly slow process) as well as for candida.

However (!!) I was rocked off my perch at the Level I Medicinal Aromatherapy class in Nambe, NM, where I experienced the Lemon Tea Tree (*leptospermum petersonii*) oil. Being fond of lemongrass and other citrus oils, this oil has been my regular companion ever since. I began using the oil before bed for calming, mood upliftment, and for its anti-bacterial and anti-viral properties. I applied it to both feet, experiencing a deep connection and vibration that began moving up my legs into the lower chakras. The tracking ceased as I fell into an immediate deep sleep. My sleep has been more tranquil and my psyche, very peaceful and calm.

Since my return from NM, and after using these medicinal grade oils for three weeks, I have noticed a shifting that has occurred throughout my body, mind and spirit. I have deepened my connection with the multitude of trees and plants in my surroundings. We commune on a higher level now, almost daily. So, amidst the shifting and changes happening in my life, I remain grounded and centered. What an amazing natural world we live in...and what a crisis we have created with humanity asleep, while the pharmaceutical industry rapes our precious gifts of the Earth!

Editor's Note (Audre): Excerpted from Suzie B.'s Level I Certification Paper. Suzie...thank you for reminding us of Tea Tree's power to uplift us and ground us...certainly two things desperately needed in these turbulent times. And...thank you for reminding us of the high esteem in which Tea Tree was once held by scientists and common people alike...until, like so many other “folk remedies”, She was discredited by the “powers that be” in favor of synthetic substances...which provided great profits, but less healing than Nature can. It is important to note that this is not a blend of Tea Tree oil and Lemon oil...this is a variety that has a lemony undertone to it.

Bridging Heaven & Earth...A Simple Meditation

This was sent to Cynthia by Vina, a friend and client of ours in New Mexico...

I wanted to share with you how I meditate with both Mother Earth and Father Sun, together. When I stand in the shower, I know that the water comes from the sky/rain, which, to me, is Father Sun. I am standing on the floor of the shower/tub, which, to me, is Mother Earth. So, that makes the full connection. As the water runs down my body, I say “Thank you, Mother; thank you, Father”...which brings me into connection and grounds me again and again. My belief is, keep it simple and keep our connections strong! *Editor's Note (Audre): Anything simple we can do in our day to day life to affirm our connection to the natural world is valuable! Try it...it is beautiful and balancing. Of course, I have Laurel Leaf on my heart chakra when I go into the shower; Geranium on the crown chakra would be lovely, too. Ahhhhh.*

In Closing: What Does YOUR Flower Look Like? (or, It's the Little Things That Count)

This past weekend I taught a phenomenal group of people about plant & tree medicines; early in the class, we do a brief meditation, based upon the topic at hand ("Our feelings are our own inner plants, our own inner flowers...and they grow in accordance with our perception of the nature of all life." Vasant Lad in *The Yoga of Herbs*). I ask everyone to put down their pens & papers...we pass around a flower essence to put on our hearts (this particular time it was Ylang Ylang)...and we go into a guided meditation where I ask everyone to consider this profound thought...that our feelings are our own inner flowers...which grow in accordance with our perception of the nature of all life.

And then I ask..."What does your inner flower look like? Size? Color? Is it a familiar flower...or is it unlike anything you have ever seen in nature? Do you have a visual image...or is it an impression? An energy? An aroma? Then I ask if seems healthy...how large is it? Is it vibrant? Weak? Well-cared for or neglected...or something in between? Then I ask if their flower has a message for them. Afterward, people are writing furiously in their journals, sketching their flowers, jotting down their messages...and then we share. This is incredibly powerful for most people...in fact, a recent student said "Even if we had done nothing else in the class, that experience alone, for me, would have been worth the price of admission."



This past weekend...what I saw as I visualized my own inner flower (admittedly under the very powerful influence of Ylang Ylang!) was a beautiful array of bright, yellow, tiny flowers. They looked like Lilies of the Valley in brilliant yellow! And, the message they brought to me was affirming and powerful...that "It's the little things that count." And..."Little things add up to big things." That every act of kindness, every act of sharing (whether it be money, information, giving directions...ANY act of sharing), every class, every article, every FB posting...they all are important. That you don't have to make a big splash to have a big influence...and I got the visual of ripples spreading out into the water, endless energy on an endless journey.

These beautiful little flowers reminded me of the power of the seed..."Mighty oaks from little acorns grow" —A.B. Johnson (1841) Every word we say, every action that we take, are seeds that are planted. How does your garden grow?? By the way...nourish your feelings...your own inner flowers...with essences such as Basil (Sweet), Geranium, Lavender, Rosewood, Violet, Rose and Juniper Berry. They are the voice of your soul.

Love, Audre

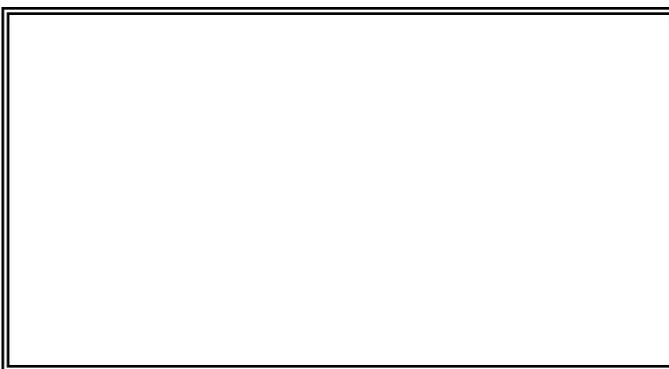
...Nourish your feelings —your own inner flowers. They are the voice of your soul.

Audre Gutierrez is a certified Medicinal Aromatherapist and a partner in Wisdom of the Earth. She has studied in France with Dr. Malte Hozzel, and in the US with Dr. Kurt Schnaubelt, John Steele, Barry Kapp, and others. Audre consults with clients on using medicinal essences to bring more harmony, joy and health into their lives. She is also the editor of the WOTE Newsletter, *Words of Wisdom*. Audre was formerly a Human Resources executive in both Pharmaceutical Services and Public Accounting for 20+ years. She left the corporate world in 2001, believing she could better utilize her healing gifts outside of that system. She shares her time between Sedona and Santa Fe, where she lives with her husband, Leonardo, and their wonderful menagerie of animals, and has her medicinal aromatherapy practice, Shining Sun Aromatherapy.



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GO GREENER!
Access me via the WOTE website...email wisdomoftheearth@aol.com if you want to cancel the paper version.



How to contact us:

Via Websites

www.WisdomOfTheEarth.com (Home of WOTE)

www.ShiningSunAromatherapy.com (Audre's SF practice)

Call us:

Local (AZ): 928-649-9968

Local (NM): 505-438-0855 or 928-300-5090 (Audre's cell)

Fax us: 928-649-0351

Email us:

Audre: shiningsunfarm@aol.com *Please Note New E-mail Address*

Barry: barryessence@hughes.net

Cynthia: cynodance@hughes.net

To place an order:

Please include the specific name of the essence (e.g., Basil, Holy), the size (e.g., 2 ml, 5 ml, 15 ml), the quantity and the price. You can email, fax or call in an order. We need the billing address of the card for credit card processing. Also, we do not keep your credit card number on file, so please have it ready.

To inquire about or schedule a consultation and/or treatment:

Consultation and transformational body and energy work with Barry & Cynthia; call 928-649-9968

Consultation, Reiki treatment and/or Medicine Wheel experience (the latter is only available in AZ) with Audre; call 928-300-5090



Upcoming Wisdom of the Earth (WOTE) Events

Essence Meditation & Open House (\$10 suggested donation)

8/7/11 5:30-7pm Sunday Santa Fe, NM Audre Gutierrez 928-300-5090

Several essences will be selected and applied to each participant to facilitate expanding & deepening the meditative process. A guided meditation will follow, including a period of silent meditation. Q&A and exploration of other essences follow.

Level 1 Medicinal Aromatherapy Certification Class (\$475; \$25 off if you register at least 4 weeks early)

Times do vary by teacher and location; please contact the teacher directly for details.

4/15-17/11	Fri. Evening, Sat. & Sun.	New York	John Odlum	860-922-6846
4/29-5/1/11	Fri. evening, Sat. & Sun.	Mt. Airy, PA	Siddiq Salter & Michael Padgett	610-340-4769
5/6-8/11	Fri. 7-9p; Sat. & Sun. 9a-6p	Roaring Fork Valley, CO	Kat Diamond	970-366-0963
5/21-22/11	8:45a-6:00 p Sat. & Sun.	Burlington, CT	Lisl Huebner	860-673-6863
6/10-12/11	Fri. evening, Sat. & Sun.	Granby, CT	John Odlum	860-922-6846
6/11-12/11	Sat. & Sun. (call for exact times)	Brookville, OH	Dana Simmons & Sam Escobedo	928-202-8173
6/11-12/11	9:30a-6:30p Sat. & Sun.	Santa Fe, NM	Audre Gutierrez	928-300-5090
7/15-17/11	Fri. evening, Sat. & Sun.	Ardmore, PA	Siddiq Salter & Michael Padgett	610-340-4769
9/16-18/11	Fri. evening, Sat. & Sun.	Avon, CT	John Odlum	860-922-6846
9/17-18/11	9:30a-6:30p Sat. & Sun.	Santa Fe, NM	Audre Gutierrez	928-300-5090
12/3-4/11	9:30a-6:30p Sat. & Sun.	Santa Fe, NM	Audre Gutierrez	928-300-5090

"All I can say about the Level 1 class is WOW. Unbelievable. At this time...at this present moment...I am in a space that I can't describe in words — on paper or speaking. For the last 6 years, I have been trying to find my spark...to get back the spark I had when I was younger. A huge "thank you" for helping me to get my spark back! I am overflowing with gratitude."
Joanne V., recent Level 1 student in PA.

Advanced Five Day Medicinal Aromatherapy Certification Retreat: 04/27-05/01/2011 OR 10/5-9/2011

Page Springs, AZ (WOTE) Prerequisite: Level 1 Certification from Wisdom of the Earth

8 am-9 pm Wednesday through Sunday (with scheduled free time) Page Springs, AZ Audre, Barry & Cynthia teaching. Tuition: \$1400 (\$1300 early registration—4 weeks before) Tuition includes most meals and all ceremonies; travel and lodging are **not** included. Cynthia has several rooms available for rent. Contact her directly for details.

Also called "Level II", this is a life-changing, deep exploration of your connection with Mother Earth, the Essences, and, most important...yourself. It is a balanced combination of information, experiential learning, & ceremony that allows you to process and integrate your experiences without becoming overwhelmed. You will develop your consultation skills, learn about uncommon essences that have powerful healing properties, explore the messages and truth offered by other species on the planet (including plants, trees and other sentient beings), and deeply examine the role the essences will play in your life. Experience two medicine wheel ceremonies, including one where you will be wrapped in a buffalo robe under the stars. Said participants...*"The Medicine Wheel ceremony was unforgettable; I felt like I was in Mother Earth's embrace."* And, *"I met the most amazing people here...the healers who worked with us, as well as my fellow students...we became like a family through the group work and experiences. I will treasure these relationships always."*

Please call with any questions or to register. 928-649-9968



Other Offerings...several of our advanced students offer other workshops & events that feature medicinal aromatherapy, using Wisdom of the Earth Essences. Please contact them directly for details!

Newark, DE: Skin Essentials Workshop \$75 Experience essences that protect, nurture and correct imbalances that manifest on the skin...the largest organ of the body! 4/30/11 **The Emotional & Spiritual Heart Essentials** \$150 Experience essences that specifically address emotional and spiritual heart disharmony. 6/11/11 Contact Janice Reidel at 302-454-7034 for times, details, or to register.

Wheaton, IL: The Theosophical Society in America \$60 at the door/\$50 pre-registered. Essential Oils are a bridge that carries our consciousness into different dimensions. 6/2 (7-9) & 6/4 (9-4:30) Tom Jorstad & Siddiq Salter 202-251-0998 for info.

Medicinal Angel Fragonia (agonis fragrans)

“PEACE TEACHER” She tells me, as I smelled Her for the first time five years ago—a deep, dry, sharp, sweet aroma that is truly unique in Her own way. Many times, those of us who have traveled so many miles on the medicinal aromatherapy pathway, and have smelled so many essential essences, ask “Where is an essence that really sends me in a new way?” For me, Fragonia is one. She settles in with just enough difference that we desire to linger with Her a bit longer. And, as we do so, she gently draws us deeper into Herself and, all of a sudden, we realize that She truly has us captured! She is all about Peace, and will definitely help us with core issues that have disturbed our inner peace.

When it comes to interest in chemotypes, we notice that tests that have been taken on Her reveal that two stand out, if we prioritize from high percentage to low (which really means nothing in true medicinal aromatherapy). For the sake of this article, I will say that 1.8 cineole (26.6-32.5%) stands out, along with a-pinene (22-27%). These two Devas, cineole and pinene, are found throughout the essential essences many times, such as in the essences of Eucalyptus (Blue Mallee-cineole type), Myrtle cineoliferum, Niaouli (MQV) and all of the Conifers. For many, this represents high anti-bacterial possibilities, but much more.

Anti-viral comes to mind, also, in my experience with such levels of cineole and pinene. Yet, as I have mentioned above, examining only the high percentages of this or that does not really reflect the true capabilities of an essence. In quantum physics, it is the total synergistic package that tells the final tale of each magnificent Deva. Fragonia has limonene, linalool, terpinene, myrtenol and geraniol, as well as many thousands of others on a sub-atomic level...all working together in harmony, creating the beautiful Deva, Fragonia.

On the physical level, Fragonia is going to be excellent for respiratory ailments, in general, using Her along with the many other possibilities that Mother Earth has provided us in Her medicinal arsenal. She has helped many sisters and brothers in hormonal balancing, including moon cycles, menopause and manopause. She can be used, along with Grapefruit, for jet lag. She is anti-inflammatory, acts as an analgesic, and stimulates the immune system. By the way, remember that all pure essential essences in some way stimulate our immune systems.

On an emotional level, Fragonia is a peace teacher. This very attribute gives us the opportunity to calm ourselves and look at unresolved issues in a positive way that can bring forth good fruit. In addition, She whispers to us, “RESPECT yourself for the greatness that you truly are, and allow that self-love to blossom from your heart of hearts.” Resolution! Is that not what we all are truly seeking, when it comes to our old, heavy baggage that our hearts are crying to release and forever be done with?

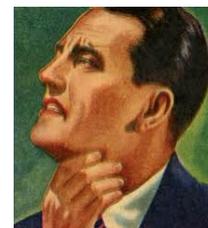
Spiritually, Fragonia gives us permission to peaceably explore why we came to Mother Earth at this time and what our role is here, so that we can fulfill our contract from Spirit and we can truly sigh in gratitude that we have been the grandest version of the highest expression of who you and I feel that we truly are. From my heart to yours...Barry

*Editor's Note (Audre): I love to use Fragonia for the clarity she brings. And in the context of what Barry has brought forth...so many are not clear on their life purpose, who they truly came here to be. Fragonia is a guide on this life-long quest...she moves us from the question of **who** we truly are to **how** to live in alignment with our truth and purpose. She is a precious friend, indeed.*



Essential Oils Heal Strep Throat...by Dr. Sam Berne

Recently, I was diagnosed with Strep Throat; the doctor said “Bed rest and antibiotics.” The throat pain was intense. I called Audre and followed her recommendations. First, I began orally taking Black Cumin, first thing in the morning, then again around noon. Black Cumin...the magical Egyptian herb which helps boost the immune system. It certainly helped mine! Second, I began massaging essences into the area behind each ear, down the side of the neck (on both sides), then around under the chin to the middle of the throat. I used the following oils: Eucalyptus (Blue Mallee), Nerolina, Rosalina, White Spruce and Helichrysum.



I also began using Thyme, internally. I put a couple of drops on my thumb, and rubbed it on the upper roof of my mouth. According to Audre, the saliva would take the oil down my throat. It burned for a little while, but it made my throat feel better. I also tried the inhalation technique, using all of the same oils I used in the topical treatment. I put three drops of each in a cup of boiling water, put a towel over my head to capture the steam coming off of the cup, and breathed in the steam. It was intense, but very effective. I had to turn away every so often, but I kept coming back for as long as the steam was there. Once the mixture cooled, Audre recommended I drink it.

Her recommendations made a HUGE difference!! Thank you Audre, and thank you, WOTE!

Medicines of Light...Protection & Healing from Radiation Poisoning, Neurotoxins, Bacteria and Viruses

Tom Kenyon, who has been channeling messages from the Hathors for over 20 years, recently shared this message with his e-mail subscribers (www.TomKenyon.com). For those who do not connect with the idea of channeling or ET communications, please view this information as valuable insight into how to use our own higher consciousness for healing. This is an abbreviated version of what was issued on March 17th, designed to introduce you to these concepts. You may need to access their website for additional guidance. *The following information is directly sourced from Tom's e-mail.*

We wish to impart a method for protection and healing from radiation poisoning, as well as other physical conditions. We call this **Medicines of Light**. The method involves connecting to your Celestial Soul (BA), holding the intent and expectation that it will impart to you an energetic that protects and/or heals you. [The BA has **an entry point** to your energy field that can be identified by raising your hands over your head and touching your fingertips together. This is where you **energetically place your attention** in the first phase of creating the Medicines of Light. You do not actually raise your arms.]



Once you place your awareness in the area of your BA point, you hold in your mind the intention for the light you are calling forth (e.g., that the energy you receive will be an energetic of healing and/or protection from radiation). Send this intention to your Celestial Soul, at the same time, sending the emotional vibration of appreciation or gratitude from your Heart Chakra. Until you are practiced in this method, you may need to send the intention, along with the feeling of gratitude, to your BA several times before you notice a response. Keep sending the intention, joined with appreciation, upward to our BA until you feel a descent of energy. Once you feel that, shift your awareness into your heart chakra, receiving the energetic of healing or protection into the heart chakra. You might experience this energetic as a form of light, or as geometric patterns, or you may feel the sensation of a descent of energy. You may also experience this energetic simply as a thought/feeling. Once the energetic is received in the heart chakra, it is ready to send.

For this phase, you will need some pure water, since water holds this type of information extremely well. Holding a container of water in your hands, (or holding your hands over the container of water) through intent, you send this energy that is in the heart chakra down the arms, into the hands and through the chakras that are in the center of each palm **into the container of water**. The energetic enters the water through this pathway. We suggest that you amplify this energetic by repeating the procedure two times, for a total of three times. You then drink the water. The water permeates the water element of your body, and the healing and protective qualities eventually enter every cell. [I (Audre) also suggest mentally reaffirming your gratitude and your intention of protection/healing while you are drinking the water.] Through this action, you are qualifying light, causing it to descend through the central pathway of your body into your heart, and then sending it into the water element. The consciousness of the water receives this energetic, and when you drink it, the body receives it.

If you find yourself in a situation where you have been exposed to radioactivity, neurotoxins, or bacterial or viral infections, you would engage this procedure as we have described it, qualifying the energy (i.e., setting the intention) that descends from the BA to protect and heal you from any possibility of poisoning or infection. If you have other means to protect or heal yourself, *you should obviously engage these as well*, but even if you are left with nothing but the tools of your own consciousness, you can protect and heal yourself.

It is important to understand that you are creating the protection and healing through the powers of your own consciousness. You have direct access to your own light realms. You have the sovereign right to engage the light realms on your own behalf and on the behalf of your loved ones (e.g., children, pets). If you find yourself in one of these difficult situations we have described, we suggest you take the Medicine of Light — which is the water that you have charged — several times a day, as your intuition guides you. It is also good to teach this method to others, so that they may invoke their own medicine.

Our advice for this phase of increased earth changes is to learn and master the ability to create Medicines of Light for yourself, so that when the time arises, you know how to engage this power of protection and healing that you possess in your very nature. And we suggest you navigate through these times not only with your minds, but with your hearts — and let your hearts be touched, for it is through your hearts that you will ascend the spiral pathway to your own greatness.

—The Hathors, via Tom Kenyon



Cyn's Corner...

Birth of a New Humanity

Our hearts and love go out to our friends and the people of Japan as they emerge from a major tragedy and catastrophe. We hold you in our hearts.

As our own inner tsunamis continue to surface, what is old and inauthentic within us seems to be rising to be cleared...again! How do we sit in balance, knowing that we are in the time of the Great Shift, the birthing process of the New Earth? This awakens our memory to the fact that the earth is a living, breathing being, and we have poisoned her for so long, this cleansing is necessary.

I have heard that HAARP is responsible for the catastrophic events of the past two years (Haiti, New Orleans, New Zealand). While I am fully aware that advanced ET technology is in the hands of the dark forces and that "they" can control the earth and engineer all kinds of anomalies...is that really true? Does the Earth Mother not have the right to cleanse herself from our misuse? Must we always perceive that it is being done to us instead of taking the responsibility that we have done this to ourselves? Does the masculine continuously need to claim responsibility for the shift within the awakening feminine?

The feminine is shedding the controls and manipulations of the past to take her rightful place as a co-creator. She is leading us into unity consciousness and a new way of being with all the inhabitants of Earth. In these quickening days, all of us are being called to witness the birth of a new age—to remain calm in our hearts with compassion, without self-indulgence. Let us hold space for the Earth to shift, change, and grow as she sees fit. She is calling us to be the spiritual warriors we came here to be.

To all of the light workers...now is the time to remain balanced, whole and in our hearts so that we can join with the energies of ascension. Part of remaining whole involves giving ourselves more time to rest; these energies are exhausting. Use EO's like Ginger, Cardamon Seed, Lime (Mexican), Ylang Ylang and St. John's Wort to energize you, uplift you and balance you. Meditate, meditate, meditate...the answers you seek live within you. With our strong commitment to Mother Earth, we can make it thorough this. We were born to be here now. Let's more into the heart of spacious awareness and join with her in love as she births the New Humanity. From deep in the mysteries of love, Cynthia

Cynthia Olivera de Kapp brings to Wisdom of the Earth many years of experience in the areas of movement education, energy healing and spiritual counseling. She is a certified Medicinal Aromatherapist and integrates her love and knowledge of plant and tree medicine into her work. Cynthia has roots in the indigenous peoples of the Taino Nation and Corsica. Her channeling and past life regression work helps clients quickly come to a renewed and deeper understanding of their core issues. She leads ceremonies on Reclaiming The Feminine in her Star Lodge.



Attention Philadelphia, PA Area readers...Siddiq Salter & Michael Padgett, two of our great Level 1 teachers, will celebrate the grand opening of their Personal Enrichment Studio, **Blossom Quintessentials**, (Ardmore) on Saturday, April 16th, from 7-10 PM. Live music, free chair massage, medicinal aromatherapy, tarot card readings, amazing door prizes, yummy food and fabulous people. For details: 610-896-1554