



Medicine for the Earth, by Sandra Ingerman

In all spiritual traditions it is taught that everything that manifests in the physical world starts in the invisible realms of spirit.

We must remember that a baby grows in the womb. Trees and plants start with a seed that is nurtured in the earth and then expands into roots, branches, leaves, buds, fruits, and flowers. Creation comes through us.

We often expect change just to happen magically without the inner work that is needed to create outer change. We want science to magically create "a cure" for all the ills of our times. But the true changes we are looking for must come from within. We need to incorporate spiritual practices into our daily lives and live the practices.

We need to be able to work through the dark states of consciousness and transform them into golden light. This is the true meaning of alchemy. And then our outer world will reflect our state of light back to us.

We must remember that we are not just form and matter. We are luminous beings. And our destiny is to radiate light.

Right now many of us walk around with unexamined thoughts, attitudes, and emotions. We live a life filled with fear and this generates states of hate and war. We believe that there is scarcity of resources and that we are limited in what we can create. This is a reflection of how we live from a place of separation.

The ultimate teaching is, "It is who we become that changes the world and not what we do." The part of us that is "becoming" involves remembering that we are spiritual beings whose destiny is to radiate light and channel unconditional love. We came here to learn about the power of love and to create from love. The part that we are "doing" involves how we walk on this earth as conscious beings. We must be conscious of every action, thought, and word. For once again, our outer world is a reflection of our inner state.