



Pegasus Healing

**Passage Twenty Three
The Alliance With Gaia**



Onwards.. and welcome back.

The Alliance With Gaia is to care for the Earth,
nature the animals and one another.

It takes courage to be kind and evil is always a choice.

These are testing times but there is always help even if at times it does not seem that way.

We were never given a travel warning on these metaphysical journeys,- about the fact that not everyone appears as they really are.

Predators, lurk in spiritual communities that is so, just as they do elsewhere-no difference it is just that one is lulled into a dreamy sense of acceptance unconditional acceptance of seemingly fellow travellers at whatever level they appear.

It's OK what this means is trust yourself, your own feelings and observations. .No what a person says or their associations appear to be observe what they do.. rather than what they say.

At times it seems that we cannot get help or nurture but that help and nurture is all around just as it is within us also. Sometimes we forget self-nurture, Earthing is part of self-nurture.

The earth is so rich and bountiful. In these highly technological times we have forgotten the centuries old connection with the Earth “Earthing” and how important it is to our health and well being. Re-connect with the Earth..

We are energetic beings, connect with the energy of the earth it's electrons.

Those of you who have been to Pegasus Healing workshops will have experienced the exhilarating feeling of walking barefoot on dew soaked grass under trees for example-Earthing.

Earthing is wonderful for well being and also in helping to heal illness inducing feelings of well being and deep relaxation.

Fortunately Earthing is now re-discovered it is much needed it seems as we face ever more environmental pollutants particularly of an electrical nature e, g certain electro magnetic forces computers Wi-Fi cordless phones.

Here is what well known American medical doctor-cardiologist says:

“I regard Earthing as the greatest health breakthrough in all my years of medical practice. Regular earthing-grounding restores the body's natural electrical state, calms the nervous system reduces inflammation and improves circulation. No pill on Earth can do what Mother Earth does”

Dr. Stephen Sinatra (MD) USA

Earthing In A Nutshell

The Earth's surface has a limitless supply of sub-atomic particles called electrons. These electrons are negatively charged. Inflammation in the body is positively charged-electron deficiency. Inflammation, sickness pain is something we all experience to varying degrees. When a person has direct contact with the earth it's negative electrons negate the electron deficiency from lack of grounding and healing unfolds

One can ground on grass:

Grass- preferably moist

Sand

Bare soil

Also ceramic tiles connected to the earth
that are not insulated.

Concrete provided it is NOT painted, or insulated
and is in touch with the earth

You cannot ground with

wood

plastic

Tarmac

Vinyl

rubber

these materials are non-conductive.

Lets find out more:

<https://www.youtube.com/watch?v=Z4F8mterVGE>

Re-Discovery-Grounding

Now let's continue with our animal friends.

Strange Beasts?



There is something very amazing and also endearing about the *Hippopotamus amphibius*) hippos – found in sub-Saharan Africa. Their barrel shaped bodies enormous mouths with large canine teeth fascinating.

They are powerfully built mostly herbivores- vegetation eaters who are semi aquatic. Hippos live together in groups called pods.

Females guard their young with their lives and the young congregate in nurseries in their natural habitat.

Hippos are unpredictable and aggressive animals, who suffer like many animals from habitat loss and also from poaching for their teeth and flesh unfortunately they are endangered.

Their average size 1,500Kg able to run 30km/over short distances.

Poor hippos. I like them, they are surprising creatures

Pigmy Hippos *Choeropsis liberiensis* - are less aquatic than their larger cousins and are found in West Africa .

Weighing 180 to 275kg they are reclusive living in forests and swamps.

Please review the following video clip below and see whether you can find any examples of hippo “diplomacy” and understanding towards another species.

[Between Giants](#)

[Pigmy Hippos](#)

To Conclude this Passage let us listen to some intricate, transcendent and

[Sublime Music](#)

Questions

1. Who is the “Beach Master”?
2. What have you learned about the behaviour of hippos?
3. How does Earthing make you feel?
4. When was the last time you Earthed?
5. Why is Earthing so important?
 - b) How can you Earth inside the home?
6. Did you enjoy the music and did it have any effect on your feelings?

Thank you.