

Are You Celebrating The Gift of Your Uniqueness?

Whilst reading Bruce Lipton's wonderful book "The Biology of Belief" I had a vision inspired by his description of how a cell membrane works.

Each cell is surrounded by receptors which are activated by one chemical substance only. When that chemical is present in the surrounding environment and the cell needs to intake some of it, the receptor opens and lets it in.

In a similar way, we are all receptors for the planet as a whole. Each of us is here to bring into the whole only one thing, which is our unique energy. If we are blocked or out of alignment with our source energy, then the planet and every living thing on it, is the poorer. There is nothing more valuable for each of us to do than to keep ourselves in alignment and to channel our unique energy into the earth.

Karate Chop Point: Even though I'm feeling out of sorts, less than brilliant, I choose to align myself with source energy anyway and recognise that the world needs my energy.

Even though I'm finding it difficult to stay in alignment, I make the commitment to myself and every living thing that needs me here at this time, to do my very best to release all blocks to source energy.

Eyebrow: My uniqueness is valued and priceless.

Side of Eye: Nobody else can contribute my energy.

Under Eye: I am unique and proud of me.

Under Nose: I am willingly giving my love to all living things.

Chin: I am contributing to the health and well-being of this planet just by being me.

Collar bone: Everybody needs me and I enjoy giving freely

Under Arm: I love feeling aligned to source energy.

Wrist: I am doing something priceless when I align myself to source energy.

Top of Head: I celebrate me and my contribution here at this time.

Then sit and meditate or go out into nature, feeling the joy and passion radiating from you and being absorbed by all living things. Science now teaches us that one particle changing state can affect others hundreds of millions of miles away. What effect are you having on the planet today?

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