

The World Healing Project.

A GUIDE TO WORKING AT SACRED SITES

I have found that when visiting and working at sacred sites it is beneficial to follow a few guidelines of “earth healing etiquette”. These are things I have learnt from various teachers who have great wisdom and experience in this field.

Say Hello

Firstly introduce yourself to the site – some call this the *genus loci*, spirit of place or site guardian, and state your intention for being there. All sites have a particular energy, and waltzing in without being welcomed is rude, and potentially harmful. Imagine someone walked into your home without being given permission – how would you react? When approaching or entering a site I tend to say something like “I come in love and peace carrying the energy of Christ to bring healing to myself and to the world”. This tends to do the trick, but we all have different ways of doing things so work in your own way or copy others, do whatever feels right. Dowser Hamish Miller says that stone circles have particular “guardian” stones which “turn off” the energy of the site when they detect an unwelcome presence. People often say to me “I didn’t pick up anything when I went to.....” Not surprising really, as they probably didn’t say hello.

Intention, Inner Attunement, Protection

Stating your intention for being at the site acts as a welcome to the site guardian and for protection (who knows what has taken place at the site you are visiting throughout the millennia?) Connecting to the highest love within you both attracts the mystery and healing of the site to be revealed and also keeps you strong, calm and clear – as being in a state of pure love and light is the greatest resistance to the darkness, which like it or not, sometimes has to be experienced for healing of the self and the planet – kind of like Jung’s concept of integrating the shadow.

I then like to pause and visualise being in a bubble of pure light. This simply helps integrate greater love and harmony in my being. Open your eyes to the beauty around you, breath the fresh air, feel your feet firmly connected to the earth.

Sacred sites are operational on many levels. Author and dowser Tom Graves once said that there are energies at sacred sites more powerful than we can imagine! Well, they may be beyond everyday levels of consciousness, but through meditation practise and ceremony we are able to access deeper levels of consciousness, moving from beta to alpha or theta brain wave rhythms that actually connect us to the natural pulse of the earth, the so-called Shuman resonance. Without meditating at a site, your level of consciousness is not in tune with the deeper mystery. It’s like only having a LW radio

The World Healing Project.

and not being able to get FM. So for some of the duration of your visit of a site I recommend that you meditate, even if it is for a few seconds!

Earth Healing

In meditation and by attuning with the site you may experience many things, and I do not wish to limit your own experiences by giving a list. One thing you may find in doing so is that the site may need healing. Several points should be recognised here. Firstly, this feeling or intuition may be correct. As mentioned above many things may have taken place at these sites, the thought forms and memories stored in stones, trees, water and the earth. Energy is neutral and is used in positive and negative ways. We have all probably experienced a place where the “vibes” were great, and also other places that didn’t feel so good. What were we picking up on? The atmosphere, or stored thought forms. Healing may be required at some sites, and it doesn’t have to be that black magic has been performed and needs healing – it can be that someone has had an argument, or as is commonly found at sacred sites that are also tourist attractions, Stonehenge being the world’s principal example, that there is a lot of “physic junk” laying about that needs picking up!

Secondly, the site may be in a state of complete harmony, and it is the visitors negative projection that leads their ego to say “this site needs healing”, when in fact all the site is doing is reflecting back to them their issues!

Thirdly, the site may be used as a healing generator, where healing energy is built up and then sent out to the world or to specific places, situations or people. This is a major function of many sacred sites, and I personally think the west Kennet long barrow is ideal for this as is our healing temple “The Hut”.

I recommend practising cleansing, healing, purifying, meditation and attunement techniques regularly – whilst at the site and throughout life generally. For me this includes daily exercise, yoga, meditation, good nutrition, the use of herbs and positive thinking. This helps to keep the body, mind, emotions and soul bright and clear and thus reduces ego projection of inner negativity and promotes intuition, which Yogananda described as the “all-knowing power of the soul”.

If you detect the site is in need of healing, again several guidelines are useful. If you heal through the ego the healing is going to be limited and you are likely to get bitten on the bum if there is any “backlash” from the healing work. Therefore it is advisable to use your intuition to detect what might need healing (some people dowse for this with

The World Healing Project.

rods, pendulum, body or simply through inner knowing), and then ask that the healing be done.

My practise, after practising the above guidelines on attunement, cleansing, meditation etc, is to connect with the unlimited power of love and light - the Christ consciousness that is the pure love in every atom of creation and the holy spirit or as some call the vibration of creation that holds this energy the column of light, the divine mother, mother mary, the om, amen etc. I ask the angels that work with healing (I like to think of Archangel Michael as a friend of mine) and my lineage of gurus to assist the healing. I stress that the healing is for the highest and greatest good of all. Alan Peskett taught me this important consideration. How do we know fully what needs to be healed? Do we understand the multi-dimensional aspects of the healing process? Only a great master fully comprehends these levels of reality. My advice is to ask the "higher powers", or as Hamish Miller humorously calls them "the management" to direct the healing where it is most needed.

To activate this process I personally use techniques of visualisation, sound, chanting, meditation and prayer.

Visualisation Healing Technique

I ask for and visualise a white spiral or column of light descending from the highest realms of Divine Consciousness and filling the object of healing. I see this cleansing, healing and bringing harmony into the site and where appropriate through the connecting ley lines into the whole world. I sometimes also visualise a golden spiral of light and coming up from the earth into the site, joining with the column of light from above. Symbolically and energetically this brings unity, harmony and balance.

I had the good fortune to spend many hours with Colin Bloy, who in his time on earth was one of the world's greatest healers. This was the technique he used all over the world – it is simple, quick and very effective. But as Colin would stress, healing is not about the ego, it requires one to put the everyday self to aside and to focus with deep concentration on the correct visualisation.

Using Sound to Heal

Jason Stillwell, a fellow Essex boy and an extremely talented overtone singer is the Jamie Oliver of the sound healing world. Jay taught me a simple sound healing formula that he works with:

Intention + Sound = Healing.

The World Healing Project.

This is very easy for everyone to apply. An example of this in relation to earth healing would be “may the unlimited power of divine love and healing flow into this place....” then you let out whatever sound is appropriate. For me this is often toning the om, or ah sounds, or the use of various sacred chants and spiritual songs that my band Turiya perform. The human voice is the most powerful sound healing instrument as it most easily and effectively carries consciousness, but I am also partial to the use of instruments including guitar, drum, rattle, harmonium, flute, bells, bowls, gong, and didgeridoo. In past times I used a sword to heal - now I use “Excalibur” my OM35 Martin guitar. Find something that works for you and give it a try!

Blessing

The last consideration is giving a blessing to the site and to the earth. This is what earth healer Alan Peskett calls “adding value”. A site may not need healing, but will always appreciate being blessed. Take some flowers, herbs, food, water, ribbons or anything appropriate for an offering. Say a prayer, dance, whatever feels appropriate!