

### **Exercise #3**

Hold a small organic object in your hands while closing your eyes.

Examples of small organic objects that work well - pine cones, stones, twigs, fruits & vegetables such as potatoes, carrots, etc., nuts, grass, leaves, flowers, etc.

Repeat the 8 cleansing breaths to clear the mind, and with the 8th and final breath focus your thoughts to energy. Your energy, the energy of the organic object in your hands, and repeat the words -

**Matter has energy. Spirit has energy. Matter has spirit.**

Continue this slow chant while focused on the DNA connection you share with the object in your hands, until you can feel a sensation, aka the energy from the organic object you are attempting to connect with.

Close your eyes and think of the water in your body, 60% of your being is flowing, able to transform from solid to liquid to gas and back again. Water has matter, has energy. Feel the energy flowing through your body and then feel the energy of the organic object you hold. Let the 2 energy sources connect, become one, as you felt with the static electricity bond. Continue to breathe slowly, deeply, while focusing all thoughts on this energy transfer between you and your chosen object - meet your relative, greet your relative. Use the power of thought energy to speak to your relative, to invite the connection. Recognize this object as matter, energy, DNA connection to yourself, a relative with energy to share and connect with your own.

Some people experience a tingling, some a mild heat generating in their hands, some describe "pins & needles" while others "a jolt like a mild static shock". It is different for each individual.

If you don't achieve this connection in your first attempt, do not give up. It is no longer instinctual for most of the human population. Don't get frustrated or feel defeated.

Set down your object and try again later. Sometimes it helps to find another object. This can require practice and patience but each of us is capable of making this connection if we focus and nurture our desire to connect.

Once you are able to make the connection, test it out on everything else organic you can put your hands on safely. Take some time to meet your relatives, energy to energy, through the sense of touch.

***Field Notes:***