

Four Point Coning Sessions

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INTRODUCTION

This booklet is dedicated to anyone seeking to consciously communicate with Beings residing in other Realms. This includes angels, ascended masters, personal guides, loved ones who have passed onto the "Other Side" and nature spirits such as fairies and elves.

The information presented is in no way comprehensive. My goal is to introduce you to the possibility of communicating with Beings on the "Other Side" and hope that the Coning Processes will help lead you to this reality. The Veils between dimensions are becoming thinner. It is easier now than ever before on earth to connect with those residing in the other Realms. Dependent on your skill level, past experiences and belief codes, the path to connecting with those on the "Other Side" will be different for each person.

When you choose to make a connection with one Spirit, you need not use the Coning Session described herein. This process is designed for times when you would like to call in a team. However, this information may give you ideas on how to communicate with your Guides and other Spirit Beings. There are a myriad of ways to consciously connect with Beings in other Realms. Try various methods, follow your intuition and trust what you hear "in your head" for it may be a communication from a source outside our Realm of be-ing.

Some tips I have learned along the way

Be-ings on the Other Side cannot help unless we ask for their assistance. To do otherwise would interfere with the Law of Free Will. When I need help, I invite Heavenly Helpers and the Overlighting Deva of whatever project I am working on to co-create with me.

Keep in mind that to connect with you, Heavenly Helpers have to lower their vibrational frequency to match yours. Thus, the more you increase your frequency, the clearer your connection will be. It is very similar to tuning your radio dial to match the frequency of the desired radio station, you will only hear static until the frequencies come within range.

Quiet your mind while concentrating on memories of happy moments and well up feelings of love and gratitude to help increase your frequency. Connections are especially heightened when the brain is in a theta state, such as during meditation, when drowsy upon awakening and when drifting off to sleep.

Clarity increases when the body is hydrated and concerns of the day are set aside. High energy "live" foods (raw, unprocessed, fresh, organic) can also increase your vibrational level. Limit Coning Sessions to an hour, to prevent brain and physical drain which could result in skewed results.

Enjoy the journey, Theresa Crabtree

WHAT IS A FOUR POINT CONING SESSION?

Coning Sessions were named and developed by Machaelle Small Wright and are detailed in her book, *The Co-creative White Brotherhood Medical Assistance Program*. The term "coning" refers to the spiral of balanced energy created during these Sessions which are cone shaped.

A Four Point Coning Session is a specific process of communication which is *always* initiated by a human who invites a conference call with specific members of Be-ings from different Realms. Four levels of Nature Intelligence are activated during the Session: the *Higher Self* of the person calling the Coning Session, at least one member of the *White Brotherhood*, *Pan* and the *Devic* Realm. You may invite any number of participants within each of these levels but would be advised to invite only those necessary for the occasion.

During Coning Sessions, you are working with the co-creators of our world and those overseeing its evolution. This group includes a countless number of Beings including, but not limited to: saints, ascended masters, devas, nature spirits and entities that have never incarnated on earth. These Beings are timeless, formless and able to assist on all levels. They welcome your desire to work co-creatively with them on a conscious level.

However, because of free will, they wait patiently for you to ask for their assistance. They cannot foretell the future, or do anything that will take you from the Path you chose before you incarnated. That is against the Laws of this universe. However, when asked, they can offer suggestions about choices to make that are most likely to bring the outcome you desire.

Know that they are very literal, especially those who have never incarnated on earth. They may not understand idioms you use and there can be areas of misunderstanding. Also, they are not mind readers; they tune into strong emotions, stated intentions and work closely with your personal Guides.

Coning Sessions can be used in a myriad of situations for problem-solving, spiritual guidance, health issues and advice. You can call on these Heavenly Helpers for assistance and information on any topic. They have an expanded vision of what is happening on earth and many of them love to share the areas of expertise they acquired on earth and in their "heavenly" creation schools.

Be clear in what you want. Be sure you ask only one question at a time. Always ask for what is in your highest good and the highest good of all involved. Ask for whatever happens to come gracefully, for there is always more than one solution to a problem. For example, if I want to receive \$10,000, I would rather it be a gift than an insurance reimbursement for an accident I had!

Whenever you want to enlist the help of Be-ings on the Other Side, you can simply call them in. However, you don't want just any entity to show up because there are some ornery and downright evil Be-ings that gain pleasure from creating havoc.

I have learned to call in the assistance of my Higher Self and guardian angel, who is always nearby, to help protect me and allow in only those Be-ings who are of the Light and will help along my chosen Path. You can surround yourself with a golden light of protection, ask your angels to protect you or whatever method feels appropriate for you. This may include a ceremony with songs, prayers, sage, incense, candles, gemstones, etc. As you connect more often, you will develop the ability to call in certain guides you trust and have a regular conversation, even if you can't see or hear them. To be able to do this at any moment is a worthy goal to attain.

The Coning Session is a powerful communication tool. View Coning Sessions as a business meeting, treating them the same as if you were in a meeting with a group of human professionals. Following a specific routine each time will assist with clear communication. This means setting a time to meet, showing up in an emotionally balanced state, fed and hydrated with your phone turned off and choosing a time and space to avoid any distractions. Properly ending the Session is also an important step. In time, you will create a close relationship and increased communication with these loving Be-ings.

FOUR LEVELS OF NATURE INTELLIGENCE

“Nature Intelligence operates in a state of being and constantly within present time. It simply knows if something is in balance, if it is out of balance, and what is needed for it to achieve balance. - Machaelle Small Wright

HIGHER SELF

The Higher Self is your direct connection with God/Source. Within your Higher Self are all the evolutionary patterns and plans for you personally. Your Higher Self is part of these Sessions to insure that your best interests are represented and that the processes and energy dynamics of the form do not violate your timing or balance and that all adjustments are in alignment with your soul purpose, evolution and in harmony with the divine plan. When including other humans in the Coning Session, ask that person's Higher Self for permission before beginning any work. If in agreement, then invite their Higher Self to attend the Coning Session.

DEVAS

The word “Deva” in Sanskrit, means the “shining ones.” Devas are a hierarchical order of Beings that oversee almost every aspect of creation. They are omnipresent and exist in a reality connected with but not part of our own. They interact and have mutual energetic impact with us every day.

The Devic Kingdom is immense and contains countless numbers. They have been responsible for creating and maintaining the blueprints for all natural forces, forms, laws and processes including solar, planetary and interplanetary. They created the architectural patterns that maintain order, organization, and vitality.

Before anything comes into existence on a physical Realm, such as Earth, it is first created and tested in the Realm where the Devas reside. Nothing can exist in this world of form without the direct supervision of a Deva and a Devic plan behind it. Their input is included as part of every Session because they are directly able to adjust the Devic plan associated with any work being done. They also insure that all work is balanced and in accordance with the natural laws of the physical dimension.

The Devic realm is organized like a large corporation, each operating within their own specialties. Generally, there is one Overlighting Deva that oversees a specific team. For example, there are thousands of specialized Healing Devas with an Overlighting Deva of each specific form of emotional healing, physical healing, or energy healing like the Overlighting Deva of Psychotherapy, Massage, or Reiki.

PAN

Pan is the universal Overseer of Nature Spirits, such as elves, fairies and gnomes. His role is to create balance in Nature in the physical realm. Call on him for any aspect of planning, especially when related to Nature and Mother Earth.

WHITE BROTHERHOOD

The name “White Brotherhood” was coined centuries ago by humans who were working with them. “White” is used to signify all the rays of the light spectrum. “Brotherhood” is used to signify not only the family of all people but also the family of all life.

Also called the Brotherhood of Light, this large group of highly evolved souls are dedicated to assisting the evolutionary process of moving universal reality, principles, laws and patterns through all planes and levels of form. A general link with the White Brotherhood assures that the evolutionary dynamic in the coning is aligned with the intent and direction of the new Aquarian shift. You do not need to invite several members, just those necessary for the intention of the current Coning Session. Often, only one representative needs to be in attendance.

OPENING A FOUR POINT CONING SESSION

Before opening a Coning Session, get into a relaxed and emotionally balanced state of being. Choose a place and time when you will not be interrupted. The Coning Session is designed to be a group meeting. You do not need to call a Session if you are asking the assistance of one or two Beings. For example, when I get stuck with a computer problem, I take a few breaths, get centered, tell my Higher Self what skills I need and ask for someone who can assist me to "come in" whether it is a hardware or software specialist.

Anything that is in physical form on earth was first created in the Devic Realm; those co-creators are available to help 24/7. If you want to have a weekly meeting with a group of your Guides, you can set aside a regular meeting time. Throughout the week, log any questions that arise in a notebook. This can be especially helpful when you are involved in long-term projects, such as gardening or your daily walk through life.

Machaelle Wright called these Sessions "4-Point Conings" because she called in four levels of Nature Intelligence to be in attendance: the Higher Self of the person calling in the Session, appropriate members of the White Brotherhood, Pan, who oversees the Nature Spirits and the Overlighting Deva of the issue you are calling the Session about.

In the beginning, limit your Sessions to a few minutes until you get adjusted to the energy. It can be physically and mentally draining to be in Coning Sessions for long periods of time. Before beginning the Session, hydrate by drinking at least one full glass of water. With dowsing tools, notebook, pen, water, and nuts and seeds to keep your energy high for longer Sessions, you are ready to open the conference call.

The following are guidelines you can use to set up a basic Four-Point Coning Session. In the MAP portion below, you will find more specific guidelines for health-related issues. Visit the Gardening with Nature Spirits page at: <http://theresacrabtree.wordpress.com> for the free eBook that has a detailed outline for Coning Sessions related to gardening.

RELAX

Start by taking several deep breaths to get into a relaxed state of being. Let go of the concerns of the day. Well up feelings of love and gratitude. When ready, state out loud: "I wish to open a Coning Session."

CONNECT

Next, make a connection with each member, waiting about 10 seconds after each invitation. In the beginning, I used my pendulum, asking it to swing until the connection was made. Other times, I used kinesiology, as suggested by Machaelle Wright. Now, I *feel* when the connection is made, which is generally a shudder through my body, goose pimples or a “knowingness.” For more information on dowsing methods and tools, visit the Dowsing page at: <http://theresacrabtree.wordpress.com>

Sample dialogue to use when opening a Coning Session

For continuity, it is recommended to open each Session in a similar manner, calling in the four Nature Intelligence representatives in the same order beginning with your Higher Self, the Brotherhood of Light, Pan and finally, the Overlighting Deva of the specific project under discussion.

“I would like to open a Coning Session.” Wait 10 seconds. During this time, take a few deep breaths and well up a feeling of love in your heart. Then with a pendulum, kinesiology or sense of “knowing,” wait until you feel ready to begin.

“I would like to open a stronger connection with my Higher Self (your connection to God/Source).” Wait 10 seconds. Test for the connection and thank him/her for coming.

“I call in the Overlighting Deva of _____ (Name the topic the Coning Session will be about: gardening, relationships, computers, etc.).”

Wait 10 seconds. Test for the connection and thank him/her for coming.

“I call in Pan (the overseer of maintaining balance in Nature).”

Wait 10 seconds. Test for the connection and thank him for coming.

“I call in a representative of the Brotherhood of Light.”

Wait 10 seconds. Test for the connection and thank him/her for coming.

Do not get caught up with gender related words (him/her), for in many Realms, there is no differentiation between male and female, even though their energy may have a masculine or feminine feel to it.

Next, state the intention of the Coning and invite those in attendance to invoke any other Be-ings they feel should be at the meeting. Remember they cannot read your mind, so be specific and focused on just one issue you would like assistance with. Avoid bringing up a myriad of unrelated subjects during a Coning Session. It is better to have several Sessions, one for each topic. If you need help with your automobile, mental health and computer, wouldn't you set up three appointments, each with the appropriate specialists?

THE CONING SESSION

Using your notes, begin to ask questions. I usually speak out loud which creates an assurance of clearer communication. Human's thoughts tend to wander and I have found that at times the Guides were answering my first question, however, by the time the answer came through, my mind had already wandered elsewhere.

Stay focused on one topic at a time. Clearly state the problem. Ask questions in a format that can easily be answered with a "yes," "no" or "need more information" response. If you are asking for a specific solution, ask what steps will most likely help you to attain your goals. Set your parameters, including what is for your highest good and for the highest good of all involved, gracefully. You can also set other practical parameters such as cost, size, effort, within certain time constraints, etc.

When questions involve geographic issues, I either have a detailed map handy or create a rudimentary map. Using either a pendulum or my finger tip, I can locate the exact location the Spirit Guides are showing me. You can also break this map into grids or sections such as inches, yards, acres, states, countries or whatever is appropriate for your question.

Once you have finished asking questions, ask those in attendance if they have any other input. Then ask if there are any questions you did not ask that they would like to address.

Remember, Spirit Guides cannot foretell the future, however they can make good predictions based on your past experiences and the way you generally approach a situation. Therefore, asking where would be the best place to live or move to might produce many answers or none. It might be best for you to not move, you may have a series of moves coming along in quick succession or there may be plans that need to be set in motion before it is time for you to move. If in alignment with your overall Path, your Guides may be waiting for you to state the parameters of what you want to experience during the next stage in your life.

For instance, during one of my moves, I knew it was short-term until it was time for me to move to Arizona. My Guides made it clear that my temporary home would be near Anna Maria Island in Florida. I wrote a list of what I would like to experience which included a quiet location, within an easy bike ride to the beach and a deep bathtub with a slanted back.

Once my list was finished, I collected information on rentals in the area. In a quiet moment, I asked (rather strongly because there were hundreds of rental possibilities) for guidance on which of these rental places was in my highest good. Immediately, I was "shown" which apartment was available by "seeing" it on one of the brochures. In this case, I set my parameters, followed my intuition, gulped down a few fears and was rewarded with a beautiful apartment where I spent 14 months in transition until I had a clear "calling" to go to Sedona, Arizona.

Unknown to me at the time, many things were being set in place to set the stage before it was time for me to move to Sedona. That included learning how to wait and how to connect more clearly with my Guides. There is such a thing as Divine timing, which often requires patience. If something doesn't feel quite right, ask for clarity during the Coning Session or during your regular prayer time.

CLOSING THE CONING SESSION

It is very important to formally close the Session and disconnect from the Nature Intelligence representatives that have attended. First, it's just plain rude if you don't. Would you host a conference without formally ending the meeting and leaving without saying "thank you" or "good-bye?"

Closing the Session is also important because you have set up an energy link with each member. Without cutting this connection, your energy can be drained. If you find yourself unduly tired within the next 48 hours, it could be that you forgot to formally close the Session. Don't be overly concerned if you forget because the link will slowly dissipate on its own.

Sample dialogue to use when closing a Coning Session

To close a Coning Session, it is recommended to disconnect in the backwards order that you called the representatives in. This way it is less likely to forget anyone and continuity in the communication helps with clarity.

“I thank the members of the Brotherhood of Light for your assistance. I ask to disconnect at this time.” Wait 10 seconds, then verify that the disconnection was made.

“I thank the Pan for your assistance. I ask to disconnect at this time.”
Wait 10 seconds, then verify that the disconnection was made.

“I thank the Overlighting Deva and representatives for your assistance. I ask to disconnect at this time.” Wait 10 seconds, then verify with a pendulum, kinesiology or your intuition that the disconnection was made.

“I thank my Higher Self for your assistance and wish to resume a normal connection at this time.” Wait 10 seconds, then verify that the disconnection was made.

During these Sessions, there is an enormous amount of energy exchange. Be sure to drink at least one full glass of water afterwards. If you are craving sweets or feeling hungry, eat some protein, which is what your body requires to rebalance.

Then act on the advice you were given. If any answers or suggestions don't "feel right," you have the free will choice whether or not to follow through. If you need clarity on any topic, make a note to ask more questions during your next Coning Session or prayer time.

CONING SESSION TIPS

For more information on Coning Sessions, read Machaelle Small Wright's books: *Co-Creative Science* and *Perelandra Garden Workbook II: Co-Creative Energy Processes for Gardening, Agriculture and Life*. This book has a chapter that is especially important when working in conings other than a Healing Coning.

ENERGY DRAIN?

Pay attention to your energy level throughout the Coning. If you feel muddled, distracted, overly tired or dehydrated, tell the participants what is happening and that you would like to convene at another time. Then properly close the Session.

If you are not used to connecting with energies in this manner, you may want to start with "getting to know you" Sessions, limited to 10-15 minutes. Gradually increase your time to no more than an hour. If you find yourself drained or have a case of the "munchies" after Sessions, this could be a result of protein drain on your body. To offset this problem, drink water and munch on nuts and seeds during your Sessions.

Limit who you invite to the Coning. Pan and the Brotherhood of Light will call in any specialists. Calling in a myriad of Be-ings can create confusion and a huge energy drain on you. When you are calling a Coning Session on behalf of someone else, first ask your Higher Self and the Higher Self of the individual if this is appropriate. If you get an affirmative answer, then during the Coning, invite their Higher Self, always asking for the highest good of all be done, gracefully.

NEED A BREAK

If you need a break during the Session, tell the team that you need to take a break. I am talking about 15 minutes to an hour, not a few days! After you finish your break, announce that the break is over. You may feel a shift in the intensity of the energy when you end the break and when you resume the Coning. For breaks over an hour, it is best to close the Session and then re-open it when you are ready to resume.

STICK TO ONE TOPIC

Generally, if you wish to have more than one topic, then finish the first topic, formally close it and then re-open a new Coning Session. If you are asking a variety of questions on one topic, such as gardening, this is considered to be one topic.

WHEN TO USE A CONING SESSION

Coning Sessions can be used for any kind of problem-solving, health issues for yourself or others, gardening, automotive problems, anything! If you desire the advice of only one specialist, such as an etheric computer geek, a formal Coning is not necessary, just carry on like you would if the computer specialist was sitting next to you.

Coning Sessions are not designed to be used for mundane questions, such as “What should I make for dinner tonight?” They are also not appropriate for predictive questions. These topics are best discussed with your Higher Self and specific Spirit Guides.

Remember that all things in physical form were created in the Devic Realms first and there were specialists on the “Other Side” that were a part of it. Those are the ones to “call in” for assistance. The more you trust the Process (and the voices in your head), the more successful you will be at working with these loving Be-ings.

THE MEDICAL ASSISTANCE PROGRAM (MAP)

“The MAP program is an example of the White Brotherhood and Nature working together for our benefit within an organized framework. The keystone of MAP is the Coning Session. It is set up to assure perfect balance between nature, the White Brotherhood and you. The prototype of the medical MAP Coning may be used for any project or situation in which you would like good, balanced input and assistance.” -- Machaelle Small Wright

Machaelle Small Wright began consciously working with the White Brotherhood in 1982, although she was aware of their presence in 1980. She developed the Medical Assistance Program (MAP) in 1990 which is detailed in her book, *MAP: The Co-creative White Brotherhood Medical Assistance Program*. If you intend to use Coning Sessions for medical purposes, I highly recommend purchasing the latest edition.

As the title of her book implies, the Medical Assistance Program is a co-creative medical session with members of the White Brotherhood, as well as the Overlighting Deva of healing, Pan who is the overseer of maintaining balance in Nature and the Higher Selves of you and/or the person you are calling the Session for.

When you are calling a Session for another person, whether they are physically present or not, it is best to have their permission first and it is mandatory to have the permission of their Higher Self. Otherwise, you may be requesting something that is not for their highest good.

There is a protocol that should be followed to assist with clear communication. You are assigned a specific group of specialists, your MAP team, to call upon for whatever personal issue you wish to work on, whether it is of an emotional, mental, physical or spiritual nature. The first time you call a MAP Session, ask your Guides for a symbol or name to represent your personal MAP team. This name can be anything that is meaningful to you, and can be serious, sacred or silly. Use this symbol or name each time you invoke a MAP Session. This insures that your specific MAP representatives hear the call.

OPENING THE MAP SESSION

To begin the Process, choose a time and space where you will not be interrupted for about an hour. Be sure the temperature of the space is comfortable. You may have instrumental music playing in the background, if you prefer. Lie on your back in a comfortable position. Take several deep breaths until you feel relaxed.

Then state out loud, “I am opening a MAP Coning Session.” Wait 10 seconds.

“I would like to open a stronger connection with my Higher Self.” Wait 10 seconds. During this time, take a few deep breaths and well up feelings of love and gratitude for the blessings in your life. This will help increase your vibrational level.

Then invite in you MAP Team, This is a select group of White Brotherhood members, a group of medical doctors and specialists who make up your specialized team. (They will call in other specialists, as needed.) Visualize the symbol or state the name you have selected for your personal team. Wait 10 seconds. Thank them for coming.

Then state orally, “I call in the Overlighting Deva of Healing.” Wait 10 seconds. Thank him/her for coming.

Then state, “I call in Pan.” Wait 10 seconds. Thank him for coming.

Once your team has assembled, know that real Beings are present. Stay focused and talk to them as though you would a human team of medical personnel. Describe out loud your symptoms; be precise. For example, “I have a throbbing headache on the left side of my temple and behind my left eye.” Resist the urge to self-diagnose.

Allow 40-60 minutes for the Session, comfortably lying still and relaxed. Sometimes you may feel sensations as the MAP team works on you. Trust the Process. You may want to set a timer in case you fall asleep. When the session is complete, formally close the Session.

CLOSING THE MAP SESSION

When the Session is complete, formally close the Session and disconnect from the spirits that have attended. Be sure to thank your team and be in gratitude for their time and expertise. After all, they may have just saved you of a lot of money while performing their healing magic without the use of toxic substances. Closing the Session is also important because you have set up an energy link with each member. Without cutting this connection, your energy can be drained. If you find yourself unduly tired within the next 48 hours, it could be that you forgot to formally close the Session. Don't despair if you forget to close the Session, the link will quickly dissipate on its own. To close the Session, start with the last Being that you invited in, going in order backwards until you get to your Higher Self.

Sample dialogue to use when closing a MAP Coning Session

“I thank Pan and any other Nature Intelligence that were in attendance for your assistance. I ask to disconnect at this time.”

Wait 10 seconds. Test to be sure the disconnection was made.

“I thank the Overseeing Deva of Health and any other Devas present for your assistance and ask to disconnect at this time.” Wait 10 seconds. Test using a pendulum, kinesiology or your intuition to be sure the disconnection was made.

“I thank all members of the MAP team that were in attendance. I ask to disconnect at this time.” Wait 10 seconds then verify the disconnection was made.

“I thank my Higher Self for your assistance and wish to resume a normal connection at this time.” Wait 10 seconds. Test.

After the Session, get up slowly in case you are dizzy. Drink at least one glass of water and take it easy the rest of the day. You may wish to eat some nuts, seeds or other protein to help stabilize your energy. Drink plenty of water for the next day or so and rest as needed. If you feel a strong intuition to do something such as see a medical doctor, perform a specific exercise, rest or eat specific foods, follow through.

GARDEN CONING SESSION

Initially, Coning Sessions were used to focus on health issues. Years later, at her Center for Nature Research, Perelandra, in Virginia, Machaelle Small Wright further developed Coning Sessions as a means to communicate with Nature Intelligence for the express purpose of co-creating garden spaces. Since then, her work has evolved to include Coning Sessions for anything you can imagine and beyond.

It is useful to remember that gardens are not found in nature, they are exclusively human creations. Observe pristine places such as forests and meadows. You will not see straight rows of one species, man-made fertilizers and tilled soils. What you will find is Nature at work, always attempting to bring all into balance. Humans attempt to create balance with fertilizers, herbicides and pesticides; Nature creates balance with microbes, insects and animals. All is well when left alone; this can be witnessed by areas once devastated by fire and other natural elements.

For specific information on how to garden using Coning Sessions, see my free eBook “Gardening with Nature Spirits” at: <http://theresacrabtree.wordpress.com/book-sales/>. On that page, you will also find information on my paperback book, *Feng Shui: Creating Places of Peace in the Home, Office and Garden*, as well as other publications you may find of interest.

Remember that practice makes perfect,.

Enjoy in joy!

Theresa Crabtree

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