

Gardening with Nature Spirits

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Gardening

Metaphysics

Spiritual

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Foreword by Theresa Crabtree

My passion in life is two-fold, first to help humans connect with their inner Selves, that space where they can find peace every moment, no matter what circumstances in which they find themselves.

Secondly, I enjoy helping others communicate more deeply with Nature Spirits. Although many humans know of the existence of Be-ings in other Realms, most take them for granted. However, the vast majority of humans do not believe or know of the existence of Nature Spirits. Yet, I am here to attest that yes, they do exist and they wish to work with you in a conscious manner.

Through eons of time, separation has occurred between the Human Realm and those living in other dimensions. There is a great awakening happening on Earth today and many are now able to peer into each other's Realms and connect in ways that have been shut down to all but a select few.

Wars have been fought, battles ensued and now many Wee Folks and Unseen Be-ings have stepped forward, laying down their swords and seeking a friendly alliance.

In essence, we are all One, playing a game of hide and seek on this planet we call Earth. Yet, the odds of enhancing our spiritual development has taken a nose dive in the past few generations. As a result, we are on the brink of destruction, not only of life force in the human, animal and plant kingdom, but in the Unseen Realms as well.

Many of us participated in creating Earth and the experiences that are allowed in this Realm. We have a vested interest in preserving the fragile ecological system and to stop the negative impact that our thoughts and actions have created since the Earth's inception.

Members of the Devic Realm are the original co-creators of all physical manifestations that occur around you. Who better to ask for guidance, suggestions and help than those who hold the blueprints of all matter? You can use the guidelines in this book to ask for their assistance in any aspect of your life, not just gardening.

The Devic Realm is tied in deeply with other souls such as the Ascended Masters, Cosmic Beings of Light and others who have never experienced a physical incarnation on Earth or elsewhere. This includes members of the Angelic Realm, Cherubim and Seraphim. You can use the same principles in this book to reach these Heavenly Helpers, as well.

We are all children of God, coming from the same Source. We are made of the same substance, endowed with creative abilities. To create the world of your dreams, connect at a soul level with those who have the same vision. This book is designed to be used as a guide to help those who wish to create “Heaven on Earth,” to bring the Earth back to her natural pristine state, similar, if not better than what the Devas originally created.

We are the ones we have waited for. What better time than now to start? Your Brothers and Sisters are waiting for your call. Will you take the initiative? If so, read on.

Many blessings,

Theresa Crabtree

Chapter One

Message from the Devic Realm

We wish to thank you for your interest in our Realm. In many ways we are like you, for we come from the same Source. As you look around Nature, you see our creations. Before Earth was created, we were. Many places existed before Earth and we were there.

Our role is to create the physical plane. We initially existed, like you, as one drop of Light in the essence of Source. There came a moment when many chose to “descend” from Source in various stages over an extended period of time. Amongst us, many chose to make further explorations and came up with the concept of physicality. This had never been done before, but we excitedly set about to find a way to do so.

Creation schools were set up as we came together and began the first experiments into individuation. At times we would create on our own, then join in Council to determine what we would co-create. There were many wonderful ideas, some which worked well and others that gave us much entertainment, even though they did not serve well.

As time lapsed, it was decided to create various worlds. This gave us special places to experiment with our creations and to see how they would interact with each other. We would see something in our mind, then “will” it into creation. Initially, there was much chaos, similar to what you can expect in a class full of young children given free reign in a fully stocked art studio.

Colors were selected by playing with frequencies of light. Molecules were created and moved about in every conceivable fashion to create creatures, rocks and planets. In the beginning, there was no life force in these creations. This came much later when worlds were established among the galaxies.

Before order was created, there was much chaos. Planets collided; gravity was unknown. In-breaths and out-breaths did not exist as we understood it when we were One with Source. Through generations, the creation schools became more consolidated. Some schools focused solely on creating planets and galaxies, devising rules that would diminish chaos. The creators of each physical place would decide the general function and properties of each individual space, such as a star or galaxy.

This did not all happen in the “twinkling of an eye” as some historians would like to convince you. The creation period from initial Source to now took such an enormous amount of time in relation to your time-space quadrant that your mind could not grasp the amount of zeroes if written in years.

Our goal was not to get the deed done, but to enjoy the journey. An enormous amount of pleasure came during this process. Because we are not bound by emotions or competition, nothing was ever deemed a failure, although most of what was created was left at the drawing board.

You are now living in one of the successful places that we created. This compilation known as Earth was created by the forces of myriads of Devas who came together sharing many of the facets that were successful in their various creations. Most of what you experience on Earth was first tested, used and explored on other planets and in other galaxies. This is one of the reasons why Star Beings from many other cultures are so interested in your evolution. They and we are your creators and predecessors.

Do not misunderstand us to say that we are God. We, like you, are a fragment of original Source. Some of you remember being a starseed from other planets and other Realms. This does not make any of you more special than another. It is simply where you resided before your incarnation on this plane.

One of the unique features on Earth is for us, the creators, to enter into our own creation. In order to have a full experience of separation from Source, amnesia was chosen upon entry into this Realm. A buddy system was set up to be sure no soul was eternally lost in the amnesia. These are called “soul groups.” Members of each group filter in and out of lifetimes, helping each other stay on track. When a human meets a member of their soul group, there is a recognition. Some confuse this as “love” or have a feeling of déjà vu.

There are many levels of soul groups. First, there is the inner circle consisting of a small number of souls who incarnate together in many life cycles. Then a larger group whose members come and go intermittently. Other groups overlap for various purposes. It is quite complex and would boggle the human mind. Know that you are connected to a myriad of souls.

During this time of Transition, many of us in the Devic Realm have chosen to enter the world we created. Perhaps you are one of us? This galaxy is similar to the theatre. We created the stage, the playhouse, the backdrops, the costumes and wrote the play. We then chose to be actors, sometimes playing the lead role while other times portraying supporting actors.

We are here now to support those who wish to experience physicality with remembrance of their true Source. Many of us in the Devic Realm have a vested interest in Earth, for we were the initial creators of all that you experience, both physical and non-physical. There are others of us who have a concern for what is happening on Earth. For you see, your thoughts and many of your actions affect the other worlds we have created.

Many of you already understand that nuclear weaponry affects other places and spaces. We have permission from the Councils to assist humans in stopping this practice. However, even among the “enlightened” ones on Earth, negative thoughtforms create just as much chaos. Thus, we are motivated to assist any who are ready to evolve to a higher frequency of love and kindness.

The Devic Realm, through the creation schools and with the permission of the Councils, created everything you experience in Nature. Each plant, the color of the sky, every water molecule, all living beings and their interactions are a culmination of our life work. Throughout your history, many animal and plant species have evolved and disappeared. There are several reasons why this happens. Earth is an experimental laboratory. Many of the living species never interacted before and frankly, they did not blend well together.

Natural catastrophic occurrences have created havoc on various species, such as fire, brimstone and ashes from volcanoes, comets and space objects crashing onto the surface of the Earth, solar flares and such. In some instances, human's actions have created genetic mutations which has resulted in the disappearance of many species of plants, animals and insects, causing an imbalance. New species are appearing to help re-balance Nature.

Please know we do exist and look forward to deeper communication with you. Not only are you our family, coming from the same Source, but we designed the bodies and environment in which you live. We love you. We are you and look forward to our Integration in a future time. Thank you for coming to Earth to play your role and to be a part of the Grand Experience we call Life.

We are proud of what we have created and excited to share what works with others, on Earth and beyond. *The Devas*

* See Appendix A for a list of Garden Devas and their roles.

Chapter Two

Message from the Wee Folks

Greetings, we are here as representatives of the cultures that you commonly call fairies, sylphs, gnomes, leprechauns and others too numerous to list here. If you find it too remarkable to believe in our existence, then take the following advice as though we are ambassadors from the Seen world.

Like animals, insects and plants, we prefer to be treated with respect and wish that our habitats be left undisturbed by human hands and machinery. Similar to human cultures, each of our cultures has a differing set of opinions, rules and desires. Within each culture, we are made up of individuals, each having free will and our own set of beliefs. So, when we speak to you, know that we are speaking of highest integrity, yet in generalizations, focusing on the good of all. For more information on a specific culture, choose to “tune into” our leaders or research authorized documents written or orally stated by our chosen human spokespersons.

OUR ROLES

The roles of each kingdom is wide and varied. Some have specific jobs to perform, while others are here simply for the pleasure of living in this magnificent Realm.

In the beginning when the Earth was initially formed and began the process of habitation of living entities, we all were united as one. There were no boundaries of separation such as who is better than whom. There were no shields of invisibility, for there were no wars or dissention.

The current situation of separation came about as greed and competition escalated. Anger became the deciding factor in some separation situations. Survival was another reason for the current state of affairs.

It has become evident to all cultures in each of the Realms that we must now work together to increase the frequency on Earth or face annihilation and relocation to other planets. That would be a sad day for all of us.

Thus, we have set aside our differences and in many instances, now allow humans to see us and to communicate with us in order to build better alliances and friendship, as we once had in the Days of Olde.

We acknowledge the frailties and wrong-doings of our ancestors and those of us in existence today. We forgive and allow unconditionally the rights and respect due to the Human Realm and offer our hands and hearts in friendship, loyalty and love.

Together we can re-create what we had initially on Earth, although it will never be the same since many of the flora and fauna have undergone tremendous changes, both in your Realm and in ours. We honor those who have gone before us, for their acts of courage and the integrity of their choices, especially to those who laid down their lives for the betterment of All.

OUR RULES

We wish to work hand in hand with our brothers of the Human Realm, but many things must occur before this can be so. First, we apologize for the wrong-doings and animosity from those in our Realm, from our ancestors to modern times. It is our hope that we can put the war behind us and move forward together in peace.

Second, we request that those who read this take an oath of honor to do all in their power to assist everyone, in all Realms living on Earth and beyond. This includes the lowliest of the lowly and the mightiest of the mighty, no matter what their agenda is. This does not mean that we wish for you to endorse them, but to fully recognize that each of us came from the same Source and one day we will return to the Oneness from whence we all came. What we ask is for us to reunite and to unconditionally love all living Beings, in all Realms.

Third, it is our hope that you do all you can to lessen your fears and belief codes that hinder you from doing what you know is right, in every situation. We wish that each of you has the courage and integrity to speak up and inform your friends, family, neighbors and governmental leaders in regards to issues that affect each and every one of us.

Fourth, we hope that you will choose to be our spokesperson. We are unseen by many, disbelieved to exist by most, yet still have needs that must be met in order for us to continue to survive and thrive in our Realm. It matters not that you speak to others of our existence, for our needs are the same as yours.

OUR NEEDS

Stop the unnecessary removal of trees, bushes and undergrowth.

Stop the use of herbicides, insecticides and pesticides that choke the life out of all of us.

Stop the unnecessary spraying of chemicals into the air, including chemtrails and factory residue.

Stop polluting the waterways with toxins, especially those that should never have been created in the first place.

Leave cloning and DNA modifications in the hands of the Devis Realm.

Use only necessary items, which would close many factories and industries that create only harm. Specifically, we are referring to plastics and toxic waste from nuclear weaponry and power plants.

Simplify your lives. Many have grown fat and unhealthy by using automated vehicles instead of working and shopping in areas they can walk to.

Treat animals with kindness, whether they are your pets, work helpers or future meal.

Follow your passion.

Walk with integrity.

Stop idle chatter, speaking only high vibrational words of love and kindness.

OUR HOPES

In order for all of us to survive the current onslaught of insanity that pervades on Earth, we must all lay down our swords and unite as one.

There are many dark forces at work, in all Realms on Earth and beyond that have a dark agenda, with the goal of creating dis-harmony, dis-ease and chaos on Earth. Their days are numbered, yet it is up to all of us to work together if we wish to see the Earth continue in a healthy, physical form.

It is our wish that you open your eyes and hearts to accept us as your brothers, choosing to work together for the betterment of All.

Many of you who believe in us, treat us and our culture as though we are cutesy, flying around aimlessly all day. Although we are often portrayed as playful, know that we are hard at work trying to re-balance our mishaps, as well as those performed in other Realms, including yours.

Fairy and Wee Folk conferences, books and articles are in abundance more than ever. We ask that you make good use of these events to share our concerns and needs with others in your Realm. We need your assistance. It is imperative that we work together to create balance in all areas of concern on Earth.

Due to advanced technology, the ecosystem is in danger of collapse. Due to the advent of television and the ease of transportation, families are dis-connected, often scattered across the planet. You have lost your tribe, the power of your existence.

Reclaim your voice in government. You have discovered that the majority of governments are dangerous and worthless, having enslaved

instead of empowering you. Restructure your governments, sit in council and listen to the voice of reason.

Treat all with honor, respect and dignity. We too have learned our lesson and are repentant and striving towards unconditional love of all. It is our hope that we will unite and work together to make Earth the paradise it once was.

Thank you for listening.

The Wee Folks

Chapter Three

Conducting a Garden Coning Session

There are a myriad of ways to consciously communicate with Be-ings on the “Other Side of the Veil.” In this chapter, the focus is on using Coning Sessions to call on a specific team of Heavenly Helpers to assist with gardening and landscaping projects.

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. Invite specific Heavenly Helpers and the Overlighting Deva of whatever project you are working on to co-create with you. When you are desirous of a team effort, conduct a Coning Session.

WHAT IS A CONING SESSION?

Coning Sessions are powerful communication tools. They 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 4-Point Coning Session is a specific process of communication which is *always* initiated by a human who invites a conference call with four levels of Nature Intelligence, which we will talk about in just a moment. During Coning Sessions, you are working with the co-creators of our world and those overseeing its evolution. This group consists of a countless number of Be-ings including, but not limited to: Saints, Ascended Masters, Devas, Nature Spirits and Be-ings that have never incarnated. They are timeless, formless, able to assist on all levels and welcome your desire to work co-creatively with them.

However, because of free will, they wait patiently for you to ask for their assistance. They cannot foretell the future nor 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.

Coning Sessions can be used in a myriad of situations for problem-solving, spiritual guidance, health issues and advice. 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.

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.

First, call in the assistance of your Higher Self and guardian angel, who is always nearby, to help protect you and allow in only those Be-ings who are of the Light and will help along your 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 consciously communicate at any given moment is a worthy goal to attain.

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, at a time and in a space to avoid any distractions. In time, you will create a close relationship 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

Machaelle Small Wright calls these Sessions “4-Point Conings” because she invites four levels of Nature Intelligence to be in attendance: the Higher Self of the person calling the Session, the Overlighting Deva of the issue you are calling the Session about, Pan, who oversees the Nature Spirits and at least one representative of the White Brotherhood or Brotherhood of Light.

For more detailed information on using Coning Sessions as outlined by Machaelle Small Wright, I recommend her books *Co-Creative Science* and *Perelandra Garden Workbook II: Co-Creative Energy Processes for Gardening, Agriculture and Life*. On her website, you will find a ton of information on uses for Coning Sessions and other work she is performing at Perelandra, her Center for Nature Research, in Virginia: <http://www.perelandra-ltd.com/>

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 all is done in accordance with what is in your highest good, in alignment with your soul purpose and 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.

DEVIC REALM

The word “Deva” in Sanskrit, means “shining one.” 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 Realm includes a countless number of Be-ings 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 Devic Realm. Their input is included as part of every Coning Session because they are 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 or project. For example, there are thousands of specialized Healing Devas with an Overlighting Deva of each specific form of emotional, physical or energy healing, such as the Overlighting Deva of Psychotherapy, Massage and Reiki.

PAN

Pan is the universal Overseer of Nature Spirits, including elves, fairies and gnomes. His role during the Coning Session is to give and receive assistance to help create balance in the garden setting. Gardens are a human device, not naturally occurring. Thus special provisions need to be made to keep all in balance by ensuring that the Nature Spirits follow the Devic blueprint for each physical form whether it is the soil, flower, vegetable or any other life form. Call on Pan for any aspect of planning, especially when related to Nature and Mother Earth.

BROTHERHOOD OF LIGHT

The name “White Brotherhood” was coined centuries ago by humans who were working with them. “White” encompasses 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 forms.

More commonly 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 Brotherhood of Light assures that the Coning Session is aligned with the intent and direction of the current Transition. 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 GARDEN CONING SESSION

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 Be-ings. For example, if you want advice on the best place to relocate a potted plant, take a few breaths, get centered, tell your Higher Self what you need and ask for a specialist to "come in" and assist. In this case, you don't need input from the entire team.

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 invite their Higher Self to attend the Coning, always asking that the highest good of all be done, gracefully.

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. 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 find yourself drained or have a case of the “munchies” after Sessions, this could be a result of a protein drain on your body. To offset this problem, drink water and munch on nuts and seeds during longer Sessions.

The following Garden Coning Session is an adaption of the *4-Point Coning* developed by Machaelle Small Wright. It is one tried and true method to call on a specific team of Heavenly Helpers to assist with gardening and landscaping projects. You can adapt this Session to any circumstance in which you would like to invite the Nature Intelligences for their support and advice.

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 similar to tuning your radio dial to match the frequency of a desired radio station; you will only hear static until the frequencies come within range.

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 mental and physical drain which could result in skewed results. A sample Garden Coning Session Dialogue has been included in Appendix C for you to copy and use during your Coning Sessions.

SAMPLE DIALOGUE TO OPEN A GARDEN CONING SESSION

The following is an example of how I conduct a Garden Coning Session. You can adapt this Session to suit whatever purpose you are using to co-create with the Nature Intelligences.

Start by taking several deep breaths to get into a relaxed state of be-ing. Quiet your mind while letting go of the concerns of the day. Connections are especially heightened when the brain is in a relaxed, non-mental state. Well up feelings of love and gratitude. This will

increase your vibrational frequency, making it a closer match to those you are calling in.

For continuity, open each Session in a similar manner, calling in the four Nature Intelligences in the same order each time. Begin with your Higher Self, then the Overlighting Deva of the specific project under discussion, followed by Pan and finally, a representative of the Brotherhood of Light.

When you are ready, state, “I would like to open a Coning Session.” Wait 10 seconds. During this time, take a few deep breaths, continuing to well up feelings of love and gratitude. With the use of a pendulum, kinesiology or your intuitive sense of “knowing,” wait until you feel ready to continue.

“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 would like to connect with the Overlighting Deva of this property.” Wait 10 seconds. Test for the connection and thank him/her for coming.

Do not get caught up with gender related words, 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.

“I would like to connect with the Overlighting Deva of this garden.” Wait. Test. Thank.

“I would like to connect with Pan.” Wait 10 seconds. Test for the connection and thank him for coming.

“I would like to connect with a member of the Brotherhood of Light (state the topic of the Session).” Wait 10 seconds. Test for the connection and thank him/her for coming.

“I would like to connect with any Ancient Ancestors residing on this land.” Wait. Test. Thank. (Only a small percentage of properties have Ancient Ancestors.) Please note that at times, the Ancient Ancestors are not happy with what has been done to the land they protect. Some have attitudes and may need to be calmed before they will communicate or work with you. In this case, ask the Nature Intelligences to help mediate. For more information on Ancient Ancestors, see page 31.

Next, state the intention of the Garden Coning Session 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 at a time.

THE GARDEN CONING SESSION

Using your notes, begin by asking your first question. Remain on one topic until all information has been imparted. Unless your telepathic communications are highly involved, talk out loud for better communication. Human brains are highly active and the chances that you are getting an answer to the wrong question will occur less often.

Clearly state the problem. Avoid asking two questions in the same statement. If you are asking for a specific solution, ask what steps will most likely help 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, time constraints, etc. Remember that the Coning team works with “here and now,” based on past occurrences. They are not mind readers and cannot foretell the future.

If you are skilled with dowsing, you can use a pendulum, L-rod or other tools during the dialogue. Being a psychic intuitive, I often “hear” or “know” their answers, which is the ultimate form of communication. Even so, I highly recommend that you learn how to use kinesiology to check your answers. For more information on dowsing techniques, see Chapter Sixteen.

CLOSING THE GARDEN CONING SESSION

Before closing the Session, ask those in attendance if they would like to address any other needs in the garden. If you need a break during the Session, tell the team that you need to take a break. Announce when 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.

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 leave 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 eventually dissipate on its own.

SAMPLE DIALOGUE TO CLOSE A GARDEN 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 Ancient Ancestors who were in attendance 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 all members of the Brotherhood of Light in attendance. I ask to disconnect at this time.” Wait 10 seconds, then verify with kinesiology that the disconnection was made.

“I thank Pan and any other Nature Spirits in attendance for your assistance.

I ask to disconnect at this time.” Wait 10 seconds. Test the disconnection.

If you invited several specific Devas, you can take a shortcut by thanking all members of the Devic Realm that were in attendance and ask to disconnect at this time. Wait 10 seconds, then verify 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. Test.

During Coning Sessions, there is an enormous amount of energy exchanged. 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.

Next, act on the advice you were given. If any answers or suggestions do not "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 Garden Coning Session or prayer time.

Chapter Fourteen

Setting Intentions

An intention is an idea you would like to create into reality. Consciously setting intentions is one phase of the creation process. Before anything on Earth or elsewhere throughout the cosmos came into physicality, the idea of it was first conceived, thought about, then designed in the Devic Realm. This Realm is similar to an Earthly manufacturing plant, as a rudimentary example.

In the Devic Realm, there are inventors who come up with ideas, sometimes as a solution to a problem and other times simply as a way to make life more comfortable or enjoyable. The inventors take their ideas and rudimentary blueprints to the Review Board for suggestions and approval.

Once approved, the necessary team is gathered to create the invention. Next, it is tested and re-tested to see how well it performs under any expected and unexpected circumstances. Then the prototype is taken to the Review Board for further suggestions and recommendations. Once approved, the invention goes into production and distribution.

You, as a human, have limited resources available when it comes to new inventions. Like the Devic Realm where all physical matter is created, there are specific Laws of the Universe that must be upheld. Certain devices, such as nuclear weaponry or anything that affects the fabric of the universe in a negative way is inappropriate and may fail when put into use, due to intervention from Unseen Forces.

Cloning and genetic modifications are two other areas of concern. Although scientists may be successful, the results can be devastating to the genetic structure of those who eat or come into contact with these sources. There is much that is unknown while in the human form, especially for those who are not in their integrity or having the highest good of all as part of their make-up.

Some humans are evil or pawns to those whose greed blinds them. Much imbalance has occurred as a result of the implementation of their creations. This not only means physical objects such as plants and animals, but also includes ideas such as governmental regulations and banking practices. We say all of this in hopes that you will make conscious choices that are for the betterment of you and all who are involved when you set your intentions.

There are four main steps to making your dreams become a part of your reality. First, the *initial thought* or concept comes into your consciousness. Next, *expand the thought* and nurture the desire to do something about it. Thirdly, *energize the thought* with emotion when you begin to feel excited about the possibility of attaining the goal. Finally, take steps to *create the intention*. There are a variety of ways to set intentions and a myriad of possibilities to make it happen. We will elaborate on just a few.

INITIAL THOUGHT

First step to setting any intention comes from having a thought about the subject. This can happen during a conversation, while you are reading something or simply “out of the blue.” You may have had the thought before, but never followed through, perhaps because you had other things on your mind or the timing was not right.

Humans constantly have a barrage of thoughts floating through their minds. Which ones to latch onto and do something about is a unique, individual choice. Be mindful that when you have a great idea, that does not necessarily mean you are the person who is to implement it. Sometimes you may get an idea and are just meant to relay the information onto someone else.

All thoughts float freely throughout the universe. The Law of “Like Attracts Like” brings certain thoughts to you, much like a magnet attracts steel. Thus, if you have a passion for organic gardening, you are likely to have thoughts related to gardening come to you, since this is where your attention is focused. This could be through reading material, people you meet or places you pass.

General thoughtforms on any topic are in existence in the unseen etheric field. Whenever there has been a great invention, such as the telephone, scientists who have no knowledge of anyone else working on the same project seem to pick up the same information, at the same time from dreams or non-mental contemplation. The ideas are “out there” and when a person is consciously focusing on how to solve a specific problem, they are more likely to get the assistance from the Devic Realm and etheric field, even if they know nothing about the existence of either.

Thus, when you have a thought that you would like to expand, you automatically have the solutions and assistance of the Heavenly Helpers available. You just need to ask. When you learn how to tap into the Akashic Records, your success is assured, especially if your intentions benefit all concerned.

EXPAND THE THOUGHT

Once you have decided to do something with a particular thought, you can begin to expand the thought by consciously thinking about what you would like the outcome to be and how to attain it.

During this phase of the intentional process, you will begin to see the fuller picture. Take time to quiet your mind by taking several deep breaths. Once your brain waves slow and you get out of your “left brain,” you may begin to find possible glitches and solutions, gain a clearer picture of how to attain the goal or you may decide that you would rather not follow through with this idea.

ENERGIZE THE THOUGHT

Once you choose to follow through with your thought, you automatically begin to energize it emotionally by becoming excited about the prospect. Emotions generate movement, see it as: “e” (energy) + motion = e-motion.

As you consciously consider the possibility of creating your thought into reality, you begin to charge it with a variety of emotions: excitement, happiness, anticipation, etc. The more positive emotional energy you place into your thoughts, the more likely it will happen.

Everyone processes differently and each idea is unique. Thus at times you may quickly move through these processes; many are automatic. For instance, while you are in the grocery store, you see some brownies which makes you think of a friend you haven't seen in over a year and how much she loved brownies. You decide to buy some brownies and take them by her house as a surprise.

Other times, the process from initial thought to outcome takes more time, perhaps many years of duration. However, the more you keep an emotional charge of excitement and anticipation, the more likely the project will come to fruition no matter what obstacles happen along the way.

CREATE THE INTENTION

There may be several steps to take your initial thought and bring it into your reality. Take time to write down the anticipated steps and begin acting on them. Know that if anyone else is involved in this intention, they have the "free will" choice to participate or not. As an example, you may have your heart set on marrying a specific person, whether this person knows it or not. Yet, no amount of wishing, hoping, scheming or praying will make it happen if that person is not interested in you or does not know of your existence.

However, if you set the intention to attract a mate with specific traits, then take steps to become the type of person that would be attractive to the other, you are more likely to be successful. For example, if you want a physically fit partner who is into vegan organic cooking, you are not likely to attract that person if you are an overweight couch potato and eat meat several times a week.

To set the intention process into motion, take time to get out of your “left brain” and come up with steps to reach your goal. Know that at anytime the plan may change, so be prepared to be adaptable. As you release fears and concerns that block your true desires, you will find that your range of possibilities increases. You may also find that your goal is no longer important or that you want to dream even bigger. This is a sign of progress from limited thinking to abundant thinking. Dream big, for all possibilities are available to you!

There is an endless array of ways to set your intentions. You may write down your goals and steps to attain them. You could create a vision board that graphically or textually displays your goals. You can also set your intentions into objects or have symbolic objects that will consciously and unconsciously remind you of your goal each time you see or pass the objects. Let’s expand on that idea for a moment.

SETTING YOUR INTENTIONS

In the garden, home or anywhere, you can help to energize and let the Heavenly Helpers know you are serious about creating this idea by using objects to set your intentions. For example, your goal may be to buy a boat and sail to the Bahamas. You can set the intention by buying a photo of the type of boat you want and mounting it over your desk where you will see it often. You might purchase boating maps for the areas you wish to explore. Every time you see the photo or maps, you will be reminded of your goal.

This effort shows the Heavenly Helpers that you are serious about this desire. You can then start saving money, applying for a financial loan or finding a sponsor or partner to make this a reality. Take whatever steps are necessary to make it happen.

You can also use symbolic objects to manifest your intentions by using items such as gemstones, fabrics, specific scents, sounds or anything that will consciously, then subconsciously, energize the intention each time you come into contact with the object.

When you consciously place your intention into an object, then place the object in a specific manner, you create an energy field that says “make it happen.” Each time the object reminds you of your intention, that strengthens the resolve to make it happen. Over time, you may not consciously notice the object, yet subconsciously you are reminded of the intention.

This can work both to your advantage and disadvantage. Once you no longer desire a specific goal, then you should “dismantle” the intention from the object and consider removing the object or re-programming a new intention into it.

For example, let’s say your initial goal was to have a home on the beach and so you bought pictures of homes on the beach, beach scenes and placed seashells around the house. Then, as you released a few fears and dreamed a bigger dream, you decided that you would really love to have an organic farm instead. Then it is time to remove the beach scenes and hang photos of farms instead. You can still keep the seashells if you like them for their natural beauty or they can be re-energized with thoughts of vacationing at the beach.

These are just some general ideas. Setting intentions with the use of objects is the main subject of my book, *Feng Shui: Creating Places of Peace in the Home, Office and Garden*. There you will find a myriad of suggestions and a deeper understanding of how to create your reality using the intentional process.

Have fun creating!