
Connecting With Healing Energies Of The Mountain

Posted by River - 2006/06/09 13:50

Dowsing For Earth Energies

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Walk the trails, admire the views, enjoy a few days in the High Country and you will go away refreshed. Probably you will say you feel better because you have been in the mountain air, had lots of exercise and enjoyed the spectacular beauty. In fact, you are benefiting from the best-kept secret of the Blue Ridge: the ancient energies of the earth and their ability to heal.

This is not new knowledge. It was well known to the native peoples, of all different Indian nations, who came to these parts in the past to renew their energy. Until recently, however, western society has known nothing about it. In fact, conventional science, which still struggles with the concept of Earth as a living entity, generally dismisses the idea.

But in the New Age community it is a concept accepted as fact. In fact, it is one of the reasons so many therapists offering alternatives to conventional medicine have moved here. Many wholistic health practitioners have opened their practices here specifically because of these mountains' very powerful energy. They find it helps them help others.

You can treat yourself to massage, aromatherapy, Kofutu, Reiki, ear candling, color therapy and countless other choices. But you do not even have to do anything special. Just walking on one of the many trails brings direct contact with the healing energy of the earth.

The whole of the High Country is a network of these special energies, with many particular power spots – often called vortices. The Blowing Rock, for which the town is named, is one. Mt. Jefferson is another. Hebron Falls is a third. Many individual sites were traditionally sacred to the Native Peoples.

The energies are basically of two types – either uplifting or relaxing. Hawksbill and Table Rock Mountains are considered unique in the world because their energies not only complement each other, with Table Rock uplifting and Hawksbill relaxing, but they are also linked. They have even been described as the lungs of the earth. Grandfather Mountain is especially important because it is on an energy line (also called a ley line) that runs along the whole of the Appalachians.

The healing, the renewed energy, the relaxation that visitors feel in these mountains is attributed to a high vibratory frequency. At specific power spots anybody who is sensitive can feel a shift in energy, but some places will have a stronger effect on one person than on another. It depends on individual attunement. You can also see, by the pattern of plant growth, where particular energies are especially strong. In one space many ferns giving the impression of a rainforest will be a place of relaxing energy, while bare rock indicates an uplifting energy spot.

Trees often clearly indicate mini-vortices. If you look carefully along the trails you will see many with trunks spiraled, like tornadoes captured in wood. These are good areas to try out dowsing for earth energies.

The energy, according to Page Bryant, author of *The Spiritual Reawakening of the Great Smoky Mountains*, is essentially spiritual. For example, The Blowing Rock, she says, "is a very natural place of power. It's somewhere where the wind spirits are very active. They cleanse and stimulate. They're the voice of the Creator speaking to the inner soul self."

Most people are not conscious of the effect of the mountains on them. They just know when they come here that they become relaxed and joyful in a way they do not feel anywhere else.

When walkers head to the trails, it is usually to look at the blue sky, smell the flowers, listen to the birds, see wildlife or even just to raise the heart rate. But if, instead of being conventional you want to walk on the wild side, just try to be aware of the energies of the land underfoot. With only a little focusing, it is very likely that what would have been a normal walk will end up a much deeper experience.

Re:Connecting With Healing Energies Of The Mountai

Posted by Yore friend - 2008/06/01 21:13

Ooooookay.

Whatever.

Just come and spend money!:lol:
