

The Great Mother Speaks: Creating an Alliance to Re-mineralize Life

Through Flo Magdalena

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Flo's Introductory Meditation:

As we connect with the Great Mother through our feet, we put our hands on our heart – our right hand on our heart, and our left hand on our right hand. We invite the presence of the Great Mother and feel her all around us, particularly when we take our energy down our legs into our feet. There we imagine that our feet are standing right on her core, right in the center of the earth. There we imagine that we have a very beautiful rock or crystal or stone that has our name on it and has our footprints already there. We put our feet right in the footprints and feel the strength of the mother through our feet. As we look around us there are many, many other beings of all dimensions as well, holding space together in the core.

There is a very strong wave of connection between all of the beings. They are all interconnected as are we right now. Through our feet we begin to feel the minerals of the earth. All of the minerals that make up our bodies, all of the life force that assists us to live each day begins to flow up into our body through our feet. This life force and this energy is extremely familiar, very familiar to us. We rest in that and settle so that all of our muscles and all of our joints, organs and systems receive from the Mother Earth as we listen to her message. Every time we breathe, there is more oxygen, there is more aliveness and a stronger sense of our connection to the Great Mother. We relax because she is the one that nourishes us. And so we let that nourishment in, in every way we can to sustain us and support us on our journey.

I would like to welcome you today to this promise of earth—the promise that each of you is welcome here and that there is no place on my body, in my heart where you are not welcomed. I want my voice and my presence to affect you in the way of deep relaxation, deep letting go, so that you remember that you belong here with me and that every step that you take, I take also.

It is vastly now important for you to recognize our alliance. If we are together in the heart of alliance, then my good and your good and 'The' good is all the same. We do not have to differentiate between what is good for one, not being good for another. This is a common rule in creation that what is created, is always good for all life. And so I charge you each, when you are making your life decisions, when you are moving among the people, when you are listening to your own guidance, that everything you choose be good for all life. If you don't know what that is, you do not choose! You wait until you know and then you act.

In my presence you will be slower, more deep. You will be as a still pond or lake or perhaps even a fiord. As you create more with me in the alliance you will be a still fiord because you will be deeper, deeper, deeper and deeper. Our alliance has to do with spreading good, with acting

in ways that promise bounteous nourishment on every human level. That is nourishment of the minerals, the plants, the kingdoms, the elements, the essences, the firmaments, the dimensions, the galaxies and the universes. It is time for each of us to choose, me as well as you, that there be for each of us a line that we will not cross. That line that we do not cross has to do with life and the pondering of life. If whatever it is that is being looked at does not honor life, it is not chosen. That alliance with me and with each other becomes a force that allows for all life to thrive.

This idea for us together is also extremely important because it allows for you each to know that you are safe. As I think about your lives, being safe, this is very much down now to the deepest level of safety so that every part of you is relaxed. You are not in anxiety about anything, there is nothing that troubles you, and you are always comfortable, that is what I mean. That is safety. As I notice each living being, there is lack of safety and therefore there is not deep relaxation. Therefore, you are unable to actually absorb the minerals into the cells of your body and that is why you age. I am asking you in a direct way to recognize that your safety is my concern. I care about your safety and I care that my body yields for your body, the deepest and most sacred of substance, the feminine substance.

For us to go together forward in alliance would mean for each of us that we make a commitment or a vow, or intention, that you would like to have, to say: *Oh this is the way it will be*, and you create your intention yourself. I will not say for you what it would be. It could be something like, *I commit to life*. It could be something like, *I join my forces with life itself and honor the Great Mothers, the many Great Mothers and the earth and all life, and I go forward as if my life depends on that choice*. It could be something like, *I stand in harmony with life and gather together all of the elements that are ready to be born in this moment*.

It does not matter how your vow, your commitment is spoken. It matters how it affects your heart. Because your vow will open your heart, in a way that will provide for you a deep sense of recognizing that when you choose the vow, it is something that you chose many moons ago, it is not new for you. It is not something that you have not already committed to, it might be something perhaps that you have forgotten to embody, forgotten the words of. As we are speaking together this evening, it will be helpful for you to listen and to be part then of what you would consider to be your part in the alliance. What is your part in the alliance that will bring life and the choices of life to all peoples?

Many of you move around your world, travel from one place to the other. As you begin to think, *I am going here*, you can take from your heart a big beautiful thread, wide like a ribbon, and place it in the location where you are going. You can have this sense for yourself that you are moving in the fold of a very big crease that has life in it and that goes between those places. It is like a crevasse that holds your heart strings and then allows you to move back and forth from one location to another, and then of course you are moving again and again and again. When you are finished you have many threads woven, many ribbons woven together so that they are all establishing a grid.

So the alliance is the magnification of each person's grid of activity and intention that allows for each person to feel as if they are in a relationship. When I used the word fold, I meant you are enfolded so that when you are moving around you begin to feel as if there are fibers that are connecting all of those places, all of those movements, and all of those ideas and intentions. This is so that each of you is feeling as if you are a part of something that is being created that has structure.

What I think about when I think about this is that it is all over the place because it comes first from the heart that we have these spaces. Then we move into having a reference from the heart so that that the essence of the heart frequency is available as you travel, as you move, as you weave, as you relate. That then takes for me this very important step which is that because I walk with you I am being connected to everything that your heart is connected with or to. So therefore, human action, freewill is moving heart to heart, location to location, place to place, time to time. Everything that you are doing is creating this very strong weave that will endure and hold the manna from the earth, from heaven—hold that nourishment of the heart in these different places.

As each of you moves around there is sensitivity that you are carrying within you a message, and the message moves with you as you move. And yet, as you move there is not anything that you think about necessarily, it is that you have made the vow, and the vow carries itself with you as you move. It might be a harmony kind of vow, or a union kind of vow, or a trust or being able to establish harmony in and among people, or in and among locations or in and among dimensions.

Each of you has a story to tell about your life and a way that your life wants to unfold itself. My story is part of your story and when you move around the world, my story becomes your story and as I become your story, your story becomes mine. People are able to feel me through your location, through your place. The space that you inhabit becomes innately the place where your own conscious understanding gets born. Then you are able very much to expand that understanding through these gridworks that you are creating which holds you in this template or this structure of relationship with life. So, you are moving and looking and seeing and responding, and all of that response becomes alive. You are not just driving somewhere anymore, you are not just doing something anymore, everything has more life in it because everything is connected.

When you start out in the morning and you know you are going someplace, you actually draw this wonderful line in the sky and place it where it is that you are going. Then you travel on the beam of your own heart, you travel wherever you travel from there on your own beam from your own heart. As you do so you create these folds of energy that can be related to what you could think of as a domino effect. You touch one thing and go someplace else and it all flips over and keeps moving so that the primary intention that you have to move from the heart becomes the way you move from this moment on.

The threads of the heart, the conscious parts of connection that you are making through choice is so much stronger than just living the way you live now. And I know that, I can see the way you live now, and you live well and yet we are going to add safety here to it too, so that you slow down. It is very important to slow down, to feel me in each step, to bring the heart energy back too, from the back of the heart to the front of your heart and from the front of your heart to the back of your heart. This is so your heart energy shines out both ways. Then as you move, you realize you are making circles every where because the heart energy is coming out as you are coming here and going there and you are coming back and it's all just beginning to spiral and swirl.

The spiraling and the swirling becomes a way to integrate the conscious part of you, the semi-conscious part of you and the unconscious part of you. Super-conscious, regular conscious – all these consciousnesses start to weave together when you are recognizing that you are no longer separate from the movement of your life. This is so that your mind doesn't think something and then you forget it. All the way that you are driving you are thinking of something else and you are not with yourself. For me, part of the idea for our time this evening is to make sure that you understand that this is a very important concept that you honor your life by being a part of your life in a more deep way.

We could together decide this evening that our mind is not in charge anymore and our mind does not make decisions, because it doesn't know how to make decisions. By moving from the heart as if you are in that fold of a crease of paper and are right there in alignment like a laser without strain, from one side to the other, knowing that the heart is going to touch the location of the action or the movement, you end up arriving at that place whatever that is, you have the intention to do that.

The wave will come out like an arc and move from your place and when you get there, it will be waiting for you. When you use the arc to create your life, (because there are no lines, everything is a circle) everything comes back to you. The heart comes back to you. Everything you want to relate from and to comes back to you when the heart is lived as part of your motion.

So this idea is also about creating circles that have intention in them for harmonizing the mineral content in your body, in your life and in all of your locations, so that all of that harmony begins to support your life in direct and clear ways. That would mean that as you move that heart forward and acknowledge the energy of all that you are, there is this alliance with the gravitational field, with the pathway of the earth, with the rotating of all of the planets, with how the sun and moon rise and set—it's all as a part of this beautiful circuit, heavenly circuit.

My idea for this talk for you is about this heavenly circuit, that you are creating the circles which support your life and connect you to *everything that is* at one time. Because the circle is so magnificent, it represents everything that the circle represents. It represents it everywhere you go. Every time you set out from your home, every time you come to be with me in the core of the earth there is an intentional circuitedness of it, spiraling so that all of that organs of your

body, all of the cells which are also round begin to feel as if they are being completely folded into the grace of creation, the honoring of life and the sustenance from all of the minerals.

I want you to understand as well, (this is a very important thing for me) that when you are in the core and your feet are there, so you begin your relationship with me always from your feet. So the feet are there and up from the middle of the feet what comes up through the center of your foot, as it comes up it is from the mineral core of the earth. Because we have in very long arduous ways brought a decrease in the mineral content of my body on the surface, part of what you will assist in the alliance to create is a pathway for the minerals that are in the core of the earth to return to the surface. They will return to your feet and they will return to your body. From your body as your heart goes out and you create a circle with your location, you are moving in whatever moment, and it doesn't matter where you are going. You could be moving from one side of the room to the other, one side of the house to the other, one side of the street to the other or one definite different location some miles away.

Every time you connect to my feet and your feet (which are the same), they are the same in the core. You come up through your body with this energy of life and you are bringing the minerals up and out through your breath. You are bringing them up through your sweat, through the pores of your body, through your excretions, through everything that you do, when you are having your hands in the soil, you are also bringing those nutrients. Everything is semi-permeable, it can come in and out. So you are living with some gusto, some strength, that you can then begin to absorb the minerals in ways that your body would require and in ways that your body would celebrate. Accept as well, but celebrate.

So your health and wellness depends upon receiving the minerals from my core. I cannot say it any more plainly for you. The way you receive them is through your feet, through the nerve endings in your feet. They come up through your body, and you want to be extremely full of care about that because you want to have your breath and your awareness receiving on all levels. That means to me as I say this that you stay in the alliance with me when you receive.

It is not that you put your feet on the earth and say, *I did it* and run away. It's that you put your feet on the earth even if you are at home, it does not matter. It is just the same. You are putting your feet with the focus and intention for you to be me—for our feet to be the same, to stand in the same place. Then you are receiving right, and as you are receiving, you are settling.

One of the most important parts I want you to understand is that you need to settle. If you don't settle, none of it works – you might say, *'Oh, I have tried this, I have tried that, tried this other thing but it doesn't work.* 'Settle' so it comes up through all of your system, comes up around your being and then you settle it. You are breathing down and all of that energy and all of that aliveness comes down through your body and you receive it and settle into it. Then you get up, feel your heart, send your heart where you are going and have that crease of consciousness, that little fold where everything is inside. Send that to where you are going and then stay on that wave when you go, underhanded arch or overarching arch, whatever you do.

This arching, circling with everything in your aware place, in your head, is when you think about circles.

And the alliances are always circles. It is about connecting to everyone else, and the feeling of that consciousness is that you are alive, that you are well, that you are ready, and that you are stabilizing your own body through my body – our bodies become one and then the vistas that I see, you see. You see the circle of life everywhere. You make choices that will always support that circle of life. You acknowledge everything within your consciousness, everything that you have ever thought of or learned or understood or asked about is part of the circle of life and you feel the answer, you feel the results or the things resolving. Everything becomes much more integrative when it is bound in a circle but not locked. It is just in that model, that mode, the way in which the circling becomes formed so that there is an etheric light opening out, so that wherever you are looking there is always some stream of light that you can follow, that you can look at and that you can work with.

I have said many things already, actually, so I would like to come back for you to touch on those things because we will have many times together and I want to make sure that you have the basis of this very clear for yourself so you do not have questions, and so that everything that we have discussed is easy for you now and brings you safety.

One moment now would be well spent to sit in safety. Let us have this feeling now that safety is breathing into your feet and having your feet deeply rooted in my body. It is all fine for you to do in that way, so that every breath you take comes into your lungs, down through your feet, touches into my body and then you breath back out again.

The breath comes in, goes down and then comes back out. Inhaling the air into the lungs and down the body, through the feet and into the core can take one second because you can visualize that, and then you are exhaling that out, at whatever speed you want. As you breathe it out you are breathing out the minerals. I inhale all life, all life, all oxygen, all beings, everything that is. I touch with the Great Mother and the Great Mother feeds me. **I feed you.** Feel what it feels like to be fed.

Then, as you are being fed, you are exhaling and all of the food is going through all of the parts of your body and you are living in your environment by exhaling these minerals.

Breathing in and breathing out becomes re-mineralization, and you know that, you feel that, you intend that, you receive that and you share that.

I want you to understand that there is really no difference between us in that the core of your being and the core of my being are made of the same thing. When you come to my core to feed your core it is as if we are bringing together the edges of lace that fit so perfectly that one cannot see a seam – it is that your breath is so aware that the minerals are clearly restoring your health in your body because you understand how easily that is accomplished.

So settle now and bring the minerals up and down until you can't tell really where the minerals come from, where they are going and where they have been. Become a mineral bath and have the mineral be around you, and within you and it doesn't matter. You see, this is where the anchoring of your life becomes much stronger when the source of your health and wellbeing is not in any one place anymore because you are bringing it and carrying it and creating circles and integrating and everything becomes a conscious heart-centered mineralization which then honors all life.

The structure of your life, the inherent energy is none other than mine, and mine is none other than yours and yours and yours and yours are none other than the others. It is another way for us to say that we are in oneness, that we are together, and that our destiny is intertwined more completely than has ever been understood. Making the alliance in the world to re-mineralize is extremely valuable now because of the choices that have been made that do not sustain life. Some of them are very obvious things that destroy our bodies. It can be chosen things, environmental things or it can be choices for what you eat, how you eat and many things. The first part that will make the difference is for you to truly feel the commitment that you have made to recognize that your alliance with life is the primary alliance of your life. There is no way to be here otherwise because it doesn't work, it has all kinds of detachments in it and defrayings and things not working and out of order signs and frustration.

What I am proposing this evening is that we make an agreement that you will come and visit me every day in some way, that you will carry the threshold of your heart wherever you go so that you create circles of alliance, and that the 'we' that you create begins to sustain you. As you do the minerals you are able in directness to feel the commitment of your body to you, of you to your body, of your body to me, of me to your body, of me to your mind and your mind to me and all your levels are committed to me and me to them. Your levels are committed to each other and all of these commitments to each other are vows to honor and sustain life.

It is that simple really, it is not really a hard thing. And yet when we are unthinking, acting from rote habituation, looking at the world through eyes that do not see it, ears that do not hear it, hearts that do not feel it, it is easy to detach oneself from what one sees and hears and knows or feels, because in that moment perhaps it is not happening to you or to someone you love or know. But the premise of this alliance is that you know everyone. You hear every sound, you feel every heartbeat and you see every sight. You wake up, you care, you get involved, you weave circles around circles around circles so that no one falls through the gap, because the weave is tight and enfolds everyone.

It feels very plain for me because I cannot choose between you. I cannot honor one and not honor the other. How could it be such? And so I say for you, I charge you, how can it be such for you either? We all create this mesh of life. We all choose to be in this mesh of life, and some find it entanglement and some find it the weave of the finest silk that offers brilliance and luster, beauty and softness. And so it is your choice. Because the alliance allows you to more fully describe for yourself what your inclination might be—peace or harmony or love or understanding or trust or truth or companionship or empathy or compassion, it doesn't matter,

there is one word, one essence, one way that you will respond to more deeply than any other, and I encourage you to find it. What makes your heart sing and know that what you proclaim, what you honor and what you bring forth is yours to do and be.

I do not suppose that I can impose that on you but I do know without any of my doubts that you know it too. You know your word, you know your essence and you know how to contribute it, how to bring it, how to live it, how to honor it. And so making the vow is important, it is an alliance with me and with life and with honoring. Making the circle, coming to meet with me every day so our feet can play footsies together at the core of the earth. Mineralizing your life, your body, your system, your environment, your family, your neighborhood, your community, your county, your state, your country. Whatever it is that you would for any one reason want to impute life into, you would mineralize that aspect of your reality because in doing that you bring every part of that system of life into commonality, into joining together, into relationship, into connection.

Let's imagine that we are again down in my core and our feet are all on our appropriate rocks and crystals and we are looking at each other and we are feeling each other. Because you cannot see each other, close your eyes and imagine you are seeing each other. Rock on your coccyx as you are going forward and backward. As you move forward and backward you are making circles and the circles are connecting and the energy is opening and we are weaving together in the core a very beautiful blanket of light.

Carry the movement with your heart first, follow with your body second and then perhaps at night you can look back at where you went and what you did and see how many circles of connection you have created. The minerals will flow through your heart. They will connect the dots, they will connect the places, and you will feel more safe all the time.

Remember that when you carry the light from your heart in a circle, so it is an arch, and you arrive and then go someplace else, you then finish the circles. When you finish that arch you are sustaining a circle of creation. As you are each doing that, you are creating these grid lines of interconnection that do not stop where you stop but continue on. If you are relating to each other in some way, in community particularly, you will find that what you spin with your heart is being spun into your heart by others as you are spinning into their heart. The interconnection of all of these places becomes a re-creation, a way for you to fully realize how life can be here when everyone feels safe.

What you may not understand and science has yet to prove, is that it is the lack of minerals in your body that makes you feel unsafe. The disproportionate amount of this or that, too little of this and too much of that, those feelings in the body, if you could think of perhaps a meter that measures, you could think, *My meter which is unconscious is registering that I am not in alignment with what is needed to sustain my organism in safety at this time.*

And so therefore, you are anxious or uncomfortable or early or late or tired or anything like that —out of the flow of the rhythm of creation. So what it is time for now is a reparation, to repair,

to bring again, to establish another kind of norm that is not demineralized, not separate from the receptivity that is possible, and that opens the awareness of all consciousness now. This is so there aren't times and places where you feel out of joint, out of connection or out of resonance. All of this is very simply handled by coming again to the fountain of life in the core of my body.

Perhaps you might just for a moment while you are here in knowing that sometimes life happens for you and you forget to follow the thought of support for yourself. Perhaps just for one moment you could feel into the heart thread, the ribbon that is going to take you into the world and feel what it is made of, what is the essence of that. I said before it could be harmony, love, compassion, many things, but it is about you knowing that your heart is singing when you have the essence of this energy or concept in your mind's eye, in your heart space, in your belly knowing it! So that you can say *'yes' this is what I have come to bring, this is what I create circles around, this is what I sustain in my world, this is how I relate with the Great Mother earth.*

Just for a moment perhaps you could sit and feel and relate to and receive. Because you cannot hear each other, say out loud what your alliance is. You are creating alliance with me. You are creating an alliance with who you are and what you bring and what you know and what you have come to be. In that vow, you are sustaining a connection to the remineralization of the earth, her people and all life. You are bringing from the core through your feet, elements of grace and order and light and truth, balance and creation. As you bring them into your field of being, you actually begin to relate as if your body is using that as fuel, as a way for you to go forward from this time.

It is a sentence, it is an image, it is a concept, it is a knowing, it is a truth, a memory, it doesn't matter, but it is something. And so draw from the core of the earth now from your feet up into your body the minerals of your affirmation. Fill yourself with them. Breathe them in again and again. Bring them up through every cell of your body, and then see them showering out around your whole body, flowing down around you like a shower every direction from the top of your head. Now take a deep breath and settle. Perhaps you can feel that as you settle, everything comes right, everything feels good, everything is balanced and aligned.

So in the coming weeks what I would realize with you is that in our one heart, our one mineral bath, is the balance the earth needs on the surface and within. It is the honoring that all life needs and it is the answer to the questions that you all have about how we stop the runaway temperatures, the runaway separation, judgement and duality.

I am hopeful that you have this evening understood what I have said, that you are ready to live together as part of the mineral kingdom to offer life to all kingdoms, and that as we make the roots of light in circles and spirals all over the planet, that the weave that we weave enfolds and that everyone feels safe, because when they do, we will be in peace.

I am very grateful for your ears and your hearts, even for your minds, definitely for your bodies, and definitely for your vows of alliance. I will take them and write them on my core, support you in living them and celebrate with you as we unfold the dance of this pure and beautiful life that we share.