



SELF HEALING

PREMIUM COURSE

Lecture 3

About Earth element meditation

Although the soil itself is a beautiful healing and cleansing energy, in the body, Earth element represents the slowest and densest qualities. Ties, material, attachments and financial attributes settle down in the Base chakra with all the thoughts and feelings connected to them. So-called down to Earth people have a surplus of Earth element in them due to their *I believe it if I see it* mind-set that creates an unmovable obstacle for new information to step in.

The other energy centre under Earth element is the Sex chakra.

These are the places where your life is shaped. It is the foundation of your understanding, behaviour, way of thinking and handling interrelations. All the other elements and their presence in your physical body are built on the quality of your ties, the quantity of your fears and amount of information you possess on the subject.

Going to courses to find your path, build your confidence and lose your fears are all in vain, unless your relation to Earth element is fully comprehended and structured.

For this purpose I would recommend our Earth initiation coming soon on ex-files.org.

The most common illnesses and symptoms are: tiredness, bitterness, sadness, depression, kidney and urinary problems. All the feelings and thoughts connected to sexuality depend on this element. So do the illnesses of the reproductive organs and the bone structure.

Use it for Base and Sex chakra related healings.



ZSA ZSA TUDOS

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