

#77-0005-Earth  
*What is Earth Energy?*

I, Mother Nature, am with you at this timing, to bring you more information about energy flow. Since you live on earth, it is important that you understand a little more of the earth energy flow within and surrounding you at this timing.

Earth energy sounds like it is found in the soil or ground itself. And that is true. However, it actually involves absolutely everything on earth itself. So, yes, the ground is a very special energy because it allows you to be more of 'you', energy-wise. If you walk on the ground, you receive the energy itself quickly. If you drive on the earth, you receive the energy from the earth itself and the vehicle in which you are travelling.

If you prefer to be on the water, you will receive energy at a different energy level and of course, you will also receive the energy from the mode of transportation that you are using. If you are swimming in the water, then you are receiving energy in a different way and a different vibrational rate as well. If you are drinking water, it varies again, but energy is definitely provided to you.

Perhaps you really like the sky, and in that case, you are receiving energy through your eyes when gazing at the clouds, the sun, the moon or the stars. Yes, energy is able to come through your eyes. Now, that means that each and every day – the earth, the water and the air will supply energy to you and you don't even need to know about it. Actually, you likely take it for granted. It simply shows up in the fact that you are alive and well on earth. End of that story? Well, no, it is not.

**Earth energy is provided** to you in other forms as well. For example, the trees provide you with your very breath and that is taken for granted. But trees also provide food and housing and many products used in day-to-day living. Were you aware that those products were energy instead of simply a physical element of the trees themselves? It's a good question.

Plants, flowers and other forms of growth are admired for the colours they produce and display but did you know that the level of energy is represented by the different colours. Green is the most noticeable and it provides you with 'heart' energy. And although yellow is the basis of most plant life, red is the basis of all energy flow to the trees and plants themselves. In addition, of course, there are rocks galore in the world, from small pebbles to the highest of mountains. Rocks are energy producers and catchers of your thoughts. You might think they are dormant but no, they are conductors of the energy you require in your day-to-day life.

We can also look at creatures -- some are considered domesticated, and some are considered undomesticated, but they are all **conductors of energy** as well. Every creature of the land, water, or air is an energy conductor, here to assist your personal energy flow.

So, look around at your very world and understand that **energy is everywhere** and everything on earth. Every part of nature is geared to assist us in finding out about our personal energy foundation. Yes, you are a human being that is physical in nature, but you are also energy that is connected to the Universal All That Is. That of course includes the

earth, the water and the air. Energy is in everything, including you and there is not one human who just stands alone in their own energy flow. They cannot do so, because energy is all flowing, all inclusive and of course, all knowing. It knows just what you require at the time you require it and that is a gift for being on earth to learn about yourself and energy.

Thank you indeed and good day.