

PART ONE: HEAL YOUR LIFE

TRACK 1: INTRODUCTION

Text

Hello! This CD is about the power of your roots and your wings!

ROOTS speak to us of nourishment from the earth and groundedness. WINGS speak to us of flying, and of lightness and expansion. It is time to honor the balancing nourishment of earth and sky in our lives. The astronauts' incredible photography from space has already given us a new view of our 'home planet'. We have seen that we all live together on one sphere. Though culturally diverse, we are all children of this Mother Earth. Whatever your upbringing, your unique life is a gift and challenge at this time!

My name is Puja Thomson, and I've created this CD to support you in the inner work of transforming your life - so that you may carry forward the best of your roots, and fly according to your own truest vision. Part One helps you gather awareness of your roots and your wings now in the present, and from the past via your family of origin and lineage. Part Two provides meditations and guided imagery to strengthen your roots and spread your wings by affirming your spiritual life.

Please do not listen while driving or doing other tasks. However, repeated use of the CD will build inner strength. If strong feelings surface within you, breathe gently to exhale any discomfort, and let the music take you deeper. And if, for any reason, you need to take time out, please put the CD on pause.

Commentary

YOUR UNIQUE LIFE MATTERS

Your gifts

We are all children of Mother Earth, each a cell of the planet, affecting the health of the whole. Yet like snowflakes, no two of us are alike. Whatever your experience of the past, your family and culture, your unique life is a gift and challenge at this time. As you become more grounded, receiving nourishment from the best of your roots, you will develop the confidence and strength to fly in accordance with your own gifts and vision. When you are happily expressing your own abilities, you are likely to be more joyful and willing to accept others with their cultural differences. Whether small or large, your contribution will then effect positive change, adding to co-operation, creativity and peace.

Pivotal times and paradigm shifts

We are living at a pivotal time in history, with survival in the balance. It isn't so long ago that another pivotal moment of immense significance shifted our perspective on planet earth. That shift came as a result of space travel.

Prior to space travel, we were not truly world inhabitants in the way we are now - *all of us visibly bonded together on one sphere*, part and parcel of the whole. Then, I used to argue that because we had enough poverty and pressing problems on earth, we shouldn't waste money on space exploration. Now, I continue to be amazed by the unforeseen consequences and benefits of the space program and touched by what astronauts have shared.

Space travel has brought significant advances in medical technology as well as new spiritual perspectives. We know that pollution here, or starvation there, is no longer a local problem. Here are some of my favorite quotes from the book *The Home Planet* produced by the Association of Space Explorers. No matter what their nationality or culture, astronauts were in awe of their experience in space:

"From Space I saw Earth - indescribably beautiful with the scars of national boundaries gone." Muhammad Ahmad Faris, Syria.

"Before I flew I was already aware of how small and vulnerable our planet is; but only when I saw it from space, in all its ineffable beauty and fragility, did I realize that humankind's most urgent task is to cherish and preserve it for future generations." Sigmund Jahn, Germany.

"Suddenly from behind the rim of the moon, in long, slow-motion moments of immense majesty, there emerges a sparkling blue and white jewel laced with slowly swirling veils of white, rising gradually like a small pearl in a thick black sea of mystery. It takes more than a moment to fully realize this is Earth - home." Edgar Mitchell, USA.

"The first day or so we all pointed to our countries. The third or fourth day we were pointing to our continents. By the fifth day we were aware only of one Earth." Sultan Bin Salman al-Saud, Kingdom of Saudi Arabia

It takes time to catch up with a paradigm shift. Entering the space age was perhaps the beginning of our preparation for the new millennium we have entered, and because this is such a major transition, it will not be complete for several decades still to come. Our challenge is to continue to use our intention and energy to address the unresolved personal and community issues facing us all.

It is my hope that this CD and workbook help you move towards the choice of healthy personal responsibility—encouraging you to ask, "How can I use my unique gifts to be an agent of transformation on earth, rather than a victim of my circumstances?" and then, providing you with tools to find your own answers.

Insight Page 1**today's date** _____**THE INTRODUCTION**

WHEN I THINK OF MYSELF AS A CELL OF THE PLANET AND A CHILD OF MOTHER EARTH, I honor my connection to others, and what I have in common with them.

I especially am thankful for . . .

WHEN I THINK OF THE WONDERFUL VARIATIONS IN LIFE AT ALL LEVELS - mineral, plant, animal, human - I celebrate both the universe's diversity and my individuality.

I specifically appreciate . . .

WHEN I LOOK BACK AT MY LIFE, I am aware of important shifts in awareness . .

I recognize this key turning point . . .

It took place when . . .

TRACK 2: ROOTS AND WINGS

Text

Settle in now, sitting comfortably with your spine straight. Shut your eyes and let the music and the rhythm of your breath take you deeper into your interior space, breathing in and out, relaxing and letting go, as you enter the world of roots and wings where you may experience your own.

ROOTS: Let the chair or floor support you as you begin to see the roots of a tree going deep down into the earth. Become aware that these roots are part of the living earth, and sense or visualize nourishing energy flowing upwards from the earth. Feel what it's like to become these growing roots. As you breathe deeper and deeper, open the soles of your feet so that your roots may extend downward right into Mother Earth. Keep breathing through your roots into the earth, and when you feel deeply connected, draw in the earth energy, bringing it up through your soles to fill your feet, your ankles, your legs, your torso and then your upper body. Be aware of how you feel as you receive earth's energy. Be with yourself, and your feelings, however you are experiencing them. Gradually bring your awareness gently back to the rhythm of your breath, in and out.

WINGS: Sense now that your body is growing wings. As they expand and reach out into the air, let your upper body be at one with your wings, so that you begin to move freely. Feel your wings moving in the air. Sense the lightness and the freedom. Expand this sense of yourself, and allow your energy to move upward and outward, feeling the gracefulness, as you rise! float! soar! Be with yourself and your feelings as you reach out with wings to the cosmos. Now slowly descend, landing gently on the earth.

Commentary

EXPLORING YOUR ROOTS, DISCOVERING YOUR WINGS

Experiencing your roots and wings

The first exploration or creative process invites you to get in touch with what *roots* mean to you and then with what *wings* mean to you. With the aid of your imagination you will be able to use your senses (sight, sound, smell, taste, touch) to become aware of how you are rooted, and how you can spread your wings. Some people are highly tuned to seeing, others to hearing, and yet others to sensory impressions. Be open to experience your roots and your wings in any combination of these visual, auditory or kinesthetic ways.

Since roots lead to stability and nourishment and wings lead to freedom, the combined metaphor of roots and wings from nature is a powerful reminder of your ability to regenerate and transform. If you find, initially, that you connect more easily with either your roots or your wings, but not with both, just note your natural preference. As you work with the CD and workbook, be open to a new appreciation of the other less familiar energy and you'll soon be enjoying and dancing with both polarities of your roots and wings.

We learn through play

Let go as much as you can of any overly grown-up or logical sense of what to expect. Play with this exploration. Encourage yourself to enter the world of your roots and wings with the freshness and innocence of a child. Your imagination is not hidebound within your body. It loves to take off. However, remember to come back to the awareness of the rhythm of your breath in your body, at the end of each imaginative journey.

Insight Page 2**today's date** _____**ROOTS AND WINGS***EXPLORING MY ROOTS**I experience my roots as . . . (describe or draw the shape, color, texture, smell . . .)**When I connect with the earth, I feel . . . (both sensation and emotion...)**DISCOVERING MY WINGS**I experience my wings as . . . (describe or draw the shape, color, texture, smell . . .)**When I take off the ground and soar, I feel . . .*