

# Anchoring your Realms

This work is a great companion to the activity from Hexagram #39, Meet the Spirit of the Forest. It also builds on the work done in Hexagrams 51 clarifying personal values, in 38 exploring them in Imaginal space, and in 61 revealing their golden and shadow expressions. If you want to catch up for this exercise, you can simply perform the Realms activities and disregard the oracle reading.

First we'll do a bit of thinking, then we'll do a bit of energy work that can cleanse a person and a place. Perform the following exercise for each of your eight Inner Realms.

Take a couple of minutes in a comfortable chair or meditation pose and visit the Inner Realm you will be working with. While you're there, look around for a sign, or talk to Allies within in order to identify a place in your physical waking reality, somewhere you can get to without relying on others. Somewhere that thematically matches the realm the best. It may not be an obvious way, it could be symbolic. It may be a place in your yard, a nearby park, public space, body of water, public building, meaningful intersection, or room in your home. Maybe it pops right up, maybe you need some time. If one doesn't come to you, visit Hexagram 50's activity on gnosis, get yourself in the right headspace, and try this again.

Perform the following activity at this location. If safety is a concern, bring a friend who will remain alert while you have your eyes closed. Practice it for yourself a few times anchored to your own body, rather than a place, so that you can get the hang of it prior to taking your show on the road. When it is time to go out and perform it can be helpful to bring earbuds and pretend your looking at your phone, that way most people assume you are engaged and leave you alone. Just be sure you are looking at a black screen or closing your eyes, rather than in an opp or hanging out in our Discord server!

## **Anchoring and Flowing Energy**

Close your eyes and allow your awareness to rest both in the physical and in your Inner Imaginal worlds at once. Do not concern yourself with what you are noticing and from where it may emerge, just be aware that you are a part of both.

Imagine that the life activity and awareness of and within each of these realms is a ring of lightning which connects you to its essence in the world and in all of existence. For each of the following, imagine the lightning running in a circle from your center out to its source and back. Allow your awareness to flow in the current while visualizing the themes of the element. This exercise stimulates and enlivens a person or area where it is performed. Think of it like a healing and blessing.

- Mind - Elemental Wind - East - Orange
- Passion - Elemental Fire - South - Red
- Body - Elemental Earth - North - Green

- Intuition - Elemental Water - West - Blue
- Ideals - Heaven - Above - Silver
- Examples - The World - Below - Black
- Inside - The Sun - Yellow - Within
- Outside - The Moon - Purple - Around You

When you have completed all eight circuits, imagine taking in your fill of each energy and dispersing the rest into the land around you are allowing it to be free to find its own way.