

STEP 2: CLIMATE HARMONIZATION AND SOURCE ACTIVATION IN ELEMENT

Before you listen to the guided source activation journey, take a moment to feel into both organs. Starting with your female and then the male organ of the element you are now working with. So you listen to this 1st source activation journey, twice.

Start with the female organ, place your active right hand on the organ and left hand on your heart consciousness and feel what the predominant climate is in the organ. (repeat this with the male organ)

Is it; heat, cold, dryness/tightness, moisture or stillness.

Now that you are aware of the climate, you know which element finger to use while listening to the source activation journey.

Fire heat, balances cold (THUMB)

Wood wind, balances stillness (INDEX FINGER)

Metal dryness, balances moisture (MIDDLE FINGER)

Earth moisture, balances dryness/tightness (RING FINGER)

Water cold, balances heat (PINK)