

Geomancy Workshop in Vermont lead by Ana Pogacnik
July 20 to 23, 2007

I can't begin to tell you how blessed I am to have had this wonderful group visit my home state. Each person brings with them a wealth of knowledge, skill and insight. I see each person as a gift to this work, the earth, the cosmos and humanity.

Having had the privilege of hosting this session I also knew that I'd have an opportunity to share a bit about what we did, so I took more notes than I ever have before. I won't go into the multitude of people's perceptions, but will try to convey what I gleaned from Ana's teachings at the various places we visited. This is by no means meant to be all inclusive, but what I was able to capture of her words and wisdom. I would love to hear from others and get their take on things too. I was also acutely aware of the fact that not everyone was with us. My hope is that you all will get a sense of this session and plan on joining us in Arizona.

While over half the group was able to drive to Vermont, some of those flying had to overcome some obstacles to get here. Friday night, after dinner, all present gathered in the retreat barn to begin the work, but since not everyone had arrived Ana decided to hold off sharing our lives and catching up on what we'd been going through since we last met.

We began with a guided meditation breathing through our hearts, then breathing in the earth and out through the cosmos and vice versa. We were then asked to allow an image to come before us. We went around the room sharing our images; this was a very powerful exercise. Ana said that this was to see what we were bringing with us for the weekend.

On Saturday morning we began the day with silent meditation in the barn, followed by breakfast. Afterward we met outside and by then everyone had arrived. We did a guided meditation imaging 7 balls of light in our 7 chakras. We doubled the balls and sent 7 into the earth to form a pattern. Then we sent another 7 balls into the cosmos to form a pattern and an additional 7 into the center of the group to form a group pattern.

We went out on the land at Sky Meadow Retreat to a place where two giant maple trees formed a doorway into the dark forest dappled with sunlight. We spent a short time "making perception" as Ana so charmingly puts it outside the two trees then entered the forest, crossed a small bridge and did the same. The place turned out to have the new qualities of the earth and the Christ quality. It was light and energized. This was a place where the earth and the cosmos connect and the quality of the land is expressed.

The second place we visited that morning was a place in another part of the forest where Ana suggested we try somersaulting into the earth and then perceive what was there. The group's perceptions were all over the place. Ana mentioned that much of what we perceive is what is in us coming out. We are dealing with our own "stuff" which is being reflected back to us in the landscape.

Ana finally told us that this is the grounding place, the base chakra. It was closed at the top and even she had difficulty somersaulting into the earth, she had to concentrate hard. She would try it and then fly back out again, her body felt pressed together. Something was not free to flow here – mirroring our own civilization. We are not always comfortable in our own bodies, not grounded. It is as if we are standing on our tiptoes in our bodies. Religion teaches us to be disconnected, our soul and spirit comes into the shell of our bodies and we ignore these shells. We don't completely incarnate. This is the same as the earth changes; the earth sucks us into the material. Seeing the body as a shell is disappearing, we need to be one with it and this can be painful. We're not separated anymore. The material world is getting a life of its own. When we speak of God we turn our hands and eyes upward, but we need to also turn them downwards and acknowledge the earth. We view the cosmos as always up there, but it is right here, in us, we're in it. Being in our bodies is like being in a cage; it can be painful as we move forward. We live in extreme discrepancy because we live in the physical world and at the same time we desire the spiritual. We're dreaming time away, not connected to our bodies.

We did some toning to clear the blockage of the place, come home to our own self and be in our bodies. This grounding point was restored to a double helix with a strong pull into the ground. We did a guided meditation sending balls of light into the earth to let them move and see where they go. We imagined being upside down as if in a womb to be born into the earth.

The whole property is grounded in that place. Ana said the energy flowed from everywhere into that spot and flowed out in a narrow channel, likening it to giving birth. When a site like that doesn't function properly, you experience the energy spreading out.

Ana suggested we use the exercise with our inner child to come into a place. Picture the child standing in front of us and step through him/her, or envision a curtain and pull it back to see what's behind it. She said that we should get accustomed to feeling in our bodies, just try to do some of this work, because we can't do any harm. There are many different doors into a place. Sometimes it helps to leave a place and go back to experience it again. We are to go into the original qualities of a place. Our minds are helpful in perceiving, but first we need to give our body time to perceive the place – don't analyze. Each place has a memory of its full potential and its experiences. Our inner child is a helper, the essence of us. Use the child as a filter to feel.

We then went to the top of a hill overlooking the mountains and made perceptions. As we shared them Ana said we should “JUST DO IT – DON'T DOUBT!” This was the crown chakra for the landscape. There was a double helix here too, but it wasn't dense and narrow, but open. This is where the property anchors itself in the cosmos and the cosmic energy flows into the landscape and was not blocked. Ana asked that we hold these two places together – the base chakra and the crown chakra.

After lunch we drove to the Heartbeat Lifesharing Community, a Camphill community built on an old hill farm. On the hillside above the big barn was a place that turned out to

be the crown chakra for this landscape, but there were also strong heart forces. Ana was again talking about how our bodies are instruments and we need training on how to use them. We need to find our own way to do this work and our being together helps to activate our antennas to be in tune with the landscape.

We then did some imaging, allowing ourselves to see liquid light flowing through every cell of our bodies. We must all work alone with these techniques because our bodies need to exercise these capacities. The center of a property is a good place to let the landscape speak to us. There are so many layers to the landscape and we are to find our own way to work with them. Giving attention to a place helps it – create art there, sing to it, dance, have celebrations there. Lithopuncture is Marko's way of drawing attention to a place.

We then moved on to a back field where we found the root chakra for the landscape, the grounding place. Ana's perception was that the place was not destroyed, but as if asleep, it needs fire.

She asked us to look into ourselves and see what is preventing us from saying "YES!" to life? We don't take life seriously. We are not really incarnated and again, only partly in our bodies. We can never really experience what life is all about when we look to escape from it. We did some toning and with each sound we chose life. We were to imagine flower petals floating from our crown chakra through our bodies to our base chakra and then back again. We kept this up for some time.

Then we moved to a forest site near a stream which was a Sun focus place. This is part of the earth changes, a planetary focus through opening of the planets. This is like a spot on a lei line that connects the earth with the sun, a place for energy exchange where pure light supports light.

Saturday night after dinner we went around the room sharing what has been going on in our lives since we last saw each other. It was touching, moving and very beautiful.

Sunday morning some of us chose to gather in the main room for a time of meditation. Ana had mentioned the day before that each of us is cell in the body of the earth. Using this image I saw that people could choose to be cancer cells and destroy life, or stem cells and transform into anything that was needed for healing.

After breakfast we gathered for a time to focus and did a guided meditation before heading out on the property again. We went to a place in the woods and made more perceptions. Ana felt like she was being sucked down, it was not a pleasant feeling. This was one half of the breathing system, the throat chakra, the in-breath place where the air then travels underground to another place. It is important that there be movement here, a constant flow of energy. The center of this place was calm, not active like it should be. The in and out-breath can only function together, a life circle, life cycle, like birth and crossing the threshold, day and night, taking in and giving out.

Ana asked if we are really ready to receive life's energy, or do we block it and filter it out saying "No, I can't" rejecting the gifts that are given us? We were asked to go into our past and ask "Why we reject life's gifts?" What are our fears connected to receiving and giving? We were to use the place as inspiration and draw something on a piece of paper. We then put those papers on the ground and were to take someone else's paper, see what we saw there and change their drawing to help them overcome their blockages. We then returned the papers to the ground and found ours again to absorb what was said and see the other's notes. This too was a very powerful exercise.

We then moved to a place behind the lower garden, the out-breath place which was flowing beautifully. We toned to connect the two places and restore the breathing system of the landscape.

After lunch we headed to the Green Mountain Monastery and in the upper field, above the pond did some perceiving. This too was an in-breath point for the landscape that had a water and air quality. While there was a lot of energy present, it felt as if it were in a cocoon, moving slowly.

We did another exercise where we were to answer the question "What is the miracle of life?" and write down 5 miracles. We then exchanged papers with someone else and were to use the other's answers in a sentence to describe that person. We then read all 5 sentences to that person. Then we were to pick 3 and re-read them to them. This too was amazingly powerful.

We then moved to a place on the hill in the woods, next to an old split-rail fence. Ana felt pressure on her head, like being without a spine, as if something were covering the place. This was the out-breath place for the landscape and it wasn't free to exhale.

She talked about how when we give to another we do it to hide ourselves, to not have to show ourselves, or to control and manipulate. We should look at ourselves and see how we give. We often hold one part of ourselves back, not giving it, not living it, it is a mask. We need to live our inner power more and more for the sake of the whole universe. The whole can't be completed if we hold back one part of ourselves. We must open our self for the sake of all and shift our point of view. Each of us is one piece of a puzzle. We must give our whole puzzle piece and not leave a hole in the big picture. We were to ask "What are my filters and masks? We toned to restore the breathing of this place.

We then moved to a place hidden in the forest off the driveway where there was an ancient tree. This is the focus of the Christ Power in the landscape and also the place of the new primeval power of the earth – part of the new earth qualities.

Earth's powers have been concentrating in the center since last year, poised to spread out in the landscape in a new way. This tree is holding an enormous aura and through that it gives the possibility for the new qualities to emerge.

When Ana was in the Philippines the place showed her a new exercise where you spiral around your heart and place your crown chakra on the ground to perceive. We used this technique to see. What was there was the Christ Power, the purest light and love of the heart – Christ.

We did another exercise to connect and open to the Christ power. We have a thin skin membrane and our whole body is prepared to emerge. Each cell of our body radiates sound into our body, to expand light through our skin. This is to help our body to tune into pure light.

Sunday night ended up being a business discussion, talking about Arizona, Louisville, the Congress in Slovenia and the future of this group.

Monday morning we began the day with a silent meditation followed by breakfast and then a guided meditation using a pearl in our hearts to open them for the days work. We went to an area behind the barn in the sheep pasture, below the pond. There we spent some time perceiving the place and giving it the pearls from our hearts. The place was light and playful, filled with the sweet scent of mint. It was the heart center for the property.

We then went back to the first place we'd been on this property, through the giant maple tree portal, into the place that is expressing the quality of the new earth. We wanted to reconnect with our ancestors, so were asked to meditate and picture a line forming behind us of all those that came before us and all those that have helped us get to where we are now. The ancestor closest to us put his/her hand on our shoulder to acknowledge our being and tell us something for our life. WOW! We were then to re-image the object that was given to us that first night we met and see how it had changed – double WOW!!

We left this place and went to the area outside the big maples and stood in two lines, holding hands. Ana had us look into the eyes of the person in front of us and silently remember the weekend and places we'd been. This was so unbelievable!

Having just done the work with the ancestors I'd been seeing whom I had been in prior incarnations and the multitude of people who had and some who do still help me. Now looking into people's eyes I was seeing who they'd been too, in one or more incarnations and in some cases our karmic connections. I was trying to interject thoughts of the weekend, but was blown away at these other revelations. What an amazing assembly of souls you are! It is an honor to work with you.

Love,
Gail