



Fill yourself with elements of nature.

Conscious Interface

The drinking in of the dawn's first light is a powerful alchemical process. We invite you to be aware, and fill yourself with other elements of nature.

On a clear night, fill yourself with stars. Allow the vibrations and the natural energy to fill your systems.

Most people are unconscious of what they are allowing to fill their system. When you are unconscious or unaware of the energy vibrations that are permeating your field, you are at the effect.

Be aware of the discordant energies that surround you.

With intention, invite, allow, and welcome the energy of the new day – the energy of the earth under your feet, the trees, the flowers, the oceans, or even colors.

You are working with powerful alchemical processes of healing and restoring. It is a process we call interface – conscious interface.