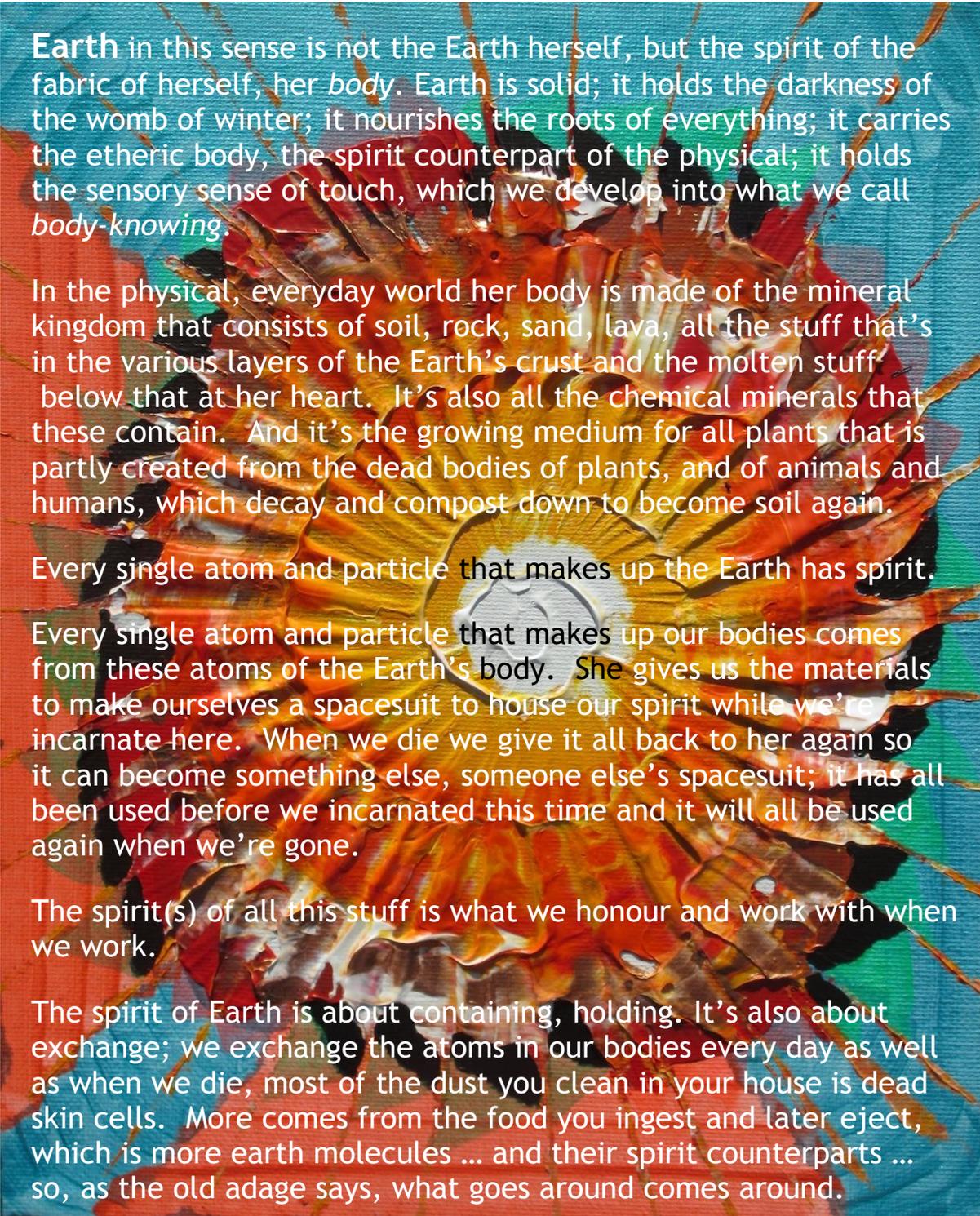


Shamanic Drum, Chant and meditation with  
**Nikki Marianna Hope**  
13<sup>th</sup> July 2015



**Earth** in this sense is not the Earth herself, but the spirit of the fabric of herself, her *body*. Earth is solid; it holds the darkness of the womb of winter; it nourishes the roots of everything; it carries the etheric body, the spirit counterpart of the physical; it holds the sensory sense of touch, which we develop into what we call *body-knowing*.

In the physical, everyday world her body is made of the mineral kingdom that consists of soil, rock, sand, lava, all the stuff that's in the various layers of the Earth's crust and the molten stuff below that at her heart. It's also all the chemical minerals that these contain. And it's the growing medium for all plants that is partly created from the dead bodies of plants, and of animals and humans, which decay and compost down to become soil again.

Every single atom and particle that makes up the Earth has spirit.

Every single atom and particle that makes up our bodies comes from these atoms of the Earth's body. She gives us the materials to make ourselves a spacesuit to house our spirit while we're incarnate here. When we die we give it all back to her again so it can become something else, someone else's spacesuit; it has all been used before we incarnated this time and it will all be used again when we're gone.

The spirit(s) of all this stuff is what we honour and work with when we work.

The spirit of Earth is about containing, holding. It's also about exchange; we exchange the atoms in our bodies every day as well as when we die, most of the dust you clean in your house is dead skin cells. More comes from the food you ingest and later eject, which is more earth molecules ... and their spirit counterparts ... so, as the old adage says, what goes around comes around.

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Acrylic painting of DRUM by niKki  
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