



## ® Call to Action Expand Your Awareness through Nature

By: Renée Coltson

The Field is infinite intelligence and energy from which all things proceed. It is an intelligent energy system. It is theoretically like an ocean with which we are constantly interacting. It is in constant motion and all life is affected by it. The Field is the invisible fabric infinitely connecting the totality of all that is. This deems all life interconnected, interrelated, and interdependent. There is no separation. We Are One.

Here and Now there is a new energy. A more compassionate light environment is permeating the vibrational field of our existence. Historically, this energy offers the greatest potential ever for healing, evolution and the renewal of all life. Advanced seeds of consciousness are rising and bubbling up from within the Earth. The Planet has shifted, and the awakening continues. Through the interactive suggestion shared at the bottom of this document, you can experience an amplification of your connectivity to that evolving Life Force. As you engage, you will be assisting Earth's processes to unfold as you expand your sphere of awareness and influence to include all life forms and your connectivity to The Field.

When I received the following message, it was accompanied by a vision that revealed a gathering, a large crowd of many different species from the animal and the plant kingdoms. Here is what they said:

***The Earth knows you. We express ourselves through Her. We are Beings from the stars, from the ocean, from far below the Earth's crust. We are Beings who live in the trees, fly through the skies, and inhabit the lakes, the streams, the rivers, the wetlands, the swamps, the jungles, the mountains, the forests, the deserts, the planes, and the prairies. We are in places you do not even know exist. We are everywhere.***

***We are sentient Beings, expressing ourselves as the flora and the fauna of Earth. We all love you and are honored to share this planet with you. We want to connect more deeply with humanity. We want to feel that love and we wish to return that love in a bigger way. Our collective hope is that more human beings will accept us as part of yourselves. We already have the awareness that you are part of us. There is much to accomplish in order to shift and contribute to the ascension of Humanity and the Planet that we, along with you, have chosen to inhabit this time around.***

So you see, they do have a voice. We humans perhaps could listen more openly with our hearts. The vibrational patterns are changing through the field. The interaction with these other citizens of Earth through the heart creates a higher vibration in the overall pattern of Planetary Consciousness. My understanding from other communications received from these Beings since then, is they also want to shift into a more evolved expression of who they are. We are in partnership with them to bring about a new paradigm of being.



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## Call to Action

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In order to benefit Life...people, animals, plants, the Planet, and all, I invite you to find a place in nature in which you feel comfortable. With a deep breath, release the stressors of your life and open to that childlike state of awareness. Read the message from the flora and the fauna either to yourself or out loud. It is likely you will have an upwelling or stirring of emotion.

Allow all of your senses to fully activate while you focus on each sense individually. What do you see? What do you hear? What do you smell? What do you taste? What do you feel? With these questions, invite the magnification of your senses, and become aware and notice the magnificence around you.

Use this exercise as a beginning to advance your overall energetic connection into that intelligent energy system referred to as "The Field". Certainly, minimally, you will feel nourished and relaxed. Your perspective and awareness will expand exponentially as you engage with nature on a more active and frequent basis. Do this exercise as often and for as long as you wish.

*IMAGINE* what can be.



*Below we have reinserted the message from the Flora and the Fauna to make it readily accessible.*

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