

[Publication](#)

[Radio Show](#)

[Calendar](#)

[Directory](#)

[Advertising](#)

[Store](#)



## Gravity Loves The Earth

by Rebbie Straubing

The lush green life of our planet requires water. In answer to its calling, water is lifted in an invisible elevator, horizontally rearranged and lovingly deposited on the thirsty soil. Gravity nurses our green brothers and sisters with this perfectly suited arrangement.

For us, gravity acts as Earth's loving arms, holding us comfortably on our spinning mother with just the precise balance of force required for both our stability and our freedom of movement.

If you make lists of things to be grateful for, you may find a whole catalog of items to appreciate in the tender force of gravity that holds us in its care, always consistent, always reliable, always available.

If you are living on this planet, even if you are tired or poor or lonely, gravity is yours with equal precision. No matter your circumstances, you have equal access to the benefits that come from deepening your awareness and appreciation of the gravitational force that keeps us on the ground.

### Gravity and Faith

The way you mingle yourself with gravity indicates the degree of your faith. We fight gravity with muscle tension. We habitually try to resist the force of gravity by ineffectively tensing muscles that were made for other jobs. Then, when those same muscles go to do their natural job, they are worn out and partially contracted. They are unavailable and inefficient. In this instance, our lack of faith has undermined our functioning.

When we have faith in the goodness of the Earth, when we see the physical world as a place where good prevails, we relax. Our muscles express trust. They become relaxed and toned. They sit perched, ready to do what they were born to do.

To find your degree of faith in the goodness of this world, look at your muscle tension. Then, without judging yourself, consider how you can use this indicator to bring greater trust into your awareness. As your relationship with gravity becomes more harmonious, you increase the attraction of good into your life. This beneficial flurry of attraction cycles into increased faith.

## Gravity and Healing

Once you have released even the first layer of the tension of distrust and you increase your partnership with gravity just enough for a few muscles to relax, healing becomes more noticeable.

Healing is always taking place in the body. Healing is the natural function of the body, which perpetually self-communicates and self-corrects. But our lack of faith (and the resulting abundance of tension in our muscles) interferes with the natural healing process. Once you begin your movement toward a harmonious relationship with gravity, you open uncounted channels of healing within your energetic body. And similar to the rain, gifted back to the earth, life force is lifted, rearranged and distributed where it is needed in your inner world.

## Gravity and Eden

The world we seek, where natural beauty is all our eyes receive, love and harmony is all our heart encounters and the sweet movement through time that we call life feels ever new and refreshing, that world rings a tone that can be heard in gravity. As we tune to this loving note in our bodies, we move closer to knowing Eden.

## Try This

You can do this exercise in the quiet of your meditation, but since gravity keeps you company everywhere you go, you can also do this while you are standing in line at the supermarket, while riding on the bus or sitting at your desk at work.

The more often you pay attention in this way, the more you integrate this relaxed awareness into the habit patterns of your muscles.

You can do this with eyes open or closed. As a meditative process, with eyes closed, you develop more detailed awareness of the inner aspects of the process. This cultivates wakefulness. With eyes open, while moving through your day, you develop skill at integrating this awareness into your life where most of the unconscious battle with gravity takes place. I recommend doing both since their benefits compliment each other.

- 1.** Find your center. Find the vertical line within you that holds your spine in alignment with the center of the earth.
- 2.** Let this vertical support, invisible and energetic, be the only thing holding you up. Let all other muscles relax. Imagine yourself like a pine tree. The central trunk holds you effortlessly upright. All your branching muscles find their natural and graceful place and position with complete ease.
- 3.** Go through your body and instruct each area to become aware of the loving force of gravity that embraces it.
- 4.** Declare freedom to each area of your body, sequentially. Tell your legs, your arms, your shoulders, go through your regions in as much detail as you want, telling each part that it is completely freed from its post. It no longer has to fight gravity. It is free to focus on its true function. It is free to joyfully express itself.

The muscles necessary to keep you upright will naturally engage, as that is their true calling and their joy. You may find your posture becomes more upright than usual. The muscles not necessary for your posture will feel the gift of relief as they shift their focus from what they think they "have to" do to the possibility of getting to do what they love to do.

By relating to gravity in this loving, gentle and receptive way, your body gets happier.

You sweetly blend your energetic field with the magnetism of the Earth that is your world. You develop a more natural and spontaneous sense of faith and trust. And healing, deep, unnamed healing, soaks your consciousness.

© 2006 Rebbie Straubing

---

Dr. Rebbie Straubing, developer of The Yoga of Alignment (YOFA), is a workshop leader, Abraham Coach and spiritual writer. Her free e-course, 7 Secrets for Manifesting Your Heart's Desire is available at [www.YOFA.net](http://www.YOFA.net). Attend Rebbie's YOFA Virtual Workshops anywhere, anytime at [www.VirtualWorkshops.net](http://www.VirtualWorkshops.net).

---

[Publication](#) | [Radio Show](#) | [Calendar](#) | [Directory](#) | [Advertising](#) | [Store](#)

---

Tel: (248)569-3888 Email Address: [info@phenomenews.com](mailto:info@phenomenews.com) Fax: (248)569-4512

phenomeNEWS · 18444 West 10 Mile Rd. Suite 105 · Southfield, MI 48075

Send comments & suggestions to: [webgoddess@phenomenews.com](mailto:webgoddess@phenomenews.com)

© Copyright 2006 phenomeNEWS