



BIOENERGETICS
SUMMIT

The Importance Of Reconnecting With Our True Source Of Power For Wholeness, Vitality And Well-Being

Greg Eckel, ND, LAc With
Neelam Sareen



Greg Eckel, ND, LAc

Welcome back everybody to the Bioenergetics Summit. I'm your host, Dr. Greg Eckel, and I have a special treat. I've got Neelam our quantum alchemist, the healer a channel and founder of the circle of light focused on building a community of heart centered souls from around the world of which I am one and assisting leaders, pioneers, creatives, light workers, and star seeds who are here to build the new earth template through her powerful high frequency, energy transmissions, and meditation. She anchors the new codes of consciousness onto the planet and into the human energy field, activating awakening, aligning and upgrading our DNA to quantum level. She assists souls to step into their multidimensionality and divine mastery by helping souls to remember their true divinity and to reconnect them to their galactic heritage and soul gifts. Today's topic is reconnection with our cosmic truth. Neelam, welcome aboard.

Neelam Sareen

Hi Greg thank you for having me. It's lovely to be here with you and you know how much I love you. So it's really lovely to be with you.

Greg Eckel, ND, LAc

Ah, thank you. I was so pleased when you said yes to come on to the Bioenergetics Summit. You know, I really I've shared with you and I'll share publicly, you have really helped with keeping my vibration just reminding me to really tune into these frequencies that we're gonna talk about today. So really one I wanted to start out with just introducing you to the community here. How did you get into the energy field?



Neelam Sareen

It was crazy actually. I mean, I went through, I felt very lost for a while. I used to be a director in the corporate world and then I went and I had to look after my mother-in-law through cancer. And so I left my work and I started to care for her. Had my family started to support my husband with his business. And then over time I started to lose sense of myself. I couldn't go back to work 'cause my mother-in-law was always very sick with cancer. And I started to just kind of watch her sickness and I would watch her emotions and I started to feel things internally, like, things were going on in the body and I started to intuitively sense what was going on. And I slowly, slowly slipped into a depression myself. I mean I had no boundaries.

I was a natural healer. I was picking up her energy as well. And I think the breaking point for me was in 2008 where I had a little bit of a, I went into a depression and also four of our friends, all men in their early 40s all passed away that year. And it was a real shocker to my system, but I knew that something deep inside me was waking up and I couldn't let it go. I couldn't let go that the fact that they'd all passed away at such a young age, thriving, good careers, everything, what was it that triggered their sickness and their illness. And so I started to turn to meditation. I didn't wanna go onto antidepressants or anything. I knew I had to start meditation and I actually heard it in, deep inside I heard the word meditation. So I found a lady that taught meditation and I started to do it. And I did it every day for 30 minutes in the morning, 30 minutes in the afternoon, before I picked up my kids, I would meditate. And what I started to notice over, I think a few months I started to feel slightly different. Like I was so stuck and the energy started to move slightly and I started to feel brighter and I started to see things, things started to open up and I started to see into the body and I could see into the stars and then slowly slowly being started to connect with me, the started to come.

And I opened my practice. I started, I did, went into energy work and I just knew this was my path I had to follow this calling. And I always knew I had a calling. I was here to do something and it just led one thing led to another. And now I help people all over the world, but really helped star seeds, light workers, creatives leaders who are here to build and they need their activations. And we give them really powerful high frequency activations to keep them vibing high. So it's just beautiful when you find your way, but it was a depression that led to meditation.

Greg Eckel, ND, LAc

That really, that is so often the case and the stories of folks that what we're seeing through a, interview after interview of their kind of dark night of the soul, so to speak that led to really the



expression of the gift. And you truly have a gift. I think, why do you think it's so important for us to access our soul?

Neelam Sareen

You know, I experienced when I wasn't connected with my soul and I felt like I was dying inside. When you get stuck in life and you know you're here for something and you know you are a naturally creative being. We are naturally creative beings. We are meant to create. And when our soul is not being expressed, we get physical conditions. We get physical conditions because there's dis-ease, and there's disharmony in the body. We have to line up with our soul.

Our soul is meant to express, thrive, play, dance, create through us. And I have physically experienced what happens when the soul feels like it's dying inside. Literally I was wilting like a flower wilting, not being watered, not receiving sunlight. That's how it felt for me. And when I started to search and explore and the feeling of lighting up when you're doing your divine work and when you're doing something that you love, I literally started to experience my soul coming online. And I truly, truly in the core of my being say to everyone, wake up your soul, align with your soul path, find your calling, find what you're here to do. And light up, the soul has to be alive and thriving. And we have to use the full container of our field and our energy, and yeah, it's everything, mind, body, heart, soul, spirit. We have to wake everything up and then we really come online.

Greg Eckel, ND, LAc

Was that at the beginning of that process, because you did come out of corporate world, was it difficult or did you have some shyness about it? Or, what was that process like at the beginning?

Neelam Sareen

For me coming out was very difficult, because I was, and obviously other lifetimes you've been invisible, you had to hide yourself. So it took me a long time to come onto YouTube and on screen and in front of people. So I would do it quietly in a room. I didn't say to anyone I was a healer, when people would ask me what was my occupation? And I'd say, oh, that I was in the corporate world accountant or I'd, just, I wouldn't say I was a healer. I felt uncomfortable. And then when I did start saying I'm a healer and people would just look at me. And when I went on to say, I'm a quantum alchemist what is that? I would just get blank stares. But over time you build your confidence. You start to do your divine work and you really start to believe in it and have faith and you see the results and you see people's lives changing.



And then you start to step forward. It's a process, isn't it. Step by step you step forward. And you start to then be seen for who you truly are, your true self. And so that process took a long time, but now it's like, I don't care. We've got work to do. And it's about being seen. And so I tend to attract a lot of souls who have been invisible in their live star seeds. Who've had to hide their true identity, who've had to mask their truth and light workers, but they're the ones who are here to shine and it's just helping them find the confidence and value themselves, understand that they have rare gifts that they're here to spread and share and not to be afraid, not to be afraid of shining.

Greg Eckel, ND, LAc

So that component around safety, there is, it seems like, there has been maybe past lives or there was good reasons to be not kind of the tallest poppy in the field, but it seems like there's more momentum and more people are kind of blooming or blossoming in that. Is that a correct assessment of what I'm seeing out there?

Neelam Sareen

Yes, people are waking up and they're stepping forward and they're not wanting to be, to hide their voices anymore. They want to express, they want to express who they are. They're realizing that they don't want to do the nine to five jobs that they're not happy. They've gotta find their passion they're calling and whatever society has told us that should make us happy is not making us happy. So that's why people are now waking up, they're exploring. They want to know who they are, they're asking questions, they're exploring sound and energy and movement and meditation and yoga. And they're looking at the holistic field and this is how they're gonna start to now expand. And millions on the earth are waking up at this time. Millions and millions of souls are waking up because the frequencies are just going higher and higher. So, but there's also a lot of density being released right now. So it's a time of a little bit unsettled times that we are in.

Greg Eckel, ND, LAc

It truly is. How do you see the next few years kind of unfolding here?

Neelam Sareen

I say chaotic because we are changing from one paradigm to another, and so this in between stage is always difficult and this is why we have to stay so centered. There are two realities at play. You can have a very different experience if you stay in the higher vibrations, if you have your tools, if you use your affirmations, if you know how to center yourself and come back into



presence, if you are connected with mother earth and source, you can ride these waves and you'll be a surfer on top of the waves. If you don't have any tools and you don't have that stability, you'll be loosely in the wind and you'll get blown about through this time. So, it is really, really, and this is what I teach most of the time in my sessions. The tools are key to get you through this next few years, so chaotic, but you can find peace on a daily basis with your tools.

Greg Eckel, ND, LAc

I love it. And at the end, I want you to share some of those tools with us because it is, the times are changing and it is turbulent out there, as you mentioned, and finding community of folks to support and also encourage on this path is so important. And having having some guides to help with the darkness, let's just say that, what do you see in your work, because you are reaching more and more people. I mean, it's growing every week for you. I've seen it over just even the last two to three years that I've been studying with you. It's really impressive on, all of the different, I love that you're so grounded in that your message is very clear around it's in you, like you tune into you because that's where the answer is. How do you encourage folks along that path?

Neelam Sareen

I truly believe to lead by example so that the more grounded you are, I feel that when you're authentic in your expression and you share from a place of when you've been through something and then you share when you're on the other side of that, I don't believe in preaching something that I don't know or haven't experienced and got through. So, and I tend to be very authentic and in the sense, open in the groups. And it's really important to hold them through this time. So these high frequency hubs and these groups are so, so key to help souls move through this time, but you've just gotta vibe high. You've just gotta stay, be with people that you get and more and more are coming.

And more and more star seeds are finding their way to circle of light, our community. And we are helping them heal. We're helping them clear trauma. We're doing a lot of work. I stay connected with source and I keep receiving the information through me, and then I share it and let me share it. And it's always so aligned with the planets. And I don't even look at the planets, but the alignment is it blows me away sometimes. And so the key is to stay grounded. I see myself as a tree, my roots are deep and I can reach high into the stars. And that's the way we have to be. The more grounded we are, and I truly believe that spirituality can be very simple. We can keep it simple. We don't have to overcomplicate things. So a grounded, simple, connected spirituality is the way that I like to serve.



Greg Eckel, ND, LAc

I love it, it's such a beautiful way. And like I said, you do have, I feel such an amazing gift for sharing it. How do you coach folks or share around care for the vessel? Because the clarity of the message of, I think a lot of times it gets a little, maybe we're not as confident that we truly are creator or that we are getting a clear message. So how do you help with that?

Neelam Sareen

So I teach a lot of channeling courses. I help them to connect first with their highest selves and then to listen to the guidance from the highest selves and not the ego mind, but the higher self and that higher self will always speak to you in a very tender, loving, soft voice. And it'll come from deep within you. And it'll be very simple, but it'll be very repetitive. And so you have to listen to that voice and it won't stop until you've actually put into action, then it will stop. So it's learning to listen to the subtle energies inside of you, your guide speaking to you from inside of you. So the more present you are, the more you can start to hear this wisdom. And I really want to empower ourselves to be able to get there in our guidance. So, we connect them to their higher selves and then they listen to the wisdom of the higher self. And then we connect them to their guides, their spirit team.

We all have a spirit team here on earth that is here for us. And it is a group consciousness made up of ascended masters, angels, power animals, divine feminine goddesses. And then we connect them to nature, learning to listen to nature. And what nature wishes to say, the trees speak, the plants speak, they sing, the bees and the dragon flies, and the birds, they're all messengers of light and high frequency. So we teach them how to connect with them. And then the star beings, and mother ocean, everything has a voice is frequency. So I try and help souls to listen and connect and start to receive their own messages so that they can navigate their day to day. But you have to be so present and aware and feeling with your feeling body and tuning into the energy around you and what's coming. And that's how you will stay ahead of the game when you can really start to listen, feel sense and read energy. So it's really important to be able to channel through this time.

Greg Eckel, ND, LAc

I think it's kind of one of the essential things for us now, because as there's more madness on the globe and with this density of matter, this old system passing, with fake news or, there's this propaganda this way, propaganda that way. And it's, we can't really trust those external signals anymore. And it's so essential to have that knowing the deep knowing in ourselves around what is true, what's true, like in your heart space and that piece, I am forever grateful for you in really



giving the confidence and creating a space and community where people can really tune into that. So I'm wondering if you would share maybe what the guides have to share with us now and kind of share with us one of these, a channeled event.

Neelam Sareen

Absolutely I'd love to, and I just wanted to expand on your point about the there's so much news out there and our energy can get really scattered because we are receiving information from everywhere. I mean, you got the news, which I say, don't listen to the news, but also on different channels, you've got different people saying different things. And so you have to use your intuition and your gut and your instinct and what feels aligned with you. So you're gonna get lots of different perspectives at this time. And if you're trying to listen to all of them, you're gonna get lost and muddled and confused. So this is where you have to regroup recalibrate, come back to center and just listen to your own truth or follow guides that feel aligned for you. They feel like they're speaking your language, and then you listen to them.

But if it all gets confusing, come back to your center and just breathe. And you don't need to know, you just need to become peaceful in your center, because there is a lot of information out there and it can throw you off. So, really important to regroup at this time. Okay. So I'm going to channel source creator today and just see what the guides want to bring through. And source creator is a group consciousness, the infinite mind, infinite intelligence, and we will just flow with it and see where we want to go with it. Okay, I always like to put some music on, so let's get some music going. It just helps everyone get into their hearts. Might take a bit, a few minutes to pick it up. Okay. So just taking a few deep breaths down into the heart space, and it's going to be really important to stay in the heart dear ones really important to stay in the heart space. And the heart is where we connect with you. And the heart is where we can guide you. And the heart is where we can love you dear ones and hold you and hug you and be with you. And we all enter from the heart because the frequency is high and we are here dear ones, we are walking through this evolution and this time with you, you are not to fear, but you are to connect.

You are not to fear, but you are to connect and ground your feet into the earth dear ones, ground your feet into the earth. Connect with source, connect with mother earth, connect with your higher selves, connect with your spirit team and go and stand up against the trees and let the trees hold you, put your feet on the ground and feel the earth beneath you. And there is so much you can do every day to stay connected. And we are here and the next few years are going to be erratic, chaotic. A lot of disharmony, a lot of karma coming up, a lot of clearing of density. We are moving from duality to unity dear ones, oneness, you are to come together, build these



communities, build new earth together, no more competition or gain, but seeing your brothers and sisters as your own arising together, supporting each other, cheering each other on, respecting each other's gifts and knowing that you are all different, diverse, individual, unique.

And none of you here on earth have the same gifts. None of you dear ones. And even if you teach similar things, you'll still bring your unique essence and your truth. You've had different lifetimes. You've had different experiences. You've been different things in different lifetimes. Some of you have been shamans and medicine women, and mystics. Some of you've been teachers and guides and physicists. You're all different. You're all unique. You all carry different light codes and different frequencies and fractals of light. You all carry different key codes and certain key codes, open certain energy fields in the quantum field, you are all a tapestry dear ones, a beautiful jigsaw puzzle, all pieces fitting together like a beautiful symphony and orchestra. And when we play in harmony together dear ones, that's when the magic really happens. When we start to come together as a group consciousness, because in the higher realms, we are a group consciousness.

We are angels and guides and ascended masters, and many, many different beings come together to form a unit. We are not singular anymore when we support one another, we help one another. And in time in time, you will not use money anymore. It will just be service connection. My gift is your gift. How can I serve you? How can you serve me? How can we create together? How can we move through this time together? How can we support the children? How can we grow our own food and work with the natural resources of Gaia? How can we build communities and sustainability and love and connectedness and sing our folk songs and sit round the fire, sing, sit in our circles and feel the peace and harmony and unity and strength of community in your earth. Right now, people are very lonely dear ones. They're very lonely, isolated, insular. You are to reach out to them, to hold them, to hug them, to make them feel part of a community. And that's when they will start to thrive dear ones.

That's when they will come alive. Many souls are dying of sickness because they feel so alone. And it is loved dear ones. It is love, that will heal their souls in the higher ends. We just love each other. We care for each other. We love each other so much. You are me, I am you, we are one dear ones. Reach out to those souls that are so alone that are left on the roadside, and no one cares. And give them your loved dear ones. Give them your love, see who needs your help. Go out into the earth and create communities of love. It's why you are here. Your hearts are so beautiful, so big. You can embrace many in your hearts. Build those beautiful new earth grids. Build them dear ones, where everyone is seen, held, heard, respected, treated as an equal. This is why you



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are here. Build those communities of love, dear ones, where you sing and dance together. This will be our greatest joy, our greatest joy. And we will also join you. We will join you because your frequencies will be high enough.

We will all sit together, we will dance and play. We'll learn and sing and teach each other. Oh, it's a beautiful world ahead of you. And it'll take strength and resilience and belief and vision. You have to keep your vision alive, never lose sight of your vision no matter how rocky it gets here on the earth, you are shifting a whole paradigm. And this is why you are here at this time. You chose to be here through this huge, huge grand experiment. You chose to be the ones that came here for this time, which makes you so resilient and bold and brave, courageous, strong. Stay anchored on the earth. Stay anchored, connected, hold each other, support each other, see who needs help, support your light workers and the star seeds for they carry the light, lead from your hearts dear ones not from the mind, lead from your hearts. Remember the Christ consciousness, compassion, love, kindness, heart centeredness, love in your being. Seeing with eyes of Christ, being present, taking a deep breath every day, gratitude in your heart, no matter how difficult it gets and gratitude and love for your brothers and sisters and your eyes together through this time, come together, come together, come together dear ones, come together and we are right behind you all around you creating a double helix, a halo around you. Stay strong, stay centered, stay grounded, speak from your hearts.

Create, create use a full container that you have here. You fulfill your songs, live from your highest expression and your highest joy and play and dance and create become the masters of energy, dear ones become the masters of energy. Remember your mastery, remember your connection to souls. Remember who you truly are. Remember dear ones. We are you, you are us. We are one dear ones, you are not weak, you are not weak. You are courageous and bold and everything you need will come to you exactly when you need it, know this in your heart and soul. Know this in your heart and soul, that everything you need is inside of you just waiting to be discovered by you through this time, keep raising your vibration, keep raising your vibration, keep raising your vibration. That is the key to experience these beautiful new worlds.

The golden days are up ahead. Keep going dear ones never lose sight. Stay focused, stay aligned, stay present, stay in your hearts. And we love you dear ones. We love you do, so, so, so so much, we send you our infinite abundant blessings dear ones, our infinite abundant blessings, our infinite abundant blessings, dear ones. We love you. Taking a deep breath down into your hearts, taking a deep breath down into your hearts and with gratitude and grace in your hearts. So we invite you to come back into this space full of love and blessings and peace in your hearts.



Greg Eckel, ND, LAc

Aw, thank you. The future looks so brilliant.

Neelam Sareen

The future is very bright, and it's about coming together. So I just see these communities and love and children playing and everyone coming together and no one competing, but everyone has a gift. Everyone is unique. We are here to create diversity, and just build from the natural resources and grow our own food and just create these communities of sustainability. So that is the future where there's no fear, just love and connection. And everyone knows everyone has their own unique gifts. So equality, equilibrium, harmony, peace. So we got a little bit of a way to go, but we're on our way, but not to lose focus.

Greg Eckel, ND, LAc

With, so let's talk about that because the, a lot of times I'm hearing from multiple sources of, hey, there's some turbulent times ahead. I mean, we're seeing it in our world today. And so it really does bring up the practice of creating in the frequencies. It's there, those limitless, abundant possibilities are there and then it's holding that in our hearts, really what our, kind of a component that I say is helping people create heaven on earth, even faster than we ever dreamed possible. And when you say that people look at you, like, do you see what's happening out there? Like what.

Neelam Sareen

You know, the key is just create your own heaven on earth. So you have to be so mindful every day, what's going on in your mind? What are your thoughts? If they go into negativity and they're low vibrational, you've gotta shift them. So it's just total awareness. Look at your thoughts, create affirmations that lift you, high vibrations. I am divine I'm source, I am creative, I am love. I am peace, I am harmony. I'm blessed, I'm abundant. I have peace in my heart and everything is flowing in my life. Affirmations like this on a daily basis, starting your day with gratitude in your heart, just sitting before you wake up and you reach for your phone, just spend a few minutes focusing on what you're grateful for. And it is the tiniest things. I have a roof over my head. I have my heart is at peace, I have money in the bank. I have food on the table. I have my breath. I have eyes that can see, my body is well and healthy.

These are just the things we have to come back to. And when we are vibrating in that vibration, and when we're connected to the earth, stay grounded, connected to the earth. I'm gonna show you a process in a minute and also connected to source. And as you stay connected to mother



earth and source, you are creating your heaven here on earth. So not to look it out, yes, there's gonna be turbulent times, but you can be the peace for bud earth through the turbulent times, by staying centered, by regrouping, recalibrating on a daily basis and being so mindful of your energy. And this is our mastery here to stay so aligned in our energy field. And that's the vibration then that you will emanate and create the ripples in the quantum field. So it's a daily practice really.

Greg Eckel, ND, LAc

It is a daily practice. Yes, yeah. And so worth it. I mean, to experience that expansiveness and in touch with source and I mean, infinity, they really weren't messing around with that word.

Neelam Sareen

Right absolutely. And the thing is through this time, we're not here to sacrifice our soul or save anyone or rescue anyone. But this is the, the next vibration is like the universe we breathe in and we breathe out and this is the figure eight you serve. You give, you receive, you give you receive, but you have to receive to give, you have to receive to give, so you fill up your container and then you give an abundance. But if you don't know where this container is filled from, you're gonna get depleted. So you have to charge yourself up from source, from mother earth and then you give in abundance, but it's this figure eight, it's this figure eight I serve, I share my gifts. I receive the full 'cause I feel fulfilled. I give and I serve some more and I create and I feel fulfilled. So this is the figure eight, the infinity sign.

Greg Eckel, ND, LAc

I love it. And that component, the aspect of receiving a lot of folks have some challenges with that, why do you think that is?

Neelam Sareen

You know, we're designed to give and we feel guilty for receiving, and then we feel it's selfish to receive. I was one of them, I never used to feel I was worthy of receiving or no, you can't receive, or can't ask for what I need, but you give, give, give, give, give till you're depleted and on the floor and you're too burnt out and you've got nothing left. So I've experienced all of that. And many souls receive experienced that. And a lot of light work and stasis have real difficulty in receiving, but this new energy is all about receiving, receiving the love that you deserve, knowing that you are worthy of receiving, knowing that your needs matter, knowing that you matter, you are worthy and deserving of everything that you dream of and that you desire. And yes, we give, but in equal measure and we have to check in with ourselves, are we full, are we depleted? Do we



need to charge up? Then we give some more, otherwise we end up angry, depleted, resentful, frustrated, and we don't want to give that to anyone. So we give them an abundant loving space, which is full.

Greg Eckel, ND, LAc

Love it from a full cup. Well, at the end of our time together, I really like to put folks or give them some action items or the ability to get into motion. And you wanted to share a technique with us or some thoughts around most important daily practices during these turbulent times and or ways to keep our cups full.

Neelam Sareen

Yeah so I'm gonna share a lovely technique that the guides are showing me at the moment, and that would help the community that this is going out to. And it is connecting with inner earth, the solar sun, mother earth, solar sun to stay grounded. So we're not only going into the earth, we're gonna go deeper. And also we're gonna connect to source. So I'm gonna do a few processes through this, and just take you through what they can do on a day, what souls can do on a daily basis. Okay so I'm gonna get everyone to close their eyes and go within, if it's always good to close the eyes and go within. So, so when you wake up in the morning and maybe if you're feeling unsettled and you've got emotions surfacing, and you're confused, or you just have to come back to present the present moment and start to get your journal out and write a few affirmations, write a gratitude list, listen to some high frequency music and just start to focus on your breath.

Listen to the birds outside, listen to the breeze. Look at the sun that's shining, become so present to this very moment And just take a moment to be grateful, no matter what is happening in your life, just come back to this present moment and feel so grateful as you start to feel grateful, you start to open the portal of your heart dear ones. You start to open the portal of your heart and your vibration changes immediately, and then this is a technique that we would like to show you through this time. So in the morning when you wake up or whenever you need some grounding, first of all, you connect with source and then you connect with mother earth connect with your higher selves, connect with your spirit team that is here to support you and only assigned to you. Your spirit team is here for you and only you so start to build your connection with them. And just start to imagine now that your roots are going down into the earth, into mother earth and at the base of your spine, you have a dragons tail, a beautiful tail that comes out from the base of your spine. And as your roots go down into the earth, you will start to see deep into inner earth. And there is a globe directly below you.



There is a globe and in the middle of that globe is a golden sun, mother earth's power center. And if you are feeling depleted or low of energy or tired or burnt out, or just confused, start to see your tail. And remember, you can imagine anything you want. Your imagination is key through this time, start to see your dragons tail going down through the earth, through the soil down, deep down into the earth's core and just guide the tail down, down all the way until you start to reach mother earth's globe, just like the earth. There's also one beneath the inner earth. And this is where all the mineral kingdoms are. And then you can charge up with your favorite minerals as well, amethyst and jade and whatever you need, citrine. Start to take your tail deeper now dear ones down into the solar sun and just stick the end into the sun.

Just like the golden sun here on earth and in the sky. And as you do this, energy will start to come up your tail up through the base of your feet, up through and up your legs and into your pelvis, into your solar sun, your solar plexus and your middle and lower back, your glutes filling you up, lighting you up like a light bulb, going up higher into your ribs and your chest and your upper back into your shoulders and your organs, your spleen, your kidneys, your liver, into your lungs and your throat and your face, your ears, your nose, your eyes, your brain, and down your arms into your hands, your fingers, your fingertips, and just light up your entire being like charging up your iPhone, your mobile phones when you plug them in. It is the same thing. You're plugging yourself into mother earth's power source, And you can start to see your battery going up in percentage 50 to 60, up to 70 all the way up slowly going up to 100%. And when you are at 100%, you can start to unplug.

You have recharged your entire system from mother earth's natural sources. Start to take your vision down to inner earth and start to guide up your tail all the way up through the soil. Seeing your roots, as you pass deep into the earth and bringing your tail all the way up to the base of your spine, and then curling it into a ball and tucking it in only you know it's there. And this is an ancient practice used by masters and alchemists on the earth through many lifetimes. And also by the higher beings, we ask you to use this tool through this time. It'll help you dear ones to stay so grounded and connected and aligned. We thank you dear ones for allowing us to show you this tool today, we are here to serve you dear ones. We love you. We bless you abundantly. Thank you. So that is a very beautiful tool. And this is one of the tools that I teach in sessions, but it was really powerful, just like we don't forget to plug in our iPhones and charge them up every night, but we forget to charge ourselves up. So this is a beautiful technique to charge ourselves up from the natural resources of mother earth inner earth. So I hope that helps, but that was the tool that the guides wanted to show today.



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Greg Eckel, ND, LAc

That was lovely. And a great, great energizer. So thank you for that. Neelam the quantum alchemist. Thank you for coming on the Bioenergetics Summit.

Neelam Sareen

Thank you, Greg, it's always a pleasure. It's always a pleasure to see you and you're so beautiful. So I wish you all the best with the summit. I really do, thank you.