



Welcome to *Spirit Seeds*! I'm Triana, your guide through this journey of inquiry. I am a single mother, a Wounded Healer, an Eclectic Witch, and practicing Spiritualist of sixteen years. My last few years have been spent in the pursuit of knowledge which I believe is one of the master keys of life. I received my first oracle deck from my grandfather sixteen years ago and have been reading cards professionally for the past seven years. In 2023, I was certified in Quantum Healing Hypnosis Therapy and Herbalism.

In this column readers submit their questions, and we dive deep to find the answers. We'll embark on a journey of holistic exploration, delving into ancient practices and unraveling the enigmas of existence. Whether you're a seasoned enthusiast or a curious newcomer, this column offers a platform for deepening your understanding and expanding your consciousness. Are you curious about a certain new-age subject or practice? Seeking advice or perspective on a spiritual or holistic matter? Submit your questions at AskSpiritSeed@gmail.com and have a chance to be featured in our next issue.

What are the most powerful ways to use light language and energy codes to activate and heal my DNA?

To activate and heal your DNA with light language and energy codes, start by creating a peaceful space where you feel comfortable and relaxed—maybe light a candle, burn sage, or hold a favorite crystal. Light language is essentially a type of energetic communication that goes beyond words. You don't need to "understand" it mentally. It works at a soul level, speaking directly to your energy field. If you're comfortable, try speaking or singing light language yourself. Let whatever sounds want to come through just flow, even if it feels strange at first. Imagine those sounds as vibrations unlocking dormant potential in your DNA. Visualize light codes—like streams of golden light or geometric patterns—flowing into your cells, activating healing and transformation-like keys unlocking a pool of potential. Another option is to listen to recordings of light language (there are many online) while you meditate. You can also combine this with breathwork or simply place your hands on your heart to feel the energy. The goal is to let your body and soul do the work—trust that your DNA knows how to receive this energy and heal itself over time.

Take it slow, and always listen to how your body responds. To explore Light Language in greater depth, consider watching the 2017 documentary, *The Language of Light*, which delves into the science and spirituality behind this form of communication. Additionally, Jamye Price, a renowned spiritual teacher, and Light Language channeler, offers insightful teachings and activations on her YouTube channel. For those who prefer reading, the book *Light Language: Decoding Sacred Geometry and the Divine Matrix* by Zarah Sita provides a profound exploration of Light Language and its connection to sacred geometry and the energetic matrix of the universe.

How can I continue to evolve spiritually and thrive on my path when the material world feels so corrupted and chaotic?

Thriving spiritually in the current state of the world is challenging, but it's also an opportunity for deeper growth. One advanced practice I find helpful is grounding into the Earth's energy, while consciously connecting with higher realms. When you're grounded, you stay stable amidst the chaos. I recommend doing a daily Earth connection meditation—visualize roots extending from your feet into Earth's core, anchoring you into its stability. Simultaneously, open your crown chakra to receive guidance from your higher self. Another key is spiritual discernment—learning to filter the noise of the material world. I like to use shielding techniques, such as creating a mirrored shield around my aura to reflect any negative or lower energies, so they don't penetrate my field. Stay committed to sacred rituals, like working with crystal grids that resonate with higher frequencies and performing regular energy clearing (smoke cleansing with palo santo, sage, or using sound bowls). Most importantly, align your actions with your spiritual purpose, no matter the state of the world. You can use intentional living practices, such as consciously choosing activities and people that uplift your vibration. You become a beacon of light despite the external chaos by focusing on your internal alignment.

How can I cultivate a deeper connection with my houseplants, attuning to their unique needs and energies to care for them more intuitively while fostering a harmonious bond?

Cultivating a deeper connection with your houseplants is a beautiful and rewarding practice. Start by meditating with your plants. Find a quiet space, sit near your plant, and close your eyes. Visualize a light connecting your heart

with the plant's energy. Ask the plant what it needs and listen to any intuitive impressions you receive. Practice mindful observation—spend time simply being with your plants, noticing their growth patterns and how they respond to their environment. Pay attention to subtle changes, like leaf color or wilting, and use these observations to guide your care. You can also use crystal energy to enhance this connection. Place crystals like green aventurine or clear quartz near your plants.

These stones can help harmonize the plant's energy with your own. Try holding a crystal and meditating with it while focusing on your plant to strengthen the bond. Daily communication with your plants is key. Speak to them or use gentle humming to share positive energy. Acknowledge their presence and express gratitude for their growth and beauty. By integrating these advanced practices, you'll foster a harmonious relationship with your plants, allowing you to intuitively meet their needs and enhance your shared energy.

What are ley lines? Where are some located in the United States? What type of phenomena happen there and how can one tune into this energy?

Ley lines are believed to be energy pathways around the Earth that overlap and connect into a node or energy vortex. There are many of these around the world. Some consider them to be the Earth's chakra system with the nodes being the chakra centers and the ley lines being the pathways of energy. They are seen as part of a global energy grid that connects the Earth and the cosmos. They are often linked to unusual phenomena such as heightened psychic abilities, time distortions, electrical malfunctions, and paranormal activity. People report feeling strong energy, experiencing vivid dreams, or witnessing UFOs near ley lines. Additionally, ancient structures like Stonehenge and the Pyramids of Giza are built along ley lines, suggesting these ancient societies recognized the energetic significance. Ley lines are considered important because they are believed to carry the Earth's natural energy; they act as conduits for that energy to travel around the planet. In the U.S., you might find fascinating ones like the East Coast Ley lines which connect the Great Serpent Mound in Ohio with the Newport Tower in Rhode Island, and the Mount Shasta Ley line stretching from Mount Shasta in California to Sedona in Arizona.

To tune into these energies, start by using dowsing rods or pendulums to locate ley line intersections or "nodes." Once you find these spots, spend time meditating there, focusing on connecting your energy with the ley line's flow. Try visualizing yourself as a conduit, drawing in the energy and feeling it move through you. Find your flow with that energy. Crystals like clear quartz or amethyst can amplify your connection. Hold them or place them at these sites during meditation to enhance your experience. Keeping a journal of your experiences and feelings at these locations can also deepen your understanding. By practicing these methods, you'll align with the ley line energies and enrich your spiritual journey. To learn more about Ley lines, start with classic books like *The Old Straight Track* by Alfred Watkins or *Ley Lines and Earth Energies* by David Cowan. Articles from LiveScience and *Gaia* explore ley lines' history and spiritual significance. Finally, documentaries such as *Ancient Aliens* and *The Secret of the Stones* investigate ley lines' connections to ancient sites.

