



Virginia Fidel  
201 Homestead Rd  
Lavina MT 59046

## Meditate with Virginia

**Wednesday March 24, 2021 at 7:00 pm MST**

If you enjoy this week's meditation, you might want to participate in the **Essence of Nature – Part I workshop** June 2-7, 2021 at the DeKoven Center in Racine WI. For more information go to <https://virginiafidel.com/workshops> or call 406-577-6707 to request a “Virginia in 2021” flier.

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We usually experience the ground as “terra firma”, or solid Earth beneath our feet. But the truth is that Nature's *Mineral Essence*, which forms our terra firma, is constantly transforming. Just as the wind, clouds, light and seasons change, so does the physical Earth. But these changes occur so very slowly that we are not even aware of them, except when they culminate in a volcano, earthquake or other extreme geological event.

When the Earth began to evolve as a planet, Nature's *Mineral Essence* formed its layers: the inner and outer core, the mantle and the crust. As Earth continued to evolve tectonic plates, mountains and rocks were formed within the crust. Rock - the form of *Mineral Essence* most easily accessible to us – then evolved into three different types: igneous, metamorphic and sedimentary. Even today, these three types of rocks are still constantly changing, transforming from one type to another through endless revolutions of the rock cycle.

All manifestations of Nature's *Mineral Essence* are connected. This means that when you take the time to really connect with the *Mineral Essence* of a

rock, any rock, you also connect with every other rock, mountain, tectonic plate and layer of the Earth. Isn't that amazing?

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## Reflections

Watch: "240 million years ago to 250 million years in the future", by C.R. Scotese\*

Link: *Video can be accessed by this link only:* <https://youtu.be/8Nq8JwxcPQg>

Reflect on the following:

1. Choose a rock to connect with. It can be any rock, from a boulder you can sit on to a pebble to hold in your hand to a gemstone. Any rock that you want.
2. Draw a picture of what the essence of your rock feels like to you.
3. Repeat as many times as you want with different rocks.

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## Meditation

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Then meditate on the following, or just let yourself drift if you prefer.

1. Set a timer for 30 minutes. Make yourself comfortable in a quiet place.
2. Be with your rock. Touch it. Look at it. Listen to it. Connect with your rock's *Mineral Essence*.
3. Follow the essence of your rock to where it connects with the essence other rocks, with mountains, with tectonic plates, with layers of the Earth and finally with the heart of Nature's *Mineral Essence*.
4. Immerse yourself in the heart of Nature's *Mineral Essence*. Open yourself to the knowledge and wisdom that that is there for you.
5. After 30 minutes, gently come back.

The wisdom and knowledge of Nature's *Mineral Essence* are always available to us. Just find a rock, settle in with it and prepare to take an incredible journey of learning, healing and growth.

With Love,

*Virginia*

\* Please note: I am, and always have been, nondenominational, interracial, nonpartisan and multicultural. I love and support *all* people equally. I choose particular songs and videos only to help communicate aspects of a broad, all-inclusive message of Unconditional Love.