

# An Invitation

to explore

## The Spirit of Place



Fires, floods, hail, dust and drought, the Earth is getting our attention. We are concerned about the effects of fossil fuels, plastic pollution, industrial agriculture, air travel and consumption; we blame; we look for solutions but there are too many fronts that need attention, too many people to change.

The challenges we face now will not be solved at the level of the problem.

We have forgotten. We are part of the Earth. The Earth is us, we are the Earth. What we do to the Earth we do to ourselves. We are one living organism, one Being, one Spirit, and what we see externally is a reflection of what is inside us. What if we could consciously relate to other life forms.

The solutions are on the inside.

Every living form occupies a slightly different 'place' on earth. When we are at a certain place on earth we are in relationship with the subtle energies associated with that place. Our presence is changed by the presences of each bird, bush, stream or mountain range. Every moment we are alive we are in relationship with multiple life forms.

Earth meridians | Energy wells | The spirit of Trees

Sacred weaves | Historic trauma | Thresholds | Land Beings

**Author of 'Across the Creek;** Land energy experiences in the home paddock'; Helen Russ, Ph.D, will share experiences exploring the spirit of place. Particularly focused on her home property in Central Western NSW, where Helen discovered some of the energetic landscape that would have been familiar to Aboriginal people.

Helen has **experiences and techniques to help people discover what is in their own backyard.**

Land energies are in every natural place. They are also in unnatural places such as houses or community streets. The essential component is that you attune your energy to 'feel' the subtle energies within the designated area. You use your body as the thermometer. There are a few simple techniques that with practice will reveal a whole landscape of subtle energies. When we connect with the essence of other life we gain an ability to take action that supports all life. The Earth is a playground waiting for us to consciously interact with the divinity and life at its essence.

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Introductory talks

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Individuals,

Workshops

[www.helenruss.com](http://www.helenruss.com)

organisations or

Farm walks

email: [connect@helenruss.com](mailto:connect@helenruss.com)

community groups

## About Helen:



Helen's work has two inter-connected streams. How do organisations remain aligned with their essential goodness or archetype and how do we interact with land in a way that brings life?

Each community group, business or organisation is located within and affected by the spirit of the place in which it is located. Helen aims to bring an uplifted harmony to both.

Helen's connection to land came from her childhood on a farm in Central Western NSW. She has an undergraduate degree in Systems Agriculture, majoring in environmental community development and experience working with Landcare, Greening Australia and management consulting.

More recently Helen has practiced, studied and taught consciousness with individuals and groups in Australia, the United States and Europe. Helen has

extensive experience including a Doctorate exploring the spirit of material phenomenon. She has written on the spirit of organisations, the spirit of place and organisational integrity.

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