



Video Transcript

Learn Reciprocity: The Means Of Connecting With Gaia

Hello, Gaia Goddesses. I am here to talk to you about reciprocity and connecting with the planet. So what is reciprocity? Reciprocity is actually a really, really beautiful concept that I learned when I was studying with a Mayan shaman. It is all about the process of giving and receiving, and it's all about balance. So we can see this across all aspects of our life. When we interact with the planet, for example, Mama Gaia, she gives us food, she gives us shelter, we have warmth and sunlight, and we give back to Gaia by taking care of her, by pruning the plants, by giving offerings, by giving compliments and songs and giving our energy back to the planet. When we don't do these things, it's like having a friend where you keep giving to your friend and your friend never gives anything back to you. It feels out of balance, it feels out of alignment, you can even build up resentment. So this idea of reciprocity is a really, really integral part of the Mayan Cosmo vision and of a lot of indigenous lineages that recognize this wisdom of the full circle of balance. And we see this in the seasons and the cycles. It's never linear. It's always cyclical. It's always a full circle. And so when we're working with this concept of reciprocity and we're working with the concept of cacao and ceremony and ritual, we're going to dive into a few examples of how you can use reciprocity when you're connecting with the earth. Sometimes the idea of reciprocity can be a little bit hard to relate to because we're talking about the earth and the trees and the plants and the animals all having a spirit and essence and being able to connect with them there's a beautiful story from a book called braiding sweetgrass where the woman describes this phenomenon as it relates to language so in our language in english when we talk about trees

when we talk about the stream when we talk about animals we call them an it we refer to that thing over there or the it. It's actually a noun in our language, where and in a lot of indigenous cultures, when they talk about streams or trees or animals, they're actually verbs. And when we talk about them in this way, they're not an it. They're not removed from us. They're not objectified. They're not a stagnant, uncoherent thing. They're actually a movement of energy. And so when we talk about a stream as a verb, it means that this is not a stream. Or when we talk about a lake as a verb, it means this is not just a lake. Temporarily, this water is in the formation of a lake because it is movement, it is energy, it has a spirit. And this tree is not an it. These molecules and these energies have come to the creation of a tree but nothing is permanent this tree will fall it will turn into soil that soil will turn into new life and so in the indigenous language we can understand that none of this is permanent it's moving energy it has life force it has life force and so when we connect to the stream and the trees and Gaia in this way understanding that it's moving its energy and it has life force, we're able to really feel that connection. And through this connection, we can give back to the earth through something called offerings. And offerings are when we give something beautiful that means something to us back to Gaya, back to the earth, back to the lake, back to the streams, back to the trees. Some beautiful examples of offerings that we can give are cacao, honey. We have some sacred tobacco here as well as beauty like flowers. And when you give your offerings to the earth, my Mayan teacher told me, you never want to throw the offering. He said, if you came into my house and I gave you a tortilla, how offended would you be if I just threw my tortilla at you. You don't throw your offerings. You gently set them down with grace and with reverence. Another example of reciprocity that you can practice giving back to Mother Earth is through compliments, gratitude, and song. An example of this is when you sing to your plants indoors they flourish they love it the plants that you give compliments to they grow bigger brighter greener in fact there's even a study done by dr emoto the hidden messages in water that when we say beautiful loving things to water these amazing snowflake like geometric shapes are in the water, and then when we say angry, mean, or hateful things to water, it's chaos. It's discombobulated. And so you can see the effects of our words, of our voice, actually has very deep resonance with the earth and with the plants. So if you go outside and you sit in nature, maybe with a drum or a rattle, you can sing a medicine song, you can hum, Just activating your throat chakra is so good for you and the planet and the plants around you. If you go out for a hike, you can offer the trees around you compliments. You can fill your heart with gratitude. That vibration of gratitude emanates off of you and gives back to Mother Earth, gives back to this planet. And lastly, a way that you can honor Gaia and operate in this energy of reciprocity is through picking up trash, through composting, and through using glass and other

natural materials when available.

When you pick up these pieces of trash that aren't meant to be there, you raise the vibration of that area, you raise the vibration of yourself. It's such a beautiful practice, a beautiful gift back to Mother Earth. It's so simple, so easy, and it'll leave you feeling amazing as well. Another example is through composting or through using natural materials like ceramics, glass. All of these are honoring the materials that are available to us, wood. These are beautiful ways in which you can really honor the earth and bring back that full circle, give back to the Earth and reciprocity.

Thank you so much for joining me and learning about reciprocity and how to connect with the Earth. I am so honored to be on this journey with you as you explore Mama Cacao and deepen your connection with yourself, each other, and this planet.