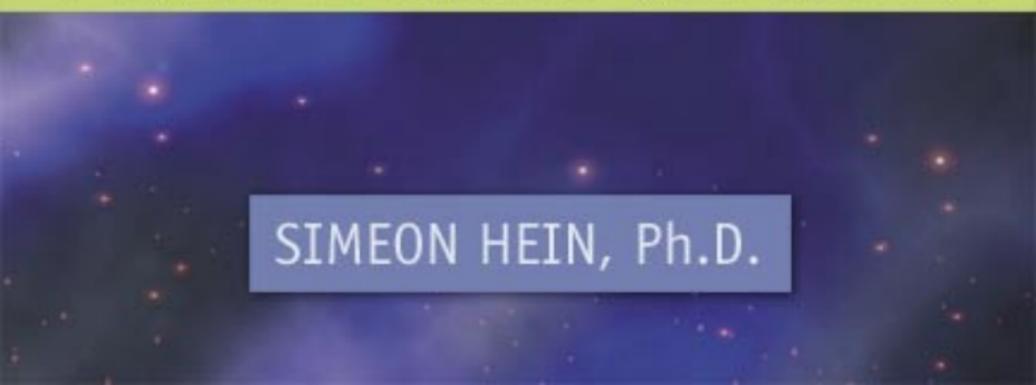




A HANDBOOK

PLANETARY INTELLIGENCE

101 easy steps to energy, well-being, and natural insight



SIMEON HEIN, Ph.D.

**Planetary Intelligence:
101 Easy Steps to Energy,
Well-Being, and Natural Insight.**

By Simeon Hein, Ph. D
Illustrations by Ira Liss
and Peter Sorensen.

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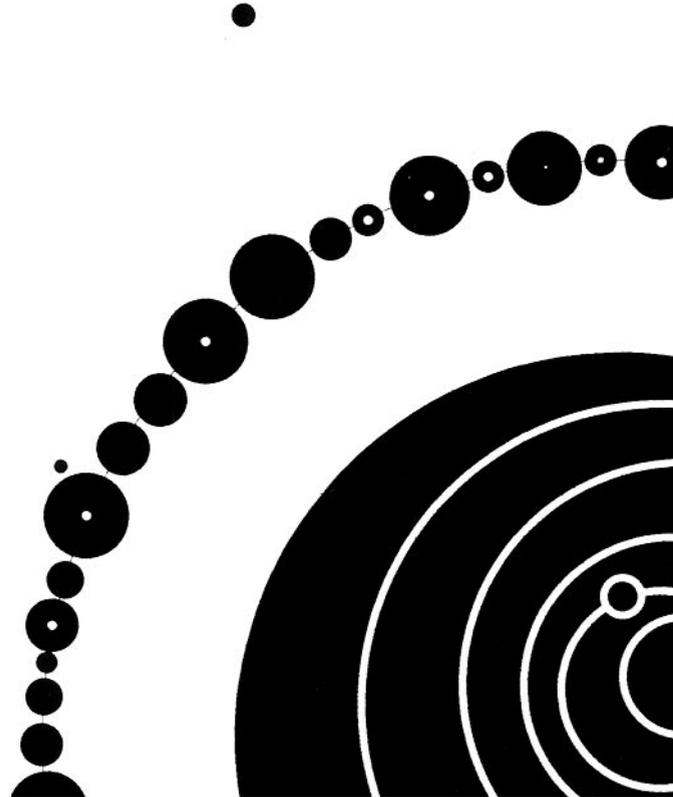
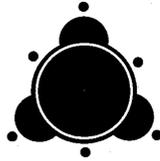
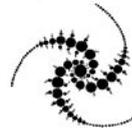


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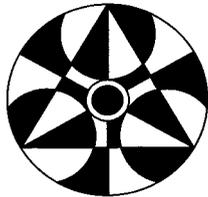


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Introduction

“The farther a person goes from himself, the less they know.” - Lao Tsu, *Tao Te Ching*.

This is a book about learning to listen to the quiet voices inside and around us that we often ignore. By learning to listen, we can rediscover the wisdom and magic of nature, and the intelligence of the planet. When we were children we could hear these voices. But as we grew older, we stopped listening and replaced our subtle, internal-intelligence with the endless chatter of social judgements and cultural conditioning. Our minds became the home of a mental program written by someone else. As a result, we became isolated and alienated from ourselves and nature’s intelligence.

Ever since we were very little, we have been put into a box made of ideas, attitudes, beliefs systems that make us

feel small, limit our personal identity, and distort our sense of well-being. Fitting into these systems, bureaucracies, and other mechanistic processes, entrains us to unnatural rhythms and patterns. Our attention is taken away from ourselves and is instead placed on social constructions and belief systems that do not serve us. We become fearful of life outside of this box and this fear drains our energy.

The purpose of this book is to show you how to use simple, natural activities to remedy these distortions in your sense of well-being. Many of these activities involve slowing down and paying attention to life around or inside you. As the interactions in our daily lives speed up, the quality of the information in those interactions goes down. We feel a hunger for a completeness that only arises from integration and coherency: two qualities that are not supported by high speed of modern



life. Speeding things up creates a lack of connection to ourselves and the larger universe.

No matter how many years we spent in school, we may still be undereducated in terms of our “planetary intelligence.” Our schooling and education have led us to be aware of our economic and “useful” qualities, but not those aspects of awareness that simply exist unconditionally. We have been conditioned to look outside of ourselves for happiness. Thus, we have become entrained to the rhythms of organizations, machines, and beliefs rather than our natural environment and its resonance.

Very subtle bioenergetic-signals are responsible for coordinating our connections to other living things. In order to feel this connection with the natural world around us we need to slow down and increase our self-awareness of our internal energy processes.



What is Planetary Intelligence?



The past few hundred years have seen an unprecedented evolution of technology. While technology has labor-saving benefits, it also creates an accompanying loss of awareness of our connection to the rhythms of nature. Though our great, great grandparents could farm, navigate, or hunt without relying on complex technologies, we have become dependent on sophisticated, external technologies to do these things for us. As a result, we have lost our sense of inner connection with the planet and the temporal cycles that are the basis for millions of years of human evolution. We now live in an “age of missing information (Mckibben 1993).” We have lost the awareness and information that contributes to the feeling of being part of a larger, living system.

Planetary intelligence is a physical and energetic awareness of our body and its connection to the world and

universe around us. It is an innate understand of our relationship to all other living things and our sense of place on the Earth. Rather than focussing our energy on all the social agendas and ideas of what we think we are supposed to be, it is to ability to be sensitive to the moment and all the different forms of energy that life contains. Nature contains lots of information which comes to us through our bodies, not our intellect. Planetary intelligence is our physical and mental activity combined with an awareness of living on a tangible, physical planet.

Our world of technology and material objects are increasingly driven by efficiency criteria. Despite all the material abundance around us we often feel an inner hunger and desire for contact with something that is hard to define. This inner craving can often take the form of addictions, to food or entertainment, or an undefinable thirst

for satisfaction or contentment. And the more we try to fill this thirst, the emptier we feel.

Increasingly we live in a virtual reality, the collective product of billions of individual and electronic systems communicating and interacting through massively networked systems. While this satisfies our need for short-term economic information, it does so at the expense of our physical and physiological well-being. While we used to be more physically active, we now spend many hours a day sitting in front of a television or computer screen. No amount of electronic interaction can substitute for being outdoors in the sunshine and experiencing the changing patterns of nature. The random, interpersonal violence that is present in our lives attests to this imbalance. We must find a way to better balance our virtual with our physiological and planetary needs.



Tapping into the Matrix of Intelligence.

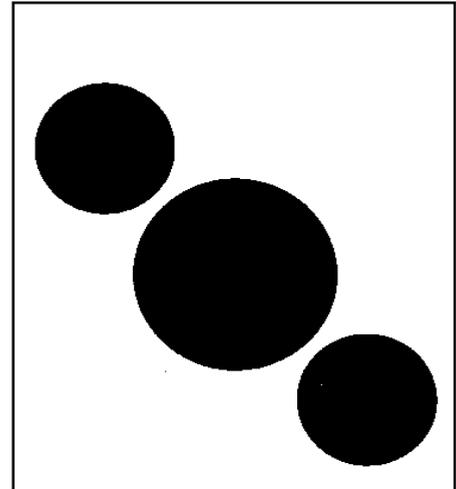
The matrix of intelligence is a collective, global phenomena that is the product of the network of animals, plants, and other types of awareness. We have been taught as a society to see intelligence as the product of our own individual minds. In this way, intelligence is seen as something reducible to the capacity of a brain in a single person. Some have suggested that intelligence is related to our emotions and thus have coined the term “emotional intelligence” (Goleman 1997). However, the idea here is that intelligence is the product of an entire system and is not something that we can possess “individually.” Rather it is a relationship between oneself and all the information and energy in that system.

We are all intrinsically interconnected with all the other organisms on the planet, whether we realize it or not.



Activities for Your Body-Mind

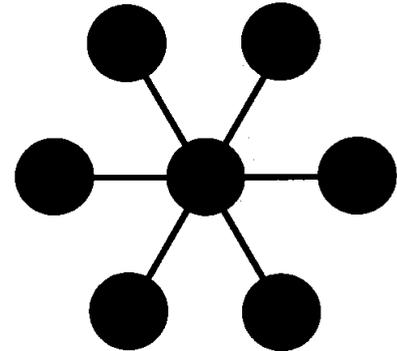
**Go For a Nature Walk. Settle Your
Mind.**



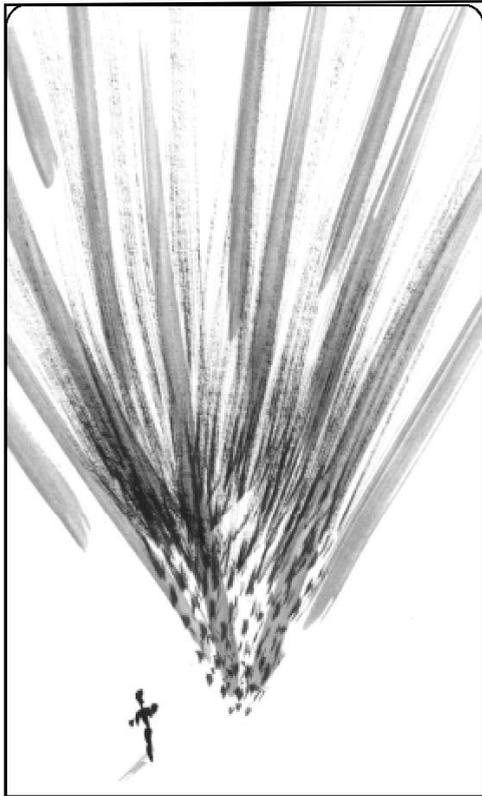
**Visit an Aquarium or Zoo.
Dolphins and Fish Can Help You Feel
Connected to Earth Energies.**



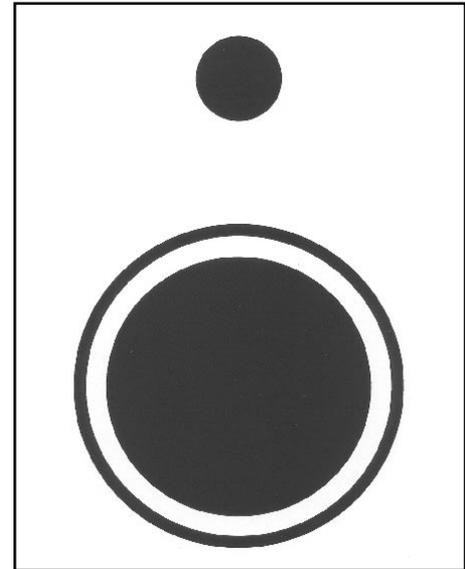
Practice Tai Chi or Chi Kung.



Visit a Sacred Site.



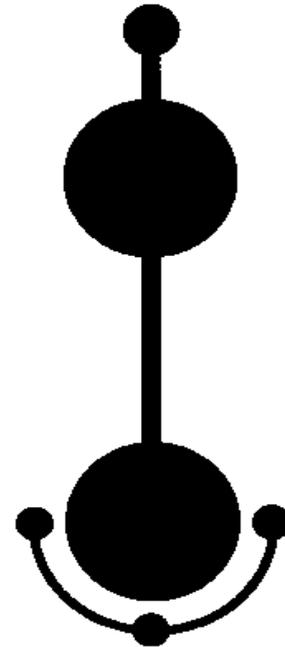
Play with your Pets.



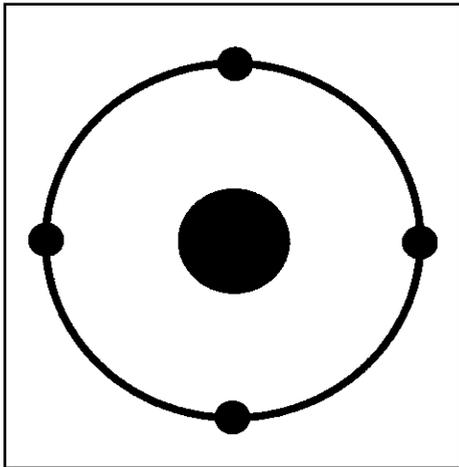


**Get to Know Fruits and Vegetables,
Carve a Pumpkin.**

Eat Natural Food.



Do Sweeping, Grinding, Rocking Motions.



Walk in a Labyrinth.

