

## INTRODUCTION

This document is dedicated to anyone seeking assistance from Nature Spirits such as fairies and elves, sylphs and undines, dwarves, nyads and dryads, etc. The information presented is in no way comprehensive. My goal is to introduce you to a way of communicating with Nature Spirits and hope that the Nature Spirit Assistance Prayer (NSAP) will help you. It is time that humans connect with Mother Earth and Nature, from a state of humility and wonder, and with a desire for help for ways to live together. Dependent on your skill level, past experiences and belief codes, the path to connecting with those Elementals will be different for each person. **I have compiled this document from my own experience with prayer and Nature, using the books by Machaelle Small Wright and documents written by Theresa Crabtree.**

When you choose to make a connection with one Spirit, you don't need to use the NSAP described herein. This process is designed for times when you would like to call in a team. However, this information may give you ideas on how to communicate with your Higher Power, your Guides and other Spirit Beings. There are a myriad of ways to consciously connect with Nature Spirits. Try various methods, follow your intuition and trust what you hear "in your head" or in your heart, for it may be a communication from a Nature Intelligence.

Elemental Spirits cannot help unless we ask for their assistance. To do otherwise would interfere with the Law of Free Will. When I need help, I invite not only Heavenly Helpers but also the Overlighting Deva(s) of whatever project I am working on.

Keep in mind that to connect with you, Heavenly Helpers have to lower their vibrational frequency to match yours. Thus, the more you increase your frequency, the clearer your connection will be. It is very similar to tuning your radio dial to match the frequency of the desired radio station, you will only hear static until the frequencies come within range.

Ways to do this:

Quiet your mind while concentrating on memories of happy moments and well up feelings of love and gratitude to help increase your frequency. Connections are especially heightened when the brain is in a theta state, such as during meditation, when drowsy upon awakening and when drifting off to sleep.

Or, living by Natural Law Principles of the Golden Rule will also keep your frequency tuned in and high.

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Clarity increases when the body is hydrated and concerns of the day are set aside. High energy "live" foods (raw, unprocessed, fresh, organic) can also increase your vibrational level. Limit NSAP Sessions to an hour, to prevent brain and physical drain which could result in skewed results.

However, ask for help even if you are not in a "high" frequency – as I have done time and time again. The actual asking itself can bring me into a higher frequency.

Enjoy the journey,... Joanna Whitney

### **Nature Spirit Assistance Prayer (NSAP) Session**

What I call NSAP Sessions, were originally called Coning Sessions and were developed by Machaelle Small Wright and are detailed in her book, **The Co-creative White Brotherhood Medical Assistance Program**. I have changed the name and constitution of the session here to meet my experience.

*I personally do not call in members of the White Brotherhood, but instead ask my Higher Power to be present. This is a personal choice, because I am not sure about "the White Brotherhood" anymore because they seem to be behind this psy-op of ascension that I don't believe in, and because Michelle Small Wright got the jab. I have to be more discerning nowadays about "who's who" and because Findhorn was infiltrated by members of the Tavistock Institute, such as David Spangler,*

*Books by the original members of Findhorn; Eileen and Peter Caddy, Diane McLean and Robert Ogilvie Cromby and others are a wonderful resource.*

*I want to stick to Nature Spirits from Earth ONLY.*

*Even Angels and Archangels – that word Ang-els refers to the El-ohim which refers potentially to Yazaboath who the Old Testament calls "YHWH" - who is really "Enlil" – an Annunaki Alien, from my research.*

*Do your own research, but this is why, when I talk to Nature Spirits – I only want to talk to Spirits from Nature on Mother Earth, my Higher Self and my Higher Power. It is up to you what you do. This is why I have created my own document based upon my own experience with this work. I include here the things I think are relevant from the others, but they have made something simple very elaborate and it is up to each person to have their own experience.*

*I have been working with M.A.P. for over 10 years. I have always been protected because I have had a direct connection to my Higher Power for over 30 years and have been adherent to Natural Law for over 20 years. I listen to my Intuition.*

A NSAP Session is a specific process of communication which is always initiated by a human who invites a conference call with specific members of beings from different Realms. Four levels of Nature

Intelligence are activated during the Session: the Higher Self of the person calling the NSAP Session, your Higher Power, Pan and the Devic Realm. You may invite any number of participants within each of these levels but would be advised to invite only those necessary for the occasion. During NSAP Sessions, you are working with the co-creators of our world and those overseeing its evolution. This group can include a countless number of Beings including, but not limited to: saints, ascended masters, devas, Nature Spirits and entities that have never incarnated on earth. These Beings are timeless, formless and able to assist on all levels.

They welcome your desire to work co-creatively with them on a conscious level. However, because of free will, they wait patiently for you to ask for their assistance. They cannot foretell the future, or do anything that will take you from the Path you chose before you incarnated. That is against the Laws of this universe. However, when asked, they can offer suggestions about choices to make that are most likely to bring the outcome you desire.

Know that they are very literal, especially those who have never incarnated on earth. They may not understand idioms you use and there can be areas of misunderstanding. Also, they are not mind readers; they tune into strong emotions, stated intentions and work closely with your personal Guides.

NSAP Sessions can be used in a myriad of situations for problem-solving, spiritual guidance, health issues and advice. You can call on these Heavenly Helpers for assistance and information on any topic. They have an expanded vision of what is happening on earth and many of them love to share the areas of expertise they acquired on earth and in their "heavenly" creation schools.

Be clear in what you want. Be sure you ask only one question at a time. Always ask for what is in your highest good and the highest good of all involved. Ask for whatever happens to come gracefully, for there is always more than one solution to a problem. For example, if you want to receive \$10,000, it would be better as a gift than an insurance reimbursement for an accidents!

Whenever you want to enlist the help of Nature Spirits, you can simply call them in. I have learned to call in the assistance of my Higher Self and my Higher Power, who is always nearby, to help protect me and allow in only those beings who are of the Light and will help along my chosen Path. You can surround yourself with a golden light of protection, ask your angels to protect you or whatever method feels appropriate for you. This may include a ceremony with songs, prayers, sage, incense, candles, gemstones, etc. As you connect more often, you will develop the ability to call in certain guides you trust and have a regular conversation, even if you can't see or hear them. To be able to do this at any moment is a worthy goal to attain.

The NSAP Session is a powerful communication tool. View NSAP Sessions as a business meeting, treating them the same as if you were in a meeting with a group of human professionals. Following a specific routine each time will assist with clear communication. This means setting a time to meet, showing up in an emotionally balanced state, fed and hydrated with your phone turned off and

choosing a time and space to avoid any distractions. Properly ending the Session is also an important step. In time, you will create a close relationship and increased communication with these loving beings.

#### FOUR LEVELS OF NATURE INTELLIGENCE

“Nature Intelligence operates in a state of being and constantly within present time. It simply knows if something is in balance, if it is out of balance, and what is needed for it to achieve balance.” -  
Machaelle Small Wright

If you want to learn more about this, read the books about and by Eileen and Peter Caddy and Diane McLean, the founders of Findorn, including the writings of Robert Ogilvey Crombey.

#### HIGHER SELF

The Higher Self is your direct connection with God/Source. Within your Higher Self are all the evolutionary patterns and plans for you personally. Your Higher Self is part of these Sessions to insure that your best interests are represented and that the processes and energy dynamics of the form do not violate your timing or balance and that all adjustments are in alignment with your soul purpose, evolution and in harmony with the divine plan. When including other humans in the NSAP Session, ask that person’s Higher Self for permission before beginning any work. If in agreement, then invite their Higher Self to attend the NSAP Session.

HIGHER POWER – Is your conception of God – the Creator.

#### DEVAS

The word “Deva” in Sanskrit, means the “shining ones.” According to Machaelle Small Wright and the Findhorn Folks, Devas are those that oversee almost every aspect of creation. They are omnipresent and exist in a reality connected with but not part of our own. They interact and have mutual energetic impact with us every day. The Devic Kingdom is immense and contains countless numbers. They have been responsible for creating and maintaining the blueprints for all natural forces, forms, laws and processes including solar, planetary and interplanetary. They created the architectural patterns that maintain order, organization, and vitality. Before anything comes into existence on a physical Realm, such as Earth, it is first created and tested in the Realm where the Devas reside. I have direct experience with this as a result of my using this process on innumerable occasions with amazing results.

Nothing can exist in this world of form without the direct supervision of a Deva and a Devic plan behind it. Their input is included as part of every Session because they are directly able to adjust the Devic plan associated with any work being done. They also insure that all work is balanced and in accordance with the Natural Laws of the physical dimension. The Devic realm is organized like a large corporation, each operating within their own specialties. Generally, there is one Overlighting Deva that

oversees a specific team. For example, there are thousands of specialized Healing Devas with an Overlighting Deva of each specific form of emotional healing, physical healing, or energy healing like the Overlighting Deva of Psychotherapy, Massage, or Reiki.

## PAN

Pan is the universal Overseer of Nature Spirits, such as elves, fairies and gnomes. His role is to create balance in Nature in the physical realm. Call on him for any aspect of planning, especially when related to Nature and Mother Earth.

## OPENING A NSAP SESSION

Before opening a NSAP Session, get into a relaxed and emotionally balanced state of being. Choose a place and time when you will not be interrupted. The NSAP Session is designed to be a group meeting. This is the ideal way to do it, but I have also done this “on the fly” with great results.

You do not need to call a Session if you are asking the assistance of one or two Beings. For example, when I get stuck with a computer problem, I take a few breaths, get centered, and simply ask God to help me.

When dealing with animals in Nature – like a wasp’s nest, mice, cockroaches, ants, raccoons, squirrels, bears, etc then I will have a NSAP Session.

Anything that is in physical form on earth was first created in the Devic Realm; those co-creators are available to help 24/7. If you want to have a weekly meeting with a group of your Guides, you can set aside a regular meeting time. Throughout the week, log any questions that arise in a notebook. This can be especially helpful when you are involved in long-term projects, such as gardening or your daily walk through life.

Machaelle Small Wright calls these Sessions “4-Point Conings” because she called in four levels of Nature Intelligence to be in attendance: the Higher Self of the person calling in the Session, appropriate members of the White Brotherhood, Pan, who oversees the Nature Spirits and the Overlighting Deva of the issue you are calling the Session about.

In the beginning, limit your Sessions to a few minutes until you get adjusted to the energy. It can be physically and mentally draining to be in NSAP Sessions for long periods of time. Before beginning the Session, hydrate by drinking at least one full glass of water. With dowsing tools, notebook, pen, water, and nuts and seeds to keep your energy high for longer Sessions, you are ready to open the conference call.

The following are guidelines you can use to set up a basic NSAP Session. In the MAP portion below, you will find more specific guidelines for health-related issues. Besides Machaelle Small Wright, Theresa Crabtree has also written books on these topics and gives a lot away for free - Visit the Gardening with Nature Spirits page at: <https://theresacrabtree.wordpress.com/> for the free eBook that has a detailed outline for Coning Sessions related to gardening. Theresa does use the White Brotherhood, however. I am not sure if she is jabbed.

## RELAX

Start by taking several deep breaths to get into a relaxed state of being. Let go of the concerns of the day. Well up feelings of love and gratitude. When ready, state out loud: “I wish to open a prayer session in which I gain assistance form Nature Spirits”

## CONNECT

Next, make a connection with each member, waiting about 10 seconds after each invitation. In the beginning, I used my pendulum, asking it to swing until the connection was made. Other times, I used kinesiology, as suggested by Machaelle Small Wright. For more information on dowsing methods and tools, visit the Dowsing page at: <http://theresacrabtree.wordpress.com>

Sample dialogue to use when opening a NSAP Session: For continuity, it is recommended to open each Session in a similar manner, calling in the four Nature Intelligence representatives in the same order beginning with your Higher Self, your Higher Power, Pan and finally, the Overlighting Deva of the specific project under discussion.

**For example – when I had squirrels in the garage and my boyfriend was threatening to trap them, I called in my Higher Self, God, Pan, the Overlighting Deva of Squirrels, the Overlighting Deva of my home address, and the Overlighting Deva of Thornton, CO.**

“I would like to open a NSAP Session.” Wait 10 seconds. During this time, take a few deep breaths and well up a feeling of love in your heart. Then with a pendulum, kinesiology or sense of “knowing,” wait until you feel ready to begin.

“I would like to open a stronger connection with my Higher Self (your connection to God/Source).” Wait 10 seconds. Test for the connection and thank him/her for coming. “I call in the Overlighting Deva of \_\_\_\_\_(Name the topic the NSAP Session will be about: gardening, squirrels, relationships, computers, etc.)” Wait 10 seconds. Test for the connection and thank him/her for coming.

“I call in Pan (the overseer of maintaining balance in Nature).” Wait 10 seconds. Test for the connection and thank him for coming.

Wait 10 seconds. Test for the connection and thank him/her for coming. Do not get caught up with gender related words (him/her), for in the non-dual realms, this is unknown.

Next, state the intention of the NSAP “I have squirrels nesting in the garage and I would like them to find a better place to live because my boyfriend wants to trap them”.

Remember they cannot read your mind, so be specific and focused on just one issue you would like assistance with. Avoid bringing up a myriad of unrelated subjects during a NSAP Session. It is better to have several Sessions, one for each topic. If you need help with your automobile, mental health and computer, wouldn't you set up three appointments, each with the appropriate specialists?

#### THE NSAP SESSION

Using your notes, begin to ask questions. It is recommended to speak out loud which creates an assurance of clearer communication.

Stay focused on one topic at a time. Clearly state the problem. Ask questions in a format that can easily be answered with a "yes," "no" or "need more information" response. If you are asking for a specific solution, ask what steps will most likely help you to attain your goals. Set your parameters, including what is for your highest good and for the highest good of all involved, gracefully. You can also set other practical parameters such as cost, size, effort, within certain time constraints, etc. Use muscle-testing yes or no to get the answers.

When questions involve geographic issues, I either have a detailed map handy or create a rudimentary map. Using either a pendulum or my finger tip, I can locate the exact location the Spirit Guides are showing me. You can also break this map into grids or sections such as inches, yards, acres, states, countries or whatever is appropriate for your question.

Once you have finished asking questions, ask those in attendance if they have any other input. Then ask if there are any questions you did not ask that they would like to address. Remember, Spirit Guides cannot foretell the future, however they can make good predictions based on your past experiences and the way you generally approach a situation.

**If you know of a place on your property where you are willing for the squirrels to live, offer that as a solution. Remember, what we call “pests” each have a purpose in God’s Creation – and we are the ones who have invaded their territory.**

**The squirrels were gone within a week. My boyfriend was astonished, and I have proceeded to do this with wasps, coyotes, and ants. Even mosquitos.**

#### CLOSING THE NSAP SESSION

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It is very important to formally close the Session and disconnect from the Nature Intelligence representatives that have attended. First, it's just plain rude if you don't. Would you host a conference without formally ending the meeting and leaving without saying "thank you" or "good-bye?"

Closing the Session is also important because you have set up an energy link with each member. Without cutting this connection, your energy can be drained. If you find yourself unduly tired within the next 48 hours, it could be that you forgot to formally close the Session. Don't be overly concerned if you forget because the link will slowly dissipate on its own.

Sample dialogue to use when closing a NSAP Session To close a NSAP Session, it is recommended to disconnect in the backwards order that you called the representatives in. This way it is less likely to forget anyone and continuity in the communication helps with clarity.

"I thank my Higher Power, God for your assistance. I ask to disconnect at this time." Wait 10 seconds, then verify that the disconnection was made. (I don't disconnect from God – but just for this group NSAP Session.)

"I thank the Pan for your assistance. I ask to disconnect at this time." Wait 10 seconds, then verify that the disconnection was made.

"I thank the Overlighting Deva and representatives for your assistance. I ask to disconnect at this time." Wait 10 seconds, then verify with a pendulum, kinesiology or your intuition that the disconnection was made.

"I thank my Higher Self for your assistance and wish to resume a normal connection at this time." Wait 10 seconds, then verify that the disconnection was made.

During these Sessions, there is an enormous amount of energy exchange. Be sure to drink at least one full glass of water afterwards. If you are craving sweets or feeling hungry, eat some protein, which is what your body requires to rebalance.

Then act on the advice you were given. If any answers or suggestions don't "feel right," you have the free will choice whether or not to follow through. If you need clarity on any topic, make a note to ask more questions during your next NSAP Session or prayer time. Or if you use muscle-testing – just ask for help right then with that. Or simply pray to be shown. Don't over complicate it. God doesn't care, as far as I can tell.

I have also forgotten to close the session a zillion times, never felt tired, etc etc. Do what works for you.



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## NSAP SESSION TIPS

For more information on Coning Sessions, read Machaelle Small Wright's books:

Co-Creative Science and Perelandra Garden Workbook II: Co-Creative Energy Processes for Gardening,

Agriculture and Life. This book has a chapter that is especially important when working in Conings other than a Healing Conings.

## WHEN TO USE A NSAP SESSION

NSAP Sessions can be used for any kind of problem-solving, health issues for yourself or others, gardening, automotive problems, anything! If you desire the advice of only one specialist, such as an etheric computer geek, a formal NSAP is not necessary, just carry on like you would if the computer specialist was sitting next to you.

NSAP Sessions are not designed to be used for mundane questions, such as "What should I make for dinner tonight?" You can use muscle-testing for that or pray and pause.

They are also not appropriate for predictive questions. These topics are best discussed with your Higher Self and specific Spirit Guides or your Higher Power.