

*Insights into*  
**NATURE  
SPIRITS**  
*and*  
**EARTH  
ENERGIES**



*Annette de Jonge*

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## **Acknowledgments.**

I wish to dedicate this e-book to my editor and good friend Pat, without whose belief in me and constant encouragement this book would never have been published.

Appreciation also goes to the teachers who made it possible for me to communicate with the various spirits who, by observing my physical earth energy body, are studying the machinations of earth energies and what is required to participate here.

To all spirit energies, wherever you are who answer my queries no matter how banal or on what topic, thank you.

*Annette de Jonge*

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## Introduction.

This first section of this e-book was written in 2011 but its relevance still holds true today. Of particular interest is the significance of the information given then to what is happening now with the rising concerns over the Earth changes from climate activists and others.

More recent information, 2023, has been included to update some of the communicated information.

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My communication is with a forum of spirit communicators who come from different energy dimensions interpenetrating this, our physical reality. Our group offers an opportunity for different spirit communicators to speak to an incarnated medium and gain knowledge and expertise on this third world dimension. Any of the communicators are free to respond to my questions and they do so speaking from whatever is their level of experience and knowledge. My spirit teachers are always there, in the background, to make sure all goes of accord.

At all times communicators are courteously given time and opportunity to answer and the different 'voices' will often start with 'we can take that' or a similar phrase. The attendees at the forum are not always the same and come and go as the subject matter of interest to them dictates.

When starting the first communication mentioned in this e-book my intention was to ask questions that would give me more information on the experiences I'd had with the 'little folk' of the nature realms and then move onto other topics, such as the mineral kingdom and then perhaps go to the changing earth energies.

Instead this particular group of spirits chose a different way and voiced their concern at what they see is our disregard and disrespect for Mother Earth. They then went on to encompass what we, humanity, can do to assist our planet and, in doing so, empower ourselves.

After their discussions I was left remembering we are all one energy manifesting in different forms and ways and what affects one energy will affect all. The spirits communicating were more succinct in their vocabulary ' *a sinking boat is a sinking boat irrespective of who is on board.*'

o0o

*...we have several layers of skin like the Earth's crust, feathers and hair that grow like the grass and trees on the Earth's surface, veins and arteries beneath our skin that act like the underground rivers and streams, flesh like soil and bone like rock. We also produce little streams on the surface of our skin when we perspire or cry.*

Author Unknown

# Part One

## Empowerment, Conservation and the Earth Energies

*Enjoy the little things in life  
for one day you will look back  
and realize they were the big things.*

Kurt Vonnegut

o0o

The spirits who first responded to my question in this forum voiced their consternation over the welfare of our planet Earth. They sought to draw our awareness and understanding to how humanity has lost touch with and respect for the land that sustains and nourishes every one of us. They suggest a better way of living that will enhance and empower all.

o0o

I have read that down the aeons people of all nationalities, mainly country people have been able to see the nature spirits.



It is known that there are people, gardeners with green thumbs who work, consciously or not, in collusion with these spirits. I would like to discuss this topic today and what you referred to when you previously said contact can be assured.

*Then we go that way. Contact in the right 'spirit' of the way is interacting with the land, the native land that is all around you. You are part of this land while inhabiting the third dimension. It is part of you, your heritage. Many have, alas, forgotten this and much damage has been done to the natural world. Many of your offspring, your children, have no contact now with nature, a world that nurtures, houses them. It is part of this we are referring to but there is more to be considered here.*

*We also speak of the abominations being brought about in the name of progress. We see and feel shame for your wonderful world. Your Mother Earth, like any mother, loves you. She nurtures you and gives you her best. Why do you go this way?*

Many people are becoming aware of what is happening but unfortunately, they have very little voice and very little power or control to prevent it.

*That is not the way at all. You are all sentient beings. You have all the power in the world. It is when you give your understanding of your power away that you become useless.*

Are we speaking about the politicians and big business that control us or are we speaking about our perception of reality?

*We are speaking about your consciousness: what you achieve day by day.*

What can we do to reconnect with Mother Earth and what, as sentient beings, can we do to remedy any wrong being done?

*We would like to discuss this today. We find that many of you are aware of what is transpiring yet (in your mind?) seem powerless to try to rectify what is being done. We seek to show you another way; the way that you have always had power. We can then enlarge on this so that you can see for yourself.*

*We are not here to give platitudes or gifts; bearing false promises that can never be. We seek to always maintain our integrity to help, assist you to further your greatness. We want you to see for yourself the magnificence that is 'you'. You*

*have truly absconded, given away your heritage in so many ways it is, in our sight, pathetic to see. We then wonder why this is and should be.*

*We would like to see you reclaim what you have always had. To understand that outside influences, if you see them that way, never could hold you back if you have not first handed over your god-given rights in this way. You need to 'shape up' as you say. To take back possession of your facilities that allow you to see your magnificence, the greatness of you all. We can show you the way but first you need to get yourself into shape, mental as well as physical before any of this can take place.*

I would like more information please.

*It is more a mental attitude but when you are feeling out of sorts, along this line, then what can you achieve we hear you oft times say. It is easier then to sit back on your couch and go another way instead of being the magnificence that is you.*

Yes, I do understand and agree with what you are saying but how does this connect with Mother Earth and what is required to rectify what has and is being done?

*All the rectification can be achieved but we need first for you to see that this can be achieved. We need you to first get yourself into order, to understand that it is you, people such as you that are bringing this about. We need you to see and understand this then set about rectifying it in your part of the world, then it can flow, spread out and all will be well in you world.*

What you are saying is sounding too simplistic. People who don't feel 100% don't have the energy to do much. Some people are just too lazy to get motivated. I do understand that but there are other factors that are out of our control that need rectification first. For example, the excessive plastic packaging we have on new products; the desire for new products when the owned one is still very good. We are also bombarded many times by the cargo cult mentality. We are told we can have it all and so we try to.

*What right to existence do you have if that is your mentality? You reread what you have just given us. Listen to yourself. You are mentally lazy if you go this way. You are letting others influence and dictate to you your way of thinking and of life. None of this is needed, necessary. All you have said so far are excuses. It is not the way sentient beings act. They maintain at all times coverage over their own thoughts and deeds.*

Then what are you suggesting we do?

*'Shape up', as you say, and stop hiding behind excuses. You are quite capable of seeing when you are being mentally manipulated, yet you choose to turn away and ignore what is there for you to consciously be aware of. Take control, regain possession of your senses and not be this way.*

How does this affect Mother Earth and the nature spirits?

*We can answer that. In many ways you affect your Mother Earth and those energies that look after her needs. You cannot go on as you are, being careless of her needs. It will soon enough come back to haunt you with dire consequences to you all.*

Is there an environmental or conservationist group speaking today? I thought we were going to be talking about the nature spirits and Mother Earth.

*We are. We are. Can't you see that? What affects your life is a reflection on what is happening on a larger scale.*

But if we create our reality - oh, I see. We will harvest what we have sown. What you said at the beginning about our consciousness and day-by-day stuff; that is what you are referring to isn't it?

*That is the way. Sanity returning and you are starting to take consideration of what you can achieve. You can change much, all, if you set your mind to it but first you need a direction to follow and we will show you the way. We are interested in empowering you, in your sight so that when you see all this interlude, these attractions, you will not be deceived and will turn away from such hollow enticements.*



*We need you to see and understand that before any changes can be wrought upon your planet. It is not neglect from Mother Nature. It is not that way with the nature spirits who work diligently to right wrongs wherever they are able. It stems from you, physical you, all of you who are careless with your thoughts and your deeds.*

In what way do you mean?

*Do not empower others to think for you. You are all sentient beings, in charge, responsible for your actions and thoughts. Be that way.*

What about our thoughts creating our reality? Can't we change our thinking to bring about change?

*No, that is not the way. You need to apply yourself first for change to be. You cannot sit or lay abed (think?) and expect it to just happen. You need to take charge for any activity to eventuate. You, your civilizations, need to see this to change what is happening.*

Isn't it just the affluent civilizations that are creating this problem? There are many places on our globe where the populations there are struggling just to exist. They do not have enough food to feed themselves so don't have any luxuries to waste time on.

*That is the way and use that example that is in your mind now (I was thinking of the terrible drought conditions in Ethiopia). These civilizations, their areas, were not always such as now; as dust bowls with infertile soil. They once were verdant growing fields of lush produce for all to see and benefit from.*

Yes, I do understand that has happened but wasn't it brought about by climate patterns changing? Where the rains stopped coming and so the crops died?

*That has been the way in many instances but again, we reiterate, nothing happens on Mother Earth without some human influence of sorts. It is so that weather can change but what brings it about?*

I don't know and would like that question answered but it is getting late and I need to finish now for today. Can we continue our conversation tomorrow?

*It can flow along that line. We are intent on showing you your magnificence and your power which you have given away. We wish to re-empower you so to say and in achieving this unpalatable truths may emerge. We still go that way.*

*We leave you now. Until tomorrow, peace and blessings be yours now and forevermore.*

Thank you.

## Throwing Down the Gauntlet.

*We make a living by what we get.*

*We make a life by what we give.*

Author Unknown.

oOo

Well, you have thrown down the gauntlet, figuratively speaking, for us to shape up and take responsibility. I would like to know how to go about this. You said you would show us and our discussion could go that way today.

*We can show you the way but first, are you ready to do the hard work on yourself? Are you ready to empower your knowledge of what is 'right' and 'wrong' that you see?*

Is it going off on a different topic to ask, 'right' and 'wrong'? Isn't that judgmental? Doesn't each person have different points of view on that? What seems 'bad' to me might seem 'good' or insignificant to someone else?

*Yes, that is the way it is. However, it does not change one whit what we are about to say. A sinking boat is a sinking boat irrespective of who is on board. All suffer the same fate. It is along this way we see things shaping for you all. You all need to change but first, little steps. You become aware and change; others also become aware and change. It goes along this way.*

Would you mind elaborating on that because I am not sure on what you are saying here? I can change but others, the majority, might not hold the same opinions and would continue on with impunity and with little regard for what is happening around them.

*But you will start to see a groundswell as people do become aware. There are already plans underway to make changes, big changes for the betterment of all. It will come about, rest assured on it. There are many who have started a movement, if you see it that way, which will bring about change. It is what we were referring to previously where we stated that a groundswell has taken place and will continue on.*

But who are these people?

*Courageous, fearless people, ignoring public opinion have gone against the mainstream and started this swell. It was ignored at first but, bit by bit, by continuing on, their movement started to gain credibility and they had a sway on public opinion in this way. It was by their unfailing dedication and a belief in what they were achieving, what they were doing was 'right' in their sight that it became 'right' in others, many others' sight too.*

*We want you to choose, to go this way too. It is in this outlook that your Mother Earth can stop being abused and will once again heal herself with the help of her ministering angels, nature spirits and all.*

I am agreeable for that too but see flaws in this argument you have put forward. Here, in Australia, we have a political party who may have started out altruistic and believing what they proposed but, to my mind, have now become too political and the ideals they founded seem to have either gone by the way or have taken on other issues that seem to have created an imbalance of power.

*It may be the way it is at present but you will find that it all balances out in the long run. Don't fret that your political parties have become 'nobbled' as you say by people with other vested interests. It is not the way it will be or stay for long.*

*In the case you have outlined it could be the way, we do not have an issue, do not get involved. We are stating that a groundswell of people, 'ordinary' people who care enough will get off their couches and start to take charge of what is required. Many are reaching that way already and those that are not will be soon swayed by public opinion.*

But didn't the other spirit communicator who was telling us that we needed to take firmer action with ourselves want us to do more? To 'shape up' or did I get that wrong?

*It was the way it was said so you heard correctly. However, what you need to see is it is not some social experiment, some fashion that comes and goes. It needs to be continuous and we see it as along this way. We seek to see you all changing for the better as you become more aware of what is happening and what needs to be. We cannot see you changing for the better without first finding out the power within yourself. We now seek to go that way with our information.*

I would like to know more about empowering myself and am sure others would also like to find out how to empower themselves.

*Yes, we have touched on, along the edges of what is required but need you to follow through. It is to your benefit, your societies' benefit and will fulfil a promise you made to Mother Earth before you came into this third-dimension incarnation.*

What promise did we make before incarnating here?

*We have your interest now. Yes, it is so. You did make a pact of sorts with Mother Earth before debating what you would do and what you would be on her third world dimension.*



Again, I hope I am not going off the track with my next question but we, as spirits, had a choice of what we would be? Do you mean as a person, human, or animal?

*If you chose to be a rock it would be the way. It is all the same here. You came to learn, to experience different avenues of growth. If you wanted to feel what it would have been like to be a particular sort of energy you would have chosen to be, incarnate, that way.*

But rocks are not spirit.

*Everything is spirit manifesting in a particular form on this earth plane.*

We have now gone away from what we were speaking about. Is this tomorrow's lesson?

*If you choose it, it will be the way. We are of accord to whatever question you decide you wish to speak about and are in need of a reply. We will comply with your wishes.*

I would like to finish for today and read what has been written to see where we are heading or if we've moved us away from where we were heading.

*Then we go that way. Peace and blessings go to you now and forevermore.*

Thank you.

## Empowering Ourselves.

*I believe in myself  
So anything is possible.*

Author Unknown.  
oOo

I am in two minds with my questions today. It would be interesting to continue on with our empowering ourselves but would also like it to include our choices and the ramifications on this third dimensional plane. Do you have any preference?

*No, either way will be acceptable to us because they will reconnect further along the way.*

Fine, then let's stay with the example of a rock. Rocks may start off as part of a mountain but become dislodged and end up down the bottom of the mountain. They could be carried away by floods to another area. That is presumably what the spirit in the rock wants to experience when it happens. It will eventually, possibly within aeons, naturally end up as dust or sand. I am assuming that whatever size and shape it ends up or goes through the spirit is experiencing this because it chose to. Is that correct so far?

*Yes, it is the way.*

But that doesn't always happen. Sometimes rocks are blown apart as part of progress. To move mountains, build roads and other things. We, humans, as spirit, also have energy bodies, an etheric, astral and others. What happens to the rocks energy bodies when they, the rocks, have been altered in such a way? Maybe now are only sand and dust?

*Yes, it can go that way where they are altered beyond recognition but listen well; they are merely a third dimensional shape at this juncture. They, spirit, remain intact. They do not lose any of their spiritual countenance. Spirit does not change. Only matter changes in this instance; matter that came from the third dimensional Earth and will remain that way - always.*

So the spirit in the rock, no matter how much the rock changes shape, cannot be altered or changed in any way?

*That is the way it is and will remain. You are dealing with issues here little known to you yet. You understand yet, you understand not. We are explaining, trying to get you up to speed so we can move past basics to learning 'real' issues that will empower you. By all means ask these questions. They will stand you in good stead further along.*

Is the spirit in the rock able to leave at any time?

*If you recall you are sentient beings, spirits who require or desire different experiences. They, like you in a physical body, can leave or stay. Whichever way it suits their needs; they come and go as required.*

Well, that opens up another question about the rock. Does the incarnated spirit in the rock stay in the rock all the time? Can it stay experiencing, being the rock, but come and go as desired - sort of out and in at will?

*That may be the way. We have never incarnated, experienced being a rock so our influence, 'input' as you say, may be flawed here. But we cannot see any way that it cannot come and go as is desired. It is not the same way as a spirit experiencing being a human being. You need to keep part of you at all times with the vessel, your physical body.*



Your answer opens the door to many questions to be answered on that topic but we will stay with the earth energies and the nature world for now.

*That is the way; dedication to duty and to learning.*

Do we ever incarnate as nature spirits?

*It may be the way but we think not.*

Why did you say you 'think not'? Don't you know?

*No, we are not sure if this is the way you can incarnate. We understand we have previously told you; you can choose whichever way you seek to experience an event on the earth plane divine but we do not have the experience or knowledge that this might be a way. Therefore, we choose not to say 'yes' or 'no' because we do not know if it is the way.*

I would like to finish now for today. Thank you again for the information you are providing to us. It is very helpful to get the brain ticking over on probabilities and such.

*Then with this we achieve our aim which is to set you thinking; to get you out of your rut and ignorance and to understand the magnificence that is 'you'. We go that way. Empower, empower, empower is our aim.*

Thank you.

## Growing Plants in Garden Boxes.

*Stand for something or you will fall for anything.  
Today's mighty oak is yesterday's nut  
that held its ground.*

Rosa Parks.

o0o

There is a current concern of mine you might like to assist me with. We grow vegetables and flowers, but because we live in an apartment unit, need to have large garden boxes. The first year of our planting everything grew very well. However, despite all care and attention with fertilizers, water, sunlight and wind protection, the second year they didn't do very well. Why was this so?

*Because the soil is not fertile. What you have purchased is not of the sort to encourage growth.*

I might have to disagree with your statement. We buy the best compost, add manure and then fertilize the soil but despite our best efforts the plants still don't grow as well as if they are in the ground - that is despite rotating the crops or spelling the boxes crop-free for a time.

*And the reason why: they are not planted in the ground. The plants need the proper nutrition, what the soil has accumulated over time. It has bacteria, microbes and all the necessary components to assist the plants to reach their proper growing fruition. It cannot be the way when the soil is depleted of these elements that have taken perhaps epochs to establish in the soil.*



*Unfortunately the gardening community, gurus, are not aware of this yet and continue on clearing old forests of their trees and expecting the soil that has been processed from them to behave as it had with the soil that nature has established over time. By adding additions you hope to replicate nature but it cannot work, it is doomed to failure, because it is not the way, does not have the 'proper ingredients' as you say.*

That will probably be the way of the future with gardening.

*You will find that lovingly tended plants from gardeners who have an affinity with nature and soil does not go this way. They tend their charges and give them love which, by the way, replaces many of the nutrients lacking in the soil that was artificially created. 'Green Thumbs' they are oft-times called and it is the way.*

Thank you.



## Part Two

### Custodian Spirits of the Land

*Take every chance you get in life,  
because some things only happen once.*

Author Unknown  
oOo

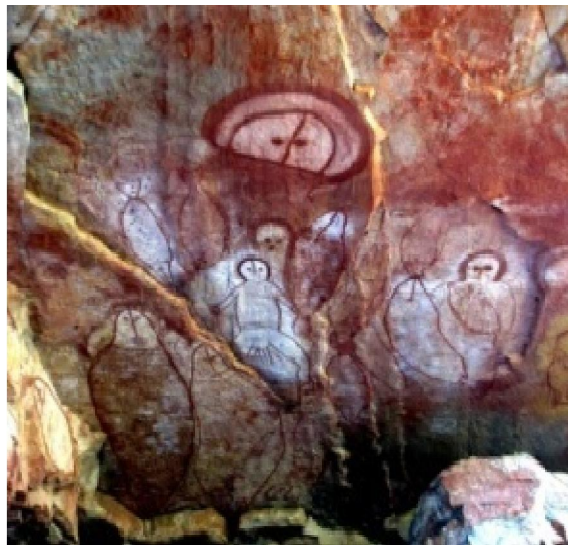
I would like to have your comments on some of my different earth energy experiences that have occurred over time. There are several incidents that happened in different parts of the world; do you mind if we go that way today?

*You choose and we follow.*

Then let's start by discussing experiences in Australia before moving on to other places in the world.

*We can follow, go that way.*

The expedition cruise ship was slowly making its way up the West Australian coastline stopping each day at various spots so passengers could visit the highlights of the different areas. Many of us were especially looking forward to seeing the ancient rock art paintings written about by writers, including Erich von Daniken. They described indigenous drawings and von Daniken in particular proposed that these images were done a long time ago by the local aborigines portraying space beings who had visited Australia.



To reach the first gallery of rock art meant we had to climb high up into the cliffs; quite a struggle through dense undergrowth and intense heat to reach the paintings sheltered in a shallow cave. Once there we were able to sit on the rocky outcrops and admire the primitive ochre, white and black drawings of mammals, fish and spirit people that were sketched over the walls and ceiling of the cave.

The rudimentary human forms, painted as white shapes, have what appears to be a bubble or helmet drawn over their head, similar to those worn by our present-day astronauts. Our guide had mentioned that for the local indigenous people, the white figures were representations of the spirits of the storms that lashed the area.



While listening to our guide I sensed there the presence of a spirit energy nearby. It didn't appear to be coming from any of the paintings in the cave so moved outside and went looking for the source. Just outside and slightly to the left was an image on a rock. It was made by nature: rain over time had darkened a section creating an image. The energy was coming from it.

It is common knowledge that people see images in nature that don't exist but this was different in as much as the energy or presence could be felt coming from the rock. Despite my sending out tentative thoughts of communication he appeared quite oblivious to us being there and didn't give any response. When later looking at the photo the image was as seen but the energy felt when taking the photos was not there.

Later, in reply to my query my spirit teachers said the energy did indeed exist as an inter-dimensional one and he, the bearded aborigine, was an overseer of the land there. With my present level of understanding don't know how it works but accept what was told to me.

*It was as stated.*

Thank you



## Queen Mary Falls.

*The only source of knowledge  
is experience.*

Albert Einstein.  
oOo

Another indigenous experience happened at a completely different landscape, this time on the east coast of the country. It occurred at Queen Mary Falls in Queensland. A friend, also a keen photographer and I were staying for a few days at a cabin near the falls. To take advantage of the late afternoon light we set out along the path to the falls while it was still daylight. My friend was leading when suddenly a spirit group of six aborigine men appeared to my inner vision. They had spears and other hunting equipment but were not holding their weapons in a threatening gesture. Instead, they just stood at the side of the track and observed us.



Remembering what an aboriginal friend had told me about spirits of her ancestors staying on as custodians of the land I said mentally that we were not here to hurt, damage or take anything. We just want to enjoy your area in peace. They didn't respond but gradually faded out of my sight. They never appeared again while we were there. Could you enlarge on this experience please?

*Yes, it as you stated. They are indeed custodians of the land they once inhabited. They are there as a protective measure for the land.*

But how can they act or serve as a protection for the land? My friend, who is not psychic and has a scientific mind, would ridicule what had happened if told. She knew nothing about the indigenous spirits and the majority of tourists visiting the area would be equally unaware.

*It is the way. They, the custodians, seek not to do physical harm but they have their ways with dealing with malcontents who damage and degrade the land. Those people do not stay long in areas such as this. They cannot identify with the emotions, the feelings that are there.*

*Powerful magic, if you choose to see it along that line, can be instigated against malcontents making them uncomfortable and eager to move to a more conducive area. You did not go that way and gave due respect and honor to their land and their ways. You were free to come and go as you choose whilst there in their domain.*

Thank you. I do understand that it is possible to pick up energies from an area and have come to the understanding that it is not necessarily good or bad feelings resulting from something that has gone on before in the area. They do not necessarily have negative or positive attachments, they just exist.

*That is the way it is. There are people, humans who flit in an area and are gone but there are energies that linger longer and they oft times do not relish human beings with their particular energies infringing (impinging?) on their domain. It is the way it is with mighty rivers and with mountains sometimes. They are not hospitable at all and strange, to you, things can take place at these sites. It is best at these times and these places to leave well enough alone and not to go seeking, thrill seeking, absconding from common sense and sanity. It will not be to your advantage, your good, to challenge them there.*

There have occasionally been experiences like that even though we were not going to harm anything. One country area we were driving through on our way to see a waterfall felt really creepy and threatening the further we travelled into it. It unnerved us so much that we turned the car around and drove back the way we had come. There was no indication if something horrible had happened there and imprinted unfriendly earth energies. However, we have never had any desire to go back.

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