



**Earth Spirit Living:  
Bringing Heaven and Nature  
Into Your Home**

**Ann Marie Holmes**

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Ann Marie Holmes is an Earth intuitive who uses her body radar and sixth sense to gather information about the energy of a site, home, or business. Holmes gives examples of geomancy, which is the science of designing and building structures to enhance the feel and energy of the space. Feng shui is one form of geomancy.

*Earth Spirit Living* deals with the energies of water, trees, fire, and stones. Holmes writes that water is the flow of Earth's energy, while trees ground this current. Fire cleanses and renews the energy, and stones record the events of the Earth. By honoring and working with the nature beings of these four aspects, we can balance the Earth, thereby pleasing the devas and creating beautiful spaces for ourselves as the human inhabitants.

*Earth Spirit Living* gives the reader a thorough understanding of how to work with the spirits of a place to achieve the best win-win solutions. The devas can be communicated with by letting them know your plans and that you care about the process and then listening to what they have to say. Their messages may come in the form of a breeze or a bird flying overhead or as actual words. Work with the energies by giving them advance notice about the work to be done so they have time to adjust.

Holmes suggests keeping a journal as you become more familiar with your body radar. Using your body radar means becoming more aware of your own energy field and noticing subtle changes such as a jittery feeling, a slight headache, or a knot in your stomach. We can also have emotional reactions to spaces such as feeling nervous, tired, calm, welcomed, or joyful. Holmes presents tips for enhancing our ability to be sensitive about a place. She also includes wonderful ceremonies, body radar workouts, cures to remedy problematic areas, and conscious ways to choose which house to buy or rent.

Throughout *Earth Spirit Living*, Holmes incorporates stories of her experiences with various clients as they worked together to find ways to balance their specific situations. She shares remedies for common challenges such as troublesome neighbors, clutter, freeway and industrial noise, land altered by construction equipment or pollution, diverted water sources, and water leaks.

The book is enjoyable to read and is packed with creative ways for us mortals to work with nature's devas to heal our wonderful Earth.

Susan LosCalzo, Lofty Notions, Rutherfordton, N.C.

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