

## CORNMEAL PROTOCOLS for SELF, FAMILY and the WEATHER by Eileen Nauman

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<https://walkingtheland.net/walking-the-land-the-gift-of-cornmeal-and-why-it-is-so-important/>



Cornmeal (photo from Depositphoto.com)

I grew up with a leather pouch filled with yellow cornmeal that my mother bought from a grocery store starting at five years old. Many Native Americans share a similar story about the Corn Mother, who gave of herself to feed the people with her gift of corn. They consider cornmeal sacred because it is life-affirming. The Hopi people of Southwest Arizona utilize blue cornmeal in their spiritual ceremonies.

There are different colors of cornmeal, depending upon the color of the kernels in the corn. One type of cornmeal is not better or worse than another. Yellow cornmeal is cheaper than blue cornmeal. There's also white cornmeal. What varieties are available to you and what you have in your pocketbook will help you choose the one for you to use.

When I want to converse with a tree, I approach it giving my name, why I am there, and ask if I can speak to it. I give it a small handful of cornmeal as a token honoring the tree, that we stand with respect and equality with one another.

You can do it with a bush, a flower, a rock, to speak to a spirit of the stream, a river, a lake, or even Mother Ocean herself. As long as you conduct yourself with honor and come humbly with a good heart and intention, there is a great likelihood that the spirit of that plant, rock, or water source will connect with you.

Where we live in Virginia, half of our property consists of hardwood trees such as Oak, Maple, Chestnut, Beech, and many other varieties. The rear of our home has a nice lawn and a good

fence to keep our dog inside so that she doesn't wander onto the nearby highway. A stand of trees wraps around us in a womb-like U-shape around the rear and sides of our home. The first thing I did when we moved here was to take cornmeal as a gift, introduce myself to the woodland trees, and let them know I honored who and what they are. To this day, there is a feeling of being embraced by these mighty trees, some of whom are over two-hundred-year-old grandmothers, who have become our protection. They watch over us. We watch over them.

I have an incredibly old grandmother oak, the elder of the area, and I noticed the other day when the light was just right that she lost a huge limb some time ago. The area didn't look healed. I went to her, offered cornmeal, and asked if there was any way I could help her. I called her attention to the wound in her trunk from where the limb had fallen away. She said yes, I could help her. She knew I was a family shaman through my father's side of the family and asked if I could ask my spirit guides to perform a healing on her. I told her I would and that I would ask my guides.

This reminds me of another time, in Spring at Sycamore Canyon, near Sedona, Arizona, where there are Great grandmother cottonwood trees that are two to three hundred years old. One of them had contracted a black, pithy fungus. I had stopped, given cornmeal, and asked if I could somehow support her and try to cleanse the wound in the side of her trunk. She said yes. With her permission, I performed a journey on her behalf. My guides knew what to do to cleanse the fungus from her bark and did so. I gave her a gift of cornmeal afterwards, telling her I would be back in the Fall, and I would visit with her again. When I came back in October, I went up to her, gave her cornmeal, and to my delight, the fungus growth was gone, and her trunk was healing up and healthy once more. I hugged her and cried, my tears melting into her bark, so happy for her. She was the oldest Cottonwood tree in that fifty-mile canyon, and she was truly like a grandmother to me. Many times in the twenty years that we lived nearby, I would ask permission to sit with her and she would tell me stories of the area, or she would speak of the changes of energies in the area, or point out how many of her 'children' were around her, which made her happy.

Conversely, trees can heal us. They run prana energy from other dimensions through the top of their head, down through their trunk, and through the roots, feeding Mother Earth. And She sends up energy from within her planet body, through trees, and into the interdimensional cosmos, giving back as much as she receives. If you are in need of help, ask a tree if it will heal you or help you in some way. Just bring out your bag of cornmeal and ask.

# CORNMEAL PROTOCOL

- Once you have found the land you want to walk, pull out a handful of cornmeal from your Ziplock plastic bag or pouch.
- GROUND yourself. See handout.
- Close your eyes. Breathe in nostrils and out mouth three times—slowly.
- Mentally, ask for the Guardian of the Land. Someone will show up. You may not see them, but you may “feel” them.
- Give your name and reason why you are there. Let the Guardian give her/his/its name. Ask if you have permission to go onto this land or not.
- If NO, then give the gift of cornmeal, thank the Guardian and leave.
- If YES, ask the Guardian to assist you. Give the gift of cornmeal.
- If a Guardian doesn’t show up, a local Deva or regional Deva may. Ask who they are so you can identify them. Always be humble and respectful.
- If no one comes, try at least 3 times. If they still don’t show up? I would assess how I “feel” about the area. If it feels all right, I would move forward. If I felt the least bit hesitant and unsure? I don’t step onto the land.
- If Guardian/Deva says YES, ask it to tell you the history of this land. Was there violence on it? Any trapped spirits? Discarnate(s)? Or lines of energy through the area? Anything you didn’t ask, but should know about?
- Start walking on a grid so you don’t miss a piece of this land.

Cornmeal is a door opener, in a sense. Trees know the protocol a human is supposed to show them to create an equality and heart connection with one another. I always carry a small bag of it in my purse nowadays, with much of my hiking days behind me, because I never know when I might run into one of my relatives and want to strike up a conversation with them. I’ve learned so much from them over my lifetime; they are our best teachers.

## CORNMEAL 2



On the left is a picture of me with my leather pouch of cornmeal. I'm sitting in the tree with its permission. On the right is my good friend and hiking partner, Marchiene Reinstra, and you can see she also has a bag of cornmeal, and she is giving it to a very old Great-Grandmother Juniper tree.

### **CORNMEAL PROTOCOL FOR ENERGY PROTECTION AGAINST NATURAL WEATHER PHENOMENA**

Here's a way to PROTECT yourself and your property from the coming Hurricane, tornado season or any other type of storm that may be destructive to you in the area where you live. I have used this many times before with great success. At the heart of ANY weather-related phenomena are "Thunder Beings." These are giant spiritual beings (people who are clairvoyant may see them). They are charged with creating thunderstorms, tornadoes, hurricanes, monsoons and any other weather related activity for Father Sky. If you are not clairvoyant and can't see them--don't worry, you'll see the clouds building right in front of your eyes! Inside these clouds are the Thunder Beings who make things happen.

I don't want to give Thunder Beings a bad name because they are highly evolved spiritual beings. One of the wonderful realizations is that when they create a thunderstorm, the lightning is actually cleansing, refurbishing and feeding Mother Earth along the vortices and energy lines (local, regional and global) which are all across her girth. They provide sustenance and 'food' for her well-being. And if she isn't well-we won't be either. And that is their main job: use lightning bolts, wind, rain, tornadoes, hurricanes and monsoons to 'clean out' clogged up vortex (or if more than one, vortices), the energy lines between them and get the energy back online in that area for Mom Earth.

When Mom Earth's vortex (vortices) and energy lines are clogged with debris such as air, earth and water pollution, she is cut off from necessary life force energy to help her be healthy and stable. It is the Thunder Beings who are responsible for 'cleaning out' any blockages to her electrical system that surrounds here. This is her Etheric body and it fits closely to her physical form.

We too, have a physical body and our Etheric is around us, too. It functions on the same guidelines as it does for our planet. Instead, we don't have Thunder Beings to unclogged, unblock or start a vortex spinning again with storms. No, we use hand's on healing, energy medicine like homeopathy and flower/gem essences, Reiki, polarity therapy or magnets (or many other alternative medicines I haven't mentioned). These can clean and clear a block energy line (Chinese know them as 'meridians') in our Etheric. When it's cleared, we have good health. When a Nadi (vortex for us humans) is blocked and then cleared, we better health and sense of well-being, also.

The reason why the cornmeal protocol works is that from the Thunder Being's sight, it appears to a bright golden line (circle, oblong, square or whatever). They do recognize that cornmeal is sacred and they will make every effort to spare the area (house/people/property) as they bring over some kind of weather phenomena to your area. And you are spared while everything else around you is destroyed.

Give this a try. It takes nothing to try it to prove it wrong. Right? Right. If you live in hurricane country, you only have to do this once a season unless you have a hurricane come through. And then, you'll have to go out after it's gone, and re-establish your cornmeal protection around you house and property once more. Same goes for someone who lives in Tornado Alley.

Mary Buckner, one of my shamanic facilitators, was literally at the 'x' point and had FOUR hurricanes hit where she lived in central Florida many years ago--and they had NO damage. They were spared every time and they were heavily involved in all four of them. Here's what she did:

NORTHERN HEMISPHERE, clockwise, (Above the Equator)

For SOUTHERN HEMISPHERE, reverse the procedure, counterclockwise, (Below the Equator)

1. FIRST. Go to the grocery store and buy any color of CORNMEAL. We'll use yellow cornmeal as an example for this document. Get enough to sprinkle a yellow line (it can be broken by a tree or bush growing there, just go around it, and it doesn't have to be continuous) and demarcate your land that you want PROTECTED from the Thunder Beings who move the hurricane force winds and direct where the water will go.

2. SECOND. Before you start to make a cornmeal circle around your property, you must ground yourself. Close your eyes and imagine/see silver tree roots gently entwining around your ankles and the tip going down through the center of your foot at least 100 to 200 feet into Mother Earth. This will not hurt your foot; there will be no pain; it is merely "energy anchoring."

3. THIRD: Then, go to one point on your property where you want to begin to sprinkle the trail of yellow cornmeal. Stop, close your eyes, pray to the Thunder Beings and ask them to protect you, your animals and your property from their wind and rain. Ask them humbly and beseechingly. Add at the end of your request, "thy will be done," and then quickly sprinkle the cornmeal. Go CLOCKWISE around your property. (NOTE: if you live in the Southern Hemisphere, below the Equator, go counterclockwise). And miss nothing that you want protected. Any dwellings on the land will be protected by the cornmeal circle, rectangle, triangle, or square or whatever the shape of your property, so you do NOT have to do it on every building or anything. The larger property cornmeal will be enough.

4. Continue in a CLOCKWISE direction sprinkling the cornmeal down--it should look like a thin yellow path--don't skimp--but you don't need buckets of it either. Spread quickly and thoroughly and come back and CONNECT/CLOSE this perimeter of cornmeal to one another. In other words, where you begin is where you end and be sure to sprinkle enough cornmeal on that beginning/ending spot (a small heap is good).

Then, you're done!

You see, the Thunder Beings recognize cornmeal and tobacco--they see it as colors psychically. When they see these patches/squares/rectangles or circles, they avoid them because they are sacred and they will, quite literally, MOVE the clouds/wind/rain around those areas or stand there and protect each one until the weather has passed the area.

If you are asked by law enforcement, the fire department or other officials of your town or county, to leave your property due to storm warning/tornado/hurricane, etc.? DO IT. If there is a flood warning and you're asked to leave: DO IT. Under no circumstance should you, your pet(s) or children, stay when you've been asked to leave. Go to where your officials direct you.

When the weather event is over, and you are allowed to go home? Check out your property against surrounding properties and see if the damage is less or minimal compared to the rest.