



Fairy Congress

101



What to expect at the Congress

- A high frequency sacred space where you are engaged with Nature and with Fae
- Meeting humans and fae who are already in or looking to start co-creative partnerships with one another
- Kindred souls who have similar values, love and respect for nature and nature spirits and all beings
- Learning about and experiencing and deepening your knowledge about the subtle realms
- Expanding your intuitive gifts, your heartspace, and your circle of friends



WHO ARE THE FAE?

Fae is a broad term encompassing supernatural beings, including Faeries, Elves, and a myriad of beings who look after plants, trees, animals, insects, the soil, the waters. Fae can also include other Nature Spirits who present as the spirits living in trees, plants, stones, clouds, etc. as well as other magical entities we can't even name.

These beings share our world, and vibrate at a high level, sharing love and healing with one another and their charges.



WHY IS IT CALLED A CONGRESS?

A Congress is defined as 'A meeting of representatives from different groups at which ideas are discussed and information is exchanged'.

This is the heart of what the Fairy Congress is about – coming together with our subtle allies to join forces, to learn how we can work together in healing and regenerating the Earth.

As well as regenerating the earth, we are renewing and reverencing our relationships with the Fae and with all of Nature.

We humans love to categorize, and so we can't help but do it here too!

FAIRIES & FAERIES

Many of us like to think of fairies as beings that tend to flowers and gardens, but they also tend to everything in the nature realm like trees, animals, insects, water, soils, minerals, stones and more. There are also house fae that look after our spaces as they sit in the natural world, and believe it or not we humans are also part of the natural world.

Some of these go by descriptive names for different types like Elves, Sprites, Pixies, Nixies, Brownies, Goblins and hundreds of others depending on what culture you are in.

Here in the west the image of the fairy became like Tinkerbell with wings and pointy ears. But R.J. Stewart, author and teacher of faerie traditions says, "Faeries, real faeries have a long history in every land and culture. In ancient Celtic tradition, the most powerful were the Tuatha de Danaan, the tribe of the great goddess Dano. They were the lordly ones linking the sacred land and planetary underworld to the sun, planets and stars. They were powerful beings that our ancestors worked with. Those stories faded over time, but the power of these beings did not."

<https://rjstewart.org>

Working with your intuitive gifts - everyone's got them!

- **The Claire's** - are ways that we receive information about seemingly intangible energies. We each have one or two really strong ones, but we can have all of them at times. And the more you do this kind of sensing, the more others come online.
 - Clairvoyance (Clear Seeing)
 - Clairaudience (Clear Hearing)
 - Clairsentience (Clear Feeling)
 - Claircognizance (Clear Knowing)
 - Clairsalience (Clear Smelling)
 - Clairgustance (Clear Tasting)
- **Felt sense** - Is the noticing what you sense everywhere in your body. And noticing everything you are thinking and everything you are feeling. It is also taking note of what you feel intuitively and energetically around and in your body. Be aware and notice overall feelings, sensations, and realizations of all the individual senses working collectively within you. Notice an undercurrent of energy that is flowing through the experience. This is your personal energy. Get to know it intimately.
- **Don't compare your intuitive gifts to others as we are all different and unique**



ENERGY HYGIENE

You are responsible for your own energy field and what you bring to the larger energetic container of the Congress. We suggest getting to know your boundaries.

Energetic Boundaries - choosing what energies you let into your personal space. We've listed so common methods, but you may have some that already work for you.

- Using intentions and asking the energies of Mother Earth and Father Sky to weave together to form a bubble of protection around you as needed.
- Asking your guardian angel or archangels to surround you with their light
- Asking your body protector, totem, or power animal to inform and guard you as needed



GROUNDING

A grounding practice is essential, not just to Mother Earth below, but also to the Father Sky above, for we are a bridge between them as their Divine Child.

Here is a short meditation/visualization to help with that from one of our Fairy Congress teachers, Lindsey Swope

Send a grounding cord down to the center of the Earth. Sense, see and feel the blue-green light at the center of the Earth, and bring that light up through your grounding cord into and around your body, creating a chalice or vessel of Earth light.

Open up the top of your head to send a cord of Light upwards. Feel it pass thru your aura-chakra, about a foot or so above your head, then thru a chakra at the level of the Moon, then a chakra at the level of the Sun, then a chakra at the level of the Stars, and finally let that cord of Light plug into Source Light, a bright white light of very high vibration. Bring the Source Light back down thru your cord, passing thru and activating the chakras in reverse: the Stars, Sun, Moon and Aura, finally coming into your body and filling the chalice of Earth Light with Source Light.

Feel how the Earth light and Source mix in your body and aura, to create a unique Self Light. I feel this Self Light at first in my heart center, then I let it grow to fill my body and aura.

Lindsey also has a video about grounding

https://youtu.be/G_pBJOiqXU0



How to engage with and make friends with the local Fae at the Congress

- Come to the large group circles to be seen and heard
- Make offerings either at the community altars or in places that make you feel inspired to leave one. Offerings can be tobacco, herbs, flowers or a bit of water from your bottle, a strand of hair, a song. If using plant materials make sure they are free from seeds, fungus, insects or eggs that may upset the ecological balance of the area.
- Sit quietly and radiate love to them
- Invite some fae friends from your home or neighborhood to attend with you



RESOURCES

For all things FairyCongress, including information on in-person and online events, workshops and a free online network where you can connect with others, reach out to us through our contact info on our website

<https://fairycongress.com/>

