

# Prepare and Clear

Okay Darling

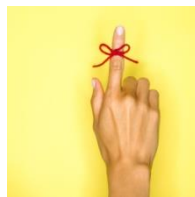
Let's Get Started!

The meditations on this recording are focused on Prepare and Clear.

We will be assisting you in bringing out your most vibrant lovely self.

Along with these powerful meditations remember a healthy food plan. Nutrition and physical exercise are an important part of making this program work.

Okay here we go



Remember it only works if you are doing this program in joy and bliss.



# Beautiful from the Inside Out

Reverend Julie Renee



## Beautiful from the Inside Out Prepare and Clear

Beautiful from the inside out!

Congratulations to you darling on making the commitment to simply and easily revealing the gorgeous vibrant self of you through the safest, easiest transformational process ever invented.



"My body loves meditation, my body loves meditation, my body loves meditation.

I am a radiant being of light.

My regular practice of Beautiful from the Inside Out meditations

Are opening me to the most gorgeous stunning self I know I can be."

"I am willing to be extraordinary.

I am willing and ready to show up every day and push play on my iPod or player.

I am willing to create my life and my radiant beauty here and now.

Yes, yes." Say yes.



## Beautiful From the Inside Out

### Prepare and Clear

### The Meditation

Taking a deep breath in and letting it out. As you breathe in, breathe in pink and gold energy. And as you breathe out, breathe out any negativity, stress or anxiety. Breathe in and out. Send in a grounding cord

down from the base of your spine to the center of the earth. Make the grounding cord nice and wide. Set the grounding cord on release and begin to release the excess energy in the body. Go ahead and put a little whirlwind, a vacuum or a tornado in the grounding cord and really let all of that excess energy, all of those perfect pictures go right down the grounding cord.

You're going to get exactly what you need and want from this series. You can just relax now, be happy and trust that all is well, divinely right, right ordered and well in your world. Continue breathing in and out. Breathe in that pink energy, the energy of unconditional love into your body. The gold energy that you're breathing in is the energy of the Supreme Being. Let your cells be enlightened and awakened with this beautiful pink and gold breath.

Grounding your right and left ovary with a line of energy as wide as you wrist, hollow in the center from each of the ovaries to one foot below the body then straight down to the center of the earth. Set the ovaries on release and begin to release all the healing projects you have in your body, all the people that you've loved and cared for and are trying to help in one way or another. Release all your healing projects. We're going to use all of this energy from the ovaries, from healing others. We're going to use that to heal your body today. So we're resetting your miracle space at self-healing.

### Miracle Energy

And while we're clearing the ovaries, draw a line across between the right and left ovary so you have now a triangle there. And then directly in front of your belly four inches is a little ball of miracle energy. Go ahead and let this ball of miracle energy grow. The ball is about the size of a golf ball when we start, it's kind of small. But it's the miracle energy that all women have to create life from, to create babies with. So let's just ground that ball to the center of the earth like a golf ball with a little tee underneath and then it's just grounded to the center of the earth.

And let's let that miracle energy just grow and so it gets bigger. Maybe it's the size now of a baseball and a softball and a volleyball and a kickball. And it just keeps getting bigger, a basketball, a beach ball, one of those big purple physical therapy balls, it's huge. Thank goodness, we grounded it to the center of the earth so it doesn't just float away and go to somebody else. There it is in front of you getting bigger and bigger and bigger.

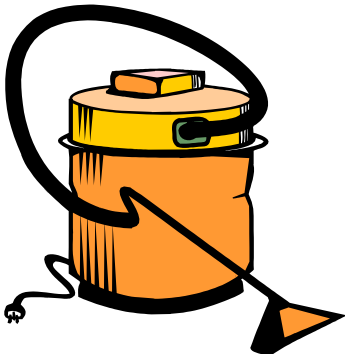
And now, we're going to kind of pop it and let it just ooze all over you. Miracle energy is very much like molasses or honey. So just imagine this miracle energy, which is so big right now it's over your head and it's kind of gooing into you. And just imagine it's soaking into you like honey on white bread. So you're feeling that miracle energy just permeating you. Its golden energy permeating the cells of your body in front from the belly all the way through the chest, the neck, the face, the head and then over the head and down the back and hips and all the way. It's just kind of encircling you. You're being entirely encircled with miracle energy.

You're entirely soaked with miracle energy, your own miracle energy going up to the adrenal glands that are at the right and left side of the waist about an inch up from the waistline and two inches off the spine. Ground the adrenal glands, these little acorn-like glands with the line of energy as wide as your wrist, hollow in the center, down to the first chakra and then down to the center of the earth. Set the right and left adrenal glands on release and begin to release all the stress out energy, the fight or flight energy from the adrenal glands.

Very good. It's really important that the adrenal glands are entirely 100%. Let's pulse some golden suns on the adrenal glands. Look at the gauge on the adrenal glands. Imagine that you're looking at a temperature gauge and just take a look and see where the adrenals are right now. If you can't see a gauge right away, it's really okay. What you're going to do is imagine a thermometer gauge and put it up to 100%. So if you're at 60%, you need to really bump that up. See if you can get it all the way to 100%. We want these adrenals functioning really well.

**When the adrenals are functioning at a low number, you really can't regenerate yourself.**

It's pretty much impossible. The reason for that is the adrenals will kick out a stress hormone in the body, which will actually cause the body to break down. So we want the adrenals entirely functioning in



happiness and celebration. We want all that stress to melt away and we just want all the goodie stuff to come to the surface.

You're doing a great job. Wonderful

And for those of you that notice that your adrenals are really low and they're not really popping up, you might want to be also simultaneously doing the happy hormones meditation to really tune up your endocrine system. This won't apply to everybody, but this is a wonderful adjunct to the healings if your hormonal system is a little out of whack.

Go up to the center of the head. Sit in the center of the head in your throne room looking around the throne room. Clean out all the dust bunnies and fuzz balls and spider webs and extra books and paper. Take a spiritual fire hose and wash out the center of the head. Open a trapdoor out the back, let it all fall out the back of the head.

It's really important to get the center of the head really clear.

You're doing an excellent job. Get rid of those extra file cabinets. There really shouldn't be anything in there other than your chair, your throne room chair and just beautiful golden walls and a front view screen, but really nothing else. No papers, no repetitive thoughts, no dust bunnies, no hanging things; nothing. Okay. So we would just want that nice and clear at the center of the head.

Beautiful your center of head is now nice and clear.

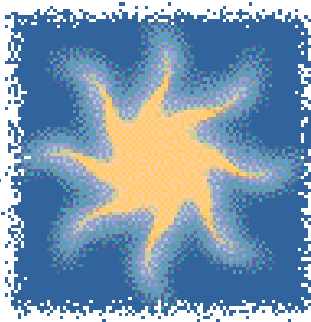
Take some spiritual Windex, wash off the view screen. This is the screen in front of your third eye. Get that nice and sparkly through the Windex and the rag down the grounding cord or the trap door. Pull the trapdoor close and then pop out the top of the head.

Now you're out of the top of the head. Go ahead and pull the aura into 18 inches around your body. Make the edge of the aura sharp and defined. Put a golden Roomba, a little automated vacuum cleaner. Put the vacuum at the top of your head and under your feet and spiral it down around your head and you'll be spiraling simultaneously coming up from underneath your feet all the way up to meet in the middle and down from around your head all the way down to the waist. Set those golden Roombas on and let's clean up all the dust bunnies and fuzz balls on the inside of your aura. When they

meet in the middle, throw both of those golden Roombas down the big grounding cord at the base of your spine.

Take your spiritual hands and explore the edge of the aura. Notice if there are any dings, dents or holes in the aura. Smooth it out.

If there are holes, you want to fill them in. You might use some magic aura spray paint or some magic aura thread, seal that up again or spray it so that the entire aura is nice and smooth and encircling your body.



Put a blue corona at the edge of your aura and flame it up. You're burning off all the programming, all the aging programming, all the 'you-can't-do-it programming', and all the group agreement that the body has to break down. Let's burn all that off. Let that fire blaze. Create a nice big blue corona burning like crazy. Maybe it goes four feet off the aura right now; it's really burning.



Continue to let that blaze burn.

Now open your feet chakras to earth energy. Bring earth energy up through your beautiful lotus like lenses at the bottom of your feet. Bring earth energy up through the feet, ankles, shins and calves, knees, thighs, out the hips and down the grounding cord.

Find a place in the universe that's in affinity with you, a place that makes you feel happy and connected to everything and everyone. My favorite place is a temple in Nepal on the top of a mountain in the Himalayas. You find that beautiful place and bring a line of energy from that place into the back of your head, one inch above where the spine meets the skull. Bring it down into the neck and shoulders, arms, elbows, forearms through the wrists, hands, out the fingers and fingertips.

Bring more of that cosmic energy down through your back channels, all the way down into your pelvis and your hips, up through the belly through the chest, through the neck, through the head, then have the energy fountain out the top of the head like a beautiful Italian fountain bathing and cleansing your aura.

You really want this energy running for a while today. You are clearing out all the channels **Super duper well!** This is you now giving yourself an aura cleansing. It's a bit like doing a food cleanse, except this is the internal cleansing of the energy body. It cleanses the meridians of the body, the chakras and the aura. You're going to be really, really pristine in your energy channels.

If you haven't worked with me before, let me tell you what we're clearing as we're bringing this energy in. Clearing your feet is your soul understanding, this is also your understanding of the physical world and so you're clearing that up. You're making some space for new understandings. You're clearing your ability to take your next steps into youthful vitality. You're clearing the knees, which are the ability to honor yourself. I kneel at the altar of myself, this is putting yourself first. So for these 61 days, you are going to make a promise to yourself to love yourself first and take good care of yourself. This will have endless rewards.



Clearing the thighs and the hips are clearing those things, stories, history, maybe things that you've held on to, the stuff that is behind you, but somehow has just kind of grabbed on to you and defines you, maybe some of those not so favorite moments. That is where that gets stored in the back of the thighs and the butt. Clear and open the channels so that you can have something new show up.

The back of the head, neck and shoulders; Neck is taking chances, sticking your neck out. If you have a tender neck, it might be kind of painful to take chances or stick your neck out. The shoulder is your burdens and responsibilities. Wow, do we want to clear those out right now. We want to be in happiness, joy and celebration. We really want to clear those out. Let that go.

Your arms are you creative channels, your abilities to grasp and receive. In these meditations, you're actually using our own body as our canvass and you'll be painting with the tools that I give you. You'll be using these beautiful hues, these beautiful gorgeous colors of paints, paintbrushes and the other liquids



and other tools that we use to create this beautiful new canvass. It will all come together so beautifully in the meditation. You'll be using the spiritual tools as your paintbrush and your paints and your body are actually your canvass. With these special; tools you could really paint your most beautiful you.

Clearing the back channels again is feeling like you're being supported in life, it's that upper part of the back. Feeling like you're being supported and loving, being supported in your survival. All of that is clearing out the back channels.

The front,

- The belly we have our miracle space in our belly, but that's also our willpower in our belly in our first chakra.
- The first and third chakras are will.
- The force that you emote and the ability to love yourself enough to create something new for your self comes from the belly and through the heart another vital part of self healing and the heart is self-affinity.
- Through the chest the lungs your ability to take up space to feel like you have a right to take up space.
- Up through the neck and then through the head, your processing center, your control center, the seat of the soul is up here in the center of the head.
- As you go through all your amazing information, the brain and the glands in the brain that control the chemicals and the chemical workings of most of the body, you want to make it a pristine, clear space.

**You're doing a wonderful job.**

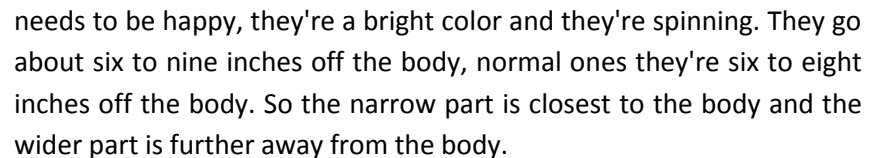


Activate the chakras. You will need to activate these seven energy centers to create your miracle. Go to chakra one. Chakra one is at the base of the spine. It's pointing down towards the center of the earth. Get that spinning and activated. Set chakra one at 100%.

If there's any black energy in this chakra, go ahead and use a golden vacuum cleaner and clean that black energy out, any failed energy. If you have had difficulty at some point in your life with either health or some failed energy in relationship or your house, (i.e. perhaps you had a foreclosure,) that's usually what would show up if there is black energy in the base chakra, in that root chakra. Vacuum it out and get the chakra nice, happy, spinning and at 100%.



Make sure once you've gotten that black energy out, you can throw away that golden vacuum cleaner down the grounding cord. We can get a new one for the next chakra if you need it. Chakras energy



You'll do the same thing again. Any black energy in will, clear out. There are any numbers of reasons and I'm sure you could think of one there. If you'd had your will trampled on, if you were subservient or you really just couldn't be, but there was no other choice. Slave pictures, submission, being with a partner who is particularly dominating.

Gable Kennedy Inc ~ JulieRenee.com

Interesting, when you were a baby, this middle chakra, the will chakra was just a little bud and it was the only chakra you had. It was kind of the chakra close the bellybutton. As you grew and became like 18 months and 24 months old, you started getting little buds for the other seven chakras. And by the time you are seven years old, you have seven mature chakras. So you have all the chakras in your body. By the time you're seven, they're grown up, they are fully formed.

Get the first, second and third chakras integrated together. Connect them with a golden thread and start with chakra one. Run the golden thread up through chakra one into the front and back of chakra two and into the front and back of chakra three. They'll be dancing with each other. They're not children playing alone, they're all playing together. This makes miraculous change easier.

Go up to the fourth chakra, the fourth chakra is our ability to love ourselves, our affinity with the god of our heart and our ability to love all others; our self, God and all others. I don't mind that you think about God or a divinity in any way that you choose; it doesn't really matter to me. It could be life force, it could be nature, male, female, an energy, a Christian concept, a Jewish concept, whatever it is that really is your ticket to divinity for you, that's perfect for you and that's what we're looking for. We're looking for your right answer.

Go clear out that chakra, that love chakra, the fourth chakra. Any black or failed energy, take a vacuum cleaner and clean that out. Of course, you can guess, you know have heartbreak or divorce or mother or child dies or something like that. There might be some death energy in that chakra, vacuum that out. You want body ready to sing for joy.

Make sure the front and back chakras are spinning. Then bring that golden thread out from chakra three and go into the front and then the back so you're looping that golden thread between all the chakras. So far, we're bringing it up through the spine area.

Next take it into the throat chakra, the fifth chakra, our chakra of communication, integrate that with the other chakras.

So first of all, why would you have any black energy in there?

It is possible you may not have any black energy in any of these chakras. They may be working perfectly, but it's really, really important to make sure that they're cleaned out and they're spinning. I am taking some extra time today to do an extra thorough job of cleaning so that you can create this miraculous space.

Look at the fifth chakra in the front and in the back, really it's located at the base of the neck. In that kind of hollow area in the front of the neck is where fifth chakra comes out. But the fifth chakra controls all the way up through the nose, mouth and ears, throat, the voice box and breathing so a lot of stuff is going on in the fifth.

Failed energy in there would be failed energy with communication. If you do have black energy in there, it might be that you don't feel heard or respected or you're not being treated well or it might be a leftover from childhood, it might be something with a boss that isn't hearing you. Go ahead and take golden vacuum cleaner, vacuum out that black energy. Get that chakra spinning in the front and in the back.



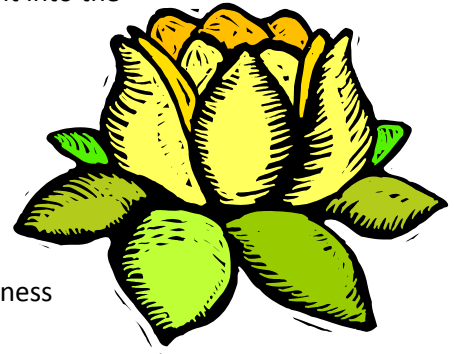
Bring that golden thread up from the fourth, love, up right up into the throat chakra in the front and in the back. Much like your lacing a pair of shoes. You're using gold thread and getting everything talking to each other in communication with all the other chakras. Almost like a phone line that's just connecting with all these different cornucopia phones, chakras.

On up to the sixth chakra. The sixth is the center of the head and includes the brow center. Out the front, there's a conical shaped chakra right off your center, your third eye, middle of the brows and out the back directly behind that area of the back of the skull. This has a lot to do with your mental body and thought process. Also, the brow center has to do with your magical brain, all your brains really, but when you think about it, the frontal lobe area is your magical brain.

Clean that out. There is the possibility of failed energy there so go ahead and clean out any black dots that you might be noticing. Get it spinning at 100% both out the front and out the back. Good job.

Bring that golden energy up from the fifth. That ribbon of gold, weave it into the front, lace it up into the front chakra and the back of the sixth chakra.

Finally, go ahead and get that top chakra, number seven, let's get that spinning nicely. That's your direct communication with the supreme, a thousand petal lotus. It feels so good when you have all the chakras in communication with each other. You might feel a little tingly or coolness in the body.

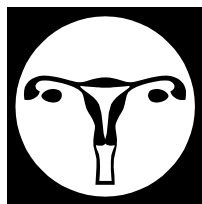


You're going to bring a golden ribbon up through the sixth to the seventh. Let yourself really have this beautiful awakening, healing, clearing.

Beautiful

And so now we have all seven chakras in alignment for miraculous healing. I'd like to go back to chakra number two and connect chakra number two to the glands that are associated with chakra two so that would be the ovaries. You can weave in the ovaries; activate the relationship of the second chakra with the ovaries. Now keep in mind, the ovaries have multiple jobs, to release estrogen, progesterone and a tiny bit of testosterone comes out of the ovaries. Make sure that that relationship with the energetic body, the chakras and the glandular bodies are nice and clear.

Remember that estrogen helps the body to have nice collagen levels. It just helps the skin look youthful so we want those ovaries functioning very nicely. Progesterone helps you get good sleep. You know, you want to have progesterone functioning in the body. And testosterone gives you the ability to follow through. We have a little bit of testosterone I think coming out of the ovaries and the adrenals as I understand. There might be another area where that also in effect. Certainly, I'm not a medical doctor, I'm a spiritual teacher, but this is what I've seen. So let's just really validate the function of the Ovaries.



Now if you're one of those special women who's had the opportunity to let go of her physical glands down there because of some illness, you know what, you still have everything going on because your spiritual body continues to stay. So looking at you, I promise you, there are spiritual ovaries there. So let's activate those spiritual glands, nothing to be afraid about there.



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- Little known fact, when your digestion is working well, you have nice full pink lips. You want your digestion working. You want the colon working very well.
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- When your liver is depleted, when your kidneys are depleted, your spleen is depleted; you have dark circles under your eyes so we want these at 100%.
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One of the things you can do with the kidney, liver and spleen to help them is to drink purified water, drink water with a little cranberry juice and lemon in it. That keeps everything really clean. So you're cleaning out those organs. You're just doing a little light cleanse as you wash out your insides every day.

Make sure to have kind of a nice golden energy running between the third chakra and those glands and organs and move up to the fourth. Finish up there. I know that was a lot of work you just did.

I'm really proud of you.

You're doing an excellent job.

You've taken on a big job, which is to create a miracle and it's exciting.

And even living in the possibility of it,

This is something you're going to remember the rest of your life.



Pop up to the fourth chakra which is right around the heart level. The fourth chakra does have to do with the physical heart and it includes the lungs. Include the thymus here, which is your immune system gland. It's slightly above the heart and it's actually technically between the fourth and fifth chakra, but we'll claim it in our relationship right now to the fourth chakra.

Clear out the heart, any failed energy in the heart, the lungs if you've had any lung disorder, any heart disorder, or any immune system disorder. If you have had in the past an autoimmune illness let's clean that all up. Remove black or failed energy in the lungs and the bronchial passages and of course the



upper part of the lungs can be cleaned out too. The thymus is midway between the sternum and the bottom of the neck.

Make a beautiful connection between the fourth chakra and the glands and organs that relate to the fourth chakra. Create a beautiful golden connection between all of them. You can vacuum out any failed energy or dark energy and when you've done that, throw that vacuum cleaner down the grounding cord.

Then up to the fifth chakra and here in the fifth chakra, guess what? There's our metabolism and our calcium, our bones, the two glands that are in the throat are the thyroid and the parathyroid. Also the windpipe in there, but the most important thing for our purpose is going the two glands. In this area we have our ears and our mouth, our tongue and our teeth and all that good stuff.

Time to clear. First of all, we'll start with the glands in the throat. So clearing the thyroid, which is our metabolism and our heat. This gland has to do with energy and also has to do with water distribution in the body.

There's a wonderful homeopathic product for making water more absorbable, which you would think 'well if you have a water retention problem, you wouldn't want water more absorbable'. But in actuality, it regulates the water in the body so you have less of that water retention challenge.



Right now, clean out the thyroid, any black or failed energy. Clean out the parathyroids. The parathyroids again have to do with the calcium levels in the body and our happy bone structure.

When you've cleared those, go ahead on up into the mouth and clean out the gum, teeth, any failed or black energy in the gums, the teeth, the ears, the glands under the neck, the saliva glands and ear canals. Clear out any dark energy. Use your golden vacuum cleaner yet again to clear out any failed energy in any of these parts of the body.



Bring the golden ribbon or golden connection in through all these places we've cleared. Make a strong connection between the fifth chakra and the glands and



body parts, the teeth and the gums, the thyroid and parathyroid especially. Connect that entire area up with your energetic system, the chakra system with that golden ribbon or gold energy.

Up to the center of the head you'll work with the sixth chakra in relationship to the brain, glands in the brain, pituitary, pineal, and hypothalamus glands. The pituitary gland produces human growth hormone, which is the most potent regenerative hormone we can have in our body so of course, we want the pituitary gland functioning at 100%. The pineal gland produces melatonin. That's primarily responsible for sleep and meditation and without good sleep, of course, you can't regenerate.

Have you ever seen yourself after a few days of not sleeping? You have big bags under your eyes. You know, there's no regenerating happening. You're having blood pooling (dark circles under the eyes), a form of toxicity because your body hasn't had a chance to reorganize and restructure itself. You need the pineal gland, that little tiny coffee bean gland cleared out and you need the pituitary gland, the human growth hormone gland cleaned out.



Take the golden vacuum cleaner and vacuum the glands out. I mentioned the hypothalamus and that's actually a part of the brain that has a very gland-like structure to it. It is the director and producer of the body and send signals to the neurotransmitters and the chemistry of the body on when to release. y It produces and directs much of the activity in your body. Next address your eyes, sinuses, nasal passages these all are associated with the sixth chakra. As you clean out the glands, clean out the brain and also clean out the eyes, the sinuses and nasal passages. Remove any black or failed energy that's what you're clearing with your golden Roomba.

Hmm... If you have stopped breathing, I want you to start breathing again. I'm only teasing you. But remember that you have to breathe while you're meditating. So shallow breathing is okay, but really oxygenating the body while we're doing this is important. You just really want to stay present with the body right now.



Bring the golden energy thread, through the eyes, sinuses, nasal passages, pituitary, pineal and hypothalamus. Then through all the brain structures, the frontal lobe, which is in the front behind the forehead. Neo cortex, which is on the top of the brain, the mammalian brain, which is kind of in the center, it's your emotional brain, and the reptilian brain/ brain stem, which is really your instinctual brain, close to where the spine comes up

into the head. The spine attaches to the skull and then straight up from there is where the reptilian brain, the first brain, the brainstem is. Bring golden energy through all of those areas you're connecting.

**You should actually be feeling pretty exquisite at this point**

Now what you're going to do is start saying hello to all the cells of the body.

Bring that golden thread up into the seventh chakra. Then from the seventh chakra, put a giant golden sun at the top of your head and this has got to be a golden sun maybe the size of planet earth. It is giant. Don't be stingy with yourself, give you a whole giant golden sun and bring that into your body. Of course, there isn't quite enough room is there for an entire planet earth golden sun to fit into your head, but let's bring that all the way down into every cell of your body and just let the cells of your body awaken with this golden sun.

Breathe in and out, know that you are so capable, competent, clear, loving and lovable, you're fun to be with, you have a great sense of humor, you laugh often and easily, you regenerate. You don't have to think about this, it's effortless with great ease. You're noticing changes even before you start. That you feel happier, you feel optimistic, things are very right in your world and you know that the perfect shifts will happen and that you don't have to be a taskmaster with yourself. Just enjoy the meditations, enjoy the good nutrition and just go along for the journey. It's important to have time outside to breathe the fresh air. If you have a lake close by, a river, a mountain, an ocean to walk by, those are wonderful places to help heal and rejuvenate and regenerate and bring your youth and vitality back.



One last golden sun into the top of your head

There you sit as a beautiful yogini cross-legged at the top of your head

Bring yourself back down into your body,

Filling out your toes and fingers, feet and hands, legs and arms, torso, neck and head.

Filling spirit into body filling out every single cell of your body, energizing and recharging yourself.

You feel wonderful in here.

*May it be with the blessings of the Supreme Being*

*That this healing meditation is complete*

*May the entire world be filled with*

*Radiant health*

*Vitality*

*Joy*

*Grace*

*Beauty*

*And peace*

*Tathastu.*

*So be it*