



## Beautiful from the Inside Out Forehead and Eyes Beginners Meditation

Take a breathe in and out. And as you breathe in, breathe in positive energy, pink and gold energy, the energy of love and the Supreme Being. As you breathe

out, let go of any stress, negativity, worry or concern. Breathe in and out, signaling to your body, oh, goody here it comes, this is our special time, body and spirit to reinvent you as a radiant, gorgeous being of light inside out.

Send 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. It's especially important in this meditation to let go of stress because we're going to be working with the forehead and eyes and of all the places where stress really shows up. I can tell you that forehead and eyes are a big, big player in actually outer visibly showing the signs of stress. So just let it all go down the big grounding cord. Bye-bye stress. [Sighs] You might even want to sigh a few times. That even signals to your body, I'm letting go.



Ground your right and left ovary with a line of energy as wide as your wrist, hollow in the center down through the first chakra perineum and down to the center of the earth. Set the right ovary on release and the left ovary on release and release the healing projects from the ovaries. Come back to you. Remember that your healing energy comes from your ovaries. If you're healing friends or loved ones, the energy is coming out of the ovaries. Let all your healing projects go for now set them on release.

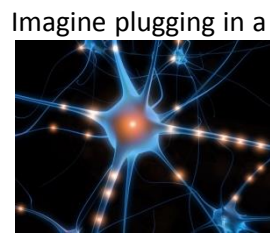
Popping up to the adrenals, the right and left adrenal that sit just above the waistline two inches off the spine, those sweet little glands that look like acorns with hats. Ground a line of energy from each of the adrenal glands just like you did with the ovaries straight down through the first chakra and down to the center of the earth. It's okay to use the same grounding cord that you used for the ovaries. If you'd like

to, you can double up or you can send down a separate one, they both work. Set the adrenals on release. Push a little release button in click, click and let go of all the stress, worry, nervous energy, concern. Let go of getting things right. It's time to be in your joy body.

Hmm... Boy that feels so much better already, doesn't it?

You're doing a great job.

Plug the nervous system into the adrenals. Since the adrenals are one of the major controllers of the nervous system, they definitely put us into that fight or flight stress mode. If there's something to be alarmed about, you hear a little beep or a buzz or a honk our sympathetic nervous system comes right on up. Release and put yourself back in the parasympathetic system, which is the system of relaxation and regeneration.



Imagine plugging in a line of energy from the sciatic nerve, which is right behind the adrenals, plug it in, and set the adrenals on release. You can just see the nervous system just emptying out. The beautiful lacey network of nerves is just dumping all the stress energy, the globby, gooey, oatmeal stuff that's coming out of it or the gooey will sleeks that are coming out of it, whatever it is. Let it all go. You're coming to peace and surrender. Can you just feel that stress leaving your face, leaving your jaw, your eyes, your forehead? It's all just floating out of you. You can breathe a little deeper.

Pop up to the center of the head, washout the center of the head, opening your trapdoor out the back. Take that spiritual fire hose or shop back and either vacuum out the center of your head or spiritual fire hose is nice and fast, wash out the center of the head in grace and ease. Get rid of all the worries and concerns, boxes, cobwebs, spider webs. You can even put it on super blast and blast out the squatters. Those recurring thoughts that say, I don't know if this is going to work. Blow that all out.

Beautiful

As it blows out the trapdoor in the back of the head, see that trap door having a direct dump chute down to the big grounding cord. Just like when they refurbish a house and they have a dump chute from

three stories up down to the big dump bin, that's exactly what we're doing, putting a little dump chute out the back of the head. That's great.

Back to the center of the head soon, but let's pop out the top of the head and pull the aura, that beautiful bubble of energy around you into 18 inches around your body, and smooth out any dings, dents or holes in the aura.



Run a little golden vacuum cleaner, an automated vacuum cleaner starting at the top of the head. This has puppy dog-happy energy. Zip it around on the inside of the aura. Clean out the inside of the aura.

Spiral all the way down around your shoulders, waist, hips, thighs, down around your knees and calves. It's amazing how fast it goes. Next ankles and under the feet vacuuming up all the dust bunnies and fuzz balls you've collected throughout your day.

**Very good!**

**Yahoo!**

Let's go ahead and throw that vacuum cleaner down the big grounding cord.

Very good

By the way, you can close that trapdoor out the back of your head and let that dump chute go down the grounding cord too.

Open the feet chakras to earth energy and let's pull earth energy up through the entire feet. Imagine that the chakras opened at the bottom of the feet. Today you're going to actually include your toes and the whole bottom of the feet in this healing.



Actually,

The toes, the tips of the toes and the balls of the toes represent that area that you're working on today,

Eyes and Forehead



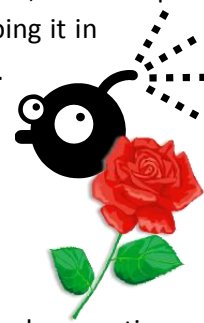
So just for fun, we're going to open those meridians up and clear them out with earth energy and bring earth energy up through the feet, the ankles, shins, calves, knees, thighs, out the hips and down the grounding cord.



Find a place in the universe that's in affinity with you and let's bring a line of energy into the back of the head, one inch above where the spine meets the skull and bring that down into your neck and shoulders, arm, elbows, forearms, wrists, hands and out the fingertips. Bring more of that energy down through the back channels, hips and then up through the belly , chest, neck, through the head, fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura. That feels so good.

You're going to clear energy around the forehead and eyes. You'll use the method of blowing roses. You're going to do put a rose in front of each eye spiritually, maybe a few inches in front of the eyes, the size of a regular rose. Then put a little spiritual bomb underneath it and blow it up. Rose, blow it up. Rose, blow it up.

The cool thing about this is you're not technically blowing up the beauty that you're created. Technically, You're just clearing energy. Do that now a dozen times Here you go. It's just like doing flies or curls. You know, do another one and another one. Alrighty. Here you go. Rose, little bomb, blow it up. Drop a rose, little bomb, kaboom. Rose, kaboom. Rose, kaboom. And you want to be doing it in front of both eyes. Rose, kaboom. Rose, kaboom. Rose, kaboom. Rose, kaboom. Rose, kaboom. Rose, kaboom. Rose, kaboom. Rose, kaboom. Rose, kaboom. Rose, kaboom. And rose, kaboom. All right. That should have cleared some energy patterns from in front of the eyes, very, very good.



Look at the tissue around the eyes. There's tissue that has formed the eyeballs and tissue that has formed the skin around the eyes. Look for a particular cell called your stem cell, the cell that actually formed an area around the eyes. You might get lucky and get the master cell and you might just get a stem cell there, it doesn't really matter. Assert that you're fortunate enough to get the stem cells in the eyeballs and the stem cells in the tissue around the lids and all the tissue maybe in a one or two-inch radius around the eyes. There'll of course be more than one stem cell in there, ask the stem cells to start regenerating the area.

Turn the little stem cells on and ask the little stem cells to get to work at cleaning up the cells around the eyes. While the stem cells are automatically doing the work, you are going to ground the eyeballs just like you did the ovaries. Ground the eyeballs with a line of energy as wide as your wrist, hollow in the center down through the first chakra and down to the center of the planet. Set the eyeballs on release.

A lot of times if a person has degeneration in the eyeballs they've lost some level of clarity of vision; it has to do with the spiritual color of the eyeball itself not being a bright color any longer. It might be gray, black, white or brown. Ground off any dark or inharmonious colors. Set the eyeballs on release and then release the whole ocular area including the tissue around the eyes and even back into right behind the eyes where the brain is. You're going to bring pink and gold or pink and green in, pink, gold and green. If you see any grays or blacks or whites or browns grounding off, just see them being replaced by those beautiful colors, pink, green and gold.

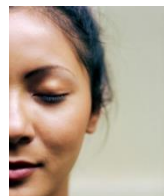
And while you're at it, imagine that these grounding cords are able to access everything having to do with the eye. So the pathways all the way back to the back of the head, the visual cortex which is center back of head is now getting grounded off. If there is any dark energy in the pathways to the visual cortex or in the visual cortex, see that grounded off now too. That's grounding off through the grounding cord through the eyeballs.

Ask the stem cells in the visual cortex, in these pathways between the eyeballs, in the front of the face, the visual cortex in the back of the head, to activate and begin to regenerate your clarity of focus and vision.

While you're there, clean out the sinuses, that will also affect vision. If the sinuses tend to get itchy and sticky, clear them out. Imagine them also being drained out down the grounding cord. Imagine the stem cells refurbishing the sinuses and then seeing pink, gold and green energy coming into the sinuses.

This is so much fun, isn't it?

You're so, so beautiful. You know the work that you're doing now is going to really help with all of your clarity of vision, not just in your eyesight, but how you see and experience your world. You're going to notice that you'll see things you never saw before in a new way. It's really, really wonderful to take it to this level and really do the deep clear out.



As you're getting up into the sinuses, there are sinuses that go on the inside by the nose and the nasal passages and most people have sinuses also above the eyebrow, not everybody. I don't have sinuses above my eyebrows. There are probably a couple of you that don't. Probably 99% of you do. Do the same thing with the sinuses that are above the eyebrows. Clear them out and let them drain out through the eyeball grounding cord. Let the stem cells work on your sinuses, all the sinuses. And of course bring in pink, gold and green into the sinuses completely and entirely.

The area of the brow-eye-nasal area for those of you who have had it drop a little bit, say maybe that tissue looks a little webbed there, maybe it's dropped a little bit since you were 15 years old, use the stem cells to tighten that back up. When you look at yourself in the mirror is a nice, well-set skin tissue- and eye socket. Some of you who have lids that may have at some point been firmer and tighter and now have a lid, an eyelid, upper lid that seems to be quite droopy or hang over the eye, give permission to the stem cells to tighten and tone return you to the beautiful you that you are.

Relax the forehead. You're going to ground off the forehead also through the eyeball grounding cord include any dark energy that might have gotten in the forehead or in the neo cortex or the frontal lobe. A bit of the right and left lobes are bordering that area clear that out too. Focus especially on the tissue, anything that might have some dark energy in it. Bring pink, gold and green energy into the tissue and the layers back into the forehead maybe an inch or two in into the brain.



See the entire front of the head really being affected by the healing from the stem cells and tightening and toning and also improving the oxygenation of the entire scalp. More access to blood flow and oxygen in the scalp, which will allow for a beautiful hairline, nice thick hair follicles in the hair region, in the brows and in the lashes. You can show your body what kind of lashes you want, what kind eyebrows you want. The hairline, if it's not the ideal hairline for you, if over time maybe the sides of your forehead have changed or the hair has thinned in the temples, perhaps some stress or lack of blood flow and oxygen from, headaches and things like that, now reset yourself at full access to blood flow and oxygen in the tissue of the scalp.

*Doesn't that feel so wonderful?*

*You are so beautiful*

*You know, you already are whole, perfect and complete*

**We're just playing around here having a great time, aren't we?**

**When you know that you are a beautiful radiant being of light to begin with, this is just so much fun.**

It's like playing in the garden or playing in the sandbox,

What can we do to make it even more fun?

But know that you are a radiant being of light so loved, so beautiful, so appreciated for who you are  
already here and now perfect in yourself

And that you can play in this garden when you're relaxed  
and you know that you're already a beautiful creation of the divine

All right my dears; it's time to wrap it up for today. Wasn't that fun?

Bring a golden sun to the top of your head. In this golden sun, there you sit as a beautiful yogini at the top of your head cross-legged looking radiantly beautiful. Maybe you're the goddess of love, a goddess of joy and happiness. Bring yourself back into the top of your head as a spirit. Bring yourself back into your feet, hands, legs, and arms, torso, neck and head.



Beautiful, beautiful being that you are

Rub your hands together, create some psychic heat, some spiritual energy and once your hands are nice and warm... Put those hands over your eyeballs and forehead receive a little healing from yourself. Affirm to yourself that you love yourself and that you accept your own healing, you accept the clarity of focus, vision, radiant beauty. You're an excellent receiver.

And then you can drop your hands down. Breathing in and out, feeling the celebration of life coming back in the room. Wiggle your fingers and toes a little more, it's time to come out of meditation.

May you be with the blessings and the Supreme Being that this healing meditation is complete

Tathastu. So be it.

