

Beautiful from the Inside Out

Legs and Thighs Advance Meditation



All-right-y, Rub our hands together creating some spiritual energy. I hope you've already settled yourself in, in a beautiful comfortable seated position with your spine erect rub your hands together in front of your heart chakra. Beautiful.

And this time, take your heated up palms and rub your shoulders, let go of some of those responsibilities. Rub your arms opening up the creative channels, pat your chest and rub your belly. Give your legs a good rub. Say hello to them and tell your legs how much you love them. How amazing it is to have such power and force carrying you through your life.

Core Support Mudra

When you're ready, place your right hand on your pubic bone, it forms a cup pinky side to body and the thumb is pointing straight out. The palm is flat and it's going up towards the sky. Take the left hand and make a fist. Set it on top of the right hand. This is a mudra for your core strength and full support. You can feel that that right hand is the earth beneath you supporting you or the spiritual divine supporting you. The fist with the thumb pointing straight up is for your higher aspirations. You are supported entirely and completely in your core. Activate that mudra by breathing into it. Activating this spiritual center and the center that goes above us and below us; *'as above so below'*.

You're doing just a great job.

The mudras come from the Indian tradition and they're really wonderful activations. Put your hands resting again on your thighs. If you like, you can bring your thumb and your forefinger together in that Dhyana mudra, the mudra of infinity or you can let your hands fall open, whatever is comfortable for you.

Send a grounding cord down from the base of the spine to the center of the earth. Make the grounding cord nice and wide. Set the grounding cord on release and begin to release any excess energy in the body.

Ground the ovaries, the right and left ovary with a line of energy as wide as your wrist, hollow in the center down through the first chakra, the perineum then down to the center of the earth. Set the ovaries on release. The right ovary, push a button and release it. The left ovary, push a button and release it.

Wonderful

Go to the adrenals. Pop in up to the adrenals, an inch up from the waistline, two inches off the spine, a line of energy as wide as your wrist, hollow in the center from each of the adrenals to the first chakra down to the center of the earth. Set the adrenals on release and release all the excess energy, fight or flight energy, stress out energy out of the adrenals.



Put little golden suns pulsing on the adrenals to perk them up



Pull the sciatic nerve connection close to the adrenals. The adrenals are the control center for the nerves. Imagine that there's a little connector between the sciatic nerve and the adrenals. Allow the nervous system to release through the adrenals. The image that I use for this is just like a bucket of water. You have a cork in the bottom of the bucket, you pull the cork out and all the water drains out. It's exactly the same thing. You plug the sciatic nerve into the adrenals drain out.

Imagine yourself to be the invisible man from the science class in high school. See all the congested energy impacted in the nerves running out. It might be black, it might be brown, whatever color it is see all the stress is leaving the nervous system. It feels so good.

Beautiful

Let that continue to clear.

The nervous system when it's in its healthy state is electric blue.

**If you have some vision of the lacy net work of nerves
it should be a nice electric blue.**

Pop up to the center of your head. You as a spirit sit in your throne in the center of your head.



Look around. Are there any excess boxes, garbage bags, stuff hanging from the ceiling, spider webs? Whatever is there, open the trapdoor in the back of your head and clean it out. The only thing that should be there is your throne and view screen. Everything gets cleaned out.

Take a spiritual vacuum cleaner or I like to use a fire hose. This really works for me. It's fast, it's efficient and it's all tidy. I like to get all the dust bunnies out of there and all the little dust mites out in the center of my head. I know that spiritual fire hose will do it for me. So you use the tool that will work for you.

If you haven't opened that trapdoor, you need to so you can clear out the recurring repetitive thoughts, the spider webs, the boxes, paperwork. Whatever is in there, let's get it out. When there's not all kinds of stuff stuck in there you have full access to your creative brain, miraculous brain. You are not throwing your information away. It's just all the stuff that loops round and round and round.



Quickly wash off on view screen. Take some spiritual Windex and wipe off the view screen. When you're complete, toss the Windex and the towel down the grounding cord out the trap door. Actually, everything that's going out the trapdoor is going down to that big grounding cord at the base of the spine... Then close the trapdoor and pop out the top of your head.



Pull the aura into 18 inches around the body. Today it should feel kind of snug; it feels like you've got a sleeping bag of your own energy surrounding you. Set your golden tool, a golden Roomba or a golden sticky rose, whatever you'd like at the top of your head. It's spiraling around your head, your neck and shoulders, arms, elbows, forearms, wrists, and all the way down around your waist, your hips, your knees, your legs and your feet. Throw the golden tool that's cleaned out the dust bunnies from the aura down the big grounding cord.

Make sure that the edge of your aura is sharp and defined. If there's any dings, dents, or holes that have happened in the last 24 hours, fill them in.

Wonderful

Open your feet chakras to earth energy. Bring earth energy up through your feet, ankles, shins, calves, knees, thighs out the hips and down the grounding cord. Continue to bringing more of earth energy in through the feet. When you open your feet chakras, you're opening to your soul understanding. Come up through your ankles (your support and flexibility) and up through your calves and shins and then up through your knees (knees represent your ability to honor yourself), I kneel at the altar of myself. Bringing the energy up through the thighs, (the right leg of course is your ability to take your next steps in life, in business) the right side is masculine/ assertive and the left side bring earth energy up through the left side (think about the feminine, the receptive, the ability to receive) take your next steps as a woman. Clear out your energy channels and then let that flow out the hips.

Keep bringing energy up through the feet and all the way up through the legs, I want you to really do a big cleanout. Start thinking about why you have energy on your hips and thighs? What is that about? A lot of times, people who have a lot of weight retention on their hips and thighs, is it's about holding on to things from the past that you're unhappy with.

It might be abuse, someone abused you at some point or it might be emotional problems that you are having difficulty letting go of. I want you to really think about this, consciously let it go. As the earth energy is coming up through the thighs, just imagine whatever those things are from your past, you're letting them wash out of you finally once and for all, bye-bye. You're letting go of the past.

I am so proud of you for taking this step. Keep going. Keep cleaning house. You're going to be able to practice this meditation as much as you want. You're going to come back to it more than once. So if things pop in your head over the week then you can come back to it and let more go. Beautiful. You are incredible. You really rock.

Go to that place, which really, really is in affinity with you. Unbelievably, it's your soul place. Mine is a temple in Nepal, high in the Himalayas. It's a Buddhist temple that I had an incredible experience. I felt like I was one with God, all my cells were light.

Draw in your memory from the place where you have had an amazing experience. Find that place for yourself, that amazing one with God kind of experience or that really extraordinarily happiest moment of your life. Bring a line of energy from that place all the way from that place into the back of your head one inch above where the spine meets the skull and let it flood the body.

Flood that energy in through the neck, through the shoulders, wash out your shoulders. Let go of your burdens and responsibilities. Wash out the creative channels, the arms and hands. Keep bringing more of this energy down, down, down through the neck, through the back channels all the way down into the hips and the butt. Bring that all the way down into thighs and into the knees, washing with the most bliss, joy, and happiness. This is a spiritual shower like no other.



Keep bringing it down through the calves, through the ankles, through the feet. I mean you are getting cleansed. Clearer now than even prior to your birth. You have never been quite this sparkly. You are sparkling from the inside out in perfect alignment with yourself. Flood that energy into the back of your neck, head and it's going down both in your shoulders, arms, back channels, thighs and down your legs all the way out through your feet. You are completely washed out.

Loop up at the pelvic cradle. Stop flooding it through the thighs and run that energy up through the belly, chest, neck, head out the top of the head fountaining out like a beautiful Italian fountain, bathing and cleansing your aura. You really are amazingly sparkly. People are going to go, whoa, what are you doing? They're going to see that you've changed, you're different. This is phenomenal, you can let that earth energy just continue to run up through the legs.

Pop into the center of the head. Look on the view screen you're going to be doing a little DNA healing on the patterns around the hips and thighs. I focus primarily on gals who would like to slim, I'm going to be offering a little bit for those of you who want to fill out and firm up. You'll get a choice to pick and choose what you really want to focus on.



On the view screen, imagine looking at a DNA strand. You've all seen one of those. They usually show them, you know, in kind of light blue and there are little balls on strands that are circling around like a spiral staircase. They look kind of like a spiral staircase exactly. Imagine that you have these little balls in the spiral staircase and you're going to open it up on the view screen. There are those 46 balls and then there are these strands that come off of those 46 balls and 22 chromosomes mother's side, 22 father's side and 2 your authentic god chromosomes.

Hang them like a laundry line. That's great. That looks really good. The spiral staircase is now no longer that, it's now a laundry line. All of the balls are hanging down. You have strands with balls at the bottom. We're opening even the balls, it begins to look like 46 streamers.

Look on the streamers there are patterns around hips and thighs that run in both father's side and mother's side that you inherited. We are going to alter them. If perhaps, you got something that you would like to slightly alter and create something different now is the time to do that. Time for you to create your new order. First of all look for anything that's really like exciting to you, perhaps a future picture, (you're going to bulk out and be 80 pounds heavier in your 40s and 50s) because that's part of the family DNA.



Have everything around (cellulite) on the hips or, (oh my mother and my grandfather have this), that kind of thing light up as black dots on the DNA strands that are hanging down. See your beautiful streamers that are hanging down from the laundry line notice any patterns that are in either father's or mother's side that you've picked up on that you're not thrilled with, big fatty blobs on your knees. All right, nobody has those. Anything that's something you're not into, go ahead and give yourself the body that you're really into.

Bottom line girlfriend is you all have beautiful bodies

So this is just tweaking

We are telling the universe that you're perfect

See the black dots light up on the DNA strands, the strands are hanging down and then take a golden vacuum cleaner and vacuum off all the black dots. This is so fun to reinvent yourself, isn't it? Once you've gotten all the black dots, send a golden pulse like a radio wave, doot-doot-doo a beautiful golden radio wave through the altered DNA strand. See a radio tower doing the little Morse code sending golden light shooting through your DNA strand.

Very, very good

Put the pictures in that you want. (I'm not giving anyone permission to put anorexic pictures). So in the realm of believable and beautiful, put some beautiful pictures in there about your hips and thighs. What would be like ideal? Do you want to be an inch or two smaller, do you want to be tighter or do you want to be firmer? That's totally cool.

Beautiful

Seal that up with a golden pulse also. Send a radio pulse again with gold energy. Gold is the energy of God. Seal the healing and the blessing up with the energy of God. Remember nothing outrageous.



See yourself having silky smooth legs

You look great in a bathing suit

That's cool. I'm all for that

All of you who wanted to have more fullness in your hips or a little bit more fullness in your musculature or in your thighs, please the same thing, the exact same process. If it's in your genetic heritage to have very bony skinny legs, pull that out (that would be removing those black dots). Then vacuum out those black dots and golden pulse. Next put beautiful pictures of those healthy muscular gorgeous legs. If you want to have a little more curve in your hips, in your thighs add that also. Seal that up with a golden pulse, that radio wave.

Wrap up the DNA strand. Then pop the DNA strand back into the center of the head. Let the entire cellular body (every cell has a DNA strand in it) do a cell-to-cell communication. It feels like flooding light through the entire body. The cell-to-cell communication, it's amazing, isn't it? You're feeling light and tingly energy, all the



DNA saying hello to itself and to all the other DNA strands. And all the DNA strands are taking this new upgrade.

Awesome. Awesome, Awesome, Awesome.

Put a golden sun at the top of your head and seal this healing up with one giant golden sun. Maybe the sun is as big as a house. Bring that golden sun into your body. It's giant and it fits into your sparkly body. Seal yourself up with the energy of the divine.

I am whole, complete and perfect.

I am loving and lovable.

I am cherished.

I am one with everything.

I am truth.

I am essence.

I am divine.

Bring another golden sun, there you sit as a beautiful yogini at the top of your head. Bring yourself back into your body, filling out your arms and legs, torso, neck and head. Wiggle your fingers and toes. Breathe in and out feeling incredibly blessed. Rub your hands together again creating some spiritual energy, some psychic heat, some tapas. Rub the thighs the hips, waking yourself back up, feeling blessed, feeling so grateful for this experience. Come back into the room. open your eyes.



May it be with the blessings of the Supreme Being that this healing is complete

May the entire world be filled with

Radiant health, vitality, abundance, joy and peace.

Tathastu.

So be it