



Beautiful from the Inside Out Cheeks and Mouth

Beginners Meditation

Breathe in and out.

***We really want you to always think of this space of meditation as the place
where you come to in a relaxed, sacred joyful space.***

Breathe in and out

This triggers your body to relax

To become one with the divine,

One with your most radiant self

.

You want to find a comfortable seated position with your spine erect. Feet flat on the floor, your hands are facing up on your thighs, palms are up to the sky open and receptive to receiving all the blessings the universe has to offer you.

Breathe in and out.

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 all the excess energy in your body. Any worries or concerns, any programs that say "I can't do this," let it all go. Notice how easy and natural it is to meditate everyday and how easy it is to love yourself these days.

Ground your ovaries with a line of energy as wide as your wrist, hollow in the center through the first chakra, which is the base of the spine or perineum down to the center of the earth. Set the grounding cord on release and begin to release the excess energy in the body and release those healing projects. Sometimes you get other people's energy in your ovaries because you're healing them, that is definitely excess energy in the body, not your energy. Today use your miracle space, your ability to heal yourself for you only. You'll be doing some pretty fun stuff with the cheeks and mouth. It's time to be present here for yourself.

Go up into the adrenal glands, draw a line of energy as wide as your wrist, hollow in the center, from each of the adrenals down to the first chakra and down to the center of the earth. Set the adrenals on release. Again, the adrenals sit two inches off the spine and an inch up from the waist. Put little release buttons on the adrenals and let them release. Release the adrenals down to the center of the earth, release the fight or flight energy, stress out energy, computer, or phone beeping, everything.

Let that all go; the beeps, alarms, triggers, driving and everything that impacts the adrenals.

- ***To clarify, what we release from the ovaries are our healing projects***
- ***in the adrenals it's stress out energy***

Glands are very responsive to different aspects of our life.

Wonderful

Pop up to the center of the head, open a trap door and clear out any funky stuff in the center of the head. Repetitive thoughts, worries, concerns, something that's bugging you, let it all go. Yes and kick your mom and your dad out of there, kick the friends who say you're eccentric out. It's just your place. It's your sacred space. It's your golden temple of silence and it's time to have that be a golden temple of silence.



Sit in your throne in your golden temple of silence. Wipe off the view screen. Take a little bottle of spiritual Windex and squirt, squirt, squirt on the view screen. Scrub-a-dub-dub and rub that off and it's going to be nice and sparkly. You could use squiggee on it make it really sparkly. Whatever you've used to clear the view screen, go ahead and throw that out the trapdoor, everything that goes down the trapdoor, goes down the grounding cord.



Now that you've got the center of the head cleared out, go ahead and close the trapdoor and pop out the top of the head through the seventh chakra. The 7th chakra is your direct communication with the Supreme Being. We're going to pull the aura into 18 inches around your body. Make a sharp, clearly defined edge to the aura. Put a golden sticky rose or a golden vacuum cleaner on the top of your head and vacuum out the aura.

Okay You've been practicing this, let that vacuum cleaner or the golden sticky rose just spiral around on your head, body, thighs, and legs. Clean it all out. Continue under your feet and when you are done throw that equipment down the grounding cord, the big grounding cord at the base of the spine.

You're doing a great job.

Come back up in front of your face while we're doing this and let's do an extra special cleanout in front of your face. Often times there'll be excess energy in front of the eyes, cheeks and mouth. That's energy that's collected from people in your face or in your space. It's energy that you might not have cleared. Sometimes actually, people have to wear glasses because they just have a whole lot of gray fog in front of their face.



You'll be working on the face today and one of the things metaphorically about the face is that the face is responsive to what you're facing. And so if you're facing a difficult future, you're going to want to work on clearing that up and facing a happy future.

When you face a happy future

You have vibrancy in your cheeks, mouth and in your forehead

Have joy in front of you



Use a vacuum cleaner, your golden Roomba and vacuum off any gray fog in front of the face. Do the neck and chin also. Vacuum off everything difficult that you're facing. All that funky stuff if it was there, clear that off. Throw that little vacuum cleaner down the grounding cord. You did a great job.

Next, do a deprogram on the inside edge of the aura. Typically we do the flame on the outside edge of the aura. This is a little bit unusual. you're

going to do a beautiful cobalt blue flame on the inside edge of the aura. It's flaming into the aura 18 inches between you and your body. It is cool, not scorching you. Burn off the patterns around the dermis, that would have your skin be less than gorgeous. Whether it's discolorations on your cheeks or some looseness in the skin being affected by gravity, you're vacuuming out or burning off, deprogramming those patterns with this blue flame.

In actuality, we'll do that under the surface of the dermis in the cheeks and under the entire surface of the skin of the face. Next do a deprogram with cobalt blue right under the dermis. You are changing the pattern of aging and you're allowing yourself to set your pattern at youthful beauty and isn't that great? Wouldn't you always love to have the skin of a four-year-old? That's what you're after here is having that really youthful, elastic, buoyant, very moist luscious skin.

Imagining a cobalt blue under the surface of the skin of the face and then that second element is now burning off, which is the element we started with which was the cobalt blue corona on the inside of the aura rather than the outside, you are deprogramming. You are moving programs that have been set in your body off of you. You're welcome to experiment with this. If you'd like to try it on your breasts or your belly if you have loose skin, this definitely is something that burns off the old program.

You can experiment on other parts of your body with this technique especially where you want to put a new program in.



Do not take the old program out and forget to put something new in. Put in an image of you as a healthy pert teenager if you're doing it on your breast and your tummy or on your face, with beautiful moist skinned of you at four, five or six-year-old. I think about teenage years and some had complexion issues so it's kind of fun to go a little bit younger where there wasn't complexion issues. You're doing great. You're getting a lot of information in session one, but it's a lot of fun to really be playing around with your space in this wonderful way and really being effective at making changes.

You've been fiddling with the aura and with the dermis. Open up your feet chakras and get earth energy running. That makes it even more powerful. Bring earth energy up through your feet, ankles, shins, calves, knees and thighs out the hips and down the grounding cord. We're not just bringing it through the leg channels.

We're bringing energy through all of your cellular body

This is a full 60 days of rock your world; reinvent you on a cellular level.

Take advantage of it so every movement you do in any part of the body, do it to 100%.

It's your extreme internal makeover and boy,

It's going to really, really rock your world.

People are going to wonder what in the world have you been doing,

You look so good.

Earth energy comes up through the feet chakras. Open the lotus like lenses on the bottom of your feet and make another swoop through. You can leave that earth energy on as long as you like. Bring earth energy up through the feet, ankles, shins, calves, knees, thighs out the hips and down the grounding cord.

That feels pretty good

Getting a shower through your legs daily lightens your step

Keeping the leg channels clear lightens you up

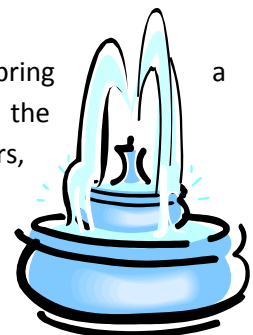
Find a place that's in affinity with you, a place in the universe that you feel entirely happy.

Maybe it is Maui,

maybe it's Tahiti.

Maybe it was the top of Mount Tam, India, Paris.

Think about that place that rocks your world. Even better if it's a spiritual energy, bring a line of energy from that place into the back of your head one inch above where the spine meets the skull. Bring that energy down through your neck and shoulders, arms, elbows, forearms, wrists, hands and fingers out the fingertips. More of that energy down through your back channels and all the way down into your hips



then up through your belly, your chest, your neck, your head. Fountaining out the top of your head like a beautiful Italian fountain.

Bring some more of this energy up through the chest. Pay attention to bringing that skin on the upper chest that's connected with that beautiful skin in your neck, that's connected with that beautiful skin that tight firm skin on your chin. It's coming up through the beautiful, tight, luscious, moist, rosy skin on your cheeks and up through your mouth and up through your face and out the top of your head.

Very, very nice.

Spectacular.

Next step clear discoloration on the skin and then we're going to do a tightening of the skin.



Put golden suns on all of the skin that has a color other than that one you want on the cheeks, if you have some spots, maybe some hormone spots. They're going to be colors that aren't the colors that you really like. Put a golden energy, the energy of god into these spots. You can definitely do that. Imagine that we're taking a vacuum cleaner and vacuuming those spots off. Once you've vacuumed those spots off, just seal that up with little golden suns on your cheeks.

Beautiful

You have done this beautiful blue deprogram under the dermis and now let's just imagine that you're activating the stem cells in the dermis especially in the cheeks, the entire face. You can even do your eyelids and your nose and your forehead and your chin and jaw. Activate the stem cells and those stem cells are awakening the collagen in the skin. Imagine again this kind of computerized net image where the skin is just tightening back up as if you were very young. See that all coming together. You're activating all of that at once.

Remember

If your mind can conceive this, the images that we're giving you

And you can believe that it's possible

You will achieve it

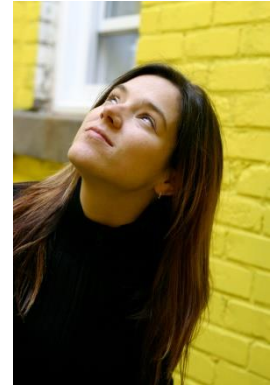
There is no doubt about it

It may take some time, but you can definitely be effective in making these changes.

Definitely, you're using the energy of God, gold. You can do gold and pink. After you've cleared off any discoloration and then activate the stem cells to set in motion the collagen. Have the skin feel quite lively in the cheeks and all the other areas of the face and neck. Bring a gold energy in there and the pink energy in there.

Pink is love

Gold is God



You're doing an awesome job.

It's really an interesting journey to actively reinvent yourself.

I'm really proud of all of you for taking this on.

Of course, we definitely are going to be working with the mouth and lips and also the jaw here. One thing about the jaw is, a lot of people carry a lot of tension in their jaw. You're going to send a golden sun into both of the jaw joints, the temporal-mandibular joint or the condyles, the little ball of the joint and see golden suns with pink energy, (love and god) in those joints. See your muscles relaxing. See yourself more relaxed and capable of speaking in a very relaxed supported way.

The tension is just melting out of your face.



When you melt that tension out of your face you look beautiful. You also become receptive. It's kind of funny the only time tension leaves a few people's faces is when they have a good cry. But we could just actually have the tension out of our face all the time.

Golden suns now pulsing in the jaw joint, go right up to the front of the mouth and work on the lips a little bit. Activate the stem cells in the lips. Make those lips plump up. If you have some lines in your lips, see them fill in. You're doing a great job. Imagine your lips are nice and plump, defined, smooth, silky smooth. The stem cells are working away there. You might even feel a little bit of tingliness in your lips.

Beautiful

Bring a golden sun into the top of the head and down into all of the cells of the body, especially in the face. Heal and seal up this healing, see everything tightening. Use that beautiful net that you've created for yourself to tighten up the skin. Make it luscious and moist and youthful. Make the color of the skin all beautifully the same, plump lips, relaxed jaw. Bring that golden sun, that golden energy into the face entirely and let that gold flood the whole body.

You're doing a great job.



Another golden sun, this is the golden sun of validation. You are radiantly beautiful, happy, vibrant, relaxed, receptive, playful, great sense of humor. Everything you've faced, everything coming towards you is really what you want coming towards you. You are the master of your universe, the creator of your world. Let's bring that golden sun of validation into your body, into your head, and every cell of your body.



One last golden sun and there you sit as a beautiful yogini cross-legged at the top of your head and bring yourself down in this golden sun into your body filling out your fingers and toes, arms and legs, torso, neck and head. Wiggle yourself around and then reach up and touch your face. Gently stroke your cheeks under your eyes, your eyelids, your brows, forehead, Gently touch your jaw, chin, lovingly touch your neck and your upper chest.

Breathe in and out

All tingly, all back.

Wiggle your fingers and toes

Come back into the room.

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.