



## **Beautiful from the Inside Out**

### **Cheeks and Mouth Advanced Meditation**

Send a grounding chord down from the base of your spine to the center of the earth. Set the grounding cord on release and let's begin to release all the excess energy from your day. Breathe in and out. Notice your body now in a comfortable seated position, spine erect, feet on the floor. Your grounding chord is releasing. Let's make a spiritual vacuum cleaner at the bottom of the grounding cord and pull any excess energy out of the body.

***You're doing a beautiful job***

***Breathe in and out***

Ground your right and left ovary with a line of energy as wide as your wrist, hollow in the center from each of the ovaries to the perineum down to the center of the earth. Set the right ovary on release. With a release button, set the left ovary on release. Release all of your healing projects, all of other people's energy, your children's energy, your energy you give to your parents, your friends, your clients, just let it all go.

You might want to put a little spiritual vacuum at the bottom of this little grounding cord for the ovaries, or a little whirlwind or a tornado and let's just really get those ovaries so they're humming for you today. The ability to create life to pop out, little eggs and have miracle babies show up, this may not be the phase in your life where you're doing that, it might be. But notice that that's where the miracles and our healing projects come from. That's where we create the miracles.

Go up to the adrenals that sit on top of the kidneys two inches off the spine, an inch up from the waistline. Ground the adrenals with the line of energy as wide as your wrist, hollow in the center down to the first chakra and down to the center of the earth.

If you haven't already, go ahead and set the adrenals on release and let's release all the fight or flight energy, the stress out energy. Release the car driving stress, the beeping computers, the buzzing cell phones, other people's alarms going off. Let it all go. Kids screaming, store sounds, shopping and hearing all the beeping and buzzing. Every time those beeps and buzzes and screams and honks and whatever go off, it turns your adrenals on.

**Your adrenals are on all the time these days**

**Release -- over and over again**

**Release these adrenals, let them go**

**Release them, let the body relax**

**Bring the body back to its parasympathetic state, the state where it can heal and regenerate**

***There you go***

***Really Spectacular***



Release the nervous system through the adrenal glands. Draw a line of energy from the sciatic nerve that runs very close to the adrenals. Like a bucket of water with a cork in the bottom, you're pulling the cork out by popping the sciatic nerve into the adrenal grounding cords and the nervous system is clearing out.

Let the nervous system come into its parasympathetic state, the state of healing, relaxation and wellness.

Pop up to the center of the head to your throne room, this golden temple of silence. Look around in your throne room; get rid of any fish hooks, any strange papers, and boxes. Time for spring or fall cleaning. Open a trapdoor out the back of the head that drops right down into the big grounding cord at the base of the spine. Toss everything out that's in there. The only thing you need in there is your throne and silence because that's where you're going to create your miracles from, a place where you're going to generate and invent this new beautiful cheeks and mouth and jaw.

Clear off the view screen. Take some vinegar and a squiggee and squirt some vinegar on the view screen and take a squiggee and squiggee it off. Take a very soft cotton, white cotton towel brush over where the squiggee has been clean off any little extra drips or streaks so you have a perfectly crystal clear view screen. Then throw all of that equipment down the grounding cord out the trap door. Close the trapdoor. I'd like you to take just a moment and sitting on your golden throne, beautiful, and just feeling piece and serenity. You are the master of your universe.

### **It feels good**

Pop out the top of the head. Pull your aura into 18 inches around your body, make the edge of the aura sharp and pristine. Fill in any dings, dents, or holes. Smooth out the dings and dents. Those dings and dents got there if somebody's gotten angry with you. They can actually punch a ding or a hole in your aura by yelling at you. I hope that hasn't happened to you. Every once in a while you might have somebody in your life who's a screamer. Keep yourself nice and tidied up. If that is your that situation, go ahead and smooth your aura out. If there's actually a whole, you want to fill that in so you're not left walking around all funky.



Put a golden Roomba at the top of your head, a golden vacuum cleaner. Have it spiral around you from the top of your head all the way to under your feet. Set it on automatic and it's cleaning out the dust bunnies and fuzzballs from your space.

### **Beautiful**

As it's coming under your feet and then you can go ahead and throw that down the big grounding cord at the base of your spine.

### **You're doing a great job**

Open feet to earth energy bringing earth energy up through the feet, ankles, shins, calves, knees, thighs out the hips and down the grounding cord. Bring some more up through your feet again clearing your soul understanding. You know what? I'd love for you to also clear out the balls of your toes. The foot chakra is in the middle of the foot where the arch is. Have the entire foot open up so that the toes and especially the balls and the heads of the toes, the tops of the toes get cleared out also. The reason we're doing this is that actually the balls of the toes do represent your head and face and that the neck of the toes, the narrow part of the toes represent your neck. Where the toes are attached represent your shoulders. Get it all. Let's clear out those toes, they actually are connected to the meridians that go right up to the face and head.

Bring earth energy up through the toes, feet, ankles, shins, thighs, knees and all the way up out the hips and down the grounding cord.

## ***You're doing just an awesome job, really, really awesome***

Find that wonderful place that you really do want to face. When you look at it, it just brings you happiness and joy. Imagine that in your mind's eye, you can see this wonderful place in the universe that when you think about that being in your future, only joy and happiness show up. That place, that sacred, wonderful divine happy place.



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 your neck and shoulders, arms, elbows, forearms, wrists, hands and out the fingertips. Bring more of that energy down through your back channels, hips and up through the belly, chest, neck, head, fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura. Bring more of that energy into the back of the head. How about we loop it through from the back of the head to the front of the face? Loop it through the cheeks, jaw, nose, eyes, mouth and you're going to do a nice little loopty loop and then out the top of the head. Make one full loop around and then come out the second time out the top of the head, the seventh chakra.

The energy running down your back channels loops up through the belly and neck and out through the top of the head. You've got some of that energy just loopty looping around in your face.

## ***You're feeling pretty good, pretty sparkly here***

Imagine that you're looking at a computer screen on your view screen and you're looking at your perfect face, your perfect cheeks, your perfect mouth and your perfect lips. Do that netting again. Look at a graph of your face and tighten up the skin if it's loose. Bring elasticity in the skin. If it's lost some of its buoyancy, bring moisture into the skin. Imagine a flower petal, a rose petal brand new in the morning dew, some beautiful dewy moisture in your skin and nice tight, firm cheeks, nice tight firm eyelids. The jaw is relaxed. The muscles in the jaw and the face are relaxed.

You look so beautiful, so happy, so relaxed.

Take a little foray into the mouth and although this isn't as much the focus of this session today, do a healing on the gums and the teeth. Imagine that the stem cells are coming in. The stem cells that form the palates and the gums are coming in and doing a clean sweep. They're healing your mouth, bringing you to healthy vibrancy.



#### Tip for Gums

*If there's a gum infection, let those stem cells work on healing that gum infection. It's nice to rinse your mouth with myrrh. It's a really great thing to do.*

*You actually look ten years younger when you have healthy gums and teeth*

*Everybody's priority can be to keep their gums and their teeth very healthy*

The lips, these beautiful lips, activate the stem cells and the collagen in the lips to make them plump and beautiful as if you were a very young child. There are no lines in these lips. They're just smooth, silky, lovely lips. You might even just focus on imagining them filling out nicely. You're very hydrated and you like to drink water and your body is really set for really well receiving water. You really do maintain a nice moisture level in the skin.



You have a nice relationship with wonderful skin nurturing oils.

Maybe you like coconut oil or Avocado Oil. It's just so wonderful for keeping that skin moist and healthy.

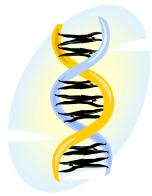
Sit in the throne room now and turn on the view screen. Take a look at the DNA around the skin and the mouth. Take out the DNA it looks like a spiral staircase of blue and it's got balls on the end of each of the spirals and a strand that comes out from each of them from the center. Have them all drop down so it's like a laundry line with all these 46 streamers exposing themselves.



Have on the DNA strand anything light up as black dots that might have to do with breakdown of the dermis, breakdown of the gums, the teeth. For example, (oh my mom has really bad teeth so I have really bad teeth), that kind of thing or (my grandpa had really bad skin and I got his problem). Have all of that interruption light up as black dots in the DNA. You're looking on your view screen and there's that DNA hanging in front of you and now these black dots are

lighting up, all kinds of failed energy in the DNA around the dermis, the skin, especially the skin of the cheeks, the lips, the gums and teeth. It's everything that you've inherited. That's black dots -- so anything that you've inherited that's failed energy.

Vacuum off all the black dots from the DNA strand. Remove all the failed energy that you inherited from both genetic lines of your mother and father.



Some people have a lot of black dots and some people have very little. Just make sure that you get it all up. Pulse a golden pulse through the DNA strand. It's very, very important to put the new formula in which is beautiful, youthful skin, moist, a complexion that's a consistent color. See the gums, teeth, tongue and lips stay very healthy and youthful. It's wonderful to have smooth silky lips that are full.

See anything around stress and maintaining stress in the jaw, also headaches that go with the stress in the jaw, and remove that. If you hadn't pulled that out, go ahead and have that be a black dot, remove it and then replace it with DNA for a relaxed face.

There might even be something else in the DNA, I'd like you to look for which is the pattern of trauma. For example maybe it is a regular experience that you are constantly facing trauma. That's always the way it always was with my dad or it was always that way with my mom and you might have taken that on and so that will exhaust the skin.

**You might declare the end of drama**

**Replace this with**

**I'm facing the best year of my life**

I'm going to be happier than I ever have been. Let the, 'it's just the way it always is', go. Vacuum out that black failed energy. It's very, very important. You know, this way of always being that you might have inherited. Vacuum that out and let's replace that with

'I declare this the best year of my life'. I'm happier than I've ever been, fulfilled in life and balanced.

*Life is very, very good and I love what I'm facing*

*It's just all grand*

*I feel moist, receptive, happy, spongy and elastic,*

*I feel flexible, easy, soft and loving*

Put those things into the new DNA strands, actually the old DNA strands with the new upgrades.

Golden pulse, radio tower maybe you've got a radio tower pulsing golden radio waves. You're doing a great job. Wow, awesome, awesome. You've replaced everything you've removed. You've sealed it up with the energy of gold. I want you to wrap this DNA strand back up. Reinsert it into the center of the head. Say hello to all the other DNA body and especially in the face, especially in the cheeks and mouth, jaw.

*Really spectacular*



Do a golden sun healing. Once it's cascaded through the body giving -- each DNA strand is talking to every other DNA strand in the body saying, "Look, we've got this wonderful upgrade." Let's seal that up with a golden sun, the energy of God. Bring a giant golden sun in and every cell in the body is now getting sealed up with gold healing.

*You're doing really good*

Let's put another golden sun at the top of your head. Have this be a sun filled with Validation

***I'm capable, competent, wise, loving, happy***

***I have a great sense of humor***

***I cherish my friends and they cherish me***

***I have such an awesome life***

***I'm active I love exercising***

***I love doing good things for myself***

***I love being happy***

***I love beautiful smells and sights***

***I love being in nature***

Bring this golden sun of validation and joyfulness into the top of your head. Add your favorites; I love these qualities in myself, my ideas that generate happiness and really fuel the fire for this transformation. Remember you're looking for joy and bliss. Then bring that golden sun of all that validation and happiness into all the cells of the body.

Bring one last golden sun and there you sit as a beautiful yogini. Let's pop you back into your body, filling yourself out better than you ever have before. Go all the way into your toes, legs, thighs, hips, waist, ribs and now down into your arms, fingertips, neck and head. Now, feel your spirit really expand, right out to the edge of the dermis in your entire body. It feels kind of wonderful. breathe in and out, you're feeling yourself as a spirit very tingly and filling yourself out all sparkly. You've got all this gold energy in you.

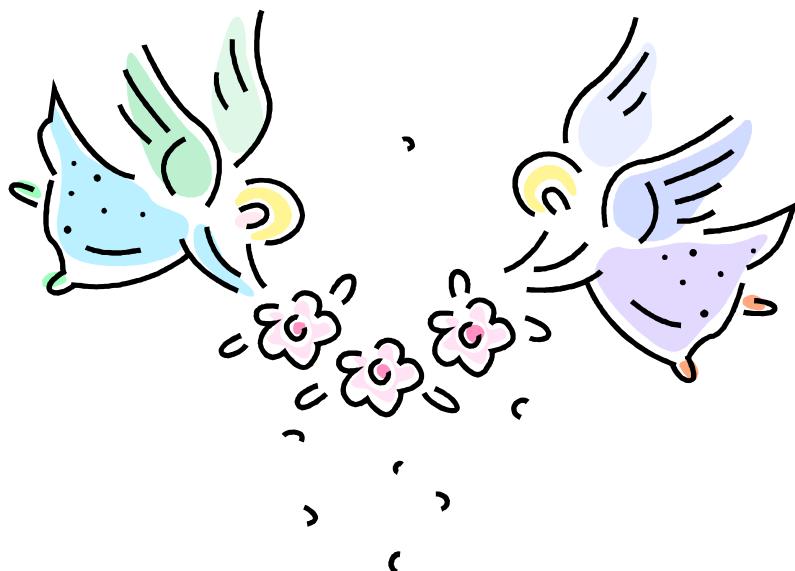
***Breathe in and out***

Take your hands and rub them together. Create some spiritual energy in your hands especially your fingertips. Take those fingertips and gently lovingly caress your face, forehead, eyes, under your eyes, your cheeks, jaw, chin, lips, nose and neck too all the way down and around your beautiful neck.

***Awakening from meditation feeling your own love***

***Feeling your own healing***

***Feeling one with god and goddess***



***Breathe in and out***

***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***