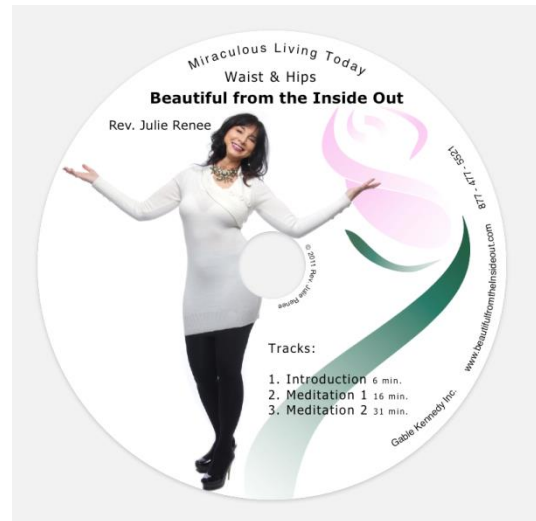


Beautiful from the Inside Out

Waist and Hips

Beginners Meditation

May it be with the blessing of the Supreme Being that whatever happens during this healing meditation be a blessing to all of us in body mind and spirit. Amen.



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 all the excess energy in the body. We're especially releasing any energy around the hips and thighs including invalidation that we've given ourselves in our waistline or our hips or our thighs.

Release aches, anxiety, disappointment, upset. We're starting to really fall in love with our body as all this unnecessary stuff just drops doing the grounding cord.

I love myself.

I am whole and complete.

Everything is in divine order.

I can change as grow.

Everything is right with my world.



Draw a line of energy as wide as your wrist, hollow in the center from the ovaries to one foot below the body and then straight down to the center of the earth. Set the right ovary and left ovary on release. Release all the excess energy in the body. Release all your healing projects. Release everybody else, what they want from you. Release your children, partners, boyfriends, lovers, husbands, let them and their residual energy go down the grounding chord.

Go up to the adrenal glands, the right and left adrenal gland, draw a line of energy as wide as your wrist, hollow in the center from the adrenals to the first chakra and down to the center of the earth. Set the adrenals on release and begin to release the excess energy in the adrenals. It's really, really important to have this adrenals mostly set at calm. The adrenals kick out the cortisol which is a hormone that helps keep generating fat on the tummy and the hips. When you're having lots of activations on the adrenals, like you're having a very stressful life, you want to really get yourself relaxed, take walks, meditate and bring yourself back into balance.



Okay, so now we're going to pulse some little golden suns on the adrenals.

You want these adrenals functioning at a 100% and a 100% means that they're not stressed and they're not taxed and they're not on overdrive. They are happy, relaxed and peaceful. Surprisingly, the beeps from your cell phone and your computer actually turn your adrenals on, as well honking horns, as well as interactions that are stressful from others and watching difficult like an action movie that has a lot of violence in it. If you're going through your 61 days here, you actually want to avoid a lot of that.

You could turn the beeps on your computer, in your cell phone to pleasant sounds or no sounds at all. You could actually make a conscious decision not to watch any violence during these 61 days.



It's really, really important to keep yourself happy and relaxed. Maybe you want to do some extra bubble baths with candles. Maybe you want to take some long walks in the woods or you want to take some run, some run on the beach, a run on the beach. Look at what calms you, soothes you, relaxes. Smelling yummy essential oils would tell the body to relax especially the aphrodisiac oils, and rose and jasmine and tangerine and ylang-ylang. These are all heart opening oils.

You want your adrenals entirely and completely happy and relaxed and supported so that they can support you in developing this beautiful, natural little waist. This wonderful waist that you love being squeezed and held by your sweetheart. Really, that perfect waist and perfect hips - those hips and waist that you love showing off in jeans. It makes you happy when you think about waist and hips. Imagine that. Let's use that fuel to fire these concepts to really stimulate the movement in the direction that is your dream picture.



Go up to the center of your head, sit in your throne room in the center of your head, wash the center of the head. Clear out any cobwebs or excess boxes or paperwork, anything that would say that, "This is what you have." Any way that you've convinced yourself that this is what you're stuck with or



this is what you have and there is no choice in the matter.

Wash all of that away

Maybe there have been a few unkind things people have said to you through the years or teased you about, "You have no butt" "You have a big butt" "You know you look like a boy". Whatever those held offenses are, wash out all those words and stuff that's stuck up there. Let's wash it all out.

Great!

If you have done sessions with me, you'll know that you washed out the trap door and if you haven't, here's the deal. We have a little trap door out the back of the head. So you wash out with a spiritual firehouse out the back of the head and then you close the trapdoor right after it's all washed out.

Good job everyone.

Pop out the top of the head. Pull the aura into 18 inches around the body. Firm up and tighten up the aura. Fill in any dings, dents or holes. Definitely look behind your hips and your thighs and your waist and in front of your hips and thighs, on the sides.

Make sure there is an aura all the way around. You don't want any leaky you, leaking out into the universe. You don't want anybody else's information leaking into you so just sure yourself up. Put a golden vacuum cleaner at the top of your head and spiral down around your head. Pay especially a lot attention to just at the bottom of the ribcage all the way down to the knees. Vacuum, vacuum, vacuum all the dust bunnies and fuzz balls and whatever you've collected. You are cleaning out the aura, the inside of the aura around the waist, hips and thighs.



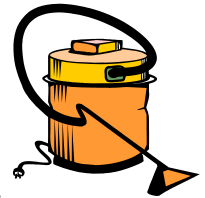
Then, all the way down around your calves, knees, ankles, feet and under the feet and then let's go ahead and throw that vacuum cleaner down the big grounding cord.

Open your feet to earth energy, bringing earth energy up through your feet ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. Bringing cosmic energy into the back of your head, one inch above where the spine meets the skull and down into your neck and shoulders, arms, elbows, forearms, wrist, hands, through the fingers and out the finger tips and then more that energy down through your back channels. All the way into your bottom, your butt, looping up through the pelvic cradle, belly and all the organs and digestive system in the belly ,all the way up through the ribcage, neck, head, fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura.

Imagine that you have a beautiful golden Shop-Vac and this beautiful golden Shop-Vac is your liposuction machine. For you, who have extra, extra, excess on your thighs and hips, let's use that golden Shop-Vac liposuction and let's clean up and clear out anything that isn't quite perfect and let's make it all perfect. So have some fun with that. For



you, who would like a curvier figure, let's imagine that you have this beautiful Shop-Vac full of your being, your essence and you're now making a more curvaceous body. So, you can be a sculptor and you can sculpt exactly what you want.



Enjoy removing this excess spiritually. Your body follows quickly what the mind believes. Your body will incorporate the mental image from your embodied belief system. Imagine melting butter anything that is not in your beautiful picture of yourself. Imagine that you've got the shape that you really want. Hold the mental image of the shape that you really want.

Let's imagine energizing and infusing the muscles with firm tone imagery

Add more firm and tone to the recipe

You are very strong and powerful

You come from a place of strength

That's really, really wonderful

Throw that Shop-Vac down the grounding cord. If you were sculpting any sculptor's tools can go down the grounding cord. Energize this area with a golden sun bringing a golden sun into the top of your head

and right down into your body and especially lots and lots of gold energy through the waistline and hips. The whole area of the torso from the waist down is being energized with gold energy, a golden sun. All the way into your thighs, knees, feet and also that gold energy has gone into your shoulders, arms and hands and then bringing more of that gold energy in.

Another golden sun at the top of your head

Bring that golden sun into your body and down into your arms and legs and torso

Down, down, down

Fill yourself up you are now glowing with gold energy, sealing up the healing from the day

Breathe in and out

Put a golden sun at your head and this with this one, you will sit in as a beautiful slender yogini. You are there in your mind's eye a spirit wearing the body of your dreams. Pop yourself into your body.

Spirit and body reconnected

Perfect spirit body and physical body are moving right towards your perfect body.

Filling out your toes, fingers, feet, hands, ankles, wrist, shins, calves, knees, thighs, forearms, elbows, arms, shoulders; fill out your torso, your hips, your waist. Bring your perfect spiritual body into this perfect physical body now transforming.

Breathe in and out

Activate your light cells

Let that golden sun fill in the entire body. Pulse and activate the light in every one of your cells. You are warming and fueling your energetic body and your metabolism.

Enjoy this beautiful experience

You have the perfect curves, the perfect shape –

The shape that you've always longed to be

You feel energized and relaxed, joyful, celebratory

You know, something good is on its way

Breathe in and out

Breathe in and out again

Deep cleansing breaths



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

Peace

Tathastu.

So be it.