



Beautiful from the Inside Out

Waist and Hips Advanced Meditation

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 your body.

Make that grounding cord wider. As a matter of fact, take that grounding cord off that you've created for yourself and just toss it aside and let's make a grounding cord that's three feet wide, hollow in the center. Sit on it. It has lots of room for you to release. Set that grounding cord on release now. Make sure that it's all the way down to the center of the earth. Set a vacuum at the bottom of the grounding cord. You're going to do some spiritual liposuction here. Go ahead and release all the excess energy in the body. We're working on waist and hips today.

We're already starting to work on waist and hips.

One reason for Cellulite

A lot of times, with the hips, we are discovering that if women have really full hips or have a lot of cellulite on the back of their thighs;

It's about historic information.

Maybe you are holding on to disappointing relationships

Those energetic blocks turn into globs of fat on the back of the body

We're letting that go. Let go of all that past

Let go of the disappointment, anger, and frustration, whatever that is, from old relationships

We're going to let that go down the grounding cord right now

Just let it rip

Return the hips to a sense of youthfulness

Remember when you were younger, you this area was really tight, tone? You were muscular in your hips and thighs.

Release, release, release

Next we'll go up to the ovaries. Rub your hands together again, creating some psychic heat-some spiritual energy. Take our heated hands, those warm palms, make them nice and hot. Put them on the bottom of your tummy right over your ovaries. Place your hands right above where your legs are attached to your body. Let the spiritual energy from your hands permeate through the tissue deeply into the ovaries.

Draw a line of energy as wide as your wrist, hollow on the center from the right ovary to the perineum and from the left ovary to the perineum and then down to the center of the earth. Set the right ovary on release. Set the left ovary on release. Release all the healing projects from the ovaries. Allow your hands that are all warmed up, your hand chakras, to begin to heal that lower part of the belly.

You can leave your hands there for a few minutes. This is a wonderful healing energy going into the ovaries and really affirming that you are safe, you are well, you are whole and complete. The first grounding cord which is related to your bottom, your hips. Your buttocks are related to the first chakra. The second grounding we do is related to the second chakra which is your ovaries, your creative center. And the third healing and grounding that we do is your adrenals and that's related to your third chakra.

Alright my dears, you can go ahead and let your hands fall to the side and we're going to do a line of energy as wide as your wrist, hollow in the center from each of the adrenal glands, down to the perineum and then down to the center of the earth. Rub your hands together again, creating some spiritual heat, some energy in those hand chakras and breathing in and out. And you just see that energy just building and glowing. You can kind of imagine that your hands are glowing with spiritual light and then we're going to put your hands at waist in your back, on your back. So kind of waist level at your back the palms are, fingers pointing down, thumbs on the sides of the hips at the waistline. And we're going to let that healing energy go to the adrenals and breathing in and out and just allowing that your own healing energy, that beautiful energy from your hand chakras to be helping the adrenals relax and release.

Press the right adrenal on release and the left adrenal on release. You can feel this energy permeating from your hands to the adrenals.

Breathe

As you breathe in and out, remind yourself to always breathe during the meditations.

Without breathing, you actually stop the energy from moving.

Nice breathing.

This Breathe can be nice and natural or you can add some cleansing breathes

We're releasing through the grounding cords.



You're releasing all the fight or flight energy, the stress out energy, worry and concern. It feels so good to feel so good. You're doing a great job. Allow your hands to fall to the sides. You did a great job with the healing on yourself.

Work on the third chakra. You've got first, second and now the third. Start with the third. It is a conical shape, narrow close to the skin and wide... six to eight inches away from the body. It's in the shape of a cone. It extends out the front of the body and also out the back. The third chakra is very close to the belly button and the second chakra. You're going to get the third chakra. Look at the chakra out the front and out the back. The second chakra is in front of the low belly, just above the pubic bone and out from the sacrum in the back of the body.

If you just drew a line of energy from just above the pelvic area then extend it through the body draw it right out through the back. You'll discover that the back part of this chakra is really close to your tailbone. Again remember you've got a cone shaped chakra in the back and a cone shaped chakra of the front. The first chakra is either off of the base of the spine or the perineum. This is the only chakra pointing down. It is a single shape, conical directly focused straight down to the center of the earth.



Look at the five cones, even though those two, the second and third chakras are one chakra in themselves, there's two extensions, they go through the body. First chakra is one is just one cone. It is time to activate these chakras. Get them spinning and lively. It's really good to have spiritual energy moving, especially this healing. We're working on the waist and the hips. We want the energy centers that are related to those areas to be active.

Really fantastic

Plug the sciatic nerve which runs very close to the adrenal glands into the adrenals and set the adrenals on release and include the nervous system release. You've already got the adrenals by letting go of fight or flight energy. Now, you're inviting the nervous system to calm down.

The metaphor I like to use for the nervous system is; '*imagine that the nervous system is a bucket of water with a cork in the bottom. You pull the cork out and the nervous system drains out. So you plug the sciatic nerve into the adrenals and it's basically like pulling the plug out of the nervous system. Letting all of the tension and stress out of the nervous system. And it's kind of a nice visual to imagine yourself like the invisible man in science class and you see that lazy network of nerves light up. It's blue. And you just see, all of that excess energy just draining off.*



If there's any muddle or funky stuff in there, let's get that out.

Very good!

You're allowing the sympathetic system to calm down and we're asking the parasympathetic system to kick in.



You are beginning our regeneration process;

Go up to the center of the head; sit in your throne room in the center of your head in your golden temple of silence. Look around in your golden temple of silence.

Clear all the cobwebs, spider webs, old paperwork around your ideas and beliefs. muddled thinking related to relationships and the connection these relationships have to the energy held in your hips and thighs. Also clear thoughts that tie you to generational patterns; what your mother's waistline was like, what your



grandmother's waistline was like. Clear all of the paperwork and cobwebs out and starting with a clean slate you will be able to write your own script.



Open a trapdoor out the back of the head, go ahead and hose those cobwebs out and throw those old papers out. This is time for regeneration. Close the trapdoor, wash off the view screen, take some spiritual Windex and a towie, and wipe off the view screen so you can see clearly. As you pop out the top of the head, throw the Windex and towie down the grounding cord on your way out. Pop out the top of the head, pulling your aura into 18 inches around your body. Pay attention around your waist and hips. Pull that aura in to 18 inches around your waist and hips. Notice if there are any dings, dents or holes in the Aura.

- Is anybody corded you?
- Do you have holes that come through the back and hook on to your grounding cord?
- Imagine pulling the cords out.

The only reason that you should have a cord there is if you are a mother to a very young child. Other than that, there certainly doesn't need to be cords in these low chakras. It's really fantastic if you're mother to a baby that there's a cord to your baby. That's wonderful especially a cord from the first chakra which is survival because the baby is entirely dependent on you for survival. That's the thumbs up, go ahead and leave it, yes cord. All the others are unnecessary. The caveat is, that by the time your children are 18, those cords have disappeared. So, it's possible that if you have six-year-old or a 10-year-old that of course you're still corded because they are looking to you for survival. So that's fine.

If your child is corded to you and they're 33 you need to pull the cord out. To clarify; unless your child has special needs, there is no reason after 18 to be corded.

Alright, very good!



Look at that aura at the area around waist and hips. Pull the aura into 18 inches around your body. Smooth out any dings, dents or holes in the aura especially around your waist and hips. Be sure to check all the way, make sure it's filled in behind your buttocks and behind your thighs.

Funny Fannies

It's a funny thing. Some people just don't have much of an aura behind their bottom. I don't know why. I guess it's because we're not there. We're not living there. We're not looking at our bottom all the time. I don't know. But let's make sure that there is definitely an aura behind you and behind your bottom, your thighs, behind the back of your legs and under your feet. If you're one of those people that didn't have an aura back there, you need one.



Take a golden vacuum cleaner, start at the waist today. Create two golden vacuum cleaners. Have one go around the hips and down the thighs while the other one goes up around the waist and to the head. Turn the vacuum cleaners on. They're going to do their thing. They're cleaning out all the dust bunnies and fuzz balls in the aura. Once you get to the top of the head and bottom of the feet you can throw both vacuum cleaners down the grounding cord. 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.

Find a place in the universe that's in affinity with you and your radiant experience of beauty. Bring a line of energy from that fabulous place, maybe it's a spa in Tahiti, it could be beautiful spiritual center, maybe a hot natural pool in South India. 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 down into your neck, shoulders, arms, elbows, forearms, wrist, hands and out the fingertips and bringing more of that energy down through your back channels all the way down into your hips and then up through the belly, the chest, the neck, the head, fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura and all the excess energy goes down that gigantic grounding cord we made.

Put a protection rose up at the front edge of your aura, two feet wide, ground it down to the center of the earth. Put a little stick of dynamite underneath it, blow it up and replace it with another protection rose grounded to the center of the earth.



Pop back up to the center of your head, sitting in your throne room, looking at the view screen, you are going to take out a master cell to look at spiritually on the view screen and this master cell has all the DNA information to look at regarding your waistline and your hips and thighs.

Look at that master cell. The master cell has a membrane, a nucleus, organelles that receive nutrition and it will deal with elimination and there's this beautiful strand of DNA, 46 chromosomes, 22 from your mother, 22 from your father and 2 that are authentically your God DNA, your god chromosomes. What you're going to do is take the 46 strands open it up like 46 streamers across your view screen and look for the information around how your hips and waist should look at this stage in your life.



Look for any dark energy in the DNA around the information of your hips and waist that you would have to look dramatically different than you did in your 20's. Then look at the information that's stored in the DNA discover why it's there and alter the program for better results.

Understanding Why

When I first looked at my DNA strand, one of the really fun things to look at was my programming in my physical body. I'd always felt like I was struggling to keep my beautiful body and I was actually kind of winning the struggle but it was always a huge battle. The reason for that battle was in my DNA programming. There was a very strong picture around gaining weight as I got older so that I would survive a plague, small pox or typhoid fever.

In my family heritage, the genetic line above me has all been quite chubby when they've matured and actually look dramatically different in their 40's, 50's, 60's and on up and they carry a lot of weight on their body. From normal body size and shape when young as maturity approached the body really thickened up. Actually the DNA picture, when I really looked more carefully was a survival picture so it was wired into my DNA so that I would survive an illness in my maturity when my human growth hormone wasn't kicked into gear as high as it needs to be. That would be the function of the pituitary gland. As we matured it the pituitary gland decreased in function, the natural direction is less and less regeneration and slower rebuilding of cells. You don't have to have that happen. You can keep tuning that back up to a 100% and have our regeneration abilities kicking into gear like you had as a teenager. So we have freewill to choose.

The project you're working on is the DNA around your body. As you're looking at that DNA, you might notice that you have some very slender seniors in your DNA or you might notice that a lot of people have patterns of piling on weight. Vacuum the dark areas till it's all gone. Whatever it is, let it go.

It's okay if you don't see pictures with the DNA. Imagine removing the DNA around weight gain in the waist and hips;

(If you feel like you're going to be able to pay your medical bills and get the proper health care.)

Don't do this if you're a poor, starving person and you have no way of taking care of yourself. The weight is actually wired in there to keep you alive. But if your intention is to have vibrant health for many, many years to come and that you're going to live in the light of the divine, then now's the time to unplug that picture but you have choice.

Everything that has a program in the DNA that's related to something that you're not in favor, for example; very full hips, a belly, a pooch, no waistline, stocky, whatever those pictures are, you can go ahead and light them up as black dots on your mother's and father's side. Your authentic God chromosomes are going to be perfect so they're not going to have this involved. Vacuum off those black dots in the DNA that are related to pictures you're not interested in having. Take a golden vacuum cleaner and vacuum off the black dots.

You also might see some torn strands that sometimes happen in the DNA where something is damaged. Make the repair now. Replace that information with, "I am healthy and beautiful." Put the hip size and waist size that you really want to set your body at for a prolonged period.

New setting

Beautiful, healthy self, tone, good muscle tone, nice strong hip bones, pelvic bones, beautiful slender waist, you want to put abdominal muscles in there. Maybe you want to have a tight tone butt.

Go for that.

Put new pictures in the DNA. If you have the experience of the pressure of past generations resisting this change, let them know that you're safe and that you're actually in a new age and a new era. Even a couple of hundred years ago, even a hundred years ago, people were still dying of small pox and typhoid fever. Back then they'd get sick and they didn't have sanitary conditions clean food and a rich landscape of health care options. It's a whole new world now in this era. In addition to wonderful medical care that we have available, we also have more spiritual agility and ability because the age has moved from the Piscean age to the Aquarian age which allows us to create at a much higher intensity, a much higher vibration. We get to be more in our god self than we did in the Piscean age. As a result, we have more mastery available for us to use.

Once you've replaced those pictures with exactly what you're looking for, go ahead and send a golden pulse through the DNA strand. Then wrap the DNA strand up. Put it back in the master cell and then let's pulse a gold energy on to the master cell. Let's put the master cell back in the body and let's have the master cell tucked all the other cells.



That was some beautiful healing. Put a golden sun at the top of your head. Bring the golden sun into your body, filling every single cell of your body. And let that golden sun activate this cell to cell communication that DNA picture is now changing throughout your hips and waist in your entire body. The entire DNA and all the cells of the body now have this new information about your waist, hips and thighs.

Tight, tone, firm, luscious, beautiful, sexy, attractive, athletic, you put in your words that's radiating through all the DNA in the body.

Put another golden sun at the top of your head, putting yourself there as a beautiful yogini, cross legged. And in that golden sun with you is your validation that you're so capable and competent. You create miracles for yourself. Bring yourself back into your body.

Filling yourself up, all fingers and toes, legs and arms, torso, neck and head, really filling yourself in, taking some breathes in and out

Welcome back to your wonderful world!

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

May the entire world be filled with

Radiant health,

Vitality,

Joy

Peace

Tathastu

So be it.

Beautiful from the Inside Out
