

Beautiful from the Inside Out

Neck, Breast and Arms

Advanced Meditation

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



Make the grounding cord just for you. If there's anybody hanging on it other than you, take it off and put a new one down. Let's make the sides of the grounding cord slippery. You might imagine it like a lava lamp with that kind of gooey oily stuff on the outside so nobody can hang on to it. Just make it your own. Maybe you want to put some wild 60's flowers all over it. Definitely, make this grounding cord for you. This is about you.

Claim your grounded healing space. Set your body on release down the grounding cord and double check that it is hollow in the center. Release all the excess energy in the body especially the martyr energy, the energy of over-giving, self-sacrificing. Let's just get rid of that. Say to yourself; *'I don't need that picture.'* We're going to reset you at appropriate giving and appropriate loving. Ground off all the old energy, the old system and the old you.

You've got a new attitude.

Ground the right and left ovary with a line of energy as wide as your wrist, hollow in the center down through the first chakra. We're going to ground the ovaries this time through the survival center and then down to the center of the earth. Set the ovaries on release. Release all the healing projects from your body, all the healing projects from other people. If you're healing your children, your friends, your boss, your mother, your father, your grandpa, let the projects go. Let them all go. It's time for you to use your healing energy for you.



Go up to the adrenal glands. Grounding your right and left adrenal gland, they sit two inches off the spine, an inch up from the waistline on top of the kidneys. Draw a line of energy from the adrenal glands to the first chakra down to the center of the earth. Set the adrenals on release and release the fight or flight energy, the stressed out energy from the adrenals.

Plug your sciatic nerve into the adrenals. Release all the excess energy in the nervous system, include any failed energy in the nervous system. We're turning the sympathetic system down and the parasympathetic system up. This action tunes us up to regeneration.

Go up to the center of the head in the throne room, open the trapdoor out the back of the head, wash out any recurring thoughts, spider webs or cobwebs. Kick out the squatters that are sitting in there. The conversations in your head that say, *"You're silly, you can't do this."* Kick it all out. This space is your golden temple of silence. The only thing that's in there is your throne in your view screen.

Open your feet to earth energy. Bring earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips down the grounding cord.

Find a place in the universe that's in affinity with you. Bring a light 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, shoulders, arms, elbows, forearms, through the wrist hands and out the finger tips. Bring more of that energy down into your back channels, looping up through the belly, through the chest, through the neck, through the head, fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura.

Feels so good

Pull your aura in to eighteen inches away from your body, let's go ahead and put a golden Roomba at the top of your head and under your feet and set them to work now. The Golden Vacuums are spiraling down and spiraling up. They meet in the middle. Now vacuum out all the dust bunnies and fuzz balls that have gotten in your aura.



And when you get to the middle with those golden rumbas, go ahead and throw them down the grounding cord.



Create a sharp defined edge to the outside of your aura. Let's pull the aura into 18 inches around your body. Nice sharp defined edge, let's make it two inches wide Plexiglas. Your Aura is luminous and you can see out. It's impenetrable right at the moment. You are making this a really tight, sharp, bubble for you. Make sure that it goes all the way around you and behind you and over your head and under your feet.

On the outside of the aura, turn on your blue corona. Get it really burning. Burn off all the programming energy from every other people related to how you should appear. All the group pressure to have breast implants or have arms liposuctioned or have your tummy tucked or who knows what you've been hearing about. Let's deprogram all that and say:

"I am the master of my universe. I can create whatever I want. I'm doing this for myself. I'm creating a natural beauty from the inside out – a true beauty, a true lasting beauty."



We have no judgment about people who choose to do surgeries. But this is a true lasting natural, organic beauty. So we're going for the ultimate beauty.

You are beautiful from the inside out. Put a protection rose up in front of your heart center, it's on the outside front edge of your aura. A big two-foot rose with a stem that goes down to the center of the earth or roots to the center of the earth. It's on the outside edge of your aura right in front of your heart area. It's a protection rose. You have a right to be protected, to be safe to keep yourself really encapsulated right now while we're doing healing. You don't need anybody else's information coming in to your energy field right now.

We're going to be looking at your DNA. Sit in your throne room, turn on the view screen and take out a master cell. In that master cell we work with the outer membrane, nucleus, organelles, the DNA. Pull the

DNA strand out. Forty six total strands; 22 from moms side, 22 from dads side and 2 authentic God strands all your own. Open up those strands, it's kind of fun to imagine them as streamers hanging down, 46 streamers.

Begin looking for the patterns in the DNA that would be cause for degeneration. What we are looking for are black markings for loss of elasticity in the skin, neck and arms, for loss of fat in the hands, for alterations in the breast area. Have the information light up as black dots in the DNA. Vacuum out the black dots from the DNA. Remove the information about degenerating; about having things fall apart or get saggy, weak, tear or whatever it does.

Vacuum it all out. It's fun to look at why those things happened. So you might get some pictures or images from family members, from generations back on why that was happening, why that was a good thing. Notice that you don't want to play in that arena any more. Be complete in your mind with the ideas like; falling apart, getting saggy, soft and old. We're creating the healthy, perky, tone, beautiful, youthful appearance from the inside out. It's a place where beautiful, youthful and healthy from the inside out is part of your daily life. You know people like this. When you think about it, you know people who are beautiful and perky and youthful from the inside out. Now, you know yourself to be that way also. Continue to vacuum out the black dots and the DNA strands.

Deprogram information that might have to do with being a self sacrificing martyr. Giving it all away and not keeping it for yourself, let's remove that behavior out. It might be part of your historical past. You may have unwittingly caused this condition by letting everybody hang on you until you sag with exhaustion or get a thin skin from letting people beat you up way too long. I don't mean literally but, you know, being beaten down all the time so that you develop a thin skin instead of a thick skin.

Maybe there is a recurring pattern of giving up on you. Like giving up on exercise. That actually might be wired into the DNA. Look for those pictures that I've just talked about the thin skin, the martyring, the letting people hang on you, the giving up on yourself and let's get them cleared out. Those are family pictures that you've inherited in your DNA. Let's vacuum them out. You don't need to run them anymore.

Replace the old unattractive DNA you have just cleared out with beautiful pictures.



You are lovable

Loving

Caring

Giving

You love appropriately so that you remember to love your body

You take care of your own temple before you take care of other people's temple

First, you love and give to yourself

You don't over give

Don't martyr

You simple love and give

But first you fill yourself up

You need your oxygen mask first.

You're taking this time to learn about yourself and to heal yourself

Excellent

Now, we're looking at patterns in the breast, neck, chin and arms. Include other patterns that are failed patterns that have come in the DNA. Now remove the failed patterns. Example: every woman for generations and generations in your family has had big loosey, goosy arms, (or something silly like that.) We are tuning your dial to the station that plays the recurring thought; "That's what I am stuck with because that's in my DNA" vacuum that out now. You don't need that old stuck conversation or the degeneration pattern anymore. Vacuum it out.

We're practicing being a chameleon altering our self for our new environment



Our new environment is what we choose it to be

If our mind believes it will achieve these shifts, we will accomplish it

We're setting our self for a youthful vitality for years and years to come

Our life in beauty and grace

Vacuum all those black dots out and reset yourself with beautiful skin, beautiful nipples, beautiful upper chest, tight and tone. Imagine the skin is simply and easily tightening up. The breasts are in the position that they were in when you were 16-years old. The arms are tight and tone. If you did have a challenge with cellulite or saggy arms, you're noticing the cellulite has disappeared. You have smooth, sleek muscular arms now. They might be slender or muscular either way your arms are tone; you are really toned. You've changed things. You have enough estrogen in the skin, in the tissue to give you a nice little layer of plumpness, not fatty blobby cellulite, just enough youthful smooth fat in the skin that gives you what you need to have a healthy vibrant look avoiding the old worn out tough emaciated over skinny, look.



Continue to observe your improved tone, healthy appearance, notice you have enough collagen in the neck to have tight, healthy skin. You've removed the excessive fat cells if you got a tendency towards jowls or double or triple chin. Vacuum out any additional troublesome tissue and you're ready to reset your DNA to have the beautiful look you had in your youth. If you didn't have the look you wanted in your youth, than find a picture, maybe in a magazine or something that's kind of close to your vision. Look for an image, that resemble your bone structure an image you would like to accomplish and imagine that image is the new you. Tiara

You are a radiant

Beauty

Beauteous

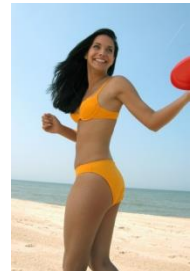
And Beautiful



From the inside out



Next step; send a golden pulse through this healing in the DNA strand. Remember to replace new pictures in anything that you've altered. Leave no cleared spaces blank.

If you altered small saggy breast to pert youthful, plump breast, that's cool. But make sure that you put that second image in. So you replace that in your arms, your shoulders, your neck, whatever you've altered, I want you to make sure that you've put the new picture in and then go ahead send a golden pulse through the DNA strand. Once it has been sealed up with the golden pulse, wrap the strand up and place it back in the master cell. Restore it to your body. Let the body receive this healing, this new DNA information. Mirror the new DNA to all the surrounding cells, feel the flood of new information flood through every cell of the body. It's energizing and recharging the whole body. This energy and new information is singing. All the cells of your body are working towards your new picture.



 Place a golden sun at the top of your head and bring this golden sun into all the cells of the body. This golden sun is amplifying your healing and sealing it up. One more golden sun bringing yourself as a beautiful cross-legged yogini into the top of your head, down into your body, into your fingers and toes, legs and arms, torso, neck and head, into your breast, into your neck, into your shoulders, into your arms, elbows, forearms, hands, really filling yourself out. Focus on filling yourself out especially in those places where you had lost affinity with yourself. Reclaim your 

affinity, your self love,

Say to yourself;

"I love myself, wholly and completely.

I am perfect.

I am divine.



I am radiantly beautiful."

Claim this for yourself. Now put one last golden sun to finish up. Place one more golden sun at the top of your head and flood that down into your body, you as a spirit slip back down your physical body getting nicely tucked in. You feel shiny and golden in your body right now. Wonderful, peaceful and so happy.

You're beginning to come back to your own colors - your natural colors, primary colors, beautiful, vibrant colors.

Okay my dears wiggle your fingers and toes,

breathing pink and gold energy in.

Take a few cleansing breaths

And come back into the room.

May it be with the blessings of the Supreme Being

That this healing meditation is complete

May the entire world be filled with

Radiant

Vibrant

Health

Beauty

Grace

And ease

Tathastu –

So be it.