

Beautiful from the Inside Out

Hair and Eyes

Beginners Meditation

Take a deep breath, in and out. Let a little sigh go and another sigh. Position yourself in this familiar meditation space knowing, "Oh, goodie, here comes all the good stuff." Breathe in pink energy and breathe out. Rub your hands together creating some spiritual heat, energy and psychic heat. Warm up your hands. Take the right hand which is now nice and hot; place it over the heart and place the left hand over your right hand in a mudra of self love and self affinity.



Repeat to yourself:

"I love myself.

I trust myself.

I will express my unique, radiant, beautiful self."



Allow that healing energy from your hands to spread out into your heart. Have the warm and healing energy reach up into all the cells of your body. As it moves out from your hands in moves up into your face and head, circling and spiraling through all the cells of your body down until it finds its way into your fingertips and toes.

Allow your hands to drop comfortably on your lap. Dhyan mudra; first finger and thumb touching. Breathe in and out. 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 release all the excess energy in your body. Release any stress- out energy, worry or concern, anything that's not in harmony with your highest good and your radiant beautiful self.

Grounding your right and left ovary with a line of energy as wide as your wrist, hollow in the center, down one foot below your body and then down to the center of the earth. So you've got a **Y of light** connecting one foot below your body and then one



single line going straight down to the center of the earth.



Press the release button on the right ovary and the left ovary and release all the excess energy, healing projects, the projects you have that you're working on making other people well. Let's let them all go right now down the grounding cord. Create a vacuum at the bottom of the grounding cord which is going to clear this out.

You are doing a wonderful job

Let's activate the miracle energy in front of the belly. Ladies you have miracle energy. It is located two inches up from the pubic bone and an inch or two to off your belly. Let that little ball of energy increase in size. First it is the size of a golf ball. Send a grounding cord down from this little golf size miracle energy. Sometimes I imagine it's a golf ball sitting on a tee and I ground the tee down to the center of the earth and then let the miracle energy expand.

Today you are going to use the energy of the miraculous. This is the energy that women create babies with. You are actually creating a miraculous space for yourself by bringing out this little miracle ball.

Let it grow, the miracle energy that's a ball, is now getting bigger and is safely grounded to the center of the earth. As it increases in size it grows to a baseball, a softball, volleyball, a beach ball of miraculous energy.

You're doing great.

It's getting bigger and bigger. We're getting the miracle energy nice and big. Now see it the size of green physical therapy balls and finally, a gigantic, purple, physical therapy ball. All this miracle energy is right in front of you.

Take a little spiritual pin and pop it your bubble. Let the entire miracle energy drape into your body. It's going to saturate the front of your body then up over the top of your head and move down the back of your head, your neck and shoulders, down your back, behind your hips, back behind your thighs and all the way down past your calves. It's permeating your entire back, under your feet and looping up through the front.

You are entirely saturated with this amazing miracle energy. It's sinking into you. I like to imagine it as honey on white bread. You know, how honey just saturates fresh white bread and sometimes seeps through the bread leaking out the bottom as it soaks deeply in? Imagine this miracle energy is getting deep into you; this miracle energy is going into your face and your eyes, your forehead, and your scalp, your neck. We're using that miracle energy for you only today.

Beautiful

Ground your adrenals. The adrenals are the little acorn like glands that sit about an inch up from the waistline and about two inches off the spine. They look like little acorns with hats.

Draw a line of energy as wide as your wrist hollow in the center from each of the adrenals. Take this right through the first chakra located at the perineum. You can also use the point at the base of the spine if you prefer and then move that ground chord down to the center of the earth. Release everything having to do with survival. Affirm that your survival is totally taken care of and that you're entirely and completely relaxed. Set the adrenals on release and release fight or flight energy and stress out energy.

Your first chakra will have the ability to kick in if there's some danger with your survival. But for you create a miracle we're looking for you really can't be in survival mode. (You can create a miracle around survival but not a rejuvenation transformation of the cellular body.)

We want you to tone down the activity of survival while you're in this meditation space. You can set your survival energy at 20% for now. When you've completed the meditation, you can set it back at a higher level. Come in to grace and ease. You need to feel joy, abundance and the perfection of your own beautiful, youthful self here and now.

If you haven't really kicked into gear and set those adrenals on release now is the time to do it! I realize I've given you lots of ideas to think about. Go ahead and push those release buttons and let it all go.

Good girls.

Wonderful!

I love how you do this so well.

You are going to be a gorgeous rock star when we've completed this and you already are.

Of course, you know that.



Jump up to the center of your head; you're sitting in your throne, the throne that you 'own'. You are the queen of your castle, the ruler of your kingdom, queendom. Create a golden throne. You may want to have some purple velvet covering the throne so it's nice and soft. Sit on your throne and look in this beautiful temple, your golden temple of silence in the center of your head.

Let's clear out

- funky thinking
- cobwebs of self doubt
- paperwork that says; "You can't do this"."You need to buy a product or hire somebody to do surgery on you."

It's perfectly fine if you do a buy a product and it's perfectly fine if you have surgery. That's fine. But let's get you back into your own authority, certain that you can create miracles for yourself and then whatever you decide, that's perfect for you. But let's you get back into the belief system and structure of truth which is, you can transform yourself any way you wish.

Open a trapdoor out the back of the head and wash out all of yourself doubt. Wash out all that evidence that says you have to have surgery or you have to have a product or an electronic laser blah, blah, blah.

Again, there's no problem with choosing to do those things. Absolutely do them if they make you happy, but get your certainty back that you are in charge of your skin, your face, your beauty and your youthfulness. You're creating the most wonderful, beautiful self for you, **really for you.**

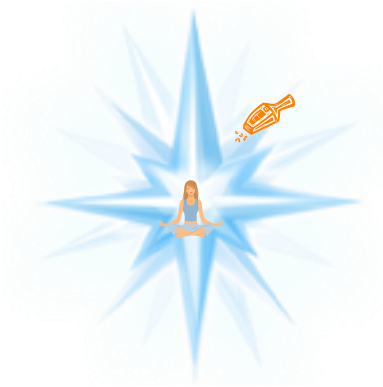
Wash your self doubt out the trapdoor. See it go down the grounding cord and down to the center of the earth. Take some spiritual Windex and wipe off your view screen where the third eye is. Imagine it

like a computer screen or a movie screen. Wipe it off, if it's kind of funky or has pollution or soot on it. Clean it off.

You want it really pristine because you're going to be looking through with clear vision when you open your eyes and we want the third eye to be just as clear as the physical eyes are.

Okay, goodie.

Throw that Windex and the rag down the grounding cord. Close the trapdoor and pop out the top of the head. Pull your aura into 18 inches around your body. Light up a blue corona, a blue flame just like the flames of the sun, similar to beautiful blue gas flames. Create your blue corona going around the edge of your aura. Place it on the outside edge. Burn off all the programming that says, "It's impossible." So, we're getting rid of 'it's impossible', because we know, everything is possible and we can do whatever we set our self to do.



I sound a little bit like a cheerleader now. You really do have to burn out other people's thoughts and programs. Let's burn them off. Let it flame up.

As that's flaming, let's set a beautiful little golden vacuum cleaner. A little Roomba in the top of your head and we're going to clean out all the dust bunnies and fuzz balls that have collected in your aura through the last few days or weeks or lifetime or last few minutes before you started the meditation. Wherever those dust bunnies have come from, clear them out.

The Roomba is a little automated robot and it's going to go around and around and around your aura. Spiraling down it's going to go all the way under your feet eventually. Cleaning up every dust bunny, funky thing your aura is getting all cleaned up.

The vacuum is headed around the hips, knees, shins and calves, feet and under the feet than take the little golden Roomba and throw it down the big grounding cord at the base of your spine.



It's feeling better in here already. Open your feet to earth energy. Bring earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord.



You are taking your next steps forward and you are increasing your soul understanding. This is a universal spiritual truth. You are in charge of your physical realm as well as the emotional, spiritual and mental realm and you're activating your abilities to create miracles.

In India they call it a 'siddha' that means you are able to have power over a cellular structure. There's actually 16 siddhas and they relate to spiritual power over the physical world.

Bring in cosmic energy by locating a place in the universe that's in harmony with you. My favorite place is a temple in the high Himalayas of Nepal, a Buddhist temple. I bring a line of energy from that ecstatic place, a place that I visited many years ago. Bring line of energy from that place to one inch above where the spine meets the skull. From there bring the energy down into your neck and shoulders.



Bring miracle/divine/universal energy down your neck, shoulders, arms, elbows, forearms, wrists, through the hands and out the fingertips, clearing your creative channels. This creates a new space of creativity, miraculous creativity for you. Bring more of that universal life force into the back, down your back channels, spine, the meridians on either side of your spine, down into your hips and then looping up through the belly, chest, neck, face and through the head.

Bring the energy through the eyes, hair, lips, brows, the scalp and fountain the energy out the top of the head like a beautiful Italian fountain, bathing and cleansing your aura.



For the fun of it, let's blow up some roses. So we can do two things, one is, let's set a protection rose at the front edge of your aura. This is a big two foot rose grounded to the center of the earth and it is going to protect you from things that people are saying, maybe negative things. You will hear their words but you don't have to take in the negative energy. If your protection rose is wilted over put a little stick of dynamite or a cartoon bomb underneath it and blow it up. Then put another protection rose in its place. Create it as a giant rose, grounded to the center of the earth.

Wonderful!

Blow up some roses.

You are clearing even more your energetic space. It is just you in there. Put a dozen roses over the top of your head. Put a little stick of dynamite underneath it and blow it up.



Place roses on your right and left side. You might put up two or three roses on each side. Place a stick of dynamite under the roses on each side and blow them up. Check in with yourself, would it be good to put a rose behind your head? How about around your crown chakra? Clear off the energy around your hair. Do that by placing a rose there then a stick of dynamite and blow it up!

In front of your eyes, about six inches, place two roses. Blow the roses up. When a person has everybody else's information around and in their eyes and all the group agreement that eyes go downhill after such and such an age we need to clear those programs. If you have challenges with your eyes or your lids, I would recommend that one of your practices is blowing up 10 roses on each eye everyday for a while. It is six inches away from your eyes but you'll clear that programming that's around your eyes. Don't put the roses in your eyes - six inches in front of your eyes. Perfect.



I know what you might be thinking: *"If I put them in my eyes, oh, that'll be even better."* But you actually want the eyes to maintain the information of vision. You don't want to erase all the good information that is in the eyeball. You do want to do is clear information that would be negative around the eyes.

Very good and since you are at the eyes right now, let's just get started on your eyeballs.

I think that's fantastic.

The first thing we're going to do is just observe the eyes. Next, ground your eyes to the center of the earth, attach them up to the Supreme Being.

Yes, this process is an unusual thing to do.

Include the third eye in that. The third eye your intuitive vision and is located at the brow center between the two eyebrows. Be sure to fasten all three, your two visual eyes and your clairvoyant eye to the Supreme Being. Then, ground all three to the center of the earth.

Set the eyeballs on release let all the negative patterns, energy, scar tissue, funky matter release down the grounding cord. Set the eyeball and third eye on release.



It's a very exciting time.

You are definitely creating a miracle here.

Have both of the eyeballs light up with any black or failed energy. How you might think of that is to look for lower function in the eyes. A good example is scar tissue, perhaps you've had an infection or two in your eyes and it has caused a degeneration effect, you will want to light that up. Stays with this process keep looking.

There are beautiful miracles stories about people getting their vision back.

One story is about a sculptor in Lourdes, France. It is one of the miracle stories that came out of the relationship with young Bernadette and Mary, mother of Jesus. It's a very, very beautiful story about vision being restored to a sculptor. The healing was instantaneous. The sculptor put his hands in this blessed water. People still go to Lourdes for that water. He washed his eyes in that holy water. One of his eyes had been completely blind and within a matter of moments he was able to see. Very cool!

There are some wonderful books out about the miracles that Mary has generated through the centuries with her appearances. Her legacy is truly amazing, she often interacts with children. You might look into her stories, if you're interested.



You are still working on finding all of the failed energy around eyes. Keep looking, perhaps you're not seeing as clearly as you'd like to, maybe you used to see things more sharply and clearly defined. The eyes really do represent the function of the entire body.

If you have degeneration in your eyes, it is a reflection of something else out of alignment in your body.

**There's a fabulous science of the eyes called iridology. This uses the eyes as a blue print for the function of the entire body. The eye's are read and charted; spots and discolorations indicate weakness or illness in some part of the body. You might look into this more deeply if this one of your concerns. As you become aware of your challenges you can address them here in meditation. By healing those parts of the body you will clear up your eyes also. Iridology is a 70% accurate unlike western medicine that as a whole comes in at 40% accurate*

Today you are going to do is work on a spiritual level to clearing up those challenges out of balance. It is possible areas of your body miraculously get better as you heal. Your eyes, just like meridians points from reflexology hold the secret keys to much of your body and health. An example; perhaps your kidneys aren't working perfectly. If we clear it up the kidney imbalance in the eye, it will clear up in the kidney too. That is so awesome.

Clear out all the failed energy in the eyes.

So far you have lit up the black failed energy in the eyes.

Next step is to take a golden vacuum cleaner and gently go through both eyeballs. Remove all the black spots and dots that you have light up over the past few minutes. Remove all the failed energy, all the black dots. The Black dots are death energy. I'm not saying that your eyes are dying however; where the lights go out in the cells they are no longer capable of regeneration. You are removing all that information. You are now bringing brightness and clear vision back.



Timeline clearing

If you have worn glasses for a long time you have evidence in your mind that you need your glasses. Perhaps you started wearing glasses when you were six or five or sixteen. Look at the timeline behind your eyeballs. Start from preconception to today. Have light up on the timeline, all of the events that proved your eyes were failing and that they were doing less than they could. Have these landmark events line up as black dots on your time line. Clear them off the timeline. Once they have been cleared off, you'll still have the historic information but you won't have the physical, spiritual, emotional, mental impact. Use your golden vacuum to remove these black dots. The details will still be there but the impact of *'this is who I am'* will go away. It becomes neutralized like information in an encyclopedia. It will no longer be, *"This defines me."*

What you are doing is removing the energy and the imprint of *'this is who I am', 'I'm the person who has eyes that are failing', 'I wear cute glasses'*. Whatever this is in your timeline, you're clearing that

information out now. Vacuum the black dots off the timeline. You don't have to know what the black dots represent. Let the timeline line up, light up black dots and then, take that golden vacuum cleaner and vacuum the timeline.

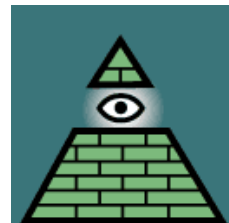
Vacuum all the black dots off.

Place a timeline out in front of you to your future. Go all the way to the end of the body. Since you don't know exactly when your body is going to stop, place 100 additional years on your time line. Do you have any time bombs, anything where? A time bomb might be *'Oh, when I get to be 80, I'm going to have cataract surgery. Because your mom and your grandpa and everybody else you knew, had to have that surgery'*. Remove future time bombs that are preset to go off. Let's clear them off now.

Funny story about my eyes

I decided to correct my vision and I did wear glasses from age 18 to 46. At age 46, I decided to change that situation for myself. Through meditation I healed my eyes. I went into the eye doctor for my yearly check up. After my examination he said, *"It's impossible for a woman your age to have her eyes get better. We never see this."* He then said, *"The doctor who examined last year must have made a huge mistake."* It's funny because as he looked back on the records he discovered he had done my last check up. He had no explanation for the improvement. So he said, *"I must have had a bad day. I must not have been paying attention."* We actually can, even if a doctor has said, *"You can't do that."* Tell your body you can.

***"Okay, I'm willing for something else to show up.
I'm willing to be the authority in my space."***



Take that golden vacuum cleaner and vacuum all the time bombs off your future timeline all the way out one hundred years.

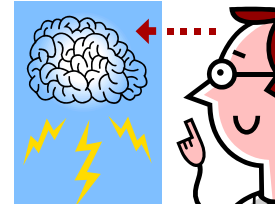
Beautiful



Have the timeline drop away. Put some golden suns on your eyeballs themselves. Have the golden suns pulse right back into the brain infusing golden light to the interpretive center of the eyes which is in the back of the brain. Pulse golden energy all the way back to the visual cortex.

While you are working on this, place some golden sun on the eyelids.

Talk to the cells



Give the cells permission to regenerate

What you are seeing in the eyelids is **stem cell regeneration**, activation of **collagen**, **tissue tighten and firm**. **The tissue is moist**. You have less and less visual aging signs and more and more your eyes are looking like the eyes of a 22-year old. Your beautiful lids, with well cared for tissue is becoming very active with natural collagen.

You have a fine layer in the dermis of youthful fat. If your eyes have dark circles, take a spiritual vacuum cleaner and vacuum out the backup of old blood. Sometimes the energy flow is reduced or inhibited underneath the eyeballs tissue there may sag, swell or discolor. You can just vacuum that out and pulse golden suns in there. Turn on your stem cells get them actively working at regeneration. How you do stem cell activation is you ask for the stem cells to surface and help create new tissue in the area. Then feel the stem cells moving into action, tightening, rejuvenating and activating collagen.

Your eyes and eyelids are amazing. You see so clearly and those eyelids are really telling a tale of your inner wisdom and beauty.

From your eyelids, you're also going to activate growth on your eyelashes. So there are all these wonderful products you can apply to your lashes, but did you know you can also apply a spiritual product. Imagine taking a spiritual wand and drawing a line of spiritual activation over the lashes, the attachment of the lashes to the lid. Now see in your mind's eye your lashes coming in full and thick.



You can do this also with the brows if you have a very fine, thin brow and you would like to get your brows back. Take the spiritual wand of hair growth activation and apply it exactly where you want. Let's bring in a little more brow growth.



Finally you're moving to the scalp. Look at your beautiful head of hair. If your hair has become fine, very delicate in the age group you're in and you used to have more medium or coarse hair, go ahead and envision your hair returning to its natural state. If you've never had a lot of hair, this is also a doable fix. Imagine your gorgeous head of hair appearing on your head. You're seeing the follicles thickening. You're witness more hair growing. You see twice as much hair on your head now.

Another interesting concept is to imagine that it's all returning to its natural color. Hair changes color for a variety of reasons. Maybe you'd like to be a blond or a brunette naturally again, let's set that program to work. Ask the divine if there's information about mineral deficiencies or absorption of nutrients. Ask the divine to guide you in finding exactly what you need to physically support your hairs return to youthfulness and splendor. Your spiritual shift of returning hair to radiant, fabulous and beautiful miracle can begin.



Bring a golden sun into the top of your head and in this golden sun, put yourself in as a beautiful yogini. You are sitting cross legged at the top of your head in a big, big golden sun. Gold is the energy of God. Bring the golden sun in to the top of your head, through your crown chakra, then through your hair as the gold energy activates and energize the miraculous phenomenon we have now invoked.

See your eyes, lashes, brows, hair, tissue, vision, and brain, all of the things you've just worked on, getting better. All the healing energy is being amplified by the energy of God your golden sun. Pop you

in as a spirit, bringing your spirit down into your feet and hands, legs and arms, shoulders, neck and head. You are filling your body out better than you ever have before. You may actually notice becoming more slender, fit and tone. It's amazing what happens with these deep, profound miraculous meditations.

You feel well rested

You look better

And

You shine of radiant light

Gently rub your hands together creating some psychic heat, spiritual energy, some tapas.

Place your hands on the top of your head, give yourself a little blessing. Move your hands to your forehead.

Rub them together again.

Put palms over your eyes momentarily and just feel that healing energy going right in.

In addition to God energy, you are healing yourself!

You are in partnership with the divine.

You're both working on this healing together.

Breathe in and out

Come back into the room; wiggle your fingers and toes

May it be the blessings of the Supreme Being that this healing meditation is complete.

May the entire world be filled with radiant health, clear vision, joy and peace.

Tathastu - So be it.

