

Beautiful from the Inside Out

Hair and Eyes

Advanced Meditation



Breathe in and out.

May it be with the blessings of the Supreme Being

That whatever happens in this very advanced meditation

Be a blessing to you,

To your cells, to your body and to your joyous miraculous space

May you be blessed

And may the entire world be filled with radiant health, vitality and peace

Continue to breathe in and out

Ask the Supreme Being to stand with you in this creation of the miraculous.

Today you are working on the eyes, brows, lashes and hair. You will be activating some pretty amazing miraculous energy!

Send a grounding cord down from the base of your spine to the center of the earth. Set the grounding cord on release and begin to release all the excess energy in the body. You are so good at this grounding!

Ground your right and left ovary with a line of energy as wide as your wrist, hollow in the center through the first chakra at the perineum and then sending it down to the center of the earth. Set the ovaries on release. Release the healing projects of all others. Today, you're healing yourself for this moment, in this meditation. **This energy is for you.**

Set the right ovary on release. Watch it dump and download all the gunk built up in it. You're getting back to your own true color. Every woman has colors in her ovaries. We often see when we're clearing them, the release processes moves women through three or four colors before she gets to her own color. (sometimes even more) Those clearing colors represent the people that we're healing.

Okay, alright, I have 25, okay.

Just kidding!



Release your left ovary too. If you're a big healer, you are going to release a lot of different colors, it's no big deal. What is important is that you keep you ovaries clear. The ovaries play an important role on keeping our skin very vibrant. We need them releasing into our body wonderful yummy hormones that keep us youthful, including estrogen and progesterone. Keep them clear and happy. Let's go ahead and pulse a couple of tiny golden suns on the ovaries. The ovaries are a little bit smaller than chicken eggs. Imagine golden sun's fitting right on top of those ovaries. Pulse the golden suns.



See them come into perfect balance and harmony.

Happy, happy ovaries!

If you're one of those special women who have had your ovaries removed, not to worry, there are spiritual ovaries there. (so do the process just like everybody else). Your spiritual ovaries are working and they actually can, if you allow them to, release the hormones that the physical ovaries would normally do. So that's a new element to add to your belief system and it actually works.

Pop up to the adrenals. Ground them, the right and left adrenal with a line of energy as wide as your wrist hollow in the center down to the first chakra, through the perineum and down to the center of the earth. Set the adrenals on release. Release all the excess energy in the adrenals. Release the flight or fight energy and the stress out energy.

Remember Adrenals on overdrive equals no miracles. Overdrive is the hyper active state and survival mode. You are in the sympathetic nervous system set on 'protect'. You need to be in the parasympathetic nervous system which is the relaxed state - the state of regeneration.

It's really, really important to breathe deeply. Get out of survival space and into that space of regeneration. If you haven't already, send the grounding cord all the way to the center of the earth. Set the release buttons on include both the right and left adrenal gland and 'let er rip!'

Pop up into the center of the head. There you have a beautiful throne. You've now decorated your throne with some beautiful fabrics. Maybe your choice is velvet or silk. It's a color that you love you feel and is gorgeous. Sit on your throne. Take a good look around. Is this now a clear space? Have you released all the doubt, worry, fear? Have you released everybody else's energy, spider webs, cobwebs, looping thoughts and excessive thinking? Are you in a crystal clear space? Is it your golden temple of silence?

If there's anything left in there, open the trapdoor, take a spiritual firehouse and wash out the center of your head. Give it a good hosing down. There is no room for looping thoughts. This is your place and your time to create that unbelievable miracle for yourself.

Everything is going out the trapdoor is dropping down to the big grounding cord straight into the center of the earth. Wash off the view screen with some spiritual Windex. It should be pretty clear by now. We've been meditating for a month already every day.



You're doing so well.

I'm so proud of you.

Maybe it has been two months, depends on where you are in this series.

You are doing awesome!

Throw the spiritual Windex and towel down the grounding cord. Lock up that trapdoor.

Pop out the top of your head. Pull your aura in to 18 inches around your body. Make the aura 6 inch thick Plexiglas at the outside edge of the aura. You are going to check yourself so that nothing but you and God energy is inside your aura.

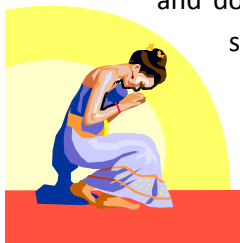
Take a spiritual vacuum cleaner and have it spiral around from the top of your head down to under your feet. It is automated vacuuming out all the dust bunnies, fuzz balls, anything that's in there that you might have picked up walking through someone else's aura.



Notice how it feels to have a 6 inch edge to your aura of clear Plexiglas. You are seeing out clearly now with no interruption in flow - just totally, entirely protected from other people's thoughts, and their programs. It's kind of fun. At the end of this meditation you'll go back to a normal aura. But you're certainly welcome to put up this extra thick protective aura when you're out in public if you want. I sometimes use it in the grocery or at a party. You can stop the absorption of other people's thoughts that way.

Another thing you can do is use a protection rose to absorb negative energy. Put a big protection rose two feet out at front edge of your aura; be sure to ground it straight down to the center of the earth. Protection roses are beautiful. Blow that rose up and then, replace it with another rose.

Open your feet chakras to earth energy. The chakras in the feet are very much like camera lenses. Open the lens and let earth energy come up through your feet, ankles, shins, calves, knees, thighs out the hips and down the grounding cord. As you do this you open your ability to understand new spiritual concepts which we are definitely going to be working on today. Also you open to your ability to take your next steps and to honor yourself,(your knees represent your ability to honor yourself) I kneel at the altar of myself.



It's sometimes challenging in our culture to actually love yourself. But this is what you are re setting your programming to do now.

You love yourself

You have permission to love yourself

God wants you to love yourself

I want you to love yourself

So let's clear those channels and let that happen.

Bring your line of energy from some magical, wonderful place into the back of your head, one inch above where the spine meets the skull. My first space that I pulled the energy from was the middle star of Orion's belt. I always felt like Orion was there protecting me. He's a warrior god carrying a bow and arrow with a knife on his belt. Orion is a constellation in the night sky. In North America we see him. He seems to follow me through my life. I originally started by taking energy from that star and bringing it into the back of my head, one inch above where the spine meets the skull.



You do the same; find a star, island, a mountaintop, a temple.

Somewhere that's **aligned with you in your highest wellness.** Bring that energy back into the back of your head, into your shoulders, arms, elbows, forearms, wrists, hands and out the fingertips. Bring more of that energy down into your back channels and then coming up through the belly, through the chest, through the neck, through the head, out the top of the head fountaining out like a beautiful Italian fountain bathing and cleansing your aura.

Oh, wonderful!

Keep bringing more of that up into your face and let's run that energy through your eyeballs, through your lids, through the skin on your face and through your scalp. Bring in beautiful, universal energy that's aligned with you.

Today, we're going to work with the eighth chakra.

The eighth chakra does not look like the seven main body chakras. It is a chakra that is on the outside of the aura - sometimes seen as surrounding the aura, sometimes above the head. It is the energy center that is outside the aura. Turn on the eighth chakra and just to make sure that everybody gets this, let's have the eighth chakra light up.

If there's black energy on the eighth chakra or if it's non-functional and (I understand that some of you won't know this) we'll all do the process together.

Imagine that the chakra might not be working. So we'll all do it to make sure that everybody's 8th chakra gets turned on. Have that light up as black. Now vacuum off all the black energy. I do realize some of you will have a functioning eighth chakra. So not to worry, it's not going to hurt you to imagine this. Clean off any failed energy on that eighth chakra.

Super duper!

Energize the chakra and imagine that there's a gauge associated with it. Turn the chakra function up to a 100%. You can see a golden gauge or a thermometer. Light it up and push the gauge to a 100%. It might seem like the gauge on your car. Put it to a 100%.

Really good

From the eighth chakra, you're going to go up to the creative ring. They appear as halos over the top of your head. A reference of this; you'll have seen in Renaissance art golden halos over the holy ones. This reoccurs across culture and spiritual beliefs as the golden halo or helmet also appears in Hindu art. Halos, you'll see cross all religions and cultures on top of highly revered people's heads. That is because when a being of light reaches get to a certain energy vibration, the golden crowns or the creative rings light up. Normal human beings have creative rings that are not turned on. They are there however. They exist and will not come on till the individual attains a certain energy vibration.



Today, you are going to light up your golden rings. Different people have different numbers of creative rings. The smaller number of creative rings is three (which by the way is very normal). Work with the idea that you have three rings and if there's more and you will eventually see them.

Imagine there are three halos over your head. Maybe they are gigantic gold rings. If your rings don't have color yet or if they aren't gold, imagine that they are now glowing gold. You can vacuum off any dark energy or even take a spiritual rag and wipe them off, than polish them up.

One of the ways that we can get your creative rings glowing is to pulse gold energy into the rings and another way to activate them is to imagine them spinning and vibrating.

Let's turn them on and then we're going to imagine again that this gauge is turned on a hundred percent.



And so, now, you have three halos, three creative rings that are on glowing gold and active.

From here, you are going to the spot that we worked on fairly often, the genetic entity. That's a place where you bringing energy into the back of the head. It is your spirit in body connection. Let's clear that area out.



Just imagine that there's a portal there in the back of your head. This is where the spirit is attached to the body. Imagine it being an opening. It's an inch in circumference. Vacuum any funky stuff, buildup, slime, grime or muck that has built up through years of use from spirit going in and out of this portal. Whatever is there take a moment and clean that out. You may want to use a scrub brush and clean it up.

You want is your genetic entity, your one and only portal for spirit to enter the body to be entirely one hundred percent functional. Imagine having any failed energy or dissociation with the body now clear out. If you were sick at one point; perhaps you had chemotherapy, a really heavy duty surgery, pneumonia, or somehow you lost affinity with your body and some gunk filled in that's where the buildup has come. Those times your relationship with your body was diminished and you as spirit were in your body a little less. Clean out the buildup now.

Light up the funk as black and then use a spiritual vacuum cleaner and clean it all up. You are really looking for a 100%. So a 100% means a 100%. Your spirit can enter in and fill up your body a 100%, use this portal to get into your body.

Good job

You are ready to begin working on eyes, hair and tissue of the head. Bring a line of gold ribbon from God. Than bring the golden ribbon from God through the eighth chakra, down through the creative rings. Have it wind down in through the genetic entity (spirit body connection). Take that gold energy through the back of the head. You are bringing that gold ribbon in activating the five senses: sight, touch, smell, taste and hearing. The gold energy is going to all the cells in the body and activating the senses.

It's a wonderful feeling once you really get this technique down. It feels awesome to have the senses activated. You are using the gold ribbon to clear the senses. Sight you are moving to 100%. As you do you clear off any black or failed energy.

As a matter of fact, as we look at sight and we're bringing that gold energy in,

Deprogram failed energy.

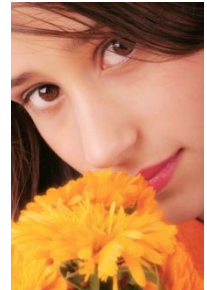
So you can just imagine some cobalt blue (which is a deprogrammed energy), in to your eyeballs and into the part of the brain that receives and tells us how to interpret what's coming in visually. Put some blue deprogrammed energy into both the eyes and brain around anything that would cause degeneration or failing eye sight. You are taking that program out.

Really, good

It's always a good idea when you've cleared the eyes or anything for that matter when you've completed the deprogramming assert, "My highest expression of vision," or "My highest expression of...." And put the new program of your highest expression replacing what you removed.

Allow the gold to continue to enhance touch. Bring the gold ribbon into the scalp and we're activating a healing to the scalp and hair follicles.

Bring lots of gold energy into the scalp; see the hair returning to its natural color. If it needs to thicken, it's thickening now. Also, the brows and lashes are receiving this gold energy. The tissue on the eyelids is receiving the gold energy that's coming from the Supreme Being through the eighth chakra through your divine self and your creative rings.



Chakras for healing

- Heal yourself from chakra two which is the miracle energy we've been using. That's one of the creative systems that you have.
- You have another creative chakra, five.
- Your creative channels run through your arms. These channels are accessed during activities like painting bead stringing and writing.
- The creative rings are right where your connection with God is. Your creative rings are your personal access to your unique divine energy. You can heal by using the energy of your own divinity merged with the energy of God.

Give special attention now given to the lashes for a moment or two; see God energy returning you to your beautiful state. You have beautiful thick long lashes. You can grow them back.

Observe your beautiful lid. If they are not exactly the way you've envisioned them picture them that way now. They are so different than they were from when you first started. You are tightened. You've activated so much collagen. The stem cells continue to do their work. The stems cells are returning you to eyes of a 22-year- old. You are youthing – and there is evidence for you being a young person in your beautiful face.



Your eyebrows are getting exactly the attention they need. If your brows need to grow more lashes in they're coming in now. On the other hand if they need to regulate for example; some white coarse hair needs to fall out to make room for beautiful natural colored hair to come back in, let's let that happen.

Beautiful. Beautiful. Beautiful.

Bring your golden ribbon of God energy down swirling through the main part of the body even further down through the legs all the way through the feet. As the energy passes out the feet, it's wrapping up the front of the body and encircling you. Your aura is entirely supported throughout this healing.

Leave this beautiful golden energy run. This is a little extra blessing for you. Bring a golden sun to the top of your head and place yourself there as a beautiful yogani cross legged. You are very intentional. You're going to pop yourself back down into your body in joy and celebration.

In great relaxation and ease, bring spirit fully back into your body. Fill out your toes, feet, fingers and hands, legs and arms, torso, neck and head.

Breathe in and out.

Feel yourself becoming conscious to your outside environment. You've been on a beautiful journey through some pretty miraculous places!

Wiggle your fingers and toes

Now is a good time to rub your legs and arms. Then gently rub your cheeks. Rub your hands together put them over your eye sockets. Feel the healing awakening energy.

You are waking up, becoming conscious;

You are coming present to yourself.

Maybe the blessings of the Supreme Being that this healing is complete

Amen.

