

And breathing in and out. Let's go ahead and rub our hands together creating some spiritual energy, some psychic heat. Some actual physical heat in the palms of the hands. When you really feel those palms of the hands are heated up, the first thing I want you to do is take your right hand over your heart chakra and your left hand over your right in a universal mudra for self-love and self-affinity. And I want you to repeat to yourself "I love myself. I trust myself. I can express my unique self." And feel your own love from your hands pouring into your heart space, pouring into your physical body. Feel all the cells in your body enjoying this beautiful sense of self-love. Trust and permission to be yourself.

And we're going to open our hands and form a cup. This mudra is called the cup of love. So the pinky sides of your hands are touching, and you really are forming a cup of love. And let's just let all the abundance of the universe shower into this cup of love, so that your hands themselves are right in front of your heart chakra forming a cup of love. And now we just seeing an overflowing of love and abundance showering into your hands, into this cup of love. It's also called miracle mudra.

Let's dump this abundance into the heart. So just tipping that into the heart chakra. Maybe your cupped right-hand goes onto your chest first, and your cupped left hand goes over the right hand. And so you are receiving the blessings and love of the universe. The love from all, from the essence of everything that is. And just accept that into your heart, into your being, into your spirit.

All right then we are taking the hands and we're going to reach both hands up and out. So your hands and your arms are forming a "V". This again is allowing you to receive the abundance of the universe. This mudra is called the funnel mudra and we're just seeing all the love from the universe, all the abundance from the universe funneling into your body. So your hands are up and outstretched about a 90° angle, so they are not coming straight up from your shoulders. They are not going straight up over the head. They are right kind of in the middle of those two locations. So you can just imagine yourself forming a "V" and your head is in the middle there. Just feel yourself open to receiving the goodness of the universe through this funnel mudra, so it's just pouring into the whole essence of you, spirit and body. Really accepting this (deep breath) feels so good.

All right, and then we're going to gently take our right-hand pinky side touching 2 inches above the pubic bone. And we're making a shelf with that hand. We're taking the left-hand and making a fist and we're setting it down into the shelf of the right hand and we have the thumb pointing up. The shelf of the right-hand represents our firm foundation. The fist represents our core, our strong character, our confidence, our love for self that essence of us. And the thumb pointing up representing higher aspirations. So we have firm foundation, a strong core with higher aspirations. And breathe that in, you may want to set an intention of clearing your love space, opening your heart to deeper experiences of love in all areas of your life.

Set that intention for this beautiful meditation that we're going into and when you're ready you can release the mudra, maybe putting your hands back into dhyana mudra. For a change of pace we will be putting the palms facing down on the thighs or the knees instead of facing up as usual. This will be really given ourselves this infinite love. So dhyana mudra is the mudra of infinity and we're pointing that love for ourselves inward. And setting that grounding cord known from the base of the 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 the body. Release the fight or flight energy, stress out worry or concern energy. Just let it go.

Male bodies, ground your male body with a line of energy as wide as your wrist. Holding the center down to the center of the earth. Set your male body on release and release any competition or aggression which you can turn back on when you come out of the meditation. But for now let's just come to neutrality.

Female bodies the same. Let's ground your female bodies, your ovaries with the line of energy as wide as your wrist. Holding the center down to the first chakra and down to the center of the earth. Set the ovaries on release and just let go of healing everybody else. This healing is for you.

Going up to the adrenals that sit on the kidneys. Just about to waste level with a line of energy as wide as your wrist holding the center. Let's ground the adrenal glands each. So the right adrenal and the left adrenal are grounded with this line of energy down through the perineum our first chakra and down onto the center of the earth. Set the adrenals on release. Then let's release all the fight or flight energy, anxiety, stress, worry, concern, tension, just let it all go.

And while we are here, let's go ahead and release the nervous system. So just plug the sciatic nerves into the adrenal glands. Like we've done many times before. Just like a bucket of water, when you pull the cork out of the bottom of the bucket, water just flows naturally out. You're plugging the sciatic nerve in and the adrenals service that plug unplugged. So let's just see the nervous system just naturally clear.

Going to the center of the head. Sitting in your throne in the center of your head and let's open a trap door. Let's just wash out the center of the head, to remove any doubts about you getting the healing. Of course this healing is for you. Wash out any anger or resentment or things that you're holding onto. Like a hot potato burning you no one else. Let's just be willing to let go and anything you're holding onto with others. For this moment clean slate, opening to the experience of unconditional love. And of course, we're just washing all of that excess out the trap door, out the back. And then popping up the top of the head, pulling your aura into 18 inches around your body. We will take some special attention to the edge of the aura. Let's smooth out any dinks, dents or holes. Now dinks and dents are often created from altercations with especially people who are close to us, but also with people who aren't close to us. So let's just smooth out the edge of the aura. If somebody actually ripped a hole in your aura, let's go ahead and fill that back in. We're just restoring you to your pristine loving state of being.

Maybe you want to imagine the outside edge of your aura becoming very luminous and rainbow colored like a bubble blow bubble in the sunlight. How it shines with many colors and has a nice defined edge. Aura is the yummy energetic body that's holding the physical container and protecting the physical you. So this is the energetic support to the experience of the human body.

When we were born we're actually used to sharing our aura with our mommies and it's quite startling to begin to have our own aura and our own chakras. Also when we're born, we are born with one little bud chakra, kind of at chakra three. And by the time we're about 18 months, we have formed the little bud for 7 chakras. By the time we are seven years old we have a fully developed energetic system. So we are not fully developed, we come in with everything we need but it grows as we grow. It's nice to just start restoring that energetic body.

Okay and we're finishing up the nice clearly defined edge to the aura. Let's go ahead and clean out the inside of the auric bubble so that all that remains is pink and green and gold energy. We are just looking to amplify all the experience of love. Certainly, you are welcome to do any version of pinks and orange in there or greens. And we're just going to give you this happy, loving, glow, removing any dust bunnies or fuzz balls just at that big grounding cord. Let's go ahead and set our shop vac in the grounding cord that's going to suck out the dust bunnies or fuzz balls this time. So right at your hips, it goes right into your aura. As a matter of fact we can tuck the aura in like a sleeping bag right into that big grounding cord. And then turn the shop vac on, and it's just going to suck out the dust bunnies and fuzz balls. And as that clears notice that the colors are reset, pinks, oranges, greens, and golds. All about love and happiness. Very, very good.

Put a rose out in front of you at eye level, ground it to the center of the earth. This is a magnet rose. And let's retrieve all your energy from the week. From the day from the week just see this rose magnetizing your energy back from all the

people and places you've left it behind. It's always nice to really have all of your energy back in your space when you're doing a healing on yourself.

Go ahead and pull that magnet rose in, you can either pop it into the top of your head or put it into your heart center. Either one is fine. So you are taking all your energy back from the week, the month. You could even have pull all of your energy back from a lifetime if you want to. The more you take back, the more whole and complete you are, the more capable you are shifting.

Let's go down to the feet and open the feet to earth energy. So are opening the feet chakras to earth energy, bringing energy up through the feet, ankles, shins and calves. Through the knees, through the thighs, through the hips. Out the hips and down the grounding cord. And again I would like you to be thinking about really opening not just the leg channels, but the legs and entirely. They are some important reasons on a metaphysical level for doing this. When we open up especially the back of our legs to clear out, we are really letting go of anything where holding on from the past. So when we've had things go wrong in love, we put extra cushioning on the backs of our legs are on our thighs or kind of our inner growing area or buttocks. So that actually represents holding onto negativity, may be poor communication or love space that wasn't happy love space. And while we are doing this clear out, we're going to assert that you can actually let go of the past. That you can be in the present moment, which is love unconditionally. Especially that left side is your love life. So let's really clear that out, but the right side is just as important.

And that energy is going right down the grounding cord. The big grounding cord as it comes up through the hips.

Then finding a place in affinity with you in the universe. It might be a space of deep and profound love. I like thinking about this beautiful temple, 1500 steps up high in the Himalayas in Nepal. Where I felt just one with the universe. There might have been some particularly loving experience that you might remember as sacred, divine expression of love. You can bring energy from that place. Bring that into the back of your head one inch above where the spine meets the skull. Bring it down into your neck and shoulders, arms, elbows, forearms, wrists, through the hands and out the fingertips. And bring more of that universal love energy into the back of the neck, down the back, clearing out everything that's behind you. Clearing out behind your heart, behind your will, behind your sensual sexual energy chakra. Looping up through the belly, through the chest, through the heart and the breast, the neck, through the head, through the brain, through the eyes (the eyes of love). We're taking anything that isn't loving out of our vision space. We're going to be looking back through rose-colored glasses when we're done with this.

At the top of the head. Fountaining off the top of the head, a beautiful Italian fountain, bathing and cleansing your aura. Doing wonderful.

All right, and then let's go to the pancreas. The pancreas is right at the waist and it's kind of a funny looking bubbly hot dog looking thing that goes kind of right across the mid body. Let's ground that pancreas down to the center of the earth. Let's set it on release just like we do with other glands. Let's put a release button and set it on release. We're going to release any energy that would have collected or gotten congested in the pancreas. We're going to look at a gauge while we are releasing admits to see what the gauge is set at for pancreas function. If it's not 90% - 100%, go ahead and push that gauge up to 100% everybody. You want to be working and pushing that gauge to 100%.

For those of you that had low function I like you to activate the stem cells in the pancreas that forms the pancreas. Let's start a regeneration process. The normal healthy color of the pancreas is pink heart and light blue. It's kind of frosting color. Let's turn the stem cells on for regeneration. And also when we're looking at the gauge, let's include in the gauge the proper function of the pancreas, distributing, and releasing appropriately insulin in the body. So that your insulin is set at well balanced, perfect performance. So we put that as part of the function of the gauge.

This is kind of fun, isn't it?

All right, that looks great.

Let's bring a golden old like a radio wave of gold energy pulsing through this kind of bubbly funny looking hot dog called the pancreas in the center of the body. You did an awesome job at healing the pancreas.

And we're ready to go on to the heart.

There is that beautiful heart pumping, pumping blood, pumping love, pumping oxygen nutrition through the body. Really allowing us to have our happy, beautiful experience. And we're going to look at a gauge, so go ahead and ground the heart. Set it on release and release anything that should not be there. And then we're looking at a gauge for heart function and let's make sure that the heart is functioning at 100%. So whatever it's functioning at let's start pushing the gauge up.. I'm thinking about the relationship of low blood pressure and high blood pressure and I'd like to do a balancing for those of you that struggle with either end. So on the low blood pressure, not having enough kind of oomph life force supporting you. So you might feel dizzy or weak, you might not have enough nutrition in the brain. If the blood pressure is low, you're not getting enough blood and oxygen in the brain. So we're going to just work on an adjustment for low blood pressure first. So those of you that have low blood pressure, let's just see that gauge and we'll have the gauge now related to low blood pressure. Let's see that gauge coming up, so look at where you're at when you start if you're a person with low blood pressure. So get that number and then let's bring that blood pressure up to 100% function. It's kind of like you have enough love, enough oomph to love yourself, to feed your brain, to give yourself the information to continue. A lot of times, some people have been hurt and disappointed; their blood pressure really drops down. We want to just restore your confidence in yourself and your willingness to function in this physical body. It's a beautiful glorious planet to celebrate life in and on.

Just really knowing that you really deserve to have all the blood and oxygen you need up in your brain to the outer extremities. That you so deserve that life force, that blood into that food that nourishment into all your areas especially your brain. You feel safe, you feel strong, you feel confident. Remember that mudra we did for a strong foundation, a firm core, and upper aspiration. Now we're really using that to heal low blood pressure.

And for those of you now who are on the opposite end where stress and tension and information have gotten out of control and your pumping, pumping, pumping, all the time. Feeling like life is out of control, like life force is racing every which direction. Let's really look at that gauge and see where it is. And again if it's over functioning, the gauge can potentially be like 200%. But it could also just read as really functioning poorly, so maybe it's 19%, just not doing what it's supposed to do. So that gauge could read either way on high blood pressure. If you have gotten, and over high reading like 200%, it's like burst the top out of the thermometer and there's mercury all over.

Let's go ahead and move that gauge down to 100%. If you gotten that lower number let's move the gauge up to proper function, which would lower blood pressure. So we're just going to do that, that gauge healing first. Then again it's really great as you are adjusting this to remind yourself of the firm foundation, the strong core, and upward aspiration. You can trust the divine, you can turn your challenges and situations over to a higher power, to the supreme being to assist you. You do not need to process all of the stress through your heart, through your emotional body, through your physical body. Let's just give you permission to stop processing it all through you. You can feel your own love waiting right there and amplify this healing with gratitude so much gratitude. Seeing yourself returning to that space of normalcy where you feel in control and really in love with your life. Both high blood pressure and low blood pressure, everyone, let's just feel this healing with love and gratitude.

Now bring in a golden energy, a golden pulse may be a golden sun into the heart and into the valves of the heart. Let's pulse the golden sun in this heart and seal up this healing. And really reading the gauges again and let's look at where we are at now. You might want to revisit this healing until you get the gauges to 100%.

And now going up to the center of the head. We're looking for that emotional brain. That Portobello mushroom, that's plopped on top of the reptilian brain, brain stem. And then the tool kind of balls off the side the amygdala. Let's go ahead and ground that emotional brain. As a special blessing let's take one emotional program that has not worked for you and let's deprogram it. So we are grounding the emotional brain with the line of energy as wide as the wrist holding the center, down to the center of the earth. Setting it on release and releasing things that no longer serve us. We're taking one pattern, one emotional pattern that just does not serve us. And what I would like you to do is just imagine it's out in front of you on a document like a legal document. Just image shooting cobalt blue de-program energy onto this legal document of a program that no longer works for you. So go ahead and shoot that cobalt blue onto that piece of paper with all that writing of that program. We're going to see the blue actually erase the program. So the words are going to disappear.

Doing a great job.

All right, what you should be left with now is a clean and beautiful parchment of paper. Let's just let that float off kind of like a feather floating in the wind. It's just floating off. Some of you saw the Forrest Gump movie, there's a feather that floats off into the universe. And let's just have this beautiful white parchment no longer having any documentation of this particular pattern. It's just floating off bye-bye.

Let's activate the second chakra. Turning the second chakra which is 2 inches above the pubic bone and then out the tailbone. So we activate the second chakra, which is the chakra of sensuality and sexuality. So really, the expression of love on a physical cell to cell level, body to body level. Let's make sure that that chakra is on; so two cones, one cone coming out the front and one cone coming out the back. Then the disc at the end of the cone is spinning in on. If it has a darker color like a black, gray, or even a white go ahead and ground the chakra or de-program it. Either when blue energy shooting in or deprogram or grounding it like we have with the glands and organs releasing the dark energy, both of them work. Both are really good tools for this. Then reset it. It probably will reset itself if you have ground the dark energy off and it will probably set it at the very good color for you. But if not, maybe choose a happiness color like orange, pink or red.

All right, and then let's go to the third chakra, which has to do with will and being able to communicate your will, your desire in the universe, so really being effective in your relationships. It's about an inch above the bellybutton and then out the back in the same location. The same size chakra as number two. About 6 inches out and sometimes a little bit bigger than that with a cone and the disc rather spinning at the ends out the front and back.

And now let's go to number four. And number four is very close to the heart in the center of the body. And again the same size chakra out the front and out the back, with the discs spinning. Then let's just do a figure 8 through the three chakras. So you have this loop coming out the back of the fourth chakra going in through the front of the fourth chakra. In the center just an inch above the bellybutton it's crossing over in the third chakra and looping out the back of the second chakra. It's coming in and looping through the belly above the pubic bone. So it's coming in through the sacrum and out through the pubic, 2 inches above the pubic bone. Then looping back up through just above the bellybutton again and coming me back up through the back of the heart chakra. So you got this figure 8 looping of gold energy integrating the chakras related to physical love. And really your expression of love through the human body so that gold is just energizing the communication space between your energetic body.

That's fantastic.

All right, and that will just relax soon and the gold energy will slow down and eventually just become still with the communication channels and lines will now be open. So we are at the completion of this beautiful regeneration to love. Let's bring a golden sun the top of the head as we always do and in this golden sun let's put validation. You are loving, lovable, capable, competent, thoughtful, kind, strong, powerful, sensual, sexual, beautiful. You are a contribution to the world and everywhere you go your love is waiting for you. You experience gratitude, easily and naturally and all others around you feel that joy and happiness when they hear your voice. When they see you come into the room, they are activated in a kind of happiness and celebration. Knowing that you are in strong character, loving, strong, confident.

Bring that golden sun filled with validations of love into your body, feeling every cell of your body, energizing and recharging you. And then one more golden sun and there you sit as a handsome yogi, or a beautiful yogini. And let's pop you back into your body, filling out your fingers and toes, arms and legs, torso neck and head, beautifully so completely perfectly. In addition to this gold you might be bringing in some pink and green. Pink divine female love, green divine male love, maybe you want to both a little yin yang in our chi mixing.

And you can begin to wiggle your fingers and toes and start feeling yourself back in the room. You can start by patting yourself in the back of your head. The top of the assured really a little love like butterflies patting with your fingertips. Patting your neck and shoulders with butterfly fingertips that love touch. Let's touch your belly and chest, love touch patting patting patting your legs and reaching down to your shins, your calves and the tops of your feet patting patting patting. Love pats, little butterfly kisses all over you coming back into the room energized and recharged, feeling very in love and grateful. May it be with the blessings of the Supreme Being that this healing meditation is complete. May the entire world be filled with love, radiant health, vitality, bliss, abundance, joy and peace. Tetas Tu – So be it.