

Q5 Deep Sleep

And breathing in, and out. Breathing in, a soft blue energy perhaps, the energy is blue is the energy of peace and of serenity, and we're going to imagine today that you are now laying on a beautiful flower. And your hips are the point where the stem goes down, and your laying in a soft velvety petal of flower. And this beautiful stem that's going down at the base of your spine, is now set of release it's a grounding cord and let's go ahead and ground you into the flower, in this beautiful velvety petal flower. And your just very relaxed, and your setting the day on release, your letting go of the stress and the worry and the thoughts about what didn't get done today. And just letting everything go down, the grounding cord as you become more and more part of this beautiful flower. We're going to allow the body to have a sun blessing and energizing the body, and this sun is a blue sun, not a yellow sun, it's a deep cobalt blue sun and its not shining it's blue, deep sleepable light on you, blue again the energy of serenity and of peace and begin to feel this beautiful warmth and relaxation touching every cell of the body. And you become more and more relaxed. And there's a magic little gland in the brain that we're going to press on right now, and that gland is the pineal gland, looks a little bit like a coffee bean. Let's press on that little gland, the pineal gland, in the back of the head, the centre back of the head. Kind of behind the eyes about 3 inches. And we're going to press on that and release the chemicals, the melatonin, that's going to help you to drop into deep sleep. And we just press a little magic button, and you see a spray of melatonin released into the brain, and then it's going to, it's spreading through the body, you're becoming very sleepy and very happy, and now it's the perfect time as the melatonin is just starting to work, to review your day. Review all the goodness, all the things your grateful for in your day. So let's imagine maybe the first thing that really went right for you today, little thing that your most grateful for, and the relationship that you're most present to, that your most grateful for and feel so much love and so much gratitude and appreciation for the gifts that you had this day. And allow that to fuel your dreams. Perhaps now would also be a good time, to say a prayer, to connect with the divine, and thank the divine for this amazing day. And maybe there is one thing you'd like to bring into your dream space, one thing that you'd like to explore and develop while your sleeping. This is a perfect time to let it out of the mental body and give it to the divine and really allow it to be a blissful, perhaps your best night ever a rest. Allowing the five brains to clear through that petal grounding cord, feeling very in love with life, very relaxed and peaceful, ready to drift off and as you drift off, feel so appreciative for everything, and everyone that loves you and everything that is going right in your life. You are safe, it's fine to turn off and to relax and to wake up refreshed, revitalized and energized for the day tomorrow. To test (?) you, so be it.