

## Q5 Ease

Hello darlings, it's time to feel ease again. And all those wiggly, squirmy, anxious feelings are going to disappear in a matter of minutes. Breathing in and out, I want you to send a grounding cord down from the base of your spine to the center of the earth.

Make the grounding cord nice and wide, maybe as big as maybe three or four feet wide. You're sitting on this big grounding cord down to the center of the earth and I'd like you to just dump. I just want you to let go of the nervous energy, the tension, the stress let's just let it all go.

We're moving into ease, we're moving into grace, we're moving back into that which you are. Breathing in and out, bringing earth energy up through your feet, ankles, shins, calves, through the thighs, through the knees, through the hips and up the grounding cord. That big grounding cord. Letting go of the stress and tension in your muscles and bones, in your legs.

And then finding a place in the universe in the cosmos, bring a line of energy from this energizing place into the back of your head, one inch above where the spine meets the skull. And bring this amazing energy, this energy that causes the body to relax, bringing that into the back of your head. One inch above where the spine meets the skull, down through the neck, through the shoulders, through the arms, out the forearms, wrists, hands. Out the fingertips and more of this cosmic energy down through the back channels.

As this energy is moving through the body you're noticing that it's like having a shower. It's like the ease that comes after a while when you're in a warm shower and it just runs over your head. Say you've had a hard day and you're now feeling this warm signal to the body I'm safe, it's okay, I can relax. And notice the ease continue to flood through the body as this cosmic energy comes up through the belly, through the chest, through the neck, through the head, fountaining out the beautiful top of your head the beautiful crown chakra.

Notice that the crown chakra is now helping you be connected to your divine self and to the divine. And this just extends up and really allows, it triggers you to feel part of everything. Part of everything that is good, and pure, and right, and beautiful in this plane of existence.

Breathing in and out. And I'd like you to just imagine this ease. You're on a hammock on a beach, under palm trees the shade of palm trees, listening to the waves rolling in. You're feeling the gentle waves, the gentle breeze, the warm sand and yet you're completely at ease. You're under the shade of the tree on this hammock.

Maybe the hammock is swinging gently to and fro, you've had everything that you want. You're full, you've had enough water to drink, you have enjoyed the beauty of nature around you, and you're really becoming part of this beautiful, soft, serene scene. As you become easier and easier, notice how triggers are releasing and that you continue to be more and more relaxed.

You're coming into a state of stress-lessness, of ease, the presence of grace is now part of you. You trust again, you are strong in your softness. You are present for others again because you are present for yourself. You are relaxed., and you are now in grace and ease.

Wiggling your fingers and toes, and coming back into the room. Maybe with the blessings of the supreme being that this meditation is complete.