

## **Q5 - Waist Management, 9-4-14.n17**

And welcome to your Waist Management meditation.

Breathing in and out and as you breathe in, breathe in positive energy and the possibility of something new. And as you breathe out, breathe out negativity, worry and concern.

Today we're going to do a DNA clearing on your waistline. It's going to be super fun and super easy.

Breathing in and out, I'd like you to pop up to the center of your head and imagine sitting in your throne, your control center in the center of your head. And looking at a view screen in front of you, let's go ahead and put a DNA strand on that view screen and spread out that DNA strand.

So now, it might look like all those little parts of the DNA are hanging off of a line. Maybe it's a clothesline with streamers, but it's your DNA spread out and just easily done. And what we're looking for now are programs and patterns that would allow the waistline to be the weight that you don't particularly want, or the shape or the size that isn't suitable for you.

And 100% of the time, if your waistline is not where you imagine you'd like it to be, there will be DNA that is programming the body to have a larger waistline. So let's see the programs for waistline, fat, excess fat in the belly, obesity, struggle, inability to lose weight, let's go ahead and see those line up and light up as darkened DNA strands.

And then I'd like you to imagine a golden vacuum cleaner at the top of that strand and you're going to be vacuuming off each of the strands, each of the dark spots, each of the dark streamers that contain the energy that's programming your body for a waist that is not where you want it. So you're vacuuming off, vacuuming off, going through the DNA and removing the DNA for an oversized waist.

And then pulsing a gold energy through the DNA, pulsing, pulsing the Gold energy, sealing up those areas that were removed. We're sealing that up; so we're not allowing that to come back. We're pulsing gold energy into this waistline healing in the DNA.

And then imagine the DNA coming back into its natural form which is a little bit like a spiral staircase and seeing that going back into the body, maybe into a master cell in the brain, and then flooding that information so it's mirroring all the cells in the body, and the entire body is now having a cascade of this new DNA information and you're amplifying it with gold energy.

And as you can feel it permeating the cells, it's cascading down into the toes and of course into the waist and hips, and the chest, and through the arms; all of the DNA has this new waistline program for a slimmer waist.

I'd like you to as you're sitting in the center of your head, imagine that your waist can be made smaller and sweeter like a computer generated program where you can just tighten it up and see what you look like smaller. But now actually, you're sitting in your control center and you're imagining it for yourself. You're just seeing that, it's just kind of like a corset that just tightens up on its own. The muscles work better, the fat is disappearing, the whole waistline is just shrinking up and really going to your perfect waistline number

Now breathing in and out, breathing in happens and certainty, enjoying this process and being really present as your body is being to make its changes, coming back into the room.

May it be with the blessings of the Supreme Being that this Waist Management meditation is complete,

Tathaastu. So be it.

**[End of Transcript 00:05:16]**