



## Beautiful from the Inside Out

### Neck, Breast and Arms Beginners Meditation

Today we're doing a very, very fun topic

Breast, neck and arms!



It's so much fun to be working on these areas that are so beautiful on a woman. Bring each area into their full beauty. Breathing in and out and as you breathe in, breathe in positive energy. Breathe in divinity. Breathe in love. Breathe in self love, self appreciation and breathing out any disappointments, any negativity, any frustration, fragility. Let's just take a chance. Stick your neck out a little bit and give something a big try. Breathe in, and out. Send your grounding cord from the base of your spine to the center of the earth.

Okie dokie. All of you women who have had people hanging on your grounding cords let's get rid of this grounding cord. Remove the cord and give it to everyone who's been hanging on. You may give it to your family members, your sister, your mom or whoever has been holding on to you for dear life. Give them your grounding cord. *Yes, I am telling you to give them your grounding cord.* Go ahead you can do it! Put a new grounding cord down for yourself. This is exclusively your grounding cord. You get to own it. You get to have it all by yourself.

It's very important to 'own' your space right now. That means having your own grounding cord, not sharing it with anybody else. This is really individuating but it also is allowing your chest and your breast to come back into beautiful health, beautiful dynamic, tone, perky health. When others are hanging on to your grounding cord obsessively it affects breast health, so as of today nobody gets to hang in on your grounding cord.



Set the grounding cord on release. Begin to release all the excess energy in the grounding cord and in the body. Are you surprised to realize there was some energy just sitting in the grounding cord? Put a vacuum at the bottom of the grounding cord and just get all that energy just really moving.

**Good job!**

Ground your right and left ovary with a line of energy as wide as your wrist, hollow in the center, down one foot below the body and down to the center of the earth. So that comes into kind of a V-shaped one foot below the body, the grounding cords and then one straight grounding cord down to the center of the earth. Setting the grounding cords on release and let all the excess energy in the body.

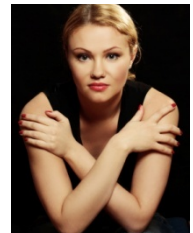
**Alrighty**

Activate your miracle energy again. Miracle energy is the little ball of energy on front of your womb. Ground it down to the center of earth and let it grow into a nice big ball of energy.

**Big, big, big.**

Now it is all the way over the top of your head.

Today's focus is to bring that miracle energy into your neck, breast and arms especially those upper arms. Those beautiful tone, muscular, slender, beautiful, wonderful, gorgeous smooth arms!



Bring Miracle energy into the neck. Feel it soak in. See that skin just being a nice tone, tight, healthy, neck and a beautiful chin line, a beautiful skin quality, lots of collagen in that neck tissues. Nice healthy youthful neck into the skin on the upper chest. Bringing miracle energy into the skin on the upper chest and into those beautiful perky, tone, tight breasts.

Some of you might want fuller breast. That's a perfectly good way to use miracle energy. Some of you might want smaller breasts. That's a perfectly good way to use miracle energy. Use it the way you want to create it. Some of you have had babies and nursed babies and you have breasts that have a mind of their own or think that they want to be a different shape than they were when they started out and they can be healed. They can be brought into that nice, healthy, youthful look again.

All of you have to do is show them the way what the mind can conceive and believe it will achieve. This is an absolute fact. So if you can really believe it, it's going to come around. It might take a while.

They've done a lot studies with hypnotherapy and breast enlargement and had some gigantic result. So, you can tone them. You can tighten them. You can make them larger. You can make them smaller. It's really about what the mind believes.

So let's set that mind in an open space for bringing what we want into our body. Alright, from that miracle energy that we've been soaking into this region, let's go ahead and go to the adrenal glands. They sit on top of the kidneys on the right and left side of the waist about an inch up from the waistline and two inches off the spine. Grounding with the line of energy as wide as your wrist, hollow in the center, down from each of the adrenals to the first chakra based of the spine down to the center of the earth. Set the adrenals on release.



Adrenals in this case are super, super important because if you have allot of cortisol the stress hormone spitting out in your body from your adrenals, your skin loosens. That's just a given. That is what cortisol does. It makes the skin saggy and loose. So let's turn those adrenals to health, to vitality, to wellness. Let's bring them to a 100% function. Put some golden suns pulsing on them. Let's get stress as well as the fight or flight energy out of them.

***It is so important for you to remain happy and relaxed***

***When you're looking at***

***Tightening***

***Toning***

***Bringing youthful vitality into your appearance***

**Wahoo, good information, isn't it?**

Time to get the nervous system relaxed. Plugging the sciatic nerve into the adrenal glands and letting the nervous system just pour out and release.

***Ah, that feels so good!***

Next the parasympathetic nervous system gets turned on. Wow, you know you are living in grace when you get this on. Once the nervous system goes to the parasympathetic state you are in regeneration.

Run earth energy up through feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. Remember that we're attuning to our soul understanding, honoring ourselves, taking our next steps in life. Let go of the past.

Bring a line of energy from your temple space, your God space, from the place in the universe that's in harmony with you. Bring that energy into the back of your head, one inch above where the spine meets the skull into your genetic entity.



*Your genetic entity is where spirit and body unite*

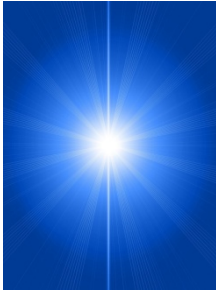
*It's where you as an infant attached to your body as a spirit and became one with your body*

*Where that spirit-body connection continues to live out and remain*

*Till you end the relationship with your body at the end of your life*

We want to keep that nice and clear and that's why we run cosmic energy, this Universal Divine energy into your sacred connection. It's your temple door. Bringing that energy down through your neck and shoulders, arms, elbows, forearms out through the hands and fingertips. Continue down through the back channels, down through the hips then up through the pelvis, up through the chest, through the breast, through the neck, through the head, out the top of the head fountaining out like a beautiful Italian fountain bathing and cleansing your aura.

Bring your aura into 18 inches around your body. Tighten it up. Make a nice sharp edge to the aura. Put that cobalt blue flame on the edge of the aura, doing a lot of deprogramming these days. It's a good thing to do.



Let's flame up that blue corona on the edge of your aura, on the outside edge of your aura, burn off all the programming energy that talks about, saggy, droopy. Don't forget all those crazy things that people say. Let's just deprogram that out into pert, beautiful, healthy, tight, tone, sexy, slender, gorgeous, vibrant picture.

Thinking about what you would authentically put into your recipe for a beautiful body and what you would take out. Maybe you want to stay ripped, whatever is your thing, everyone is working with different beauty pictures. Our common thread might be youthful vitality, vim and vigor, the tone of the skin, the color and glow. The quality of your life is now incredible returning you to the state of awe and wonder. We're burning off all that 'ugly' programming.

***We're moving into the state of grace and beauty, becoming just like Lakshmi***

***The goddess of beauty and grace in the Indian tradition***

***She is a gorgeous one who always maintains her youthful beauty***



Take a golden vacuum cleaner and vacuum out the inside of the aura. Remove all the dust bunnies or fuzz balls. Start at the top of the head spiral around, all the way down around the neck, head, shoulders, center of the body, torso, hips, thighs, knees, calves and under the feet. When you are done, throw that vacuum cleaner down the grounding cord. Hey, you don't really have to take lots and lots of time once you've been doing this, but you do need to do it every day.

**Super duper good!**

Now we will go into the control center in the center of the head and clean it out. We're in the golden temple of silence. So open the trapdoor out the back of that golden temple of silence and clean out anything that doesn't match this beautiful temple. So if you got some dust bunnies or fuzz balls or people talking in your space, recurring thoughts it's time to clean it out. Throw everything out the trapdoor. It goes down the big grounding cord.

***Beautiful, beautiful, beautiful***

You're doing such a great job.

I'm so proud of you.

Close that trapdoor.

You know that you're making your miracles.

You know you're making it happen.

You can feel it.

Something's different.

Well, let's sit in the control center, in the center of your head. We're going to look out the view screen. Turn that view screen on. Bring that view screen into focus you can imagine yourself on the screen. There you are sitting in front of yourself undressed. You can see what's going on this way. Look at your breasts. Now imagine placing your breasts in the position that you want and in the size that you want.

You are clearing out the old vision, maybe the vision of yourself in the mirror that wasn't quite where you wanted it and replacing it with a new vision of how your ideal self would appear. Know you can do this. You can regenerate yourself. You believe in it. You know it. You might be on the path of tightening and toning. Or perhaps from breastfeeding or had some weight and then losing some weight you are putting more collagen into the skin. Let's tighten up the skin. Let's give the skin and the tissue permission now to regenerate. Make those beautiful, youthful

breasts pert and tone. We're putting that image on top of the image that we have of whatever has existed so far.

***Maybe you're noticing some changes already.***

***Wonderful***

***You're doing a great job***

While we're working on your beautiful, tone, pert, tight breasts let's put into this formula your perfect size the perfect size for you. You might be imagining them an inch or two bigger and hold that image. You might be imagining them a little bit smaller and hold to that image. Let's see them in beautiful shape. See that skin really healthy, nice quality of thickness. If there are some tears or stretches in the breast tissue, let's go ahead and heal that now.

Do you know what? We're just going to spray on super curative scar healing magic spray onto the breast and the tissue. Those scars are disappearing.

I see that picture. So there's a couple of you that have a few dark hairs around your areola. We'll just imagine those all fall out and never re-grow, you can do that. Yup, that's all you have to do is just imagine that they fall out and they never re-grow.

Perfect, beautiful, tight, tone breast in the right placement, put them in the right place on your chest, exactly where you want them.

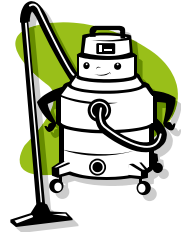
You know you can do this.

You know, it's possible.

Now, let's activate the stem cells in the chest and breast tissue. Get the entire breast, all the cells working on itself. So the stem cells are working in the tissue, in the fascia and in the mammary tissues and all the way up to the shoulders and neck, notice that the stem cells are really healing, tightening, toning and youthing. The stem cells are bringing you back to your youthful body. If you had beautiful perfect breast at 15, imagine the stem cells recreate that. If they were beautiful and perfect at 21, direct the stem cells to do that.

Replace what you have with what your ideal is. You do not have to have surgery to do this. You can do this with your mind's eye. ***I believe in you. I know you can do this.*** And as you're tightening and toning the skin, go ahead and let the stem cells work up into the neck.

Now, there's a variety of different conditions in the neck that can be worked. Let's have the stem cells go to work on whatever your challenges are. The skin may be a little thin or loose. The chin might have extra fat cells in it. You might have jowls. Whatever it is you are working with, tighten all that up. You might take a little golden Roomba while the stem cells are working and vacuum the fat out. You could do a little golden vacuum. Maybe little like a liposuction spiritual liposuction. You can totally do this. Maybe you're just starting to see that the patterns you've lived with are patterns you needn't have anymore.



As the stem cells continue to work on the neck and the breast, let's go ahead and start looking at the arms and the shoulders. First we're going to evaluate. Do you have the perfect arms right now? Is there some loose skin there? So, we just want to put the stem cells to work on the arms at this point. And even the hands. If you are particularly thin and you've lost fat in your hands. We can ask the stem cells to regenerate to make your hands look youthful again. If your upper arms are suffering a little from loose tissue, then let's tighten that up. Let's set the stem cells at tightening.



We're going to do multiple blowing roses. This is sort of like kempo for the spiritual world. We're going to do little punches and kicks in a way to change the patterns. You can pop them up wherever your patterns are strongest and toughest. Start blowing roses. Use this next 60 seconds to put up as many roses as you can. You put up a rose in front of say, you're working on your neck. You put up a rose in front of your neck and blow it up with little bomb.

Blow it up. Yeah, a time bomb would be fine but just a little bomb or a stick of dynamite. Rose in front of your breast, your left breast or your right breast or both and then blow them up. Rose in front of your arm or your hand and blow it up.



Okay, and breathing in and out.

You are feeling so much gratitude for this beautiful, beautiful body of yours



Metaphysically breasts are associated with self nurturing and self love. Tired, droopy breast are often associated with giving too much. (Something to think about) Put in your mind,

***'it is time to give to myself and give appropriately to the world. It doesn't hurt to love at all. It's wonderful to love. I no longer give till I have run dry. I give so that it's joyous to give. '***

That's what breasts are really all about.

The arms represent our ability to grasp and receive. They are our creative channels. If you're losing headway in having vital, beautiful arms and you want to transform that, it may be time to get back into your creative body. Start creating! You can paint, make crafts, dance; maybe some temple dance with your arms, the beautiful snake movements might be fun. Whatever it is you love doing creativity is perfect for you.

Grasping and receiving is the metaphoric representation of your hands.

The neck is about you living your life, taking chances. It's the foundation for your mental body. When you think of it, your neck, which is not that big, holds up that beautiful, magical, mental body of yours - your brain. You want that neck really in pristine order - feeling very good and very beautiful. Imagine the neck of Queen Nefertiti's or Cleopatra. You know, one of those radiant goddesses with the beautiful necklaces. Do you have a neck that you want to wear one of those gorgeous goddess necklaces on? Let's put that in there if that's a goal. So you're seeing that beautiful neck of yours with a beautiful goddess necklace on. Looking like a queen or a goddess.



Look at yourself on this view screen and we've been doing all this healing and you were fine. You're welcome to do the process either by working directly on the area or working on the view screen, both ways gets it done. Turn off the view screen rather.

You will seal this healing up with a golden pulse and a golden sun.

First of all, let's pulse a golden pulse like a radio wave coming out of your heart center, into the regions that we've healed. We're pulsing gold energy into the breast, into the neck, into the upper chest and into the arms down to the hands.



Pulsing golden suns

Golden pulses

Bring a golden sun into the top of your head and bring that golden sun down into your body and let's let the upgrade go to all the cells of the body. The whole body has gotten this miraculous upgrade, rejuvenation, youthening!

This meditation has brought out so much for you to think about and know and then release and let go. We are creating the perfect understanding for you to live in this youthful, joyful body.

Bring another golden sun into the top of your head. This is a golden sun of validation. Put ideas of validation in;

You are capable, competent, intelligent, wise, loving and lovable, clear, spectacular.

You have complete ability to regenerate and give to yourself.

You can give and receive in appropriate order.

Bring this golden sun and this validation into the top of your head, filling every single cell of your body with validation and gold energy having now upgraded the entire body.

Bring one last golden sun to the top of your head, there you sit as a beautiful yogini, cross legged, popping yourself back into your body, all the way down to your toes and your legs and your knees and your thighs and your hips and into your torso and you're getting into the upper part of your body. You're going down all the way to your fingertips, fingers, palms of your hands, wrists and forearms. Filling out your elbows, upper arms, shoulders, chest, breasts, upper chest, neck, head, eyes, forehead and brain.

Come back.

Wiggle your fingers and toes. Rub your hands on your legs and arms. Feel yourself back in the room, Give yourself a good giggle.

You did a lot of work. Notice how good your body feels. Breathe in some pink and gold energy.

Maybe with the blessings of the Supreme Being

In grace and ease

That this healing meditation is complete

May the entire world be filled with radiant health, vitality, abundance and beauty

Tathastu

So be it



# Beautiful from the Inside Out

## Neck, Breast and Arms

### Advanced Meditation

Send a grounding cord down from the base of your spine to the center of the earth. Make that grounding cord nice and wide. Set the grounding cord on release and begin to release all the excess energy in the body.



Make the grounding cord just for you. If there's anybody hanging on it other than you, take it off and put a new one down. Let's make the sides of the grounding cord slippery. You might imagine it like a lava lamp with that kind of gooey oily stuff on the outside so nobody can hang on to it. Just make it your own. Maybe you want to put some wild 60's flowers all over it. Definitely, make this grounding cord for you. This is about you.

Claim your grounded healing space. Set your body on release down the grounding cord and double check that it is hollow in the center. Release all the excess energy in the body especially the martyr energy, the energy of over-giving, self-sacrificing. Let's just get rid of that. Say to yourself; *'I don't need that picture.'* We're going to reset you at appropriate giving and appropriate loving. Ground off all the old energy, the old system and the old you.

### You've got a new attitude.

Ground the right and left ovary with a line of energy as wide as your wrist, hollow in the center down through the first chakra. We're going to ground the ovaries this time through the survival center and then down to the center of the earth. Set the ovaries on release. Release all the healing projects from your body, all the healing projects from other people. If you're healing your children, your friends, your boss, your mother, your father, your grandpa, let the projects go. Let them all go. It's time for you to use your healing energy for you.



Go up to the adrenal glands. Grounding your right and left adrenal gland, they sit two inches off the spine, an inch up from the waistline on top of the kidneys. Draw a line of energy from the adrenal glands to the first chakra down to the center of the earth. Set the adrenals on release and release the fight or flight energy, the stressed out energy from the adrenals.

Plug your sciatic nerve into the adrenals. Release all the excess energy in the nervous system, include any failed energy in the nervous system. We're turning the sympathetic system down and the parasympathetic system up. This action tunes us up to regeneration.

Go up to the center of the head in the throne room, open the trapdoor out the back of the head, wash out any recurring thoughts, spider webs or cobwebs. Kick out the squatters that are sitting in there. The conversations in your head that say, *"You're silly, you can't do this."* Kick it all out. This space is your golden temple of silence. The only thing that's in there is your throne in your view screen.

Open your feet to earth energy. Bring earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips down the grounding cord.

Find a place in the universe that's in affinity with you. Bring a light of energy from that place into the back of your head, one inch above where the spine meets the skull. Bring it down into your neck, shoulders, arms, elbows, forearms, through the wrist hands and out the finger tips. Bring more of that energy down into your back channels, looping up through the belly, through the chest, through the neck, through the head, fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura.

### **Feels so good**

Pull your aura in to eighteen inches away from your body, let's go ahead and put a golden Roomba at the top of your head and under your feet and set them to work now. The Golden Vacuums are spiraling down and spiraling up. They meet in the middle. Now vacuum out all the dust bunnies and fuzz balls that have gotten in your aura.



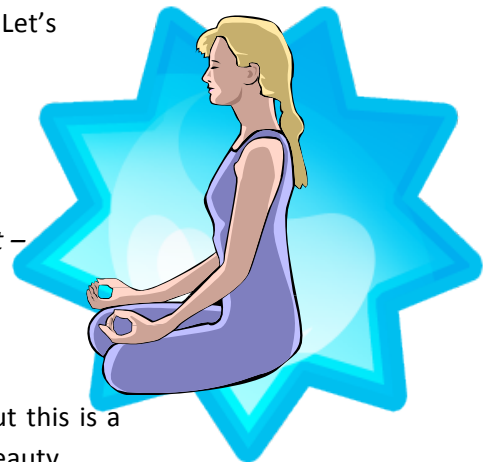
And when you get to the middle with those golden rumbas, go ahead and throw them down the grounding cord.



Create a sharp defined edge to the outside of your aura. Let's pull the aura into 18 inches around your body. Nice sharp defined edge, let's make it two inches wide Plexiglas. Your Aura is luminous and you can see out. It's impenetrable right at the moment. You are making this a really tight, sharp, bubble for you. Make sure that it goes all the way around you and behind you and over your head and under your feet.

On the outside of the aura, turn on your blue corona. Get it really burning. Burn off all the programming energy from every other people related to how you should appear. All the group pressure to have breast implants or have arms liposuctioned or have your tummy tucked or who knows what you've been hearing about. Let's deprogram all that and say:

*"I am the master of my universe. I can create whatever I want. I'm doing this for myself. I'm creating a natural beauty from the inside out – a true beauty, a true lasting beauty."*



We have no judgment about people who choose to do surgeries. But this is a true lasting natural, organic beauty. So we're going for the ultimate beauty.

You are beautiful from the inside out. Put a protection rose up in front of your heart center, it's on the outside front edge of your aura. A big two-foot rose with a stem that goes down to the center of the earth or roots to the center of the earth. It's on the outside edge of your aura right in front of your heart area. It's a protection rose. You have a right to be protected, to be safe to keep yourself really encapsulated right now while we're doing healing. You don't need anybody else's information coming in to your energy field right now.

We're going to be looking at your DNA. Sit in your throne room, turn on the view screen and take out a master cell. In that master cell we work with the outer membrane, nucleus, organelles, the DNA. Pull the DNA strand out. Forty six total strands; 22 from moms side, 22

from dad's side and 2 authentic God strands all your own. Open up those strands, it's kind of fun to imagine them as streamers hanging down, 46 streamers.

Begin looking for the patterns in the DNA that would be cause for degeneration. What we are looking for are black markings for loss of elasticity in the skin, neck and arms, for loss of fat in the hands, for alterations in the breast area. Have the information light up as black dots in the DNA. Vacuum out the black dots from the DNA. Remove the information about degenerating; about having things fall apart or get saggy, weak, tear or whatever it does.

Vacuum it all out. It's fun to look at why those things happened. So you might get some pictures or images from family members, from generations back on why that was happening, why that was a good thing. Notice that you don't want to play in that arena any more. Be complete in your mind with the ideas like; falling apart, getting saggy, soft and old. We're creating the healthy, perky, tone, beautiful, youthful appearance from the inside out. It's a place where beautiful, youthful and healthy from the inside out is part of your daily life. You know people like this. When you think about it, you know people who are beautiful and perky and youthful from the inside out. Now, you know yourself to be that way also. Continue to vacuum out the black dots and the DNA strands.

Deprogram information that might have to do with being a self sacrificing martyr. Giving it all away and not keeping it for yourself, let's remove that behavior out. It might be part of your historical past. You may have unwittingly caused this condition by letting everybody hang on you until you sag with exhaustion or get a thin skin from letting people beat you up way too long. I don't mean literally but, you know, being beaten down all the time so that you develop a thin skin instead of a thick skin.

Maybe there is a recurring pattern of giving up on you. Like giving up on exercise. That actually might be wired into the DNA. Look for those pictures that I've just talked about the thin skin, the martyring, the letting people hang on you, the giving up on yourself and let's get them cleared out. Those are family pictures that you've inherited in your DNA. Let's vacuum them out. You don't need to run them anymore.

Replace the old unattractive DNA you have just cleared out with beautiful pictures.



*You are lovable*

*Loving*

*Caring*

*Giving*

*You love appropriately so that you remember to love your body*

*You take care of your own temple before you take care of other people's temple*

*First, you love and give to yourself*

*You don't over give*

*Don't martyr*

*You simple love and give*

*But first you fill yourself up*

*You need your oxygen mask first.*

*You're taking this time to learn about yourself and to heal yourself*

*Excellent*

Now, we're looking at patterns in the breast, neck, chin and arms. Include other patterns that are failed patterns that have come in the DNA. Now remove the failed patterns. Example: every woman for generations and generations in your family has had big loosey, goosy arms, (or something silly like that.) We are tuning your dial to the station that plays the recurring thought; "That's what I am stuck with because that's in my DNA" vacuum that out now. You don't need that old stuck conversation or the degeneration pattern anymore. Vacuum it out.

***We're practicing being a chameleon altering our self for our new environment***





***Our new environment is what we choose it to be***

***If our mind believes it will achieve these shifts, we will accomplish it***

***We're setting our self for a youthful vitality for years and years to come***

***Our life in beauty and grace***

Vacuum all those black dots out and reset yourself with beautiful skin, beautiful nipples, beautiful upper chest, tight and tone. Imagine the skin is simply and easily tightening up. The breasts are in the position that they were in when you were 16-years old. The arms are tight and tone. If you did have a challenge with cellulite or saggy arms, you're noticing the cellulite has disappeared. You have smooth, sleek muscular arms now. They might be slender or muscular either way your arms are tone; you are really toned. You've changed things. You have enough estrogen in the skin, in the tissue to give you a nice little layer of plumpness, not fatty blobby cellulite, just enough youthful smooth fat in the skin that gives you what you need to have a healthy vibrant look avoiding the old worn out tough emaciated over skinny, look.



Continue to observe your improved tone, healthy appearance, notice you have enough collagen in the neck to have tight, healthy skin. You've removed the excessive fat cells if you got a tendency towards jowls or double or triple chin. Vacuum out any additional troublesome tissue and you're ready to reset your DNA to have the beautiful look you had in your youth. If you didn't have the look you wanted in your youth, than find a picture, maybe in a magazine or something that's kind of close to your vision. Look for an image, that resemble your bone structure an image you would like to accomplish and imagine that image is the new you. Tiara

***You are a radiant***

***Beauty***

***Beauteous***

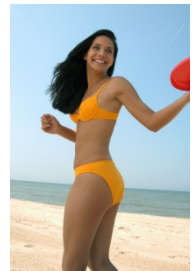
***And Beautiful***

***From the inside out***



Next step; send a golden pulse through this healing in the DNA strand. Remember to replace new pictures in anything that you've altered. Leave no cleared spaces blank.

If you altered small saggy breast to pert youthful, plump breast, that's cool. But make sure that you put that second imagine in. So you replace that in your arms, your shoulders, your neck, whatever you've altered, I want you to make sure that you've put the new picture in and then go ahead send a golden pulse through the DNA strand. Once it has been sealed up with the golden pulse, wrap the strand up and place it back in the master cell. Restore it to your body. Let the body receive this healing, this new DNA information. Mirror the new DNA to all the surrounding cells, feel the flood of new information flood through every cell of the body. It's energizing and recharging the whole body. This energy and new information is singing. All the cells of your body are working towards your new picture.



Place a golden sun at the top of your head and bring this golden sun into all the cells of the body. This golden sun is amplifying your healing and sealing it up. One more golden sun bringing yourself as a beautiful cross-legged yogini into the top of your head, down into your body, into your fingers and toes, legs and arms, torso, neck and head, into your breast, into your neck, into your shoulders, into your arms, elbows, forearms, hands, really filling yourself out. Focus on filling yourself out especially in those places where you had lost affinity with yourself. Reclaim your affinity, your self love,



***Say to yourself;***

***"I love myself, wholly and completely.***

***I am perfect.***

***I am divine.***



***I am radiantly beautiful."***

Claim this for yourself. Now put one last golden sun to finish up. Place one more golden sun at the top of your head and flood that down into your body, you as a spirit slip back down your physical body getting nicely tucked in. You feel shiny and golden in your body right now. Wonderful, peaceful and so happy.

You're beginning to come back to your own colors - your natural colors, primary colors, beautiful, vibrant colors.

Okay my dears wiggle your fingers and toes,

breathing pink and gold energy in.

Take a few cleansing breaths

And come back into the room.

***May it be with the blessings of the Supreme Being***

***That this healing meditation is complete***

***May the entire world be filled with***

***Radiant***

***Vibrant***

***Health***

***Beauty***

***Grace***

***And ease***

***Tathastu –***

***So be it.***