

Meditation – Love Regeneration

And breathing in and out. [Breathes deeply and rubs hands] 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. And when you really feel those palms of the hands are heated up, 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 of your body enjoying this beautiful sense of self-love, trust, and permission to be yourself.

Now we're going to open our hands and form a cup and this Mudra is called the cup of love. So the pinky side of the hands are touching and you're really 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're just seeing an overflowing of love and abundance showering into your hands and into this cup of love. It's called Miracle Mudra.

Let's dump this abundance into the hearts, so just tipping that into the heart Chakra. Maybe your cupped right hand goes onto your chest first and then your cupped left hand goes over the right hand, and so you're 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.

Alright and then we're taking the hands and we're going to reach both hands up and out so they are forming...your hands and your arms are forming a V, and 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 degree angle, so they're not coming straight up from the shoulders and they're not going straight up over the head. They're 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 and just feel, 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. [Breathes deeply] It feels so good.

Alright and then we're going to gently take our right hand, pinky side touching two inches above the pubic bone and we're making a shelf with that hand. And we're taking the left hand and we're making a fist and we're setting it down into the shelf of the right hand and we have the thumb pointing up, and 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 [Breathes deeply] and 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 Dhyan Mudra. And for a change of pace, we'll be putting the palms facing down on the things or the

knees, instead of facing up as usual and this will be really giving ourselves this infinite love. So Dhyana Mudra is the Mudra of infinity and we're pointing that love for our self in word.

And setting a grounding cord down 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 fighter flight energy, stressed 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, hollow in 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 on the meditation but for now, let's just come to neutrality.

Female bodies, the same. Let's ground your female body, your ovaries with a line of energy as wide as your wrist, hollow in 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 waist level, with a line of energy as wide as your wrist, hollow in 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 or first Chakra and down to the center of the earth. Set the adrenals on release and let's release all the flight or fight energy, anxiety, stress, worry, concern tension. Let's let it all go.

And while we're here, let's go ahead and release the nervous system. So just plug the sciatic nerve into the adrenal glands and 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 serve as that plug unplugged. So let's just see the nervous system just naturally clear.

Going to the center of the head, sitting on your throne in the center of your head, let's open a trap door and let's just wash out the center of the head. Let's remove any doubts about you getting this healing. Of course this healing is for you. Wash out any anger or resentment or things that you're holding on to like a hot potato burning you, no one else. Let's just be willing to let go of anything we're holding on to 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 stuff out the trap door, out the back.

And then popping out the top of the head, pulling your aura into 18 inches around your body, we're going to take some special attention to the edge of the aura. Let's smooth out any dings, dents, or holes. Now dings 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 and if actually somebody 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.

And 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. Its aura is the yummy energetic body that is 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 auras and our own Chakras. Also when we're born, we're born with one little bud Chakra, kind of at Chakra three and by the time when we're about 18 months, we've formed the little bud's first seven Chakras. And by the time we're seven years old, we have our fully developed, energetic system. So we're 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 and 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're just looking to amplify all the experience of love. Certainly you're welcome to do any versions of pinks and oranges in there or greens and we're just going to give you this happy, loving glow, removing any dust bunnies or fuzz balls. It's just at that big grounding cord. Let's go ahead and set a shot back in the grounding cord that's going to suck out the dust bunnies and 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 shot back on and it's 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.

And put a rose out in front of you at eye level, grounded to the center of the earth and 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 just 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. Beautiful!

And 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're taking all your energy back from the week, the month. You could even have it pull all 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 of shifting.

And let's go down to the feet and open the feet to earth energy. And so we're opening the feet Chakras to earth energy, bringing earth 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'd like you to be thinking about really opening not just the leg channels but the legs entirely and there's some important reasons on a metaphysical love level for doing this. When we open up especially the backs of our legs to clear out, we're really letting go of anything we're 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 or on our thighs or on our kind of inner groin area or our buttocks. So that actually represents holding on to negativity, maybe poor communications or love space that wasn't happy love space. And while we're 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. And 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. And then finding a place in affinity with you in the universe, it might be a space of deep and profound love. I love 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

particular late loving experience that you might remember as sacred, divine expression of love, you can bring energy from that place and 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 out through the belly, through the chest, through the heart and the breasts, 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. Out the top of the head, fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura. You're doing wonderful.

Alright, and then let's go to the pancreas and the pancreas is right at the waist and it's kind of a funny looking, bubbly hotdog looking thing that goes kind of right across the mid-body. Let's ground that pancreas down to the center of the earth and let's set it on release just like we do with other glands and 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're releasing and let's just see what the gauge is set at for pancreas function. And if it's not like 90 to 100%, go ahead and push that gauge up to 100%. Everybody, we want to be working on pushing that gauge to 100%.

And for those of you that had lower function, I'd like you to activate the stem cells in the pancreas that formed the pancreas and let's start a regeneration process. The normal, healthy color of the pancreas is pink or a light blue; it's kind of a frosting color. Let's turn the stem cells on for regeneration.

And also while 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 a well-balanced, perfect performance; so we'll put that as part of the function of the gauge. This is kind of fun isn't it?

Alright, that looks great. Let's bring a golden pulse like a radio wave of gold energy pulsing through this kind of bubbly funny looking hotdog called the pancreas in the center of the body. You did an awesome job on healing the pancreas.

And we're ready to go on to the heart. There's that beautiful heart pumping, pumping blood, pumping love, pumping oxygen and 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 is in the heart 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%. Beautiful! And so whatever it's functioning at, let's start pushing the gauge up.

And 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 who have low blood pressure, let's just see that gauge and we'll just 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 and 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.

And just really knowing that you deserve to have all the blood and oxygen you need up in your brain to the outer extremities, you deserve it. You so deserve that life force, that blood into, that food, that nourishment into all 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, an upward 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 has gotten out of control and you're pumping, pumping, pumping all the time and feeling like life is out of control, like life force is just 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 will...it can potentially be like 200% but it can also just read as really functioning poorly so maybe it's 19%; it's just not doing what it's supposed to do. So that gauge could read either way on high blood pressure. If you've gotten an over high rating 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 to 100%. If you've 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 gauge healing first.

And again as you're adjusting this, 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 feeling 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, low blood pressure and everyone. Let's just feel this healing with love and gratitude.

Now bringing a golden energy, a golden pulse, maybe a golden sun into the heart and into the valves of the heart and let's pulse a golden sun in this heart and seal up this healing and really reading the gauges again and let's look at where we're 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 and we're looking for that emotional brain, that Portobello mushroom that's plopped on top of the reptilian brain brainstem and then the two kind of balls up the side, the amygdala, and let's go ahead and ground that emotional brain. And as a special blessing, let's take one emotional program that has not worked for you and let's deprogram it.

So we're grounding the emotional brain with a line of energy as wide as your wrist, hollow in the center, down to the center of the earth, setting it on release and releasing things that no longer serve us. And then we're taking one pattern, one emotional pattern that just does not serve us and what I'd like you to do is just imagine it's out in front of you on a document, like a legal document and just imagine shooting cobalt blue, deprogram energy on to this legal document of a program that no longer works for you. So go ahead and shoot that cobalt blue on to that piece of paper with all that writing of that program and we're going to see the blue actually erase the program, so the words are going to disappear. You're doing a great job.

Alright and what you should be left with now is a clean, beautiful parchment of paper and let's just let that float off, kind of like a feather floating in the wind. It's just floating off. If some of you saw the Forest 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 patterns. It's just floating off. Bye-bye.

Let's activate the second Chakra, turning the second Chakra which is two inches above the pubic bone and then out the tail bone. So we'll activate the second Chakra which is the Chakra of sensuality and sexuality, so it's 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, one cone coming out the back and then the disc at the end of the cone is spinning it on. If it has a darker color like a black-gray or even a white, go ahead and ground the Chakra or deprogram it. Either the blue shooting in will deprogram or grounding it in like we have with the glands and organs and releasing the dark energy; both of them work, both are really good tools for this. And then reset it; it probably will reset itself if you've grounded dark energy off and it will probably set it at a very good color for you. But if not, maybe choose a happiness color like orange, pink, or red. Very good.

Alright 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. And it's about an inch above the belly button and then out the back in the same location, same size Chakra as number two, about six inches out and sometimes a little bit bigger than that with a cone or the disc rather spinning at the ends, out the front and back. Beautiful!

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 same size Chakra, out the front and out the back with a disc spinning.

And then let's just do a figure eight 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 and in the center, just an inch above the belly button, 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 just above the pubic bone. So it's coming in through the sacrum out through the pubic, two inches above the pubic bone and then looping back up through just above the belly button again and coming back up through the back of the heart Chakra. So you've got this figure eight looping of gold energy integrating those Chakras related to physical body, 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.

Alright and that will just relax soon and the gold energy will slow down and eventually just become still, but the communication channels and lines will now be open.

So we're at the completion of this beautiful regeneration to love. Let's bring a golden sun to 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, you 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're 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 pump you back into your body feeling 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. [Breathes deeply] Pink, divine female love. Green, divine male love. Maybe you want both, a little yin-yang energy mixing.

And you can begin to wiggle your fingers and toes and start feeling yourself back in the room. You can start by patting the back of your head, the top of your head, really little love like butterfly 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 and 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, recharged, feeling very in love and grateful.

[Breathes deeply] 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. Tathaastu. So be it.

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