

Walking Meditation – Love in Balance

We have a special surprise for you this month. We're doing a walking meditation. That's right, one that you could put in your iPod and take off. So get yourself ready and here we go.

Let's start out by breathing in and out and as you breathe in and begin your walk, you are breathing in pink and gold energy. And as you're breathing out, one foot in front of the other, you're taking your steps on to your walking meditation, breathing in and out. Breathing out any negativity, stress, worry, and concern. Breathing in, and out. Taking steps forward on this peaceful journey. [Breathes deeply]

And breathing in and out and as you're breathing in, start breathing in earth energy up through the feet. Through the bottoms of the feet, you're breathing earth energy up through the feet and feeling earth energy coming up through the feet, ankles, shins, calves, knees, thighs, out the hips.

And we're going to send that grounding cord down from the hips to the center of the earth. This is a very pliable grounding cord, as a matter of fact, it's transparent and comes with you along the journey and is literally invisible but it's keeping you grounded to the center of the earth. And you might imagine like a string sent to the center of the earth and you're going to walk around the entire globe today and that string is transparent so it can just circle whatever part of the globe it needs to with you without making any impact, and yet there you are nicely grounded to the center of the earth.

So that grounding cord is down, you can actually release through that grounding cord. It can be a hollow string and you can be letting go of negativity through the grounding cord, or you can be letting all of that stressed out energy go right down through the leg channels. So as you breathe in, you're breathing in and up to the leg channels earth energy, and as you're breathing out and taking your steps, you're breathing out negativity and that can go through either the leg channels or the grounding cord.

As a matter of fact, let's breathe in through the legs and out through the grounding cord. Let's make it super simple. Breathing in through the leg channels and down and out through the grounding cord, and continue your walk. Breathing in pink and gold energy, and breathing out.

[Breathes deeply] And breathing in and out and being aware of your environment. Breathing in and out and finding something on the horizon to focus on, something beautiful, something you're grateful for and allowing your eyes to light on things that are beautiful and amazing and extraordinary in this universe. And say you're out in the world now and you're breathing in and out, and perhaps you're on a trail breathing in and out.

And let's start with gratitude, and as you breathe in and up through the leg channels and down and out, out the grounding cord, finding something that your eyes are grateful for, say thank you God for this beautiful and describe it and why you're grateful for it, and send that little bubble of love off to the universe.

And take time now as you're walking and breathing in pink energy, pink and gold energy and breathing out, in and out, feeling one with the earth. Maybe list 20 things on the trail in the next 15 minutes that you are grateful for, something you're focusing on, something you're actually seeing, maybe a humming bird, a deer, some new fresh green grass poking through, a beautiful flower, a bird. Describe it and be grateful, and let that gratitude expand as fuel in your energetic

body. Let your love expand on the planet, feeling more and more in love with this beautiful space we call mother earth. Feeling more and more in love and grateful for your life here and now, today.

And we're going to give you some gentle music to have on the trail with you over these next 15 minutes of walking and we'll come back to complete your walking meditation at the end of this 15 minutes of music. So go ahead and expand that gratitude space and we'll return to you in a few minutes.

[Music Playing in Background from 00:06:00 to 00:21:00]

Wasn't that just the most wonderful experience, breathing in and out again that pink, gold energy and expanding into that space of love, gratitude and appreciation for your planet mother earth for your beautiful life, feeling very, very full, happy, complete and clear?

And as you are continuing your walk or wrapping your walk up, either way, notice how mother earth is healing you. She's brought your negative and positive ions into balance, your neurotransmitters are now functioning at peak performance, your serotonin has balanced in the brain, you are feeling one and very present with the earth. If this was a cardiovascular walk to help promote your sense of perfect grace and beauty, strength and health, let your body really reflect that joyous experience of I am the beautiful body, the energetic body, the strong body. I know myself to be sending beautiful, beautiful messages of gratitude to the divine for this amazing experience you're having today, being so grateful and happy and really feeling yourself as a spirit filling out your body.

If you've been kind of floating around in this kind of trance like space, let's bring you back into the physical body with the golden sun over your head, popping you as a spirit into the top of your head and coming all the way back into your feet and hands, arms and legs, torso, neck, and head.

And notice how there's so much more room for you in your body, you're filling yourself out all the way to the outer layers of your skin and coming back into your body, continuing to breathe in pink and gold energy.

And what we know is if you can breathe in pink and gold energy 20 minutes to an hour a day, you will look 10 years younger over a period of a year. It absolutely is guaranteed to youth your happy, so that pink and gold is regenerating the body from the inside out and we are all for that.

So whenever you go for a walk, let's turn this pink and gold mechanism on of breathing in and out, pink and gold. And we're welcoming you back into your body, back into this divine space of partnership with spirit and body.

May it be with the blessings of the Supreme Being that this walking meditation is complete and may the entire world be filled with radiant health, vitality, abundance, joy and peace. Tathaastu. So be it.

[End of Transcript 00:24:54]