

Meditation: Your Ten Talents

Taking a deep breath in and out and finding yourself in a comfortable, seated position for your meditation. [Breathes deeply] Breathing in pink and gold energy and breathing out any negativity, worry, or concern. Breathing in and out.

[Rubs hands] And then rubbing your hands together in front of your heart center, creating some spiritual energy [Breathes deeply] And let's just go ahead and keep those hands pressed together now in your Namaste and let's spread the fingertips out, and so you're pressing your heels into your chest and your fingers are spread out like a sun opening. So you're spreading your light out into the world, from your heart out into the world. Really able to fully manifest and fully go into your passionate life using all of your 10 talents, represented by the 10 fingers extending out, and breathing in and out.

And then let's take the right hand and put it on your chest, over your heart, and left your hand over your right in a universal Mudra for self-love and self-affinity. Affirm to yourself, "I love myself. I trust myself. I will express my unique self." And feel that really fully and completely inside you, and let that love just permeate your bones, your tissues, your cells, every cell in your body. Let it go into your spiritual, emotional, and mental body. Let yourself love your personality, love your mind, love that beautiful physical body that you have.

And then breathing in and out, let's also say hello and get in touch with what it feels like to trust. Trust yourself as a spirit, so you can create at your perfect pace. The spirit has so much energy, and we align the spirit with the physical body, so that the lifestyle is just incredibly beautiful.

Using your 10 talents does not mean that you have to work around the clock. Using your 10 talents means, using those talents wisely so that you have and create the lifestyle that you're really, really enthusiastic about. Trust your mental body and your physical, spiritual, and emotional body.

And then finally, let's get in touch with expressing your unique self and just really feeling what it feels like to express your unique self. I can express my unique self. That feels so good. So unique self, are you in touch with the career of your dreams and are you living in that career? You're now giving yourself permission to be awake and aware. Are you expressing your unique self in your love life, in your relationships? Are you manifesting your creativity? Have you created what is unique to you in your abundant life so that you're fully free to travel the world, to contribute to others, be a philanthropist? Well perhaps that abundant life includes marathons and triathlons. So really get what would be expressing your unique self full on without limitations. Right now we're giving you permission to express your unique self.

We're going to do this slightly differently, asking the blessees of the Supreme Being and we're going to just really have it be that the Supreme Being is over head, over your head, really as the King, giving you your 10 talents in this moment and you can feel that showering of gold energy, the showering of God's love and those 10 talents showering into you, and really just waking that up, because those 10 talents have always been there.

And we just ask the Supreme Being to continue to bless you while you're doing this meditation, so you really become aware that your cells begin to awaken to your abundant life. It's so phenomenal. You're now willing and ready to take the actions, make the commitment to yourself, and really invest in the things that really are going to make you soar. Investing in

yourself, that's what we're looking at. Investing the time, the energy, the intention, the commitment, creating the beautiful life that you're perfectly suited for.

Sending a grounding cord down from the base of your spine to the center of the earth; make it nice and wide. Set the grounding cord on release and release all the excess energy in the body. And at any moment if you haven't already allowed your hands to drop to your lap, you may do that now.

For this meditation, thumb and first finger touching in Dhyana Mudra, palms facing up in a receptive position. So we're really just continuing to receive all the abundance of the Supreme Being coming in through those hand Chakras, into the open heart and into your Crown Chakra.

We've set that grounding cord on release and we're releasing all the excess energy in the body, feeling very, very good.

And grounding your right and left ovary, if you're in a female body, down through the first Chakra and down to the center of the earth. Set the right ovary on release, and the left ovary on release, and releasing all the healing projects of others. It's time to get into healing yourself.

And for male bodies, go ahead and release your testes the same way. A line of energy as wide as your wrist, hollow in the center, from the testes down to the center of the earth. Set them on release and let's go ahead and release competition and aggression, just coming in to rightness and neutrality.

It's always good to reset yourself at the end of the meditation. If you're going back into your work fields, you can certainly set yourself back at assertiveness. I don't know about aggression, but you can be that strong, bold producer perfectly well.

Let's go up to the adrenals, on the right and left side of the waist, an inch up and two inches off the spine; little acorn-like glands. Let's ground this with a line of energy as wide as your wrist, hollow in the center, down to the perineum, the first Chakra and down to the center of the earth. Let's set the adrenals on release and release all the stressed out energy, fight or flight energy.

You're doing a great job. I'm so proud of you.

So get those adrenals releasing and then let's plug the sciatic nerve in and let's get the nervous system releasing.

So if you haven't done this before, this is plugging the sciatic nerve into the adrenals and we're just setting the nervous system, the entire nervous system on release. So you can symbolically just imagine them plugging in and then just cleaning out all the nerves. And the nerves should come back to a beautiful, electric blue.

Beautiful!

Popping up to the center of the head and there you sit in your golden temple of silence, joined by the Supreme Being. Let's go ahead and wash that out. And maybe the Supreme Being is just looking in lovingly at you, a male, female divine being. He's helping you clean out your house. You have a royal visitor today. Maybe you want to take a spiritual fire hose and quickly wash out the golden temple of silence. Open the trap door out the back and just clear out all the muddle.

Beautiful! Close the door.

Sitting in your throne and let's go ahead and pop out the top of the head, let's pull the aura into 18 inches around the body and do a quick clean up of the Aura. Let's smooth out any dings, dents, fill in the holes. A normal extension of the Aura should be 36 inches or less and when we're sitting in meditation, we pull it into 18 inches. And really when you're out in a crowd, I recommend you pull it into 18 inches also. It just helps keep your energy inside you and you don't have to be so in the thick of everybody else's energy.

Go ahead and put a golden Roomba, a little robot vacuum cleaner at the top of your head. It's a golden vacuum cleaner, automated and knows what to do. Let's set it on cleanup and it's going to spiral around your head, neck and shoulders, chest, waist, hips, and just cleaning, cleaning, cleaning. Cleaning up all the dust bunnies and fuzz balls on the inside edge of the Aura, on the inside of the Aura completely, down around the thighs, knees, calves, around the feet and under the feet, and then let's throw that down the grounding cord.

And then let's open the feet Chakras to earth energy, bringing up earth energy up through the feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord, clearing out your leg channels and your ability to take your next steps in your abundant life, in your career, in your health, your vitality, in all areas of your life. When you clean out those leg channels, you can take your next steps.

Clearing out the knees as the earth energy flows through the knees, really clearing the ability to honor yourself. I kneel at the altar of myself. You can't really move into your abundant life until you've cleaned them out and you're able to honor yourself. Treat yourself with respect.

Even the clearing out of the bottom of the feet, the sole understanding, increasing your wise elder wisdom to really understand yourself better, to really get who you are and what makes you click. Pretty fantastic.

Alright and then let's find a place in the universe that's in complete affinity with you. Bring a line from that place. I'm bringing a line of energy from a temple high in the Himalayas, a Buddhist temple in Nepal where I had a peak emotional, spiritual experience. You bring a line of energy from that mountain top, that temple, that ocean, that star constellation that's in alignment with your highest expression of self, 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, out the wrists, hands, and fingertips.

Bringing more of that energy down through your back channels, then looping through your hips, through your belly, through your chest, through your neck, through your head, out the top of the head, fountaining out like a beautiful Italian fountain bathing and cleansing your Aura.

And then let's go sit in the center of the head and really feeling the blessings of the Supreme Being, let's look at the view screen and let's see where those 10 talents are showing up as mockups or intentions for you. So on the view screen, seeing the Supreme Being handing you these gifts, and you receiving them in great gratitude, great appreciation; so you're reaching out and taking that first gift, that first talent.

With so much excitement, the Supreme Being is now handing you that second talent and your body is just vibrating with this excitement, and the Supreme Being wise elder, loving, compassionate, handing you exactly your heart's desire.

And see yourself receiving the third and all the preceding. Just take a few moments here for you to just experience receiving the 10 talents; however you receive them, let them come in to you now.

And receiving that 10th talent, perhaps they've showered in, perhaps you've received them one at a time and begin to see in your mind's eye, percolate on how you are going to incorporate these 10 talents over the next year and imagine yourself manifesting 10 fold. So 10 talents that have come in are now going to amplify into 100, 100 talents, 100 blessings. You might literally think of that as 10 pieces of gold, now turning into 100 pieces of gold. See how your life is going to play out, how the Divine is amplifying your joy and happiness, and how you're beginning to really align with the possibility of being in sync with yourself and in sync with your divinity, so that golden space, that space of golden talents is filling up. You're owning it, you're more available than ever for it, you're aligned with it.

Beautiful!

And then let's take a few moments in this center of the head, temple of silence for gratitude and be grateful and just allow yourself to express a stream of gratitude. Be grateful for the health, vitality, love, the finances that are already working for you, your career that has already begun for you. Maybe it's your beautiful clothes, skin, hair. Maybe it's talents that you've been already enjoying; the gift of your home, your vehicle, your education, nature, this beautiful. Just let it rip. Let that stream of gratitude just flow to the Supreme Being.

Beautiful!

Alright, let's just imagine now that that beautiful spirit that you are, Yogi or Yogini – Yogi is a man, Yogini is a woman – let's have you sit at the top of your head, cross-legged and let's just have you pop down into your body in a golden sun. So you have a golden sun just take you in like a spiritual shoe horn into all the cells of your body, filling out your toes, and legs, and thighs, your torso. You're coming in to your fingertips, even your fingernails, wrists, arms, filling up the torso all the way to the shoulders, neck, and head.

So there you are, really in present time. We're going to click you in. We're bringing that body out of history right now; the body that is always remembering the past and reminding of the past. And then we're bringing that spirit that's always out creating in front of us; we're bringing that spirit really back into present time. So just like maybe a spiritual seatbelts is clicking in. There you are; body and spirit click. You make that click. Click in to your body, in present time, fully capable of receiving and integrating these wonderful 10 talents that have always been there but now you're really awake to. And breathing in and out.

Okay and then rub your hands together [Rubs hands] creating some spiritual energy and when those palms and hands get nice and hot, go ahead and put your right hand over your heart and your left hand over your right in a universal Mudra of self-love and self-affinity. We're sealing up this healing and this meditation with, "I love myself. I trust myself. I can express my unique self..." And really being back in the body and really feeling that love, trust and expression.

And when you're ready, wiggle your fingers and toes and come back into the room in effortless ease. Coming back, enjoy the great anticipation of the next few weeks, knowing that you have created a miracle for yourself in this meditation.

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

[End of Transcript 00:26:31]