

Dynamism Meditation

Breathing in and out. Three nice cleansing breaths and allow your eyes to close. Find yourself in comfortable seated position with your spine erect and your feet on the floor. Send a grounding cord down from the base of your spine to the center of the Earth. Set the grounding cord on release and release any excess energy in the body.

Now, that you've got your grounding cord releasing, I'd like you to take your palms. Rub your palms together in front of your belly. Creating some spiritual energy and heat in your hands. We're just getting at spirit in body all the way into your palms here. Let's go ahead and take your right hand. Place it one inch above the pubic bone and you're actually forming a ledge. So, your thumb is pointing out and your pinkie side of your hand is touching your skin or your blouse or whatever.

And then let's go ahead and put your left hand first into the right palms. So, you've made a fist with your left hand. Your thumb is pointing up and you've set that into the ledge. Into the ledge of your right hand that's now one inch above the pubic bone.

And then I'd like you to activate. This is a mudra. A yogic mudra. The right hand represents a firm foundation and action in the world with the thumb pointing out. And then the left had with the fist-- the first represents your core. A strong, strong core and your thumb pointing up represents higher aspiration.

So, let's go ahead and set this dynamic energy meditation with a firm foundation in the world and connected with high self. Breathe in three nice energizing breaths right down into the mudra. And then when you're ready, just feel that strength from foundation and that strength and then allow your hands to drop on to your lap. Thumb and first finger touching. Palms pointing up on your lap. Breathing in and out.

We'll start with men today. Male bodies with the line of energy as wide as your wrist hallow in the center. From your male body which is your testicles. Draw line of energy from your male body to the center of the Earth. Set your male body on release and begin to release aggression, competition. Release any excess energy possibly control energy from females. Any frustration or struggle that you have. Just go ahead and release that from your male body, your testicles.

And then I'd also like you to see that this release is-- energy clearing is also going up to your prostate and in aging patterns sometimes men have swelling in the prostate or in the large prostate. So, let's go ahead and let that energy release actually deflate any enlargement or swelling in the prostate also at the same time.

Females-- the female bodies. Yahoo. Hi, girls. A line of energy as wide as your wrist from each of your ovaries through the perineum and down to the center of the Earth.

Set your ovaries on release and release any excess energy in the ovaries. Now, excess energy gets into the ovaries because we do healing projects. So, when we're not making babies with our ovaries, we're healing everybody. So, you want to release everybody else's energy out of your ovaries except you.

And going up to the adrenals both men and women. Let's join each other up here in your bodies at the adrenals. The adrenals sit on top of the kidneys, on the right, and left side of the waist. So, just that waistline maybe an inch out from the waist. Two inches off the spine. That's where your adrenals are. They're cute. They look like acorns with hats.

With the line of energy as wide as your wrist hallow in the center. From each of the adrenals, ground them down to the perineum and down to the center of the Earth. Setting the adrenals on release. Let's just release any stress energy from the body.

Wonderful. Let's plug the sciatic nerve into the adrenals and let's go ahead and ground the nervous system now and just feel the nervous system emptying out. Wonderful. Going up to the center head in your golden temple of silence. Open a trapdoor out the back. Take a spiritual fire hose and wash out the center of the head. Let's get that really cleaned out. Wonderful.

You're clearing out any squatters, any looping thoughts, worries, or concerns, spider webs, cobwebs, excess files, things that you're worried about, maybe paperwork in there. Wash it all out until it's just a golden cave. A golden temple of silence. Beautiful. When you're done with that, go ahead and close the trapdoor and I'd like you to just sit for a moment in your golden throne.

And really you're in your seat of power when you're in the center of the head. So, let this be a strong reminder that you must, must, must return to meditation each day to take your seat of power and your seat of honor in the center of your head. So, wonderful to do this.

Now, popping up the top of the head, let's pull the aura into eighteen inches around your body. Put a golden rhoomba up above your head and under your feet and let's just have it zip, zip, zip. Spiral up from your feet all the way up to your hips and the rhoomba, of course, is our little magic vacuum cleaner.

Both from the head spiraling down to about your hips. It's vacuuming all the dust bunnies and fuzzballs in your aura. Let's throw it down the grounding cord. Both of those little roombas are going down the grounding cord. Opening your feet to Earth energy. We're going to give you a spiritual shower now from the inside out and especially in your feet. It's so wonderful to open your feet to Earth energy. This is your soul understanding at the bottom of your feet.

Bringing Earth energy up through your feet, through your ankles, through your knees, through your thighs up the hips and down the grounding cord. And bringing a line of energy from somewhere in the universe that's in harmony with you. Maybe a place that makes you feel strong and connected with the divine.

Bring a line of energy from that place into the back of your head. Your human access portal. Down into that beautiful place one inch above where the spine meets the skull. The place where spirit is connected with body and down through the neck, the shoulders, the arms, the elbows, the forearms, the wrist through the hands and out the fingertips. Starting to feel a little more energy and charged. Bringing more of that energy down your back channels through the back of the head again one inch above where the spine meets the skull.

More of that energy coming down through your back channels. Clearing out your back. And then coming up looping through the pelvic cradle up through the belly, through the chest, through the neck, through the head, fountaining out the head like a beautiful Italian fountain bathing and cleansing your aura.

Feels really to have that just run for a minute or two. So, just the Earth energy is running through your legs right now. The cosmic energy is running through the back of your head and clearing out all the body, the arms, and the head. Just let it run.

You might even start to feel your nervous system really relaxing. Something is shifting. What I'd like you to do right now is to take your seat, your golden throne. Just take your seat of honor in the center of your head. We'll begin by working with the golden rings.

Your golden rings are your halo. They-- everyone, every human being comes equipped with halos. Although, we don't really see them on people until they reach a level of spiritual mastery but they're there for everyone. So, really common idea here or a notion that only saints have the golden rings is actually a fallacy. So, you, indeed, have the golden rings.

I'd like to imagine seeing one or two of your golden rings just starting to light up right above the head kind of around the crown chakra. And a normal number for people is to have up to five and for enlightened masters like Jesus, Krishna, and Buddha, they would have just normal naturally ten would appear. It's pretty magical.

Once you get to five rings, that is the state of unconditional love mastery. The rings come rapidly-- the additional rings. The blueprint for ten rings is there for you. The reason I'm showing you how to view the rings and we're going to do an activation process next. This is how we heal in the human blueprint program. We use the gold energy from the golden rings.

We bring it down in to the human access portal which is one inch above where the spine meets the skull in the back of the head. Down through the neck and through the right shoulder, right arm, and out the right fingertips. We pump gold energy. This is the source of that. It's your creator god, goddess energy.

And so what I'd like you to do now is start flexing your right hand and with this activation, you will get the healing I'm providing for you. If you're pumping your right hand, your golden rings are coming on. So, all you have to do is pump your hand. Just squeeze and open. Squeeze and open. That's good enough.

And do that ten, twenty times. You will just notice some sensations around the top of your head and you will just get this even if you're listening to this well after the recording is made. This is a healing for you. You're getting it. Perfect.

Alrighty. And from the golden rings being on, we're going to move into healing and making a better, stronger connection with human spirit to human body or human animal. So, let's just see you. You're sitting in the center of your head on your throne and let's just imagine you as a spirit as big as your body now standing behind your body.

Let's go ahead and put your-- just imagine putting your hands on your shoulders of your physical body. So, you, as a spirit, you're standing behind you and you're putting your hands now. Your spiritual hands on your physical body shoulders. You might feel very calm. You might feel like this is kind of silly. I just want to give you the experience of understand that spirit is the caretaker of the physical body.

And some of the conversations we had in the earlier track about forcing the body to run and it's kind of slave picture. When you slam down a five-hour energy drink, the human body doesn't want to go anymore but the spirit or the mental body is saying you got to go. And so the spirit wants to get a lot done and the physical body wants to be honored and cherished.

It's really nice to just have this moment of kind of tenderness where you begin to think of yourself as the mother or the father of your body that you're the wise elder who has the love wisdom to care of for this body well. We're going to do a healing on this human access portal and that will allow the spirit easy access into the back of the head.

So, I want you to just imagine a violet color. You can pump your right hand for a moment. Maybe pump it fifteen or twenty times imagining a violet color going into the back of your head one inch above where the spine meets the skull. And again, you will feel this activation. Very good.

And then I'd like you to imagine as a spirit like a genie in a bottle. You know a genie and her or his magic kind of vase bottle kind of a thing. Maybe even imagine, I dream of

genie. And let's put you into your body through that human access portal in the back of your head. So, just imagine that maybe there's some fun little poof of-- I don't know-- purple genie smoke that goes up. There you go, you're going into your body.

And I want you using your right hand pumping gold energy and I will help you with this but just keep your hand pulsing while we do this. Your right hand is pulsing gold energy and we're helping you get down into your feet. And helping you get into your calves and knees and thighs. Beautiful. Also helping you get in all the way into your hands, your arms, shoulders, and then all the way into your torso.

And we'll be imagining your spirit stretching out to the outer edge of your skin. And this is a distinction from your mental body. It's great to have your mental body in and we definitely want your mental body a hundred percent in your body not hovering in a big poof ball over the top of your head. So, that's great. Mental body is one thing that we get in but spirit, this light, that is a thing that we're really working on today.

Fabulous. You all did such a wonderful job. Alright. We're going next to the little generators of the cell which are called mitochondria. Remember I said they look a little bit like a little tiny caterpillar kind of around the cell and they fuel each cell. And the first thing that we need to do is clean up carrier fluid.

And again, you're going to be pumping your right hand. Pumping your right hand with gold. Gold is going to come out to your right hand. And just by pumping your right hand, even if you don't believe, you can do it. I will help you. You will get this wonderful gold energy. It will flow. It will work as long as you're listening to my voice.

And what we're doing now is we're pumping gold energy towards the carrier fluid. And we're clearing the carrier fluid first. So, the liquid that everything-- all the cells are marinating in, let's clear that. So, just pumping gold energy.

Very good. And then let's go ahead and pump gold energy towards the mitochondria. So those little cute little caterpillar generators. Remember, they're a fuel source for the cell more than they make a difference when you have hundred percent mitochondria function. It's so different. Wow.

And while your hand is pumping, let's go ahead and pump up life force. So, whether you're at ten percent life force or you're at ninety-nine percent life force. Just go ahead and pump gold energy up. It's okay if you don't know how to read yourself yet. This is alright. Just go ahead and pump gold energy. Let me get your life force up.

Wonderful. When your life force comes up, we're also going to be pumping up now your soul and this is a protection of the light. So, it allows you to stay strong as a spirit. Protect your light. The soul is like the protective shield. It really becomes, it develops,

your soul develops as your body develops and it dissipates an hour or two after you passed. After your spirit passes from your body. The soul just completely passes so that has weight. The soul has weight and the spiritual body has weight. It's much less weight-- the spiritual body has less weight.

And while we're pumping gold energy, let's see the neurons in the body. Let's just imagine now seeing the gold energy going to the neurons. We're going to bring the neuron percentage up to a hundred percent. So, again, with your right hand pumping gold energy. The gold energy is coming from your golden rings or your halo. Down into the back of your head, through your neck, shoulders, arms, and out your fingertips and you're pumping hand.

It's very much like kind of squeezing, pumping. You don't have to quite even squeeze, you know. You just-- it can be kind of a pump. Yeah. I keep my pumping hand up to close to my shoulder. So, the elbow is down at my waist and then the hand is back up. That's how I pump. You might notice a sensation of more light in your body as you do this for yourself.

Great. Fantastic. Now, we're going to go on to tuning up your chakras. So, we'll start with chakra one which is at your perineum. It's one specific funnel facing down very much like a vortex. Facing down from the perineum down towards your knees. Down towards the center of the Earth. Narrow at the perineum and wider as it goes towards your knees. Six to eight inches down. Having spinning discs at the end.

I'd like you to see it on and spinning and I'd like you to observe the color. I'd love for you to access your divine human blueprint book on colors so that you can kind of research yourself what the colors that you're having in your chakras mean. There's somebody who' done and somebody who's established a color for every chakra and little disc looking things that go up the front of the body and this is a little bit untrue because chakras are many colors.

And they go out the front and out the back of the body. So, let's just-- if you are able to observe whether it's through kinesiology or clairvoyance, observe the color great and if not, I want you imagining that there is a chakra on and spinning at the first chakra. And I do a little twirling motion with my first two fingers on my right hand and I just kind of spin from the wrist to activate a chakra that might be turned off or broken.

So, this is a technique that you can use on yourself. Very good. And then let's go up to the second chakra. Second chakra is just above the pubic bone and it comes out the back the tailbone and it is the chakra-- so chakra one was the chakra for survival. Chakra two is sensuality and creativity on a physical level. Let's make sure that the chakra two is on and spinning. You might remember the color.

And then let's go to the third chakra that is will. Just above the bellybutton and let's make sure that that's on and spinning. And that really helps you to actually have power in the world. Without the will chakra, you have no 'umphf'. So, chakra one helps you really survive the world. So, with the strong first chakra you have no problems surviving in the physical world which is a strength in itself.

Chakra two is also very much involved with the dynamic function of the body. Chakra two helps with reproduction especially with women. That's where our baby making machine is and our miracle energy is for women. Those ovaries create life. That is something men can't do with their bodies.

And then chakra three is about really being effective in the world. And so if you have a weakness, you want to look is it behind you or in front of you. So, sometimes, I see that their chakra shut off behind a person, they have no 'umphf' from behind. Maybe something upsetting happened in their past. And so they're spinning their front chakra. They've been taking wealth classes and learning how to do things but the back isn't supporting them. So, you want both the front part of the chakra and the back part of the chakra spinning.

And then let's go up to chakra four. And chakra four is both the having love for yourself. So, self affinity. And feeling connected with the divine. So, it's the kind of the heart connection. It's your connection with the god of your heart and the connection with all others.

So, once you can really love and cherish, honor and respect yourself, just what this whole meditation is about. It's about letting go of those slave pictures of pushing the body around and naturally, organically being the powerhouse and the energy force that allows you to live most effectively in your world.

So, make sure the heart chakra is on and front and back. A lot of times, I see the heart chakra broken off and back when there's been a lot of heart break. Might not be just one heartbreak but a bunch of them. So, just want to restore the back as well as the front. Beautiful.

And then let's go up to the throat chakra and let's get it spinning in front and back. The throat chakra is about power in your communication. And so if you want to be an effective communicator, you need to have this chakra on and very healthy in front and back. And that also-- it includes like writing and speaking and singing and many, many aspects of higher levels of creativity.

And then going up to the sixth chakra-- brow center. That is right between your eyebrows coming out the front of your head. And then out the back of your head. Yeah.

It's about-- it's a couple of inches up from the human access portal. There you go. Spinning nicely. Fueling your brain. All that mental energy and intelligence.

And finally, let's go ahead and get that seventh chakra, the crown chakra on and spinning and that should be gold or yellow. Your connection with the supreme being. You'll want to just peek in that human blueprint book for best colors in the chakras. It's very, very helpful. Wonderful.

Let's go ahead and create a grounding cord for the aura and we're going to clean out the aura. So, your grounding cord that you first set up at the base of your spine, let's have that be three feet wide and let's tuck the outer edge of the aura in like a sleeping bag to that. So, we'll start clearing out energy from the first layer of the aura. If there's any grey or black or white, brown energy. Let's go ahead and ground that off and just see a natural bright color filling in.

And the second layer. First layer is very much about the-- what you hold against yours. It's kind of like a second skin. The first layer should be soft and comfy. Not barbie. Pinny and you know, needly. Shouldn't be that. Should be soft and wonderful.

And then second layer does have to do with sensuality but is very close to your skin and it not what people see. It's what you keep close to your body. You're just grounding off again grey, black, white, or brown. And then the third layer. The third layer is-- definitely has to do with your will. So, let's ground off any beings or relatives that are in the third layer of the aura kind of mucking you up and making things difficult.

And then let's go ahead and ground off the fourth layer. That is your layer of love and affinity. Grounding off any black, grey, white, or brown. A lot times, we'll see failure in the aura and you know, blacks, and greys-- that's death energy. Brown is very much failed energy. White is control energy. If there's a death, a miscarriage, a suicide by someone you care about, you know, close to you. Some kind of a death. A divorce, sometimes, will turn the aura black or grey.

So, it's really good to take some time and just clear out the layers. We often do, as a matter of fact, we always do vacuuming of the dust bunnies and fuzzballs on the aura. This is extra wonderful and just gets you back to being bright and sparkly. So, once the grey and black round off, bright brilliant colors come in.

And then going to the fifth layer and grounding that off. Your layer of communication. You're starting to get to the point where these are colors. These are layers of the aura that people are going to experience when they meet you. Layer six and seven both you can ground them together. Clear them out. Sixth and seven are the layers of the aura that you showed to the world. These are the colors you want people to know you as or by.

And while you're clearing the aura grounding off any leftover funkiness from anything. I'd like you to also put a cobalt blue corona on the outside edge of the aura and let's just go ahead and burn off any programs that might be coming at you. Any memes or miasms, so in other words, any group viruses or group mind. Miasms are group viruses and memes are group mind.

Anything that would have you by programming self from someone else coming in to your aura. Have you be weak or powerless or lacking energy or tired. Let's burn those programs off. All those memes and miasms that might be trying to enter the aura that's burning off. Beautiful.

And now, we'll be going to actually work on the physical body for awhile. We've worked on the adrenals a little. Let's return to the adrenals. Remember, those are the two acorn-shaped glands that sit on top of the kidneys one inch up from the waist and a couple of inches off the spine.

Now, you've already got them grounded and they've been releasing and what I'd like you to do now is, again, get your right hand pumping gold energy and let's pump the energy up. So, this is a very chronic and serious condition across the country. When I taught in St. Louis, I discovered the group I was teaching. Their adrenals were less than twenty percent function.

This is a culture of tremendous stress, and whether it's chemical stress, mental stress, emotional stress. It is a country that says that stress is part of life. It's natural. What I want to encourage you to know is those levels of stress are not natural and they should not be part of life. We're talking about being in the garden of Eden here.

You know, it's a big deal that you give this time to yourself. It's a really, really big deal. Love yourself enough to give this healing to yourself. If you like to go further with that healing, there's the DNA stem cell regeneration meditation that might be wonderful to work on or the happy hormones also has a wonderful healing for the adrenals.

For now, we'll move on to the heart. And the heart, again, is part of the electric system. It provides strength and endurance. And so let's just pump some gold energy into the heart. And while you're pumping gold energy into the heart, I'd like you to also pump it into the heart for proper chemistry. So, then we want to you know, you have both the health of the heart and then you have proper chemistry distribution. That's another thing that you can improve.

And health of cells. You know, if you have issues with the heart, you might, after doing this kind of healing, go into cellular neogenesis. That's an option. Growing new cells in the heart. And for those of you who are already having a healthy, perky heart that's a beautiful color.

I'd like you to start being aware of your thyroid and your thyroid is in your neck. It's an anvil shaped gland and it is the gland that provides both heat and metabolism. So, you can check on this gland. If it's black, grey, brown or white, you can pump gold energy in and clear that.

And while we're here working with the physical body, I'd like you to also take a look at your pancreas and that is kind of funny looking gland. It's actually pretty large. It runs right kind of under the bellybutton across from right and left. So, it looks like a big old corn cob in a way when you look at it spiritually. And it should be a light color, like a light blue or light green, light pink. Something like that.

If you're grey or black or brown, you want to go ahead and clear that off. So, you're just pumping with your right hand. You should still be pumping with your right hand. Yes, you're pumping gold energy with your right hand. Just more and more gold energy just coming from your halo through your human spirit access portal down through your right shoulder, right arm, and out the right hand.

Doing wonderful job even if this is a new style of health and meditation for you. You're doing a wonderful, wonderful job. And we can go on keeping that hand pumping while you're meditating. Let's just look at the muscular system right now and a lot of times aging patterns will make the muscle grey or black.

Go ahead and just keep pumping gold and this time, you're pumping it into the muscle health and then muscle function and muscle chemistry. Health function and chemistry. Be generous with the gold energy that you're giving yourself. Very good.

And you can stop the pumping with the right hand. We're going on to the mental body and what I'd like you to imagine is that your mental body is very similar to your spiritual body and a lot of times, when you are really thinking, thinking, thinking all the time, you get this big kind of puffy conglomeration of mental energy surrounding your head. Like you're walking around with a head and a ball or a globe. A big globe.

And the mental energy isn't dispersed properly into your body. It's just all poofed up around your head. And actually, when you're over using mental energy, you're draining off creative emotional energy. You're draining off physical energy. And so ever notice that when you're really mental, when you're thinking, thinking, thinking how you start getting really tired, and the word is tired, not fatigued. You're tired.

That's because you have actually told the mental body that it has permission to actually leech off energy from other system. So, your mental body is-- because it's being used so much and you're not using the other systems like it's draining out of your physical body and going up into this big poof ball over your head. And so now, you're having less

energy in your muscles. Less energy to run your body. And less energy in your emotional body.

You ever notice when you're really mental and you're just really congested with, "I got to figure this out. I got to figure this out." How you begin to have less resilience in your emotional body and a real kind of tiredness in your physical body and your physical muscles.

So, what you to imagine doing is bringing that mental body back to the hundred percent. Not three hundred percent. And seeing that big poof ball just disappearing and just going back to the emotional body. So, it's really guided imagery here. You can accentuate that with gold but you want to just bring all that mental energy. Just bring it back. Restore to the emotional body and the physical body.

And the funny thing that's going to happen for you is all that mental energy makes you feel like you've got cotton in your brain and as you get all of that crazy too much energy up there, your brain clears and the lights go back on in your brain. So, our bodies were not meant to just be mental. They were meant to be spiritual, emotional, physical, and mental.

So, when we are way out of balance with mental, we really screw every system up including the mental system. So, it doesn't-- you don't get better by having too much energy in the mental body. You don't get smarter from that. And you should be able to see all of that energy going back into the different body said it was roped from.

You're doing a really a wonderful job. I know this is a deep clean out and I'm so proud of you for doing it. It's really, really wonderful. You're such a good person and you're so loved and treasured and really have a place in the garden of Eden. As you give more and more to yourself because there's more room for you to love yourself. You have more and more access to your divine power.

The last area we're going to be working on clearing is the creative brain. And I'd like you to just imagine grounding that right, lobe, the upper right neocortex and anything else in the brain that wants to consider itself your creative brain. So, that might be the frontal lobe. You know, it might be a variety of different places. Let's just go ahead and see that whatever parts of the brain contribute to your creativity being grounded to the center of the Earth. Let's clear off any dark energy -- Any black, grey, brown or white.

A lot of times, when people do healings with me, their brains go pink and green. I always giggle about that because pink is like divine female love and green is divine male love. I just love to see that the healing power we use at miraculous healing is all about divine love. Beautiful. Beautiful.

Now, that we finished the elements of dynamism and really restoring your energetic body, I like you to just imagine yourself sitting at the top of your head now as a handsome Yogi or a beautiful yogini. There you are cross-legged right at the top of your head. You're sitting in a beautiful golden sun. Maybe a golden aura. And just get how capable, competent, your-- how energetic you are. How strong and powerful you are. How able you are. How self confident you are.

See your heart and the electric system working well. You have good systems. And now you know that you have golden range. You have a halo. You're a saint. You are every human being has golden rings, has halos. So, why not use them. And sitting there. Maybe you're sitting there as yogini, yogi. Maybe you're imagining the halo. You're sitting in your own halo.

Feeling more strength in your muscles. Now, that you have the neurons working properly, there's just more clarity all around. The chakras are feeding all the systems properly and it feels so good. Your life force is at a hundred percent which means that you move through life within a strength and even when you do over extend and get tired, you just regenerate overnight, you wake up and you're in good shape.

You are strong. You are powerful. You are capable. You are an amazing, amazing, dynamic human. Bring that gold energy in your body and as that gold energy is going into your body just like a waterfalls, you're sliding right in to your body through that gold energy.

That gold energy is filling out through your toes and out through your hands and out through your legs and your arms, body, torso, neck, and head. It's amazing experience feeling like your head just opened up and there was this beautiful golden waterfalls going all the way into your body.

Your spirit is filling out your fingers and toes and your knees and your hips and your arms, your shoulders, torso, neck and head. Breathing in and out. Breathing in and out. Wiggling your fingers and toes around. Feeling very, very happy. Feeling energized. Coming back into the room feeling very positive. In love with your life. May 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. To task to, so be it.

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