

Q5 **GrowGrow Younger**

And taking a deep breath in and out, and as you breathe in breathe in positive, youthful energy. And as you breathe out, breathe out any negativity, worry, or concern breathing in and out. And today we're going to be doing a meditation to help you grow younger.

Breathing in pink and gold energy, and breathing out any negativity where you're concerned. Breathing in pink and gold energy and understand that wherever you focus this pink energy you become younger. if you breathe in pink and gold energy for an hour a day over the course of the year you will be and look, and appear ten years younger just by doing this one action.

Breathing in pink and letting out negativity. Breathing in pink and gold, and letting out any aging programs. Breathing in pink and breathing out. Continuing to breathe in and out in a nice, relaxed, gentle rhythm.

I'd like you to ground yourself to the center of the earth with a grounding cord as wide as your wrist, hollow in the center. Down from the perineum to the center of the earth. We're going to skip that first chakra spinning, humming with happiness. The first chakra is the cone shaped chakra coming off from your perineum heading down towards your knees.

Narrow at the place closest to the body, and wider as it gets closer to the knees. It's about six inches long. And let's just imagine that pink and gold energy activating that first chakra, the survival chakra. And then let's also see this pink and gold energy now going to the brain stem, the survival brain.

We're bringing a youthfulness into the chakra and into the first brain, the brain stem. remember that that is the reptilian brain and that a lizard can grow back a tail, and you can grow younger. And what it is, is activating this youthfulness. This ability to be present and be the young being you are always meant to be.

Breathing in pink and gold, and now bringing the earth energy up through the bottom of your feet through your knees, and your calves, and your shins and up through the knee, thigh, and out the hips. An let's just go ahead and bring this green or clay coloured energy up through the legs and we're washing out, we're bathing and cleansing the legs.

Your ability to take your next steps in your life and really to take those steps forward in becoming more youthful and vibrant. And also bringing a line of energy from a place in the universe that's in harmony with you, bringing it into the back of the head one inch move where the spine leads the skull. So that energy maybe it's pink and green, or pink and gold energy from the cosmos coming into the back of your head.

Let's go ahead and clear out, clearing down through the neck, through the shoulders, through the arms, and this pink and gold or pink and green energy is coming out through the fingertips and coming down through the back channels, and down through the hips, and looping up through the pelvic

cradle and then up through the chest, through the neck, through the head fountaining out the head like a beautiful Italian fountain bathing and cleansing your aura.

Energizing and revitalizing every single cell of your body, seeing your toxicity levels going down to zero. And seeing your body coming to a younger and younger state. You might actually bring this same cosmic energy to the skin, through the tissues, through the muscles of the body.

Amplifying and energizing with pink and gold energy. Breathing in one more cleansing breath, and breathing out. Coming back into the room may it be with the blessing of the Supreme Being that this healing is complete.