

## Q5 I\_Trust\_Myself01\_01NoEdits

And breathing in and out, and welcome to I trust myself meditation. And this meditation will help you to feel more confident and more sure of yourself, and your wise ability to make the best possible choices every moment of your life. Let's send a grounding cord down from the base of the spine to the centre of the earth.

Make the grounding cord nice and would send the grounding cord on release, and let's release all of the heartache, all of the frustration, all the reasons that have piled up in your space for not trusting yourself. Beautiful, and as you release I want you to really acknowledging how much you love yourself, how much you trust yourself and how much you are there for yourself today.

You can feel a kind of confidence coming through as you release that which no longer defines you, that which is no longer part of you. Let's bring up earth energy up through the feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord.

You're clearing your ability to take your next steps in trusting yourself. The right side is clearing your ability to do it on your outer world, and your left to do it in your inner world and your emotional experience, your relationships. And you're breathing in and out as this earth energy is cleansing your soul understanding your ability to take your next steps and even the relationship you have with yourself.

I kneel at the altar of myself, your knees become empowered, they become one of the symbols for you of trusting yourself as your knees become relaxed and purified. They are also a symbol of this trust in yourself.

Let's go up now to the cosmic universe and bring in a line of energy from the cosmos into the back of your head. One inch above where the spine meets the skull and let's bring it down to your neck and shoulders, arms, elbows, forearms, wrists and up the fingertips.

Let's bring more of that energy down your back channels, all the way into your hips, looping up through the pelvic cradle, up through the chest, through the neck, through the head, fountaining up the top of the head like a beautiful Italian fountain. Beautiful.

We're just clearing away the things that are behind you. We're clearing the back channels, we're clearing the old stuff away, we're clearing the things in your belly that make you nervous and allowing you to have a full presence of your intuition so that you can use that when you need to make a good decision. That was coming for a while, I was fighting that off for two minutes.

When you need to make a good decision I trust myself, my intuition's working and it's clearing the heart, and it's clearing your throat area the area of communication, and clearing out your head. We're really allowing also looping thoughts, worries and concerns to fall away.

Sitting now in the center of your head let's pour the aura into 18 inches around your body. Let's go ahead and put a golden rumba at the top of your head and clear out all those negative thoughts, thought forms, maybe other people have not been validating of how amazing you are. Let's clean that out, clean that out of your aura.

That golden rumba is spiralling around, clearing out the aura. Clearing, clearing, clearing. When it gets under your feet you can go ahead and throw that little vacuum cleaner down the grounding cord. Now I'd like you to just sit on the centre of your head and really take your throne of authority. Your throne of confidence, of happiness, of joy, of celebration.

As you sit in your throne using the quantum pleasure field to amplify this energy, put your right hand over your heart and your left hand over your right in a universal mantra of self love and self affinity. Repeat three times: I trust myself, I trust myself, I trust myself.