

## **Love, My Secret Sauce**

Hello darlings. This is your secret sauce, the essence of love. Breathing in and out. Dropping your grounding cord and hooking up to the Supreme Being above the 7 chakras so above the top of your head. So you're grounded to the center of the earth and you're now also connected to the divine.

I'd like you to be experiencing a kind of a happy breath that's going to be activating heart chakras so breathing in pink energy and singing going all the way down to the bottom of the pelvic cradle, breathing in pink energy. And then breathing out and releasing anything that will prevent you from feeling this magnificent feeling of love. Breathing in and out.

And then as we think about the heart chakra, the chakra just off the sternum in front. and for ladies, it's kind of the bra line, for men just the bottom of the shoulder blades there at the spine is where it comes out the back. So we're going to be activating the heart chakra both in front and in back.

And just energizing that heart chakra to come back to 100%, let's go ahead and ground off any dark energy and let's bring the quantum pleasure field in to amplify until it goes to 100%. And then feeling the heart chakra really expanding, feeling really part of the 4<sup>th</sup> layer of the aura, the layer that has us feel connected and loving and connected with others. And then we're going to this 2<sup>nd</sup> brain, the emotional brain. It sits on top of the brain stem. Looks a little bit like a mushroom cap, a portabella mushroom, and let's go ahead and imagine a golden energy clearing on the emotional brain. And the emotional brain is really tuning up, it's becoming very sweet, very wonderful and very happy. Anything that is confused or thwarted is disappearing as this gold energy is healing the emotional brain.

And then let's do an aura healing where we have pink and green energy. Bathe the aura pink, the energy of female love, green, the energy of male love. And let's go ahead and have that permeate the aura and our outer skin and it feels so wonderful, feels just delightful. Breathing in and out, sitting in the center of the head, on your throne and now you are the king or the queen of love and just see your kingdom expanding. Feel gratitude for all the loving beings in your space, feel love, feel presence, feel joy, feel happiness, feel bliss, feel pleasure. And think of the places and the people who stimulate this feeling of pleasure and generosity and know that you created, that you magnetize to you, the love that you desire, the love that you long for comes from you is reflected out into the world and then magnified and amplified back to you. Feeling ery wonderful, very connected, very much in love, in love with your life, in love with life itself.

May you be with the blessings of the Supreme Being that this healing, meditation this love meditation is complete.

Tathastu, so be it.

**[End of Recording 00:04:37]**