

Owning Your Life

[Takes a deep breath] And welcome to Owning Your Life, taking deep breaths in and as you breathe in, breathe in positive energy and as you breathe out, breathe out the negativity and concern.

Breathing in and out, drop the grounding cord from the base of your spine to the center of the earth, set the grounding cord on release and just let go of everybody else's energy. See a little whirlwind or a tornado in your grounding cord and just let it go. and I'd like you to just really imagine any points or centers in the body, places where you can adjust energy from other people. Ladies, it might be your ovaries, men, it might be your testes or in your brain. Let's go ahead and heart, center, your liver, let's go ahead and let that excess energy from other people out your body down that big grounding cord. And continue breathing in and out. And as you're breathing in, I'd like you to breathe in pink and gold energy. This is the energy that's so profoundly healing and reverses aging. So breathe in pink and gold, and breathing out and letting out anything that is dark or gray or not matching your energy. And I'd like you to continue to breathe in and out. Bring earth energy so you're going to open your feet chakras, little lotus –like cleansers at the bottom of your feet bringing earth energy up through the feet, ankles, shins, calves, knees and thighs, up the hips and down the grounding cord and then bringing in energy into the back of your head, cosmic energy. 1 inch above where the spine meets the skull, bring that energy down through the neck, shoulders, arms, elbows, forearms, through the wrists, out the hands and fingertips. And bringing more of that cosmic energy through your back channels. Don't worry that you don't know where they are. You're going to get it. It's coming down your back channels and then looping up through the hips and 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, bathing and cleansing your aura. And while we're working on your aura, go ahead and pull your aura into 18 inches around your body. Set up a little golden vacuum cleaner at the top of your head and let's have that vacuum cleaner spiral down around your body. Cleaning up any dust bunnies or dust balls you've picked up from other people. Continuing to breathe in and out allowing that energy to flow through your body. And let's go ahead and put a blue corona, like the rays of the sun on the outside edge of the aura. And let's go ahead and burn off anybody else's energy or programs that are coming, attempting to control and manipulate you, let's go ahead and burn that off now. Blue corona on the entire outside edge of the aura. Burning off any control energy.

Continuing to breathe deeply in and out. Feeling very good and very connected. See yourself in your mind's eye, owning your life, owning the joy, the happiness, the pleasure, the bliss, the balance, owning your relationships, owning your experience of being powerful beyond measure. Be connected and loving and really allow that to become part of your cellular information. Powerful beyond measure, extraordinarily loving, efficient, competent, and wealthy. All the things that you imagined for yourself as you really take a stand and own your life now, this is your time to shine.

And breathing in and out. I want you to imagine that your spirit is coming completely into your body, filling up the cells of your body all the way down to the toes and the fingertips. And really filling out your body, clicking in, and coming back into the room certain of your purpose and your presence knowing that you now, own your positive, forward-moving life.

[End of Recording 00:05:20]