

Q5 - Swift, Sweet, and Sparkling, 9-8-14.n17

This is your super-duper fast meditation.

Dropping a grounding cord to the center of the earth, set it on release and release all the excess energy and worry from the body.

Ground your male and female bodies to the center of the earth and set them on release.

Ground in your adrenal glands, right and left, set them on release and release all the excess energy, fight or flight energy from the body. It's time to be calm, still, and present.

Let's let that nervous system plug right in to the adrenals, grounding the nervous system. Let's let that just drain out.

And take a breath in and out; you can breathe during this meditation.

Going to the center of the head, sitting in your throne in the center of the head, let's just kick out all that looping energy and recurring thoughts. Open a trap door out the back, maybe use that spiritual fire hose or the big Shop-Vac, let's get it all out of there right now.

And when it's out, no time no space, that spiritual fire hose just goes boom, boom and all that looping energy is gone, all those recurring thoughts are gone and what you have now is a sharp, crystal clear mind.

Clear off the view screen. Now we'll be clearing out your broad and narrow band telepathy, your ability to share images from your mind to others as you speak, so that you're very easily understandable. Just imagine that little mechanism is now clear and that people really get what you say.

Popping up the top of your head, pulling your aura into 18 inches around your body, make sure that Aura has a sharp, defined edge. Why don't you just go ahead and set a golden Roomba at the top and bottom of your Aura, let them spiral around, meet at your waist. Let's clean you up so you can see out clearly and let those Roombas just go down the grounding cord when they're done.

Opening your feet to earth energy, bringing earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips, and down the grounding cord.

Opening the back of your head, one inch above where the spine meets the skull to cosmic energy and bringing that energy down through your back, your neck, your shoulders, your arms, elbows, forearms, wrists, out the fingers.

More of that energy down your back channels, looping up through the belly, through the chest, through the neck, out the top of the head, fountaining out like a beautiful Italian fountain bathing and cleansing your Aura.

Make a big protection rose at the front edge of your Aura. You're doing amazing, superhuman. This is a great sprint meditation.

Blow that rose up, put another protection rose in its place two feet across, ground it to the center of the earth, pop yourself up to the top of your head, golden sun a validation. You are capable, competent, clear, intelligent, loving and lovable, strong, vibrant and healthy.

Pop yourself back into your body with this golden sun. Wiggle your fingers and toes, really getting yourself completely into your body, nervous system relaxed, everything functioning wonderfully well, lots and lots of energy, refreshed, revitalized, renewed. Wiggling your fingers and toes, coming back into the room.

May it be with the blessings of the Supreme Being that this healing is complete.

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