

## Q5 Quantum Bliss

Welcome to your quantum bliss meditation. Let's drop a grounding cord down from the back of the spine to the center of the earth, and set the body on release. Let's hook up the head so fountaining out the top of the head, let's send a grounding cord up to the divine.

Let's imagine now that you're pulling your aura into 18 inches around your body. Beautiful, take a breath in and just enjoy the field that's coming close to you. Let's go ahead and set a little golden rumba, a little vacuum cleaner at the top of your head and let's have that golden rumba vacuum out your aura. Spiralling down around your head, your neck, your shoulders, your arms, your legs, your waist, your hips. Spiralling around your knees, and your calves, and under your feet.

Throw that wonderful rumba that golden rumba down the grounding cord. Now let's imagine that you as a spirit are up in the centre of your head. You are sitting on your throne in this golden temple of silence and looking around is this a quiet temple of silence or is this an active, noisy, lunchroom?

Let's go ahead and take a spiritual fire hose, or a broom and let's clean it up let's clean it out. Let's ask all the noise makers to leave. And you can open a trap door out the back and have them jump down the grounding cord or you can sweep them out, or wash them out.

We want that center of head to be the golden temple of silence. And continue to breathe in and out, as you breathe in I want you to really be present to the pink and gold field. Let's go ahead and really now start to see the quantum pleasure field permeating you feeling very much in love, in joy, in happiness. Let's just imagine this quantum pleasure field is pulsating with life.

It's caressing you and it goes actually through your very being so it becomes part of your every cell, part of your bone structure. This quantum pleasure field is expanding, and contracting, and breathing in and out with you. As you become part of this quantum bliss you feel the happiness, the feel the joy, you feel the love, you feel the pleasure of being in a human body.

You feel present to that which is paradise, that which we came to experience, we came into this body to experience on an ongoing basis love, pleasure, joy, connection, profound feelings of bliss and now you are present to those feelings.

You can remember, you can actually tangibly remember those feelings. How it is to be in this pleasure field all the time. Bring up in your memory perhaps you've had a moment of two where you really have felt part of that pleasure field spontaneously. Maybe it was after making love, or running on a mountain, or winning a race, or singing in a cathedral, or whatever it is that stimulates the pleasure field for you.

I want you take that moment birthing a baby, that moment that was pleasure. For some of you that won't be pleasure but for some of you it will. I want you to really focus on the joy that you felt,

how you felt one with everything, how you felt one with the entire universe. Radiant, and joyous, and present to all that is. Breathing in and out, and now sitting in that silence, that golden temple of silence on your throne breathing in and out.

Allowing the pleasure field to touch both spirit and body feeling so delicious, so wonderfully happy. Breathing in and out, I'd like you now to wiggle your fingers and toes, feeling the joy in every cell, feeling the sparkle in every cell. One cleansing breath of pink energy and gold energy in and out, and coming back into the room. And this healing pleasure field meditation is now complete.