

Q5 - Instant Better Brain

Hello Darlings. Hey, it's time to make that brain better and you're going to feel amazing.

So sending a grounding cord down from the base of the spine to the center of the earth, making the grounding cord nice and wide and setting the grounding cord on release and just letting go of the stress, the fighter flight, all of the tension and anything that doesn't belong to you. Very wonderful!

Popping up to the center of the head, let's go ahead and use a spiritual fire hose. Open the trap door, out the back of the head and go ahead and gently or rapidly wash out the center of the head. We want to wash out looping thoughts, concerns, dust bunnies, fuzz balls, anything that's in there that doesn't belong in there. Just take a good hose down and a minute here and just really, really scrub it so it sparkles, there are no squatters left, there are no cobwebs left; just very, very pristine and wonderful.

And then popping out the top of the head and let's go ahead and pull the Aura into 18 inches around your body and let's go ahead and use a vacuum cleaner, a golden vacuum cleaner at the top of your head, and spiral around your body, and all the way down around your legs and under your feet. And go ahead, that vacuum cleaner has vacuumed up all the dust bunnies in your field. And you are ready to let that vacuum cleaner go; just toss it down the grounding cord.

And now we're going to go back to the center of the head. Sitting in the center of the head, I'd like you to imagine that you have too much excess energy in the mental body which most people do, and go ahead and pull the mental energy, that big ball around the top of your head. Pull that in and just have it be 100%, instead of 300% and you can just see the mental energy shrinking, so you're not this gigantic Q-tip of mental energy.

And let's allow the proper amount of energy in the emotional and physical bodies to fill out, and the spiritual body, and so we're tuning you up to 100% on all the bodies. And sometimes when you have too much mental energy, the brain doesn't work very well at all because you've been up there too much and having a brilliant brain means having balance.

Alright and now in the center of the head, we're going to actually look at each brain and the five brains. The reptilian instinctual brain, the emotional brain that sits on top of it, so it sort of looks like a mushroom cap on top of the instinctual brain brainstem, the right and left neocortex, the creative and logical brains, the frontal lobe and behind, the visual cortex. Let's have all of these five brains and the visual cortex of course grounding down through the brainstem down to the perineum, down to the center of the earth.

Setting the brain itself on release and releasing the gray energy, the dark energy, the sluggish energy from the brain. And we want to energize the brain with oxygen, so breathing deeply in and then breathing out, and breathing in. And you'd like to do 10 cleansing breaths slowly in and out, really activating that healthy brain.

And then I'd like you to take your thumb, press it against your right nostril and then take the ring finger and press it against the left nostril, breathing in to the right nostril. One, two, three, four. And then press the thumb against the nostril, holding both nostrils closed. One, two, three, four, five, six, seven, eight, nine, ten. And then breathing out through the left nostril, one, two, three, four. Breathing in and out.

This is a wonderful brain balancing exercise. If you have a little extra time after the meditation, you might want to do 10 or 20 of these to really balance the right and left brain.

Alright, taking a breath in and out and I'd like you to come back to your body, wiggling your fingers and toes, coming back into the room.

May it be with the blessings of the Supreme Being, this meditation is complete.

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