

Hello darlings and I want you to know you're going to feel so much better in the next five minutes. So let's send a grounding cord down from the base of the spine to the center of the earth. And just set that on release. And at the same time let's go ahead and send a little grounding cord from each of the ovaries (the little egg like glans that sits deep in the pelvic cradle), down through the perineum and down to the center of the earth. Let's set those little grounding cords as wide as your wrist hollow in the center on release. And let's go ahead and also send a line between the two ovaries, so now we've got kind of a triangle. And let's go ahead and release the uterus as well and what we're going to be doing is letting go of any obstructive energy. And especially PMS is worse when you have other people's energy in your baby making equipment. So what we want to do is really fully release other people's energy.

Now there's a few ways that we can do that. One of the ways is to just let it flow. You can imagine putting a vacuum cleaner into the grounding cord. We are really looking at getting the ovaries calm down. The ovaries might have quite a bit of congestion from other people because that's how we heal people through our ovaries. So we just go ahead and really allow everyone else's energy to leave your ovaries.

Now if the uterus and the belly are distended and that you are really feeling kind of crampy and uncomfortable. What I would like to imagine for you is that a beautiful soft pink energy this is a youthing energy comes in. So imagine that your uterus is now being softened, it's not a hard angry uterus anymore. It's a soft pink, maybe some blue energy floating in it, blue is the energy of peace, maybe teal. And just really holding that space, that it's fine to be calm. As we move other people's energy out of our beautiful and magnificent ovaries, the chemistry can calm down, our hormones can start calming down. So you are seeing the uterus perhaps going back to a normal size. If it was a little irritable and the tummy distended and we're imagining that the ovaries are now really letting go. At the same time especially for those of you who have swollen breasts. I would like you to also ground the right and left breast. And we are just going to send it through just like we did with the ovaries through the perineum down to the center of the earth.

And ladies just imagine that kind of pressure and tension when it's swollen and it hurts. Imagine that just softening up, again and you can use pink energy. Breathing in pink energy and seeing your breasts becoming normal and happy again.

You're doing an excellent job I'm giving you a lot to think about here. I'd also like you to ground your adrenals. And let's go ahead and clear those out. Because you get into fight or flight energy it gets a little wacky. Let's go ahead and clear out the adrenals with a line of energy from each of the adrenals that sit at waist level 2 inches off the spine, an inch up from the waist. So a line of energy from each of those through the perineum, down to the center of the earth. And yes you are using that for your ovaries so you could just use the same grounding cord or create a new one whichever. And set the adrenals on release, let's also set the nervous system on release. Wow you probably are starting to feel better.

And let's just let the nervous system just drain out. All that fight or flight stress out energy is leaving the body. And understand ladies that you are surrounded in a quantum field, and this quantum field is meant for pleasure, it's meant for you to feel good, it's meant to calm these odd symptoms down. As a matter of fact a healthy happy body doesn't have to go through this kind of stress. So understand that as you embrace this meditation maybe daily or weekly or as often as you can, you may be able to actually turn off the things that cause PMS.

Let's go up to the brain and for a moment let's look at the PMS measure gauge. And just look at where you are at, how intense it is, how intense it's been. Let's set you back at normal pleasure. So you can just push that gauge over to normal pleasure, normal happiness, normal joy in the body. You're doing a beautiful job.

Let's just set it there. In the center of the head I'd like you to bring a golden sun, a beautiful golden peaceful sun into the head and into the body. And let's just allow the presence of the divine to fill every cell of our body, restoring us to our

own divinity, restoring us to our beauty, our grace, our experience of being a goddess on the planet. And then allow yourself also as a spirit to get back into your tummy, and your legs, and your arms, and your breasts, with everything feeling better now. Feeling calm, feeling relaxed, feeling peaceful, feeling connected again to others.

May it be the blessings of the supreme being that this healing meditation is complete and may each day be more beautiful and more pleasurable for you. Tetas tu so be it.