

And breathing in and out and as we approach this amazing meditation, know that your sight, hearing, touch, taste and smell will improve. And I like you to send a grounding cord down from the base of the spine to the center of the earth. Setting that grounding cord on release and the body on release. And let's let go of any stagnant energy in the body. Bringing a line of energy into the back of your head from the cosmos 1 inch above where the spine meets the skull and down into your neck and shoulders, arms, elbows, forearms up the fingertips. And down through the back channel, looping up through the belly, through the chest, through the neck, through the head. Fountaining off the top of the head like a beautiful Italian fountain, bathing and cleansing your aura.

And let's allow the quantum field now to come into a real present experience. And we're moving into a quantum pleasure field to restore the senses. And so as you see yourself now surrounded by this quantum pleasure field, you see that quantum energy going into what is vision. And beginning to clear vision and perhaps you might put some little tiny roses and inch in front of your eyes and blow them up a little rose a little exploding palm. Rose palm rose palm rose palm. And you're clearing always stagnant energy that was blocking your vision. And in the back of your head your visual cortex, you're beginning to really allow that quantum field to do a restoration in the visual cortex. And in actually all the sense centers in the brain now, the quantum field is beginning to clean up, really like taking a little vacuum in there and it's vacuuming out. And really rebooting, bringing the quantum energy that Golden energy that's coming up through the sinuses and through the nose. And really even the taste buds are having this quantum energy restoring and rebooting from the stagnant energy that covered and blocked you from smelling the beautiful things around you and from the tasting the amazing flavors that go in your mouth every day.

And as you listen to me and focus on my voice, the quantum field also supports the hearing. And just feeling a deeper cleanse as we go deeply into the ear and the eardrum and all the way back into the centers that allow us to interpret what we hear. And we clear away with the quantum field all that blocks us from our senses. And beginning to breathe deeply through the nose and out through the mouth, aware that in your next journey out into the world, your senses are alive and awakened. Your next journey into perhaps your bedroom or kitchen, your senses are awake and you are present to all that is: that magnificence, the pleasure, the joy of the five senses now restored. Coming back into the body fully and completely stretching your spirit into your fingers and toes, arms and legs, torso, neck and head. And coming fully back. And may it be the blessings of the supreme being, that joyous sense restoration be complete.