

Q5I_Am_Loved

Hello darlings, this short meditation is going to bring you back to the place where you feel loved. You feel cherished, you feel honored, and truly understood as a human being. So I want you to just imagine first being surrounded by a field of pink loving energy. And this pink loving energy is becoming part of your aura, part of what you now draw to you, what is now attracted to you. And let's release things that might be in your aura now, down a grounding cord that you've set up at the base of your spine. And what we're releasing are things that would separate you from others. Lack of confidence, jealousy, fear, oppression, disappointment, anger, frustration, let's just allow those feelings which become part of your field, let's allow them to go down the grounding cord. You are so loved and so cherished, and the part of you that prevents you from feeling that needs to go away today.

So just let all of this self programming, the programming that perhaps you heard from others, but now you're in charge of it. So words like you are not lovable, let's let that go down the grounding cord. And while we're doing that, let's really see a quantum shift happening in your field about being confident. About being loved and cherished. And so any blocks in your emotional body, in your field of perception, and in your DNA, anything that would prevent you from feeling completely and totally cherished and loved, respected and honored, let's clear that with a quantum pleasure field now, and you can just feel entirely surrounded by this quantum pleasure field. And for today, because we are working on love, the etheric energy of love is pink, and the male version of it is green, so why don't you see yourself in a pleasure field of pink and green. Imagine yourself laughing and playing and enjoying the company of others. Imagine that you are the source of love. You are where it all comes from. To be cherished, to be loved, to be nurtured, means that you cherish, love, and nurture others. And then you have enough room and enough space to receive.

And just breathing it in, breathing in the love, and the clearing. Letting go of those things that prevent you from experiencing the self-love. Because you know that anything that is not aligned with you being completely loved, honored, and cherished from others, is a block, and it's something that can be cleared. It is stemming from you, it doesn't stem from others, they pick up your field. So let's just use that quantum pleasure field and let's release. Let's release the, I can't be loved or I can't be cherished. Or they don't love me or they don't cherish me. Because even those thoughts prevent you from feeling this incredible love. You are loved. Let's go ahead and rub your right and left hands together in front of your heart chakra, and make the hands, the palms, nice and hot, and then put your right hand over your heart chakra, and your left hand over your right hand, in a universal mudra of self love and self affinity. And let's have this affirmation be entirely completely true. Repeat after me, I love myself. I trust myself. I give myself permission to express my unique self. And feel that love, the willingness to trust yourself, and the ease now of expressing your unique self. Become part of your cellular body. Become one with you. May it be with the blessings of the supreme being that this healing meditation is complete. Tathaastu, so be it.