

Q5 Ease

Hello darlings, it's time to feel ease again. And all those wiggly, squirmy anxious feelings are going to disappear in a matter of minutes. Breathing in, and out. I want you to send a grounding cord down from the base of your spine to the centre of the earth. Make the grounding cord nice and wide, maybe as big as 3 or 4 feet wide. And you're sitting on the big grounding cord to the centre of the Earth. And I'd like you to just dump, just let go of the nervous energy, the tension, the stress, let's just let it all go. We're moving into ease, we're moving into grace, were moving back into that which you are. Breathing in, and out. Bringing Earth's energy up through your feet, ankles, shins, calves, through the thighs, through the knees, through the hips, and out the grounding cord, that big grounding cord. And letting go of the stress and tension in your muscles and bones, in your legs. And then finding a place in the universe, in the cosmos bring a line of energy from this energizing space into the back of your head, one inch above where the spine meets the skull, and bring this amazing energy, this energy that causes the body to relax, bringing that into the back of your head, one inch above where the spine meets the skull, down through the neck, through the shoulder, through the arms, out the forearms, wrists, hands, out the fingertips and more of this cosmic energy down through the back channels and as this energy is moving through the body your noticing that it's like having a shower, it's like the ease that comes after a while when you're in a warm shower, and it just runs over your head, say you've have a hard day and now you're feeling this warmth signal to the body I'm safe, it's okay, I can relax. And notice the ease continue to flood through the body as this cosmic energy comes up though the belly, through the chest, through the neck, through the head, fountaining out the beautiful top of your head, the beautiful crown chakra (?) and notice that the crown chakra is now helping you be connected to your divine self and to the divine. And this just extends up, and really allows it triggers you to feel part of everything. Part of everything that is good and pure and right and beautiful in this plane of existence. Breathing in, and out. And I'd like you to just imagine this ease you're on a hammock on a beach, under palm trees the shade of palm trees, listening to the waves rolling in, you're feeling the gentle waves, the gentle breeze, the sand, the warm sand, and yet your completely I ease, you're under the shade tree, on this hammock, maybe the hammock is swinging gently to and fro, you've had everything that you want, your full, you've had enough water to drink, you have enjoyed the beauty of nature around you, and you're really becoming part of this beautiful, soft, serene scene. As you become easier, and easier, notice how triggers are releasing and that you continue to become more and more relaxed. You're coming into a state of stresslessness, of ease. The presence of grace is now part of you. You trust again. You are strong in your softness. You are present for others again. Because you are present for yourself. You are relaxed. And you are now in grace and ease. Wiggling your fingers and toes, and coming back into the room. Maybe with the blessings of the supreme being that this meditation is complete.