

Q5 I LOVE MY LIFE

Hmmm. I'm taking a deep breath in and out and I love for you to really feel your body, to begin to sigh....
Arhh!!!

And really get connected to the feelings in your body. What we would like to do in the first few seconds of this meditation is trigger you and get you into the past sympathetic system. That system of healing and generation, so breathing in and sighing out. Breathing in, and sighing out. Allow this ritual of breathing in and out to really help trigger a sense of deep peace in the body and really trigger your nervous system to be completely now relaxed. Completely and totally in love with you life.

Breathing in and out and send the grounding cord down to the base to the base of the spine. Ladies I would like you to release the ovary so grounding cord from each of the ovaries through the perineum down to the centre of the earth. You must let go the healing projects that you are working on with others and gentlemen you can send a grounding cord down from your testicles down to the centre of the earth. And just for the moment, I would like you to release the competition and aggression. The things that you have running that keeps you outward. For this moment we are going to be really inside. Ladies let it go off everybody that you are healing that is sitting in your ovaries. Remember that ovaries and hysteria go hand in hand when they are over packed with other people's energy, that's when we get hysterical, so let's let the ovaries release and let's go in now to the centre of the head and imagine your spirit sitting in the centre of your head and you can survey this wonderful life you have, and there might be some things that you are not struggling with in your life and you want to get back to falling in love with your life. So in this precious moment, I would like for you to look at what you have been struggling with and allow it to become your teacher. Allow it to show you the opportunity. What is there that you can learn from? because if you say yes! I want to learn from this and I want to grow from this and I want to raise my energy vibration, then that is what is going to happen with challenge.

And continue to breathe in and out pain can go that energy, the energy of rejuvenation. What I will like you to do next is to really sit on your throne of authority, right in the centre of your head. what do you see that you love? What do you love about your life in the past, what do you love now? What was special about being a child, what is special now? What is special about the relationships you have had. What do you love? Do you love your furniture and your clothes or do you love your job. Do you love the legs that carries you on mountain trails, do you love your surrounding, do you love your home?

I really want you to get into the idea that it is possible to love something even if it is not perfect. Like a perfect picture you can find the parts of these things that you love and you can diminish the parts that are imperfect. So if you are in a home that is not quite perfect but you have a part of it that you love, let's stay with the celebration of what you have already because as you build and grow and develop all what you appreciate, the universe comes speeding towards you to give you more of what you love and appreciates and the more that you focus on what you don't want the more that it is speeding to you and we don't want that.

So lets focus on gratitude. Deep and profound gratitude for all the blessings that you have had in your life. I would love for you now to affirm with me and can put up the thumb and first finger together (5:10) of infinity, and we make this true forever. I love my life.

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