

Q5 Minute Vacation

Breathing in, and out. And welcome to your five minute vacation. I'd like you to just imagine yourself in a beautiful paradise. And drop a grounding cord, and hook a grounding cord up to the supreme being, to the divine and so now you are on a beautiful beach, maybe with mountains and hill sides and I want you to just imagine the most beautiful sky that you can imagine. Filled with colours of pinks, and golden and oranges and blues and purples. And that sky is just taking your breathe away, and you feel so happy and so connected in the most amazing way. And continuing to breathe, in and out, and imagining that you can actually come to this beautiful place anytime. So perhaps you are walking on a beach and that sand is feeling very good on your feet you're having the waves, the salty waves, splash over the toes and really enjoying being in your bathing suit, walking on the edge of the where the water is coming in and out, and enjoying the waves. The crashing waves maybe now you're giggling, and your running into the water, maybe your with a friend or a sweetheart and your holding hands or maybe your with your child or pet and you're really having a great time with this warm water, its almost like bath water, you could just jump in and enjoy yourself. And you continue to breathe in and out, and laugh maybe your floating now in the water. And just feeling such a serenity, such peace as the waves roll up and down and you just float along in the water. Knowing that this is the garden of Eden, this is the paradise that you promised and that there is enough time to enjoy yourself. Maybe your now looking at the sky, in the sky is beautiful and your feeling such a kind of support that you've never really noticed before, as the water supports you as you float on this beautiful warm ocean. And breathing in and out, you stand up look around and you think I am heading to the beach, I see a hammock strung between two palm trees that I am now ready to enjoy. And as you get up on the beach, it's so warm, there's a gentle warm breeze you dry the salt water off your skin and you lay on this hammock. And the hammock is swinging gently back and forth as you look up at the palm trees. And you are so happy, and you're in the shade, but you're so warm and so comforted and you notice again that you are fully supported, completely supported by this rope hammock. And you feel happy, you feel beautiful, you feel powerful, you feel strong, you feel handsome, you feel awake, and aware of your senses. You feel the light warm breeze on your skin, and it feels sweet almost like a lover's caress. You taste the salt on your lips, from having been in the water, and it's a very sweet feeling a feeling of relaxation and joy. You hear the birds and you see the bird overhead but you also hear them talking to each other, the seagulls and the pelicans. And you're just breathing in the sea air, and the smells of the beauty the smells of the tropical flowers, and you are very present, very relaxed. You are at peace, and enjoy, feeling yourself as a creative being on the planet ready to share love. Maybe with the blessings of the supreme being that this healing, meditation is complete. Welcome back from your vacation.