

And breathing in and out.

Hello darling, this is your no more headache meditation and we want to really breathe deeply and allow the body to go into its parasympathetic system, the system of regeneration and let's go ahead and bring the mental energy that surrounds your head at the pressure that's around your head. Let's bring that in so that it's only a hundred percent not two or three hundred percent, let's bring the mental energy in.

I see kind of like a big ball over your head so imagine that mental energy shrinking, shrinking, shrinking, and then we're gonna tune-up the color around your head and when your head is inflamed and pounding it might feel dark or it might feel angry in red and so we're gonna soften that with blue energy, very cooling blue energy and see the vessels shrinking in the brain and the head and so whatever was expanded and pounding is now being sooth, it's been cooled by this beautiful, beautiful blue energy this very deep, night sky blue energy and we're calming, were cooling, we're bringing the brain and the head too much more relaxed space and sitting in the center in your head in your thrown and you want to look around in this Golden Temple of silence and notice the colors, are they inflamed colors? Are the angry colors? Grays, blacks, Reds, strange green colors and we wanted to soften this whole area up.

This is the Golden Temple of silence it is perfectly fine to bring a soft cooling baby blue and a soft pink into this area, soft cooling blue and this sweet loving pink both baby colors into the brain area and just feel yourself beginning to relax, beginning to melt, beginning to soften and as the softened the brain were also softening the heart, the heart is relaxing, the nervous system is calming down, you're feeling calmer, less stress, feeling more connected with yourself and then you begin to remember how much you love yourself, how much you love nature, how much you love your favorite people in your life.

You start really being aware of love and how love and pain don't really exist in the same space when you're holding that love and the gratitude, pain and fear fall away and you just began to be really, really present to the relaxation, to the peace, to the surrender and the ease of a head that feels quite wonderful its cooling down, it's coming to a better place, its cooling down, coming down, down and your thoughts turn to Love, to gratitude, to appreciation, to celebration, may be the blessings to the Supreme Being that this meditation is complete. To toast to, so be it...