

Q5 SERENITY

Welcome darlings to your serenity meditation. Breathing in and out. Breathing in positive energy, breathing in possibility, breathing in hope and love. And as you breathe out, I want you to let go of that which you have no control over. Breathing in and out, sending a grounding cord down from the base of your spine to the centre of the earth. Making the grounding cord nice and wide. Setting that grounding cord on release and let's release all of that which is not you. All of that which you can do nothing about today. Let's just let it go and let's breathe in and as we breathe in, we breathe in wisdom and discernment and as we are breathing out, we breathing down to the grounding cord allowing things to just release from our field. Serenity happens from the inside out, and from the outside in. so you want to see or feel the field around us. Our aura really in this incredibly peaceful state. Whether it is a rainbow state or blue and green, peace and healing.

Imagine that your field, the field of love is supporting you, the field of peace is supporting you in serenity. Grounding the nervous system through your adrenals. So down through the perineum to the centre of the earth. The adrenal seated the waste line, one inch up from the waste, 2 inches off the spine so grounding with the line of energy of the adrenal as wide as your wrist down through the perineum to the centre of the earth. Relax and release your adrenals. Relax and release the nervous system through the adrenals, so you can begin to see the plum, plum, plum coming off the nervous system as the nervous system blocks or maybe opening wide to see stuff coming out of the nervous system. It is going down the grounding cord and your nervous system is going to bright neon blue. The color of the nervous system is happy and that is your elective system. and we are seeing this filed now, your aura being more and more serene. Bring the aura into 18 inches around your body. Let go ahead and vacuum out the aura putting a golden ribbon at the top of your head and allowing this little vacuum cleaner to vacuum out drama, vacuum out things from other people vacuum out the things that are not you that do not support your serenity and your peace.

You are doing a wonderful job and continue in breathing in and out and let's put a blue coroner flames on the outside edge of the aura and allow that blue coroner to shoot up and burn off any energy set up coming towards you that might feel kind of alien or harsh or bossy or electric, let's burn them off. You can be serene in your environment. You can be serene on the inside and on the outside. Breathing in pink and gold energy, breathing in pink and green energy. Pink and gold that females love and the divine green healing that also male love so if you are balancing with pink and green that might just a beautiful way to energize the relationship for you

I like you to sit in the centre of your head as the spirit on your throne. And look at your kingdom. You get to choose what you bring into your space. Put your right hand over your heart and your left over your right and affirm, I am serene. I am peaceful. I am save and relaxed and one with the divine.

I am serene! I am serene! And breathing in and out, a few more nice cleansing breathe. And just allowing the new feelings. The feeling of serenity in every cell of your body and amplified by the quantum pleasure field, now becoming your permanent state of being to task you, so be it.