

Q5 The Quiet Mind

And I welcome you to the quiet mind, breathing in and out. Send a grounding cord down from the base of your spine to the center of the earth. Let's go ahead and set the body on release, and opening the field to earth energy bringing earth energy up through the feet, angle, shins, calves, knees, thighs up the hip and down the grounding cord. As we bathe the body preparing it for the quiet mind and bring a line of energy from the cosmos into the back of your head 1 inch above where the spine meets the skull. Bringing that energy that cosmic energy down through your neck, shoulders, arms, elbows, forearms through the wrist and out the fingertips and down through the back channels and up through the belly, through the chest, through the neck, through the head fortuning out the top of the head like a beautiful Italian fountain bathing and cleansing your aura, pulling your aura into 18 inches around your body and let's go ahead and put a golden vacuum cleaner at the top of your head and vacuum out spiraling around down the body vacuuming out any dust bunnies, fuss balls anything that is in the aura that would interrupt your quiet mind. When the vacuum cleaner is done you can throw down the big grounding cord and then find yourself in the center of your head. I would like you to sit quietly now on your throne in the center of your head and I would like you to survey the center of head experience. What do you notice in your golden temple of silence? Is it quiet? Are the things talking at you? I would like you to now really become aware that this is your golden temple of silence. It belongs to no one else.

All that is making noise, all that is calling your attention is not you. Take a spiritual fire hose from where you are and I would like you to open a trap door out the back of the head and hose out all those looping thoughts, all that noise, clutter, cobwebs, garbage, wash it out. You are doing an awesome job. When you feel like you have got it really washed out you might want to do this a couple times a day. When you are ready you can close the chapter and sit on your throne and now feel the quantum field, the field of pleasure, the field of oneness. Feel that field supporting your quiet mind. Notice from this peaceful place you are one with all that is. There is a deep serenity the body triggers to its parasympathetic system and begins to restore itself. From this place you can grow new cells, you can become younger. The quiet mind, it is your place of unlimited power, of unlimited grace, of unlimited love.