

## **Pain Body Meditation**

May be with the blessings of the Supreme being that whatever happen during this meditation be a blessing and a deep profound healing in the body, mind, emotions, and spirit. Amen.

Breathing in and out. As you breathe in, breathe in pink and gold energy. As you breathe out, breathe out any dark energy or letting go of pain. Letting go of illness. Keep breathing in that pink and gold energy. As you breathe in the pink, we breathe in rejuvenation. We bring in that gold energy and we breathe in the energy of the divine. This is our divine right to have rejuvenation and divinity in our bodies.

Breathing in and out. Sending a grounding cord down from the base of your spine to the center of the Earth. Make the grounding cord nice and wide and set that grounding cord on release. Begin to release all the excess energy in the body.

And if there's anybody hanging on this grounding cord, go ahead and make it really super slimy and slipper. Maybe you want to spray it with pan olive oil or make some kind of gooey slippery stuff that nobody can hold on to. This grounding cord is just for you. Maybe it's a waterfall going all the way around the grounding cord. Whatever it is. No one can hold on to it. It's really, really slippery. A straight cliff with a water flowing off like Niagara falls.

Hallow in the center and let's release all the pain energy from the body. All the disappointments, frustrations, confusion. Let's let it all go. Anything that isn't in harmony with your body. Let's let it go down the grounding cord.

While you're letting it go, remember to breathe. Don't forget that. Okay. The way that this healing is going to work really, really well is to get into your happiness space. I noticed some of you really struggling. Been in a pain body situation for awhile. It's hard to be optimistic but for now, let's get yourself in a really comfortable relaxed situation.

So, if sitting in a comfortable chair is good for you, do that. Spine erect, feet on the floor. But if the best place for you to be is to be laying own maybe with your knees prepped up with pillow underneath and your head gentle supported by a soft pillow then put yourself in that position.

I have no rules on this meditation. The best thing to do though is to stay away. So, if you fall asleep by laying down, why don't you try and sit up. Maybe even sitting on a comfy sofa would be good. If you're laying down, you can kind of imagine yourself in a big flower like a big daisy and have the stem of the flower be the grounding cord and you're just supported by these velvety petals. So, that's kind of your little nest. Great.

Whatever it is that's going to make you comfortable that's going to be the perfect way to do this healing. Alright. Male bodies. Ground your male body. Female bodies; ground your female body. You know what to do. A line of energy as wide as your wrist hallow in the center down through the first chakra to the center of the Earth, and then this case, yes, girls ground the ovaries through the first chakra and, yes, men, ground the testicles through the first chakra.

And the reason we're doing that is because the first chakra, in this case, has to do with survival and part of survival is getting out of pain. And so pain runs through the first chakra and it also does run through the first brain-- the reptilian brain. So, we definitely want to clear that first chakra.

And then what we're going to do is we're going to turn chakra one, two, and three. So, chakra one is base of the spine. Chakra two is mid valley, and chakra three is just above the belly button. We're going to turn them all down. Maybe one we're going to turn to ten percent, and two and three we'll turn to twenty five percent. So, they're not going to be on full blast while we do this meditation. That actually is going to help a little bit with clearing the pain body.

So, you can imagine you know, just having a gauge and turning the gauge way down on the first three chakras. You're doing a great job. I know this might be the first time you've ever done this or even heard about this, but you know, with practice, you really get good at it.

Alright. We're going up to the adrenal glands. Now, for people with pain bodies, the adrenal glands are often in some distress. They get turned on when they're responding to pain and then sometimes, they stay on all the time because they're on high alert because the body is in pain.

And sometimes, the pain receptors in the brain get confused and they get stuck on. So, essentially, what we need to do is heal the adrenals and be able to kind of calm both the brain director that's leaving the pain receptors on and we need to calm the adrenals down and clear out all of that exhausted energy.

So, with a line of energy as wide as your wrist hallow in the center down to the first chakra and then down to the center of the Earth. Let's go ahead and clear the adrenal glands. They sit on the top of the kidneys and just a little bit above the waist level. Adrenal glands look like little acorns with hats. Set the adrenals on release and let's release those adrenal glands.

We're going to turn those adrenal glands down and we're going to put some little golden suns to start healing them. It's a little gold pulsing golden sun on each of the adrenal

glands. This is going to feel really, really good. You're doing a wonderful job. Pat yourself on the back as you're learning some new ways to heal yourself.

Alrighty. From there, let's go ahead and plug the sciatic nerve into the adrenals and let's clear out the nervous system. Just like a bucket of water with a cork at the bottom. You pull the cork out and the water drains out. Same thing with the sciatic nerve plugging in to the adrenals.

The adrenals are just going to be our release valve. Let's let the nervous system calm down. So, if you're in the pain body, you're very likely also in the sympathetic nervous system which is the high alert system. It's the nervous system-- part of the nervous system that tells us when we touch something and it's hot and we're going to burn our self or we're getting a cut or a bruise or it gets turn on full blast when there's a car accident in front of us or something.

So, what we're going to do is we're going to go out the sympathetic system into the parasympathetic system which is the calm relaxed system that allows us to heal our self. In the sympathetic system, our energy goes out to our limbs to run away from the saber tooth tiger. And the parasympathetic system-- our energy goes back in to our torso and goes into your healing projects.

So, we're releasing the nervous system through the adrenal glands. Just to remind you, that beautiful lasey network of nerves that's lighting up and clearing off. You might need to put a little vacuum cleaner in the adrenal grounding cords to help everything move out. Removing all the pain energy in the nerves.

Feeling better and better in there. Doing a great job. Going into the center of head. Now, in the center of the head is our golden temple of silence. Which if you've been in pain might not be a golden temple of silence. It might be kind of a noisy looping frustrated hoobab of activity.

Right now and from now on, we are really going to assert that this is a golden temple of silence. Let's open up the trap door out the back of the head and let's clear all the gunk from the center of the head. That includes blaming, anger, and disappointment. Looping thoughts, all the things you are worried about, all the things you're stressed about. We're throwing it all out the trapdoor. This is time for you.

And it's also time for you to be enjoying celebration of your whole life and to notice that there are wonderful loving compassionate people in your life and that everybody has flaws. Idiosyncratic is in weaknesses and that you have room for them. You do.

You know what, you're not going to attract to you things you don't have in for. If you think and think and think about things that you're unhappy with or people you want to

blame or behaviors of-- you're just going to magnetize people who have those behaviors or more bad behavior.

So, when you're looking at shifting pain pictures, you have to look at shifting emotional pictures also. And so let's just really start thinking about owning that space of personal responsibility for joy and happiness.

You're going to actually even feel sympathy or empathy or you know, really genuine compassion for people who are kind of stuck in patterns that don't really work. Maybe you have to find some sympathy and compassion for yourself because you're stuck in some patterns too.

And this absolutely has nothing to do with self incrimination or blame. So, if you're on one of those pictures, I want you to just blow it up. This is all about learning to love yourself even more deeply and more successfully. You don't have to take the blame and you don't have to blame anybody else and it's nobody's fault. You're just not on those pictures. We're on-- let's be responsible for our own joy and happiness and let's celebrate the wonderful diversity of humanity.

Spending some extra time working on the center of the head and these concepts and pictures because when we're in pain, whether it's the pain that stimulates it or the thoughts that stimulate it, it doesn't really matter to me. Chicken and egg conversation.

It really is just important to know that those pain pictures in the physical body whether they stimulate it or the emotional body stimulates it, they go hand and hand. So, you've got some of that going on if you're in pain in the physical body. So, you just really want to address the emotional body also.

Since we're clearing the center of the head and making this beautiful golden temple of silence sitting in your throne and the golden temple of silence. Let's be here in silence for a moment. Feel your divinity. Feel that pink and golden energy you started breathing in. Feeling the center of head. Pink and gold energy is now filling in the center of the head. Love, rejuvenation, divinity.

Popping out the top of the head. Pulling your aura into eighteen inches around your body. One common thing I see with people who are in a lot of pain is that they have a spongy fuzzy edge to the aura. So, let's just tighten it up. Let's make a nice tight glass edge to the aura. All the way around. A beautiful bubble. Behind you. In front you, over your head, under your feet, the sides of your legs. Everywhere. There's a nice sharp edge to the aura.

When you're in pain, a lot of the times, the inside of you is very funky. So, let's go ahead and put a little golden vacuum cleaning at the top of your head and under your feet. Let's have them spiral around. Vacuuming off all the dust bunnies and fuzz balls.

And the golden roomba at the top. The little vacuum cleaner is spiraling around down to your waist, and the one under your feet is spiraling up to your waist all around your legs. It's cleaning up all the dust bunnies and fuzz balls in the space. It's really good.

And when they meet in the middle, go ahead and throw them down the grounding cord. Really good. Alright. Let's light a fire on the edge of the aura. Beautiful cobalt blue corona. Let's burn off any programming energy. Pain programming energy from this universe or any other universe. From any people that might not have been loving to you or wished you pain. Let's burn it all off. Burn off all the old programs.

Because what we know is what we live in a loving universe and that our bodies were meant to be pain-free. So, let that blue corona flame up. Maybe it's flaming fifteen inches or more off of your edge of your aura. Burning off all the programming. Feels so good. Wow. Feels good to take charge and burn it off.

Remember to breathe. I'm so proud of you. Really acknowledge yourself for the step you're taking. And this corona is going to burn for three or four minutes and then it's going to fade out and you're just going to have this very pristine edge to the aura. Go ahead and put a protection rose at the frontage of the aura. Ground it to the center of the Earth. Protection is a big fat red rose. It's two feet across and ground it all the way to the center of the Earth.

It's going to collect negative energy. Sometimes, we have a few negative people around us if we're in pain. We've attracted it. So, we'll just put that rose out to protect us until we've shifted our space. And go ahead and blow that up. Put a little stick of dynamite under and blow it up. Put another protection rose at the front edge of the aura. Ground it to the center of the Earth.

You want to replace the protection roses two or three times a day at least. At the very least. But you don't have to be in trance to do it. You can just be walking around and your day and it's like, "I had some negative energy come towards me. I think I'm going to replace my protection rose." Adjust in your mind's eye. Just pop another rose at the front edge of your aura and get rid of the old one, blow it up.

And we're at the point where we're going to bring Earth energy up into our feet and remembering that feet chakras are right at that place where the arch is. So, let's just imagine like a camera lens where the shutter opens. Let's open those chakras and let Earth energy. Earth energy often being green or rust colored. Let's bring that energy up

through the feet, ankles, shins, calves, knees, thighs, through the hips, and down the grounding cord.

Really, really important to clear our legs. Our ability to take our next steps. Feels really good. Maybe want to run some extra golden suns in your knees or ankles. Your legs maybe if your legs give you trouble, but let's just really clear out those leg channels. It's nice when you have a pain spot to pulse golden suns on that pain spot. So, wherever that is. If you have a pain spot down there, just put a little golden sun on the pain spot. That always helps to assert next step.

Alright. Finding a place in the universe that's in affinity with you. Bring a line of energy from that place into the back of your head one inch above where the spine meets the skull. Bringing that down into your neck. Down to your shoulders, arms, elbows, forearms, wrist, through the hands, through the fingers, and out the fingertips. Bringing more of that energy down to your shoulders. Down your back channels and your spine. All the way down to your hips.

And then looping through the pelvic cradle up through the belly. Through the chest, through the neck, through the head. Fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura.

Now, this is going to be slightly different than some of the other karma we've cleared. We're going to do a clearing with the pain body and we're going to do a DNA clearing. So, we'll start with the DNA clearing. So, imagine taking a master cell from the pineal gland in the center of the head. It's a little coffee bean gland that's responsible for a meditation and sleep. It releases melatonin.

But what we're going to do right now is that master cell that actually have been with you your entire life. We're going to be looking at that on the view screen. So, just put that master cell on the view screen. We're taking the DNA strand out of that master cell. We're going to have light up on the DNA strand black dots on pain programming on the DNA, and that would be pictures of pain in the body that we've inherited from parents, grandparents, great grandparents up to a hundred or even a thousand generations back.

Where when you reach a certain age, you have this pain or that pain or you get this disease or that disease. So, just let the DNA that all those millions of pieces of information, let's all the DNA around pain illness. The body breaking down light up as black dots.

And just look at that. Maybe there's some pictures that go along with that. Maybe you're seeing something about your grandfather or your parents. Someone, something. Some things are making sense to you. Oh yeah. I got that from my DNA. And then write the

things that you know and you just kind of assume but you didn't know that you had any choice to clear.

There might be some surprises in there. By the way, it's okay if you don't have any perceptions other than you can see black dots on the stands. That's fine. You don't have to know the pictures. What we're going to do with those black dots is we're going to take a golden vacuum cleaner. We're going to vacuum out all the black dots out of the DNA related to pain, and our genetic heritage. So, just go for it. Take that big golden shop back and clean out all the black dots out of your DNA around pain.

You can even paint pictures around empathizing or trying to heal other people so you take on that pain. You can actually see black dots around that. Like that's the most loving thing to do is be a martyr and feel their pain with them. I feel your pain. Let's go ahead and get rid of that picture.

So, vacuuming, vacuuming. Removing all those black dots. Believe me. You have a couple of them there. Alright. As we look now and the black dots are vacuumed out. We don't want to leave any of those black dots. Go ahead and pulse-- a golden pulse like a radio wave from a radio tower. Golden energy pulsing through the DNA.

And then let's replace those black dots with love energy. Let's put pictures of health, vitality, and joy in the body. Ease. Let's just see you owning your space. That you're a unique individual. That you don't have to run family pictures to be part of the family. You don't have to have the disease grandpa had or grandma.

[Inaudible 00:28:26] loving. More loving to yourself. To be in joy and celebration. That's where you came to do in this body; to celebrate. So, now that we've put some lovely pictures in the DNA, I'd also like you to just look at any torn strands of DNA. If there's anything kind of broken off or torn, go ahead and make any repairs. Definitely look. You don't want any black left. So, if there's anything else that you need to clean up, go ahead and clean that up.

And then another golden pulse radio wave gold energy through the DNA. Then we're going to wrap up the DNA and put it back in the master cell, and put it back in the pineal gland. Then put the pineal gland back into the center of the head.

Alright. So, let's put a golden sun at the top of your head and bring that golden sun into the center of your head. Let's have that just infuse the healing that we did in the pineal gland. That golden sun is showering the whole body, so we're sealing up this healing. The information that's in that master cell is going to every cell. It's every cell in the body is communicating with every other cell giving the body new information. So, this upgrade in the DNA.

You can actually feel like kind of a wild fire in your body. A shift of energy where the whole body in every cell is getting communicated with. It's a wonderful communication. Goes all the way to the tips of your toes and your fingers. You can feel it kind of spreading. Growing out through the arms and back and through the torso, all the cells in the body are getting this information and it's being sealed up with the energy of the Supreme being through this golden sun. So, good. It feels really, really good.

You're doing a beautiful job. Wonderful. Put another golden sun at the top of your head and let's just bring that in to all the cells in the body. One more golden sun sealing, sealing off the healing.

And now, we're going to look at you standing there and let's remove that alter ego, the pain body. So, that also might look like you but it might also just look like you know, this kind of thin dark body that sits in your body that is responsible for pain. Let's just pull it out and have it stand in front of you like a person six feet in front of you.

We're going to end karma with the pain body. So, what we're going to do is put two roses out in front of you at eye level ground into the center of the Earth and let's just have all the energy of you come on the pain body and all the energy of the pain body come out of you. Going into this two magnet roses.

So, the rose for you. Rose for me is a pink rose grounded to the center of the Earth at eye level and I'm magnetizing everything that went into the pain body. For me, it's getting magnetized out of the pain body. All my happiness and joy and celebration that kind of gets swallowed up with the pain body is coming back to me. And then the green rose, that's where the pain body-- Oh.

Let's make it a black rose. What the heck. A black rose for the pain body is taking all that failed energy, that death energy, that sadness, that stop energy. All of that is just getting taken out of my body now and it's being magnetized into that black rose.

I'm reaching out. I'm taking my pink rose and giving myself back joy and celebration and happiness, ease, and vitality. Taking all of my energy back into my body popping it into the top of my head. And this black rose I'm handing it to the pain body just reaching out and taking it. All that failed energy, disappointments, stop energy, pain, suffering, death. Just giving that rose back to the pain body.

And then we're going to clear contracts and agreements from the pain body. So, let's just imagine that there were chains and shackles that we were chained to this pain body. That we're incapable of doing anything really effective to help our self.

So, we're going to just reach in our pocket, pull out a key, and lock all the chains and shackles, contracts, and agreements to be in suffering and pain indefinitely. We're



letting that go. So, just take the key and unlock the chains and shackles. Maybe they're around your ankles, your knees, your hips. Wherever the pain is, unlock the lock with the key. Yup.

And you can just let the chains and shackles go down to the center of the Earth. It's not really likely that it's the pain body is shackled by us. So, we'll just let all of that go down to the center of the Earth. Let's do a karma rose which is a white rose and it's grounded to the center of the Earth.

White in the east Indian tradition-- you know, it's interesting because, in a way, represents death and purity. And so when a woman loses her husband, she goes from wearing colorful saris to a solid white sari without trim. And so we look at this and even in Western tradition, white represents purity. White often represents Celebes Sea. It often represent an ending of a way. Maybe a movement towards something ethereal.

So, what we're going to do is we're going to move the pain body karma into that white rose and end our relationship with that pain body. So, let's put up a karma ring. Half of a gold ring. And let's let that ring fill in so it's becoming a whole circle. There we go. You guys are doing great. I'm so proud of you.

It's amazing how, even though, these are kind of new concepts for a lot of you, you're really getting it. You're really making it happen. So, let's go ahead and let this ring, this karma ring, this completion ring. Let's drop that into the white rose. This rose of purity and death. Let's end it. Blow up the rose with a stick of dynamite. The ring is blowing up with the rose.

Maybe you want to put three or four sticks of dynamite under it. Really make sure it blows up. Very good. And as the karma blows up, the pain body, this kind of visitor disappears. It does not mean that you won't experience discomfort but it does shift this very strong embedded relationship of pain in your body.

One more thing I'd like to do with you is I like to have all of the pain spots light up in your body and let's go ahead and take a golden sticky rose or a golden vacuum cleaner. Let's just vacuum off all the black dots where the pain is in the body. This may take you awhile. So, it's okay if you want to turn your ipod off or your tape recorder off; whatever you've got running. It's okay. You can take your time and then turn it on when you're ready.

Alright. So, we're completing getting all the black dots out of the body. Now, let's go ahead and in all of those places where black dots were, let's put a deep kind of a peacock blue or a cobalt blue energy of deep programming. So, we're changing the pattern in pain. You know, so flood those areas with cobalt blue or peacock blue.

You're doing great. Let's bring in the golden sun on the top of your head and let's fill in all those deep programmed areas and every cell of your body but especially those deep programmed areas with the energy of god. The energy of the divine. Universal life force. You to remember to breathe.

Bring another golden sun into the top of your head. This is a golden sun of validation. You are loving and lovable, capable, competent, kind, generous, gentle, easy, graceful. You don't understand pacing and balance and live in joy and celebration every moment.

You see all the good in other and yourself and in this beautiful world and universe. Eyes open. Heart open. Breathing deeply. Bring that golden sun a validation into the top of your head and down into every cell of your body. Allow your body to feel this deep validation.

And finally, one last golden sun. In that golden sun, you're going to slip your spirit in. Slipping your spirit into that golden sun. And if you're sitting, of course, you want to bring it into the top of your head. If you're lying down, you can bring it in through the center of your body. It doesn't really matter. Let's just get your spirit tucked back into your body all nice and snug and filling every single cell of your body out.

So, at the top of your head, bring that golden sun into your feel and your toes and your fingers and hands, torso, neck, and head, arms and legs. You're just totally, totally filling out. Seeing your spirit just filling to the edges of your legs and your hands and feet and your torso. Really out to the edge of your skin. All the out and filling out your head. Same if you're coming through the belly. Same thing.

You're really, really owning this body. Turning the first, second, and third chakras back on to nice operating capacity. They're functioning at a hundred percent. All the chakras are functioning at a hundred percent. Feeling very relaxed and joyful. Full of ease and gratitude. Breathing in and out and remembering to breathe in pink and gold energy throughout the day.

Wiggling your fingers and toes. Coming back into your body. Coming back into the room. Maybe gently opening your eyes. May be with the blessings of the Supreme being that this healing meditation is complete. May the entire world be filled with radiant, vibrant health, vitality, joy, abundance, and peace. To task to, so be it.

**[End of Transcription on 00:44:35]**