

Q5 End Irritability

Feeling relaxed and easeful is not always easy to do when your facing concerns that are out of your control. In this irritability ender you'll find an easy path back to the calm sense of connection you've lost temporarily and move back into your happy place.

- Grounding Out Cellular Irritability
- Male and Female Release
- Center of Head Refresh ~ End Looping Thoughts ~ Dissipate Pressure
- Mental Energy Overload to Ease
- Gratitude and Generosity ~ Restoring Ease and Peace

Let's face it, being in an irritable mood is no fun for anyone and makes matters worse all the way around. Finding a serene mind and body to re invent your circumstances can be an important tool for navigating the sticky parts of life. Use this meditation for reestablishing your comfort zone and returning to the world of interactive problem solving.

Let all of the irritability of the cells drop down to centre of earth men tune down the testosterone and women all the healing projects too much go down part of the earth just energy center of head opening trap door and washing out the back of the head washing center of head looping thoughts the pressure pressure going down into brain blue shrinking calming and relaxing the viens and pressure feeling a sense of peace at 100% not over extended imagine a ball of mental energy relax the big ball of mental energy compresses coming back big ball don't ignore the physical body enjoy the sparkly cells of the body bringing more physical presence to body

Bring earth energy cosmic energy (clean out) each step important to bringing ease and ease back

Bring in pink and green energy the energy of joy breathing in and out in control brain in an easeful feeling generosity ease and peace

Q5 End Negative Thinking

When you've been on a negative thinking binge and want to get out of the vacuum of useless mind sucking self defeating behaviors take a step into appreciation and happiness with this meditation. No one likes to be a negative ninnie ;) but sometimes you can't seem to get off the train tracks of pessimism. Use this powerful meditation for making a change. With discipline and a kindness of heart you can give yourself and everyone around you the break you long for.

- Trust The Process and Relax
- Tornado grounding Technique ~ Removing Vast Storehouses of Negativity
- Golden Vacuum ~ Clean Up and Boot Out
- Golden Temple of Silence Reclaimed and Restored
- Energizing Goodness and Reinstating Your Spirit to Body
- The Gratitude Fortifier

If you struggle with Negative thinking ~ getting to a happy place requires a disciplined attitude and some emotional and spiritual tools to help pull you up and out of the problem energy and back into life. If you're a one time offender (thinking negatively for a few minutes) the shift will happen rapidly and if you've been on a negative track for a while you must use your thoughts each day and every minute to appreciate what is around you. This meditation gets into the deep sub conscious levels of you being and shakes loose the pattern of negative thinking once and for all.

Relax and trust the process make the grounding cord nice and wide 6 feet wide release all the negative thoughts in aura and mental emotional body chakras down the grounding cord tornado in grounding cord continuing to breathe in and out you have more room for yourself a lot of negative things getting into your aura from many others

Golden vacuuming out everybody else's thoughts fuzz ball clean it all up down big grounding cord continuing to breathe in a deep relaxed manner see what's in your golden temple of silence are there many people looping thoughts waste time to clean out trap door ask nicely move out no visitors allowed in this golden cave golden temple you are the one in charge light golden ceiling walls and floor

Breathe in beautiful peaceful energy see things you are grateful for your body does work be grateful for that which is working be grateful for those who have brought joy

Maybe you have pets you love and appreciate think about everything everyone you are grateful for

As you energize what you love you bring more goodness to you imagine your spirit filling out into body

Golden sparkly energy filling out feeling grateful and in love with your life that's so be it

Q5 Five-Minute Vacation

Sometimes you need a beach right now but you find yourself working on a project you can't leave. This meditation gets you to the beach and back to work feeling uplifted and rejuvenated in just 5 minutes. Rich imagery and luscious sea breezes take you to the tropics and restore your sense of relaxation and grace.

- Breathing into Your Beach Vacation
- Sandy Beaches and Splashing in the Warm Ocean Waves
- Soft Warm Breezes on Cheeks ~ Aromas of Sea Air And Tropical Flowers

You can get yourself relaxed and easy, the feelings you experience at the end of your tropical vacation in a matter of a few precious minutes as you follow this luscious meditation into a relaxed and happy place. Know you need a break is one thing, taking a break ~ really giving your body what it is asking for gets you back into life feeling happy and grateful for everything!

Breathing in and out welcome to your 5 minute vacation

Imagine yourself in your beautiful paradise connect to the divine mountains and hillside imagine the most beautiful sky you can imagine the sky is taking your breath away feeling so happy in the most amazing way you can come to this beautiful place anytime salty waves splash over the toes enjoying being enjoying the waves giggling running in the water jump in and enjoy yourself and continue to breathe in and out floating in the water serenity as the waves

This is the garden of Eden this is the paradise

Enough time sky is beautiful and the water supports you as you float I am heading to the beach hammock strung between two palm trees I'm ready to enjoy lay on hammock swinging gently back and forth and you

are so happy and you are in the shade you notice you are fully supported by this rope hammock you feel beautiful powerful strong handsome aware of senses feel the breeze on your cheeks like a lover's touch hear the bird overhead and you are breathing in the sea air beauty and smell of tropical flowers very relaxed at peace and in joy as a creative being on the plane ready to share love welcome back from your vacation