

The Definitive Guide to Meditation

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Hello! This is Julie Renee Doering. I am a spiritual life coach, healer, ordained minister and Hindu priestess. I teach a life of transformation and enlightenment through living life fully-embodied in balance, joy, full self-expression. And I am here to teach you about meditation. In *The Definitive Guide to Meditation*, I've given three meditations for you to use and enjoy. Meditation 1 - relax, restore and rejuvenate. It is a 37-minute meditation. It is complete beginner and intermediate meditation that introduces you to all the basic grounding, energy running and aura clearing tools. Relax and enjoy. This is the learning meditation.

In meditation 2, fast, efficient and effervescent, we are rapidly moving through grounding and clearing. It is ten minutes in length and is intended for use after you have mastered the basic techniques from the longer session. Meditation 2 is great for using when you awaken in the morning or before going to bed. It quickly clears and restores through vibrant meditation.

The third meditation, swift, sweet and sparkling, a five minute quick clear out, is meant for those who have mastered all the basic techniques. It is a rapid fire meditation to prepare you for a meeting or to clear your space quickly when you need to reboot and clean up your energy on the spot.

Enjoy these relevant meditations that assist you in transforming your astral space. May you live life in balance in present time and remember, bliss - it's an inside job.

02 Track 2

Finding yourself in a comfortable seated or lying position. Send a grounding cord down from the base of your spine to the center of the earth. Make the grounding cord nice and wide. Set the grounding cord on release and begin to release all the excess energy in the body. Making that grounding cord really wide and if you find that you have other people attached to it, go ahead and release that grounding cord and put a new one in its place two feet wide, hollow in the center, very much like one of those cement culverts that you see on the side of the road. And then, go ahead and release all the excess energy in the body.

You might do a little whirlwind, a vacuum at the bottom. Some people like the idea of water flushing through a toilet releasing all the spiritual refuse down the drain. Whatever works for you, create a little extra spiritual vacuum underneath you to really do a thorough cleaning today.

For females, ground your right and left ovary with a line of energy as wide as your wrist, hollow in the center, down through the first chakra base of the spine and then, down to the center of the earth. Set the ovaries on release. Release all the excess energy and healing projects from the female body, from your body.

And for males, go ahead and ground the male body with a line of energy down to the center of the earth and what we will be doing here is releasing aggression and competition energy out of this space so we'll just be coming into neutrality.

Then going up to the adrenal glands, please sit up the right and left side of the waist, maybe an inch or two off the spine and an inch up from the waistline, right on top of the kidneys. There are the cute little glands that look kind of like acorns with hats. Draw a line of energy as wide as your wrist hollow in the center from each of the adrenal glands to the first chakra and down to the center of the earth. Set the adrenal glands on release and release the excess energy in the adrenal glands. We're releasing fight or flight energy, anxiety, stress out energy. We're really just letting it all go. The adrenals kind of kick on way more than they should these days. We'll just let it all go.

You're unplugging in your sciatic nerve into the adrenal glands. It's just like a bucket of water that's got a cork in the bottle. We pull the cork out and all the water drains out. It's the same with the nervous system. Let's go ahead and plug the nervous system into the adrenal glands through the sciatic nerve and let that whole beautiful, lacy network of nerves drain out and release. And you can just release all that nervous tension out of the body that's just flowing out and you can imagine yourself like an invisible man in our science project and you just see the color of the nervous system clearing out and calming down. If you need to, you can put a little bit of a vacuum in there too. If there is any

gunky stuff in the nervous system, let's just get that out. And the nervous system should return to a beautiful, vibrant neon blue or electric blue.

Our nervous system is our electric system. It's actually a gift. So some of us who have had moments of anxiety just wish the nervous system would go away but in actuality, we have a sympathetic and parasympathetic nervous system that work in harmony with each other. And it's so important to have both of them functioning very well. But in this moment we are going to be using the parasympathetic system which is the system we use for healing, for regenerating and for meditation and sleep.

So you see that nervous system very calm now. It's all that electric blue and will be going straight up to the center of the head. You are finding your way up into the center of the head as a spirit, looking for your throne in the center of the head. You might want to build a beautiful spiritual throne for yourself. It might be like an old-fashioned kingdom kind of throne or like the Star Trek control room chair. Whatever is awesome and cool for you, but this is your control center, the center of your head.

This is where you as a spirit generate your miracles and your reality. So whatever really comfortable place that you're in a lot and looking around this golden temple of silence, in the center of your head, in this throne room, let's look for any looping thoughts, any dusty cobwebs, any excess boxes or junk sitting around or dirty laundry, really all the stuff that clutters the center of your head. Let's open a trap door out the back and let's just dump all that excess stuff out. You don't need to hold on to any of it. Just let it all go. You're not getting rid of your information, you're getting rid of all the excess junk and clutter in the center of your head.

So just open that trap door at the back of your head, if you haven't already, and you can just throw things out the trap door. And they'll drop right down to that big grounding cord we made at the beginning of meditation, or you can use a spiritual fire hose, you can use a big shop vacuum cleaner. You can use a giant rake or broom. Whatever you want, whatever tool really works for you. I usually use the spiritual fire hose. That's kind fun for me. Just wash it out. Get it all nice and pristine in there. And remember, that you were the owner of the center of your head. Not your mother, not your boss, you're in charge.

So put yourself there in the center of your head on your throne. In front of you is your view screen. Behind you, why don't you go ahead and pull that trap door shut. Now that you've got it all cleaned up, let's go ahead and take a moment to clean off the view screen in the center of the head, in front of you, kind of looking out your brow center. Between your two physical eyes is your third eye. And that's where look out through our view screen. Go ahead and take some spiritual Windex and wipe off that view screen so it's nice and clean. Just tidy it all up. And then, go ahead and throw those tools you've used down the grounding cord.

And now, we're going to pop out the top of the head. We're going to work on your aura next so, palming your aura into 18 inches around your body. The normal aura should be about 36 inches away from but it's really great when you're out in public to pull it in to 18 inches around your body. You just collect less of other people's stuff when you have it nice and snug around you.

You might have a physical sensation of like an energetic sleeping bag when you pull the aura in. That's a very normal feeling, to really be able to feel your own energy. You want your aura's edge to be sharp and defined and luminous like a bubble blow bubble, you know, that has a beautiful kind of swirly color on the outside edge. More like a glass bubble but definitely, make it sharp and defined. Let's get rid of all those spongy edges. It's like your own little energy protection space. It's you and your energy. This is your energy body.

Make sure that the aura is whole and complete that it encircles the entire body. So you want to check behind your head and back. Sometimes people, or behind their legs and feet, will actually have parts of their aura missing. So let's just make sure that it's all there and that it's well balanced that you have enough in front and enough in back and that the edge is sharp and defined all the way around.

And let's look at the edge itself and if there are any dings or dents or bumps in the aura, these happen from maybe abrupt interactions with people if there's little outburst or some anger expressed or something. People will punch a hole in your aura or make a ding in your aura. So let's just smooth everything out. You'll just feel like you've unruffled your feathers and you're no longer feeling beat up. Let's smooth out all those dings and dents. And if there's a hole in the aura, go ahead and take some magic aura thread or some magic aura spray paint and let it fill back in.

You're doing a beautiful job. I'm so proud of you. Let's just keep going. So we're going to clean up the inside of the aura next, put a beautiful, little, golden Roomba, it's very cute. It's got a little bit of a puppy dog energy to it, and it's all excited to help you. Let's have that golden Roomba at the top of your head and it's just going to spiral around your head and it's going to be vacuuming all the dust bunnies and fuzz balls out of your aura. So set it to work.

It's spiraling around your head, neck, shoulders, down your arms, elbows, forearms and your torso, everything. It's getting everything. It's going around on the inside of the aura, cleaning out around the hips, the thighs, the knees and the calves and under the feet. You've got a very pristine-looking internal aura. It feels very good in there.

And then, we can send that little, golden Roomba down the grounding cord. We don't need it anymore. Get rid of all those dust bunnies that are in there. Just throw the whole thing down. It's feeling pretty good in there. We've dealt with the edge of the aura and

the internal aura and now we're going to deal with the programming of the outside edge of the aura so you'd just really make this excellent.

Let's go ahead and put a blue, cobalt blue corona on the edge of the aura and let's have that cobalt blue edge just flame up. Just like a sun has a corona, a golden corona, we're putting a cobalt blue corona on the edge of the aura. And this wonderful blue corona is going to burn off all the programming energy, kind of the alien, funky energy whether it's from people trying to program you and your aura or energies from maybe other planets or kooky people, or whatever, you know, but let's just burn that off now. And really, you can let that flame soar up like a gas flame and then within a minute or two, it's going to die off and you'll just have your beautiful aura. Starting to feel really good in there.

Alright, let's go ahead and put that protection rose at the front edge of your aura outside, big two-foot rose grounded to the center of the earth. This protection rose serves to collect negative energy so you can hear what people say without having to process the energy in your body. So just keep, seek the energy from moving into your body and having to mull over somebody else's difficult energy. So you want to keep a protection rose up all the time.

And for practice, let's blow up this rose, put a little stick of dynamite and blow it up and put another one in its place and ground it down to the center of the earth with either roots or grounding cord. Set it all the way down to the center of the earth. You're doing a great job.

Now for fun, take a minute and see how quickly you can put a rose down, ground it, blow it up. Put another rose in its place, ground it, blow it up and just do this ten times. This helps clear negative energy in your space. If you've had an interaction that hasn't gone the way you wanted and you want a quick restorative fix, this will do it. You're really a master at this. You're doing a great job.

Now, we're going to start running energy so opening feet to earth energy, bringing earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips, and down the grounding cord. Notice the energy of the earth. It might have a color. It might be green, it might be rust. You open those feet chakras, those lotus-like lenses.

Notice how you're opening to your own soul, understanding your own wisdom. And as you come up to your right leg, you'll notice that you're clearing your pathway to taking your steps in the outer world, your assertive side, maybe your business side. And as you open your left foot up and bring it up through the left leg, you're opening your ability to take your next steps and your receptive soft side, maybe it's your feminine side, your creative side. Your knees represent your ability to honor yourself so you want to clear those knee channels every day, especially those of you who have some little boo-boos in

the knees, just clear them every day. I kneel at the altar of myself. Knees are so important to our sacred journey and are really are our ability to really honor and love ourselves.

So now, you have all of that energy just clearing out of the leg channels and going down the grounding cord. We really just let it go through the hips and then let it go down the grounding cord. With that earth energy, you are increasing your comfort zone with planet earth - just a much nicer place to live on when you're in harmony with the earth. Wonderful!

Now, we're going to open to cosmic energy. Think about an amazing place, maybe it's on the planet or somewhere in the universe that's really, really in harmony with you. Bring a line of energy from that amazing place. My amazing place is a temple in Nepal that I climb 1500 steps up to this beautiful Buddhist temple. It was one of my peak spiritual experiences. I was so happy that day. And I bring a line of energy from that temple into the back of my head, one inch above where the spine meets the skull.

You'll find your happy spiritual place and bring a line of energy from that place into the back of your head one inch above where the spine meets the skull. This is where spirit and body have their connection. Bring that energy down through your neck and through your shoulders, through your arms, elbows, forearms, wrist, through the hands, through the fingers and out the finger tips. You're clearing your burdens and responsibilities, your creative channels, your ability to receive, to attend to the details in life. It feels wonderful.

Bring more of that energy back into that beautiful spot one inch above where the spine meets the skull down through your neck and we're going down the back this time.

So, bringing it down through the spine and the meridians on either side of the spine, the back channels. It's really okay not to be perfect. Just let your innate intelligence, your body wisdom guide you here. You don't have to know where everything is. Let that energy flow through your back and clear out the back channels and the back has a lot to do with feeling supported in life; feeling like the universe supports you. It also has to do with your past, what's behind you, bringing that energy all the way down into your hips.

And then, when it gets down into the pelvic cradle let's have it loop up through the valley and for fun today, let's have it come up with maybe four percent of earth energy looping up through the valley, through the chest. It's cleaning out all the internal organs as it comes up, maybe the lungs and heart just doing a cleansing from the inside out, up through the neck, through the head, fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura.

Your aura is getting really pristine at this point and you can use your breath and breathe down into you spine and just feel the subtle changes that are happening all over the body

at this point. You have your energy running, your space is pretty clear. You're breathing in and out.

You're going to put a rose out in front of you at eye level and this is a magnet rose. Let's ground it to the center of the earth. Let's have this rose, this magnet rose, call all your energy back from the day, from this day, today.

So all of your energy is coming back to you from the people, the projects and the places you've left all day long. And then, let's have that magnet rose just so powerful, can just reach into the last week and anywhere that you've left your energy behind and depleted yourself. Let's go ahead and pull all that energy back from the weak, from all the people and places where you've left it.

Continue to take this energy back from the month, all the projects that you've left the energy in, all the people, the places where you've left your energy behind, from the year, from the last five years. And this really, really powerful, powerful magnet rose is collecting up your energy from your lifetime, bringing back your energy to you in a grand scale, feeling very, very good. Alright, let's take this rose and pop it in to the back of your head and feel your body being filled with all of your own energy that you had left behind.

And going to the center of your head, let's sit in your throne room in the center of your head. And let's turn the view screen on and look at the view screen. And there on the view screen, you are as a handsome yogi cross legged or a beautiful yogini. And let's have you be a chakra person. So, we'll just see the seven chakras and let's tidy up those chakras, the seven chakras. So starting at the base of the spine, let's make sure that chakra is spinning nicely. It goes straight down to the center of the earth. Let's go to the second chakra which is a conical shaped chakra going out the front and out the back. And let's just get that chakra spinning.

So let's go to the third chakra out the front and out the back. Second chakra again is sensuality, sexuality, creativity on a physical level. First chakra is grounding. Third chakra is will. Being able to manifest what you were looking at manifesting in this lifetime in this body. Being able to really manifest it with ease and comfort without being overbearing.

And let's go up to the fourth chakra. And again what you're looking at doing is getting these little discs at the ends of the cone spinning. And the fourth chakra is your heart chakra. It is the god of your heart, the ruler of your heart, your affinity with yourself, your self-love and self-appreciation which is key to even loving everybody else and being loved. It's really important to have this chakra intact and all sparkled up and clean, spinning in the back and the front.

Let's go up to the fifth chakra. The throat chakra, the chakra of communication and let's go ahead and get those discs spinning. The fifth chakra also has to do with your hearing and your speaking and your writing voice. So, people will say they find their voice, they've found their voice as a writer. The fifth chakra has to be clear to find your voice.

And then, let's go up to the sixth chakra - the brow center, center of the head. Let's get those two, the front and the back chakra spinning. It's all one mechanism but in the five center chakras, we have a front and a back to them and on the chakra one and on the chakra one and seven we just have one.

And then, let's go up to the seventh and that's kind of like a beautiful lotus that sits at your crown at the top of your head. And let's open to the Supreme Being, your direct communication with God. It's really great to have a lot of amusement and happiness up here because there is a whole heck of a lot going on all the time. And let's just clear out any religious pictures and just let you have a really great communication with the supreme. Whoever you interpret that Supreme Being. Male, female energy vibrating, nature, whatever that is for you. It's perfect.

And right above that chakra are the rings, the creative rings and let's just tidy those up. Maybe we're going to take a little golden Roomba. Those creative rings, maybe there's three of them, maybe there's more. They show up in art like halos. We all have them, golden halos. Let's go ahead and tidy them up. Take a little golden Roomba and let's clean them up, dust them off, get those creative rings really sparkly.

You're doing a wonderful job. You're so good at this. And now, it's time to put a golden sun at the top of your head. This first golden is just to restore energy. So, let's go ahead and bring that golden sun into every cell of the body. Let's energize and recharge the body with this golden energy and it fills in all the spaces and places that have been cleared. And just let it permeate every cell of your body including down to your fingers and toes and it feels so good to have that upgrade in the cells.

The energy of God just vibrating to every cell of the body, the energy of goddess, the energy of universal life force vibrating through every cell of the body. Feel how good it feels to feel this good and this peaceful, this calm.

And let's put another golden sun at the top of your head. It's a golden sun of validation. And you know, our spirit is so old, it comes with us from lifetime to lifetime to lifetimes - it's very old. And our physical body is really very much like a child. Very much like a baby. It's so young. It only has one lifetime.

And so, our spirit is like our grandparent or our parent. We have to be super, super loving to our physical body and encourage it along the way because this physical body just experiences kind of all the highs and lows of physical body. And there's a few boo-boos

along the way that aren't that fun. So, it's really, really important to adapting attitude of being a wise elder or a gentle parent with the body and to not shove it around.

So right now, we're putting a golden sun at the top of the head and in this golden sun, we're going to fill this golden sun with a self validation. We actually are going to validate your self, that's right. So let's go ahead. You're beautiful, intelligent, handsome, capable, competent, strong, healthy, fit, vibrant, lovable and loving. You're cherishable. You're a joy to be with. You're a contributor. You're cool, neat, awesome, fantastic, wondrous, divine.

Put more validation in there. Validate yourself for the good things you've done today. Validate the things you like about yourself. Validate the things you like about your body, about your mind, put them all into this golden sun and when you filled it up so much that there's no more room for validation.

Put a little more validation in there and then let's bring it down into your ground chakra and then down into the body and let it permeate every cell - every sparkling, wonderful cell of this physical body. And let this physical body feel validation from your tips of your toes and fingers to the tip of your nose and top of your head. Every cell of your body is singing with joy.

Notice how good it feels to be validated. Notice how good it feels for your body to actually have you as spirit validated. It's a whole different feeling than an outer validation. Bliss is an inside job.

And then, put one more golden sun at the top of your head and we're going to bring you as a spirit into that golden sun, sitting there cross legged at the top of your head - very peaceful. You're meditating and contemplating, "Wherever I am at this moment in time is exactly where I am meant to be." And breathe that affirmation in knowing that all is perfect. All is well. All is right with the world. I've gotten everything I needed to get out of this mediation and it is complete and I feel so full.

And bring yourself down into your body, bringing the spirit out of its creative, active, action- oriented self. That spirit that's often way out in the future, creating our future for us and let's bring that into this beautiful, physical body that often is carrying our history and once in a while struggling with it. But let's just for now, let's bring body and spirit together, both in harmony, feeling very energized, very vibrant and happy and we know all is right with the world, bringing spirit completely into body, clicking in present time.

Now, feel your spirit get all the way to the bottom of your toes and filling up your ankles, your calves, your knees, your thighs, your hips, your torso, your chest and it's also coming into your hands and your arms, your shoulders, your spirit is filling out your neck

and your head. And you're incompletely, maybe you even want to pull a little cap on top of you, just undock.

Wiggling your fingers and toes, you might want to rub your arms and legs really feeling yourself present back in the room. Breathing a few cleansing breaths in and out and being gentle with yourself coming back in a kind of slow, lingering way, you want to stretch and yawn and really move your shoulders around. Maybe you want to stand up. Coming back into room opening your eyes.

May it be with the blessings of the Supreme Being that this healing meditation is complete. May the entire world be filled with radiant, vitality, joy, abundance and peace. Tathastu - So be it.

03 Track 3

Taking a nice deep breathe in, finding yourself in a comfortable seated position with your spine erect and your feet on the floor, arms and legs comfortable and relaxed. Send a grounding cord down from the base of your spine to the center of the earth. Make the grounding cord nice and wide. Set the grounding cord on release and begin to release the excess energy of the body.

For men and women who have trained with me, release your male and female bodies. And then, we will be moving up to the adrenal glands. Draw a line of energy as wide as your wrist, hollow in the center from the adrenal glands; let's sit on top of the kidneys two inches off of the spine and an inch up from the waistline. Send those little grounding cords down to the first chakra base of the spine and then down to the center of the earth. Release your adrenal glands. You could imagine putting a little release button on those glands and really letting them clear out. Clear out all the fight or flight energy, the stress out energy, worry and anxiety.

Plug the sciatic nerve into the adrenal glands just like you would plug in an electric cord into the wall and then just imagine the entire nervous system clearing out through the adrenals. So all the beautiful lacy, network of nerves is now just draining out through those adrenals and the grounding cord that goes to the center of the earth. And as that happens, your nervous system quiets and we come into that restful parasympathetic nervous system, being very relaxed and at peace, popping up to the center of the head, sitting in your throne in the center of the head. Looking around the center of your head, if there's any excess looping thoughts or if you have it more visually like cobwebs or boxes, let's go ahead and clean that out.

Open a trapdoor out the back of the head, take a spiritual fire hose or a giant Roomba or a rake, a big Shop-Vac and let's just get it all cleaned out. Just take a moment, clean out the center of your head. And then, anything that you're cleaning out whether you're housing it out or vacuuming it out or raking it out, whatever you're doing, let's let it go out the trapdoor and down the big grounding cord at the base of the spine.

And when you've completed, go ahead and shut the trapdoor, pop out the top of the head, pulling your aura to 18 inches around your body. It should feel snug like a sleeping bag. Make the outside edge of your aura sharp and defined, and double check that you have a nice sharp edge behind you. Smooth out any dings or dents in the aura. Fill in any holes in the aura. And then, let's go ahead and put a golden Roomba at the top of your head and let that spiral around. It's going to clean out all the dust bunnies and fuzz balls that you've picked up in your aura as you've gone about your day walking through other people's auras.

Let's just set that Roomba to work spiraling down around your head neck and shoulders, torso. Cleaning up all the dust bunnies and fuzz balls continuing around your thighs, your knees, your calves, your ankles, your feet, under your feet, golden Roomba down the big grounding cord, let's get rid of that.

We're opening those feet chakras to earth energy. Feet chakras are like lotuses and they're also like camera lenses. So you just kind of have the shutter open and you let energy come up through the feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. Beautiful! As you open to earth energy, your feet represent your soul understanding. Your legs, representing your ability to take your next steps.

Find a place in the universe that's in affinity with you. Bring the line of energy from that place. It could be a star, a constellation, a beautiful temple that you've been to. Bring a line of energy from that place into the back of your head, one inch above where the spine meets the skull. Bring that energy down through your neck and shoulders, arms, elbow, forearms, wrists, hands, through the fingers and out the fingertips. Clearing out your creative channels, your ability to grasp and receive. Burdens and responsibilities all being washed away.

Bringing more of that energy down your back channels, the spine and the meridians on either side of your spine. It's okay now to know where everything is. Your body knows perfectly how to do this and bringing that energy right down into your hips and looping up through the belly, through the chest, through the neck, through the head, out the top of the head fountaining out like a beautiful Italian fountain bathing and cleansing your aura. That's called energy running, let's go ahead and put a beautiful protection rose at the front edge of your aura. On the outside of your aura, put a two-foot rose, this serves to collect negative energy as you go through your day.

Ground that two-foot rose to the center of the planet with either roots or a grounding cord. And just for fun, let's go ahead and put a stick of dynamite under it and blow it up and replace it with another rose grounded to the center of the earth.

And then, let's go to the top of your head. Put a golden sun at the top of your head, giant golden sun as big as a house, bring that golden sun into your body, filling every cell of your body and we're going to fill in all the spaces and places that have been cleared. Gold is the energy of the divine. Let's just fill that up until you have a chance to put your own energy in there.

And then, let's put another golden sun at the top of your head, a golden sun of validation.

You are capable, competent, intelligent, loving and lovable. Meditation comes easy to you. And let's bring that golden sun into your body and let all of that validation really fit

and fill all of the cells of your body - filling your cells so happy with this validation. Every cell in your body is singing with happiness.

And one more golden sun and there you sit as a handsome yogi or a beautiful yogini at the top of your head. Pop yourself back into your body with this golden sun. Just use that golden sun like a spiritual shoehorn. Get yourself back into your body better than you ever had before. And let's do it in present time. So let's pull a spirit out of all the creative projects you've been working on that are out in front of you and let's bring the body into present time. So we've got spirit in present time and body in present time and click it in just like you're clicking in a seatbelt, you're clicking your spirit into your body. Wiggling your fingers and toes, really filling yourself out better than you ever had before, spirit and body.

Three breaths in, cleansing breaths. And coming back into the room, may you be with the blessings of the Supreme Being that this healing meditation is complete. Amen.

04 Track 4

This is your super duper fast meditation. Dropping a grounding cord to the center of the earth, set it on release and release all the excess energy and worry from the body. Ground your male and female bodies to the center of the earth and set them on release.

Grounding your adrenal glands, right and left, set them on release and release all the excess energy, fight or flight energy from the body. It's time to be calm, still and present. Let's let that nervous system plug right into the adrenals, grounding the nervous system. Let's let that just drain out. And take a breath in and out. You can breathe during this meditation.

Into the center of the head, sitting in your throne in the center of the head, let's just kick out all that looping energy and recurring thoughts. Open a trapdoor out the back. Maybe use that spiritual fire hose or that big Shop-Vac. Let's get it all out of there right now. And when it's out, no time, no space, that spiritual fire hose just goes boom-boom and all that looping energy is gone. All those recurring thoughts are gone and what you have now is a sharp crystal clear mind.

Clear off the view screen. Now, we'll be clearing out your broad and narrowband telepathy. Your ability to share images from your mind to others as you speak, so that you're very easily understandable. Just imagine that little mechanism is now clear and that people really get what you say.

Popping up the top of your head, pulling your aura into 18 inches around your body, make sure that aura has a sharp defined edge. Why don't you just go ahead and set a golden Roomba at the top and bottom of your aura. Let them spiral around mean at your waist. Let's clean you up so you can see out clearly. And let those Roombas just go down the grounding cord when they're done.

Opening your feet to earth energy, bringing earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. Opening the back of your head, one inch above where the spine meets the skull to cosmic energy and bringing that energy down through your back, your neck, your shoulders, your arms, elbows, forearms, wrists, out the fingers. More of that energy down your back channels looping up through the belly, through the chest, through the neck, out the top of the head fountaining out like a beautiful Italian fountain bathing and cleansing your aura. Make a big protection rose at the front edge of your aura. You're doing amazing. Super human.

This is a great sprint meditation. Blow that rose up, put another protection in its place two feet across, ground it to the center of the earth. Pop yourself out to the top of your head.

Golden sun of validation, you are capable, competent, clear, intelligent, loving and lovable, strong, vibrant and healthy. Pop yourself back into your body with this golden sun.

Wiggling your fingers and toes, really getting yourself completely into your body. Nervous system relaxed. Everything functioning wonderfully well. Lots and lots of energy. Refreshed, revitalized, renewed. Wiggling your fingers and toes, coming back into the room.

May you be with the blessings of the Supreme Being that this healing meditation is complete. Amen.