

# **The Definitive Guide to Happy Hormones**

**Rev. Julie Renee Doering**

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 so of expression. And I'm here to teach you about meditation.

“Happy Hormones Meditation’ is a deep healing meditation meant to assist in bringing hormones and glands up to a healthy state of function. It is meant to be used occasionally to tune up the endocrine system, connects spirit through the hormonal body. Deeply connects spirit with body through the vibrant health of the glands at full function.

There are opportunities to take short breaks during this long meditation, to take some notes, and then return into trance to continue the clearing and healing. I have also included a final session for females and males based on unique sex glands. Enjoy bringing your hormones into balance.

May you live life in balance in present time and remember, bliss – it’s an inside job.

## 02 Track 2

May you be with the blessings of the Supreme Being that whatever happens during this meditation be a blessing in body, mind, emotions and spirit. Amen.

Sending 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. Begin to release all the excess energy in the body. Go ahead and put in whatever little mechanism, a vacuum, a whirlwind, a toilet flushing, whatever little mechanism you need to clear out the energy of your body.

And then, we'll go to the ovaries. Grounding the ovaries with a line of energy as wide as your wrist, hollow in the center, down one foot below the body and then down to the center of the earth. Set it on release and release both ovaries, the right ovary, left ovary. Release all your healing projects.

And for you guys, go ahead and ground your male body, set it on release grounded to the center of the earth and release all the aggression and competition energy, just coming to a neutral space.

Going up to the adrenal glands, grounding your adrenal gland, your right and your left adrenal gland, down to the first chakra which is the base of the spine and then down to the center of the earth. Set the adrenals on release and release the adrenal glands.

Plugging the nervous system, the sciatic nerve into the adrenal glands and then letting your nervous system light up like a beautiful, lacy network of nerves. And let's just go ahead and ground off the entire nervous system. And just like a bucket of water with a cork in the bottom, pull the cork out and the water drains out. It's the same thing. Plug in the nervous system to the adrenal glands and it's going to drain right out down the adrenal grounding cord.

Going up to the center of the head, sitting in your throne room, your golden temple of silence in the center of the head, let's just look around in that golden temple of silence. Open a trapdoor out the back of the head and let's go ahead and clear the looping energy, the cobwebs, spider webs, any resistant energy. Let's go ahead and clear out the center of the head.

Take a spiritual fire hose, a Shop-Vac, a rake, a big broom, I don't know. One of those obnoxious blowers, leaf blowers, whatever you want but let's go ahead and clean out the center of the head and move all the gunk, spider webs, cobwebs, books, paperwork, move it all out. Dump it out the trapdoor. You're not getting rid of your information, you're getting rid of all the excess baggage in the center of the head and it really feels good to clean it out and get it quieted down.

If you have problems owning the center of head, it might be that those looping thoughts have taken up residence just like squatters, take up residence in an abandoned apartment building and they began to own it because you haven't been there for a while. So, it's going to take a little bit. Maybe a little bit of practice to get all those thoughts out of the center of the head. But with a little bit of practice and you returning to ownership of the center of the head, you will be successful.

Alright, and let's close up the trapdoor and look around in your golden temple of silence, see your throne. Maybe you want to sit on your throne. Look at these beautiful pristine golden walls. A beautiful floor, maybe it's red velvet floor. There's a view screen in front of you. Maybe that's a wonderful flat screen. Maybe it's a stage like a ballet theater stage. It doesn't really matter but you do have a view screen. Let's go ahead and clean off the view screen. So, take some spiritual Windex and wash it off.

Let's get it nice and sparkly so you can see right out. And once you've done that, you can throw the Windex and the cloth or whatever you've wiped the screen off. Throw that down the trapdoor and then close that back up again. We'll be coming back to the center of the head. But let's pop out of the top of the head now and do are clearing of the aura, pull the aura into 18 inches around the body. Make the edge of the aura, sharp, pristine and defined like a glass bubble or maybe a bubble blow bubble that's luminescent, beautiful, kind of translucent colors.

Double check that you have a nice defined edge in the back of you, behind your hips, under your feet, over the back of your head and it should be pretty even, pretty balanced to the aura. If you haven't, go ahead and pull it into 18 inches around your body now. Smooth any dings, dents or holes. Go ahead and fill in the holes.

Good. Wonderful! You're doing such a great job. Go ahead and put a spiritual Roomba, a little golden Roomba at the top of your head and under your feet and let's go ahead and have those little Roombas spiraling around, meeting in the middle. They're going to vacuum up all the dust bunnies and fuzz balls in the aura, just cleaning you up. And when they meet in the middle, go ahead and throw them down the grounding cord - the big grounding cord at your hips.

Let's go ahead and light a cobalt blue corona on the edge of the aura, on the outside edge. So it's just like your sun, you are a sun and you have this blue flame, maybe like a gas flame, flaming up on the edge of your aura. Burning off any programming, anything that would have you be in past time or at the women will of other people, you're doing this particular clearing, clearing the endocrine system entirely and completely for yourself. Let that flame just flame on all the way around your aura so that your beautiful cobalt blue sun, that blue energy again is deprogramming energy. You can let that burn until it burns off all of the crusty programming energy at the edge of the aura. And once it's done burning off the programming, it'll just die out and your aura will return to a beautiful pristine, natural, wonderful, self supporting aura.

Put a protection rose at the front edge of your aura. A giant two-foot rose grounded to the center of the earth. And let's go ahead take a little stick of dynamite and blow it up. Put another protection rose at the front edge of your aura grounded to the center of the earth. Put another little carton bomb underneath it or a stick of dynamite. Blow it up. And one more beautiful protection rose at the front edge of your aura. It's a giant rose grounded down to the center of the earth and we'll leave this one. But when you want to clear energy, this is a wonderful way to move or shift the space if you're having anxiety or nervous tension, this is a great way to clear that up.

Opening your feet to earth energy, bringing earth energy up through the feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. And then, bringing cosmic energy into the back of your head. So, finding a place in the universe, your happy place that's really in affinity with you, extreme happiness, a star, a constellation, a mountain top, an island, somewhere where you lived in joy and happiness and freedom. Bring that into the back of your head, a line of energy from that universal cosmic energy, that place that's in harmony with you one inch above where the spine meets the skull. Bring it down into your neck. Down into your shoulders, arms, elbows, forearms, through the wrists, hands, and fingers and out the fingertips.

We're clearing your burdens and responsibilities. Your ability to receive and to give your creative channels, your ability to grasp and receive and all the little details in life we're clearing all of that out as we bring that universal energy in through the shoulders and arms and hands. Bringing more of that energy down your shoulders and now down your back channels and down through the spine and the meridians on either side of the spine all the way down into the hips. And as it comes down under the hips, let 4 or 5% of that energy just drain out the grounding cord and then bringing forward 95% of that energy, looping up through the belly, through the pelvic cradle and this time we're going to bring about 5% of earth energy up through the belly with 95% cosmic energy; 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.

You're giving yourself a spiritual shower from the inside out. And now, we're ready to begin. So, we'll start the endocrine clearing - the happy hormone clearing by working from the top down. And we start with the hypothalamus and that is actually part of the brain and it's like the movie producer, director of your whole body. And we're going to set it at either yellow or green. We're going to clear that so just send a grounding cord down to the center of the earth from the hypothalamus. The hypothalamus is a part of the kind of the center of the head. It's look on a spiritual level a bit like a fountain, fountaining out. It gives directions to many of the glands on when to turn on and release chemicals throughout the entire body.

And our, we're just going to ground it down to the center of the earth. Set it on release. Release any energy that would be failed energy. Any colors that wouldn't be in harmony with you today and a regular healthy color for the hypothalamus in the spiritual world is yellow or a kind of a lime green or a yellowy green. So let's go ahead and set the hypothalamus on that color.

And then, imagine that you're looking at a gauge. And let's look at that gauge. And where are you at with the function in the hypothalamus? You could be a 20% or 50% or a 100%. So, you're just looking at that gauge. And let's go ahead and turn that gauge up as much as we can. So, if you can turn it up to a 100%. Why don't you give that a try?

Yeah and that gauge can be like a car gauge. You know like mileage or it can be like one of those gauges, maybe like a thermometer kind of a gauge. But you just see it rising up and as high as your body will allow it to go up to a 100% function. So we really want this tuned up. We want it at a 100%. And then, you can release that grounding cord. Look at the gauge. See where you've left it.

And now we're going to go to the pineal gland. The pineal gland is behind and slightly lower than the hypothalamus. It sits very, very close to the top of the brain stem which is the reptilian part of the brain so really, really in the center of your head. It's about the size of a coffee bean and it's natural color is coco or dark brown grounded to the center of the earth. The pineal gland is responsible for one hormone melatonin. It's functions are to help with sleep and with meditation. Let's go ahead and ground the pineal gland and set it on release if there's any failed energy or odd bright energy in there. We want to release that and really return it, restore it to the coco brown or chocolate brown.

So what we're doing here is we're clearing your ability really to meditate more easily and also to have deep and restful sleep. So we want this gland to really be clear of any foreign energy. And now, we'll do the same thing with the gauge. Looking at a gauge, we're going to look at where your function is now in present time. And then let's set that up, if we can, turn the gauge up to a 100%. Go as high as you can, if it doesn't go to 100, that's okay. But our goal is ultimately is to really clear all these glands so that they have their 100% function.

You're doing wonderfully. Good job. So you can return to this any time. If it doesn't go up to a 100%, no worries, you'll have this to practice. Let's go ahead and release the grounding cord. Just let that go.

And now, we're going to the pituitary gland and that's in front of the pineal gland. But really kind of in the vicinity in the center of the head, it's a little bit bigger gland. A beautiful color for this gland would be like royal blue or a beautiful emerald green. There is some diversity of color in this gland. And so, if you will see a different color, it doesn't mean it's wrong. And there's definitely some leeway. We're going to ground the pituitary gland to the center of the earth.

The significance of this gland is that it produces the human growth hormone which allows us to regenerate and restore and to heal our body and this is so important. At around age 28, this gland slows down significantly and we begin to lose our ability to regenerate. And so, with this meditation regularly, you can reset yourself at a 100% and be very youthful. Have your skin heal more quickly. Have your body heal more quickly.

So grounding that pituitary gland to the center of the earth, setting it on release, releasing any foreign energy or failed energy. Now, with the pituitary gland, I have sometimes seen it calcified which means a little ball of calcification forms around the gland and basically encapsulates it. And, of course, this is curable through meditation over time.

So, if you do see a little white crusty thing when you're meditating around the gland that's what it is. And what you want to do is just start imagining, melting or having that just kind of disappear, that white crusty energy and then seeing your pituitary gland coming into full function, that there is a way for the human growth hormone to get out into the body. Circulate through the blood system.

Again, we'll be doing the gauge. So right now, look at your pituitary gauge. And from wherever you are, let's go ahead and tune that up and as close as you can, get that to a 100%, if you can. And remember to breath. You're doing a wonderful job. And then, take a look at the gauge and notice where you are now with the gauge. Take a look at the color of the gland. We've just cleared the three main glands in the center of the head.

Let's go ahead and pulse golden sun energy through those three center of the head gland, endocrine functions. Maybe like a radio wave or radio tower, you kind of see the center of the head beaming out golden light. You could also imagine one golden sun pulsing in the center of your head. We're just tuning this up to the energy of the Supreme Being. So we're really kind of sealing this healing in with the energy of the Supreme Being. You're doing such a wonderful job. Really, really good at this.

And then, we're going to put a golden sun at the top of your head and bring that golden sun into your body, filling every single cell of your body, energizing and recharging you. We'll be taking a break in a minute. Just stay in this light trance. You can put another golden sun at the top of your head. If you need to end your meditation at this point, you will want to bring your spirit fully into your body through golden sun.

If you plan to continue on, then just stay in this light trance. Wiggle around. Take a few breaths in and out and open your eyes coming back into the room. Take a minute or two to reflect on what you've seen. You might want to make some notes to yourself on what the colors were, what the gauges were and then just rest for a minute or two and go on to the next track.

### 03 Track 3

And welcome back and breathing in and out and allow your eyes to fall closed. We're going to just validate our grounding, the grounding cord at the base of the spine to the center of the earth. Just say hello to the grounding cord. The grounding cord in the male and female bodies, the ovaries, the testicles, ground them down to the center of the earth. Saying hello to the adrenal gland, grounding cord down to the center of the earth. Saying hello to your aura. Energy running through the feet and through the back of the head, just saying hello to everything being set perfectly. And we'll continue on with our healing.

So now, we're going into the neck and in the neck, we have the thyroid. That'll be the first gland we look at and that's looks a bit like an anvil or a butterfly. The normal color for thyroid is a deep green or a deep blue. It's responsible for metabolism. So your weight, heat energy, lots of good things. T3, T4, lots of wonderful, wonderful things happen out of the thyroid. So let's go ahead and send a grounding cord down from the thyroid to the center of the earth and set the thyroid on release. And let's release any foreign energy from this gland.

And this is a really important gland to keep really pristine and clear it out. It is located right where your throat chakra is and so, that's your ability to communicate. And the thyroid, definitely, is related to communication also. So looking at a gauge and let's just see where your gauge is set. And then, let's go ahead and adjust that gauge as high as you can up to a 100% function.

You're doing a wonderful job. Just stay focused with this one. You're really a master at this. Bringing a lot of happiness into this area. This is a gland that seems to slow down a little from women. So we want to just bring joy, bliss and celebration into this gland so that it can really function at peak performance. We're looking at regenerating and restoring the body and especially the endocrine system, we really, really want to have happiness when we're doing that. We're clearing and resetting gauges bringing happiness into the body.

So look at the gauge, where did you get it to? And just honor and acknowledge yourself for what a great job you're doing. Go ahead and release the grounding cord and allow it to be in its natural state. Surrounding the thyroid are parathyroids and these are little circular glands. There are four them. The parathyroids are responsible for calcium absorption in the body. Grounding the four, there's two on each side of this thyroid. The thyroid's kind of in the center of the throat. So, let's go ahead and ground the little balls, those little parathyroids down to the center of the earth. Set them on release. Release any foreign energy. It's very important that these glands are working. Really has a lot to do with bone health.

Look at the color. In this case, this one gland is perfectly fine to be white or light blue. Those are the kind of normal healthy colors for the gland probably because it has to do

with calcium. Look at your gauge; see where the parathyroid function is right now. And then, let's reset that gauge to a 100%, if possible. Let's set it as high as you can.

And remember to breathe. You're doing such good work. This is going to make a huge impact on your dynamic health. And look at the gauge now, where did you get it to? Release the grounding cord. Let it return to its natural, beautiful state, really fully functioning.

And let's go down to the thymus. And the thymus is a couple inches below that hollow in your throat. So it's in your chest, sort of in the middle between the heart and the neck. The thymus is the gland that is responsible for educating all the cells of the body for the immune system. So, it's really cycling in the cells, it's teaching, it's like the school. It's where the blood goes to learn. It's where the cells go to learn about protecting the body. So the thymus is really responsible for our wellness, our dynamic health and our immune system. Needless to say, we want this one functioning really, really well.

So ground the thymus down to the center of the earth. Set the thymus on release and release any foreign energy from the thymus. If you're very prone to flu's and colds and strep and things like that, very likely, the thymus isn't operating as well as it could. So this is one that you want to really pay attention to. And let's get that school all cleaned out so the cells can be educated properly. So, the color for the thymus like the natural color is in the green shades and it's really in the yellow greens, the lime greens, kind of the lighter apple green. It can also be yellow. Those are kind of healthy colors that I see for the thymus. You might have another color in there. But if it's going to be in release, excellent health, the thymus should be in one those green, yellow kind of ranges. So you might want to reset the color for yourself.

It feels good to be in this body doesn't it? Just amazing. Such a miraculous gift that we have received from the divine, this amazing mechanism. The endocrine system itself is the closest system we have to spirit. So, when we're done clearing the endocrine system, we'll be bringing spirit through the body. But the function of hormones in the body is very, very similar to what spirit does in the body. So when our spirit is in our body, it's the closest thing we have, the hormones flowing in the body. So it's kind of the bridge between the physical body and the spiritual body.

I'm giving you a little extra time to clear out the thymus. And let's go ahead and look at the gauge. Where are you functioning at right now? And then, let's go ahead and set that gauge to a 100%. Really with absolute certainty that that's where you want to be. No doubt at all. Resetting that thymus gland to a 100%, feeling the magnificence and power of your body. That's wonderful. Take a look at that gauge now. Look at where you are. Go ahead and let the grounding cord drop off. Let's let this thymus return to its natural function, its natural state.

And we're going down to the pancreas. And the pancreas, it's right under the stomach. The pancreas is responsible for our insulin levels and yes, insulin is a hormone. Most of you know that. So it has to do blood sugar levels and hypoglycemia and diabetes and a



variety of other things are affected by the pancreas. So grounding the pancreas down and you could just imagine this organ that looks a little bit like a hotdog. I don't know how else to describe it. Maybe like a small corn on the cob. I don't know. It's kind of a funny looking one. Ground it down to the center of the earth.

And let's release any foreign energy from the pancreas. You're doing a great job. Let's look at the gauge. See where you are now. The pancreas color-wise, the normal colors I've been seeing the pancreas in for people are light pinks and light blues. I think any of the pastels are perfect but pinks and light blues seem to be the natural, healthy color of a healthy pancreas, fully functioning pancreas.

So we're grounding off any foreign energy right now. And then, let's go ahead and set that gauge. So you've seen the gauge at where you're out right now. Let's go ahead and reset that. So, we're going for a 100% function in the pancreas. And breathing while you're resetting that at a 100%. Nice deep breaths. Feels so good in this body. Feels just delicious in here. So wonderful to be in this body - this body that's getting tuned.

Alright. And now, we're going to be pulsing gold energy through the glands we've just cleared. So why don't you imagine again, perhaps a radio tower with golden light coming out of it. Maybe it's radiating from heart area up to the thymus, the thyroid and parathyroid and from the thymus, heart area down to the pancreas and we'll just see that golden energy pulsing through those glands sealing up the healing. Doing very, very well.

Bring a golden sun into the top of your head and bring that golden sun down into your body. Let it fill all the cells of your body, anything that's clearing out as we clear the glands, the endocrine system. Let's let that another golden sun at the top of your head, giant. Maybe it's as big as a house and bring that all the way down into your crown chakra and your neck and shoulders and arms and hands and down through your torso, your legs, your knees, your calves, your feet, just letting that golden sun just permeate all the cells of your body.

And then, we're going to take another little five minute break. So if you were ending your meditation at this point, go ahead and again restore yourself with the golden sun back into your body and spirit.

Otherwise, you can just take a few breaths in and out. Allow your eyes to gently flutter open and breathing in and out. I'd like you to make a few little notes on what you saw based on the different gauges and colors. And just take a little five minute break and we'll come right back. Women, you'll be going on the next track and men, you'll be skipping to the last track.

## 04 Track 4

And welcome back ladies. I'm just validating your grounding. Pulling your aura back in if you expanded it out. See your energy running through the legs and through the back of the head, through the body. Grounding cords all in place. Breathing in and out. We're in the home stretch. You're doing a fabulous job. I am so proud of you. You're taking wonderful steps in really restoring the entire endocrine system making that hormonal body a happy body.

We're going next to the adrenal glands. The adrenal glands release all kinds of hormones. Amazing, there's like so many hormones that come out of the adrenals. Some of the stuff that you've heard of are cortisol and adrenaline. But there's also DHEA and testosterone and just a whole a heck of a lot of hormones that we've never heard of.

Anyway, these little glands were actually created in our bodies to keep us safe from the saber tooth tiger charging at us. So, it would just turn on and it would give us a burst of energy. And all that energy would put us out, you know, like our energy would go, blood flow and everything would go. Like the heart would start pumping and the arms and legs could like really run away from the saber tooth tiger. So, these little glands were actually made to save our life. But in modern times, were using this gland all the time. While driving or getting stressed out. These glands are on and off and on and off and on and off a hundred times to believe. When they're really only meant to be used maybe once every four or five days. Like when there was a danger.

So we do get in trouble with this world that we are running a lot of stress. We use the adrenals way too much and we tire them way out. And some people end up with some adrenal failure or adrenal fatigue. So this is a really, really important gland to keep clear. So, draw a line of energy from each of the adrenal glands down to the first chakra which is the base of the spine and down to the center of the earth. Now, the adrenal glands, if you don't remember where they are, they sit on top of the kidneys. They're just a little bit above waist level and they may be two inches off the spine. They look like acorns with hats. They're small and they're the cutest gland in the body. Really, they're quite adorable. They often are in kind of the caramel color, butternut kind of color. Yeah, they actually look a little bit like acorns. They have that kind of a color to them. If they're another color it's probably okay. But when you ground it off, see what they end up coming into because mostly I see them in the browns.

Set the right and left adrenal on release, if you haven't already. And go ahead and release these glands and you know, we like to have enough room for the glands to release so those grounding cords can be wide as your wrist, hollow in the center. And they're very much, the adrenal glands are very much related to the reptilian brain which is the brain stem. So we can draw a line of energy up to the brain stem from each of the adrenal glands. So now we have a diamond going on. See you see from the brain stem we have a line going down to each of the adrenal glands and then from the adrenal glands we have a line of energy going down to the first chakra which is also our survival chakra.

So, we're going to clear everything out. The reptilian brain that darting around instinctual brain. We just set that on release and release all the stress out tension, patterns of jumping around and darting here and there. Let's just calm everything down. Releasing the adrenal glands of any excess stress, overdrive energy, releasing the first chakra of any discordant energy that would prevent us from surviving with grace and ease.

Sometimes that first chakra will get some black energy in it when we feel like our survival is threatened. Maybe there's some money problems or there's some problems in the home or you know, you're diet is off or something and you'll feel like you're going to die. But in actuality, it's very you're not. But we look at that energy in the first chakra or in the adrenal glands or in the brain stem and we might find some black energy or some discordant energy. And so, this is a great opportunity to just clear it all out.

One of the things you can do, on the first chakra, if you see some energy or you feel some energy around pictures running out about survival. Say, your house went into foreclosure or you lost your job or something. You could actually run some cobalt blue, that deprogram energy that we put at the edge of your aura. You can put some deprogram energy into the pattern that's running the like the death pattern. I've call it a death pattern but it's a black energy or a failed pattern, a pattern of failure.

So, we're going to just deprogram that death or failed energy out. And we'll just put you back in the comfort and ease. The body gets lit up or it gets, I don't know, it's touched by that energy. And so, we just want to calm the body back down. If you're having some problems moving this energy because this is survival energy, it's a little harder sometimes for some people to move it. Go ahead and put a little whirlwind tornado, a vacuum cleaner at the bottom of the grounding cord that often will help get things moving. There you go.

Really good. Everybody's doing such a great job. I'm really proud of all of you for taking this step. It's a big step and it's a lot of work but it's really, really well worth it. And you're going to feel so much better in your body. Okay, so now, we're going to look at the gauge and see where the gauge is in relationship to the adrenal glands. We'll just a look at where you're at right now.

Wonderful and let's just reset that gauge at a 100%, if you can. So go ahead and push that up as high as you can get it. And where does it settle? Let's go ahead and look. It's alright not to be perfect and it's alright to practice as many times. Alright. We'll just leave those adrenal gland grounding cords in place. They do eventually fall away but we don't need to remove them. That's kind of a great area to be grounded all the time.

And finally girls, we're going to go down to the ovaries. To our girlfriends down there and we're going to ground the right and left ovary with a line of energy as wide as your wrist, hollow in the center down one foot below the body and then one line down to the center of the earth. Now, the ovaries look like eggs, kind of, they're round. They're circular. They do a whole heck of a lot in addition to popping our eggs for babies. It's

where we create from our miracle spaces in that area. It's where we heal from. On a physical level, it's estrogen and progesterone and other assorted hormones but those are really important for us.

And girls, even if you've had a hysterectomy, you still have spirit ovaries that need to be grounded. And I know many of you have heard me talk, when you keep this clear, you don't have to go into the energy of hysteria. Hysteria, hysterectomy, they're related. So trust me on this one. You want to clear them even if you've had them surgically removed.

Alright. So setting the right ovary and the left ovary and release and releasing them. Ovaries can be any color and I want you to kind of look at what your colors are. And bottom line is the right ovary and the left ovary usually have different personalities and different colors. And you might actually see three or four or five colors grounding off before you finally settle in with a color that stays. And what that is, is that's energy from other people. It's healing projects you've been doing.

So other people's energy gets kind of plugged up in your ovaries. You take on their energy. So just let it all out. Oh, those ovaries are so happy. They're dancing. They're laughing. They're saying, "Hey, thank you. Thank you. Thank you. Thank you." Oh yeah, this isn't so serious. Alright. So let's look at the gauge and we'll just read each of them because the left and right ovary do read differently. So, start with the left ovary and just look at a gauge and see where you're at right now. What is the function of the left ovary? And let's just tune that up to as close as we can to a 100%.

And then, let's look at the right ovary. Look at the gauge for where it is now. And let's tune that up to a 100%, if we can. No perfect pictures, just do the best you can and we'll be so happy and thankful that it moved and that it cleared and that it feels so good in there and definitely leave the grounding cord in. It's really important that you clear the ovaries or have that into every meditation we do. The adrenals and the ovaries need to be cleared every day. Spectacular!

Alrighty. So we're going to finish up this endocrine healing for the ladies. Let's go ahead and put a golden sun at the top of your head and we're bringing this gold energy down into the body and filling all the cells of the body, energizing and recharging you. And let's bring a golden sun down into the area of the adrenals and the ovaries. Maybe you've got a golden sun for your belly right now and it's just pulsing out and really sealing in the healing for the ovaries and the adrenals. Fabulous darling!

And now, we are going to do a wonderful thing. We're going to bring spirit into a golden sun and we're going to bring the spirit into the entire endocrine system. And we're going to use gold energy to kind of loop through like a golden ribbon through all the endocrine system. So let's bring spirit into this gold sun or ribbon, golden ribbon. Bring it down into the hypothalamus. The pineal and pituitary gland down through the neck into the thyroid and parathyroid, thymus, bringing it into the pancreas, into the adrenals, into the ovaries and then looping back through and coming back up.

So it's kind of like an infinity kind of looping back and forth like a figure eight round and round. We're coming back up through the adrenals, through the pancreas, through the thymus, through the thyroid and parathyroids, up through the center of the head to the pituitary, pineal and hypothalamus. And now, we're really, really integrating spirit and body through the endocrine system and really experiencing that dove tail, unity of spirit and body completely united. And remembering to breathe deeply and you're feeling all of the endocrine glands, all of these happy hormones floating through the body at a beautiful pace for you. Really feeling this upgrade. It feels so good. It feels so good.

And finally, let's go ahead and imagine yourself as spirit sitting as a beautiful yogini at the top of your head in a golden sun. The golden sun is nice and big, bright, very bright and very goldeny and let's bring you back into your body, feeling your fingers and toes, arms and legs, torso, neck and head. Filling yourself in beautifully. Filling spirit, completely filling out every cell, all the way to the outside edge of your skin. Filling yourself in beautifully, completely. Feeling very good.

And one more golden sun, a golden sun of validation. You are loving, lovable, calm, clear, happy, content, juicy. You are so loved and so needed in this world. Competent and capable, easy, peaceful, blissful, happy. You're so grateful that you are here. Bring all of this validation into your body through this golden sun and let it be the golden seal, the healing, the completion of this hormonal healing, this endocrine healing. Breathing in and out. Feeling very grateful, rejuvenated, in great joy and happiness. Wiggling your fingers and toes, coming back into the room. Knowing all is well in your wonderful world.

May you be with the blessings of the supreme being that this healing is complete. May the entire world be filled with radiant health, vitality, abundance, joy and peace. Tathastu - So be it.

## 05 Track 5

Welcome back gentleman. So just go ahead and validate your grounding, energy running. Your feet open to earth energy. Back of your head open to cosmic energy. Saying hello to your grounding cords, your aura, pull that back into 18 inches around your body and taking a few breaths in and out.

And we're going to go to the adrenal glands. Grounding the right and left adrenal gland, the adrenal glands sit on top of the kidneys. We did say hello to them at the beginning of this session. They are a couple inches off the spine and about an inch up from the waistline. They look like little acorns with hats. Ground them with a line of energy as wide as your wrist, hollow in the center down to the first chakra base of the spine and then down to the center of the earth. Remember to breathe.

Setting the right and left adrenal on release and begin to release the excess energy in the adrenals. The adrenals are the gland that gets turned on when we're under duress or stress. And that gland was actually generated or created for this body when we were needing to fend off saber tooth tigers. And what it would essentially is it would pump cortisol and adrenaline into your system testosterone, DHEA, all those things that are kind of aggressive and get you into action. And so, your body would be pumping. You're a caveman and, you know, that saber tooth tiger's coming after your family and you can just grab your club and knock the saber tooth tiger out.

Well, you know, nowadays and that gland would only pop on when the saber tooth tiger was around, which was what? Every four or five days or every seven days. You don't have it come on all the time. But now because of the lifestyles we have, the adrenal glands will come on any time an alarm goes off like a computer beeps or a phones buzzes, when you get in your car, under stress or duress or you just get a little agitated. The adrenals just keep coming on and on and on and on and on. So those adrenals do get worn out. They get really exhausted. So that's why it's really, really important to keep those clearing. Just keep clearing those adrenal glands.

So we set them on release, the right and left adrenal on release and we release it through the first chakra. And the reason that we're releasing it through the first chakra is that the first chakra has to do with survival. Adrenal glands have to do with survival. You know, survive from the saber tooth tiger or the car coming at you or the boss yelling at you or whatever. You know, so that's why we're grounding through the first chakra.

The first chakra has to do with survival on a physical level, your home, air you breathe, the food you eat. You know, being able to provide a roof over your head. So, if you've had a foreclosure recently, you know, that might be survival space, might not be in pristine order or some other financial difficulty - anything to do with survival. We might see show up in the first chakra also.

And so, we're going to ground off the first chakra and if you see any dark energy or black failed energy like death energy or collapsed energy in the first chakra, just go ahead and let that, just shoot down that grounding cord to the center of the earth. And if there's any problem in getting that rolling, go ahead and get a tornado spinning or a toilet flushing or a vacuum down at the bottom. It's perfect. You guys do so well on this.

I just noticed, the minute I give you permission to release, in a more powerful way you just go for it. And so, we're releasing survival space and that will put us right up into the brain stem too, the center of the head, right where the reptilian brain is. That very first brain is the reptilian or yeah, reptilian brain, first brain.

And so, we want to release that too and that has to do with survival, instinct, you know just darting here and there and staying away from the hot iron, or whatever. So we'll draw a line up from each of the adrenals to the center of the head to that reptilian and we're just going to let all that fuzzy, thick energy that's collected on the center of the brain - that brain stem. Let's just let that clear down through the adrenals and then down through the first chakra and down to the center of the earth. So, we're clearing the survival spaces.

And you guys are doing amazing. I'm so proud of all of you. It's really awesome that you're taking this on.

Alright. Now, we're going to look at the color of the adrenal glands. And the color, it's often like an acorn. So the adrenal gland itself looks like an acorn and it's often looks kind of like caramel, the color or kind of like a butternut or definitely in the browns and golden colors, the adrenal gland is. So if you've got some unusual color going on, it's okay. But a normal healthy adrenal gland is probably going to look more like a caramel color. So if you're way off, if you've got this really bizarre color, it might not actually be that your adrenal gland is functioning as well as you like and you might reset it at the caramel color. Okay.

And then, let's look at the gauge and see where you're at with function. And then from wherever you're out now, go ahead and let's turn the gauge as high as close you can to a 100%. Let's go ahead and push it up a little higher. Doing a great job. And then, we're going to leave that grounding cord in place and it's fine to always have your adrenals grounded. The adrenal gland grounding cord comes unhooked, that's fine too. But it's always great to have them grounded.

And now, we're going to go and ground your male body. Some people say the testicles are a part of the second chakra which is creating life and it's creativity and life and some people say it's part of the first chakra which is kind of where it looks on a physical level. In any case, we don't care what it is. But second is creativity and first is survival. Survival sort of makes sense because guys are really responsible for populating the planet and many ways their drive with their sexuality is to populate the planet. So, I'm teasing you guys.

Anyway, let's go ahead and ground the testicles down to the center of the earth. And you know, the energy that we see in the testicles is competition and assertiveness or aggression, that's in there. So what we do when we ground is we just put you into a neutral space and kind of clear out all the competition. All the pictures you're working on competing with everybody else. And we just calm the body down and say, "It's just okay to be yourself." So set those testicles on release if you haven't.

Ground them with a line of energy right down to the center of the earth, wide as your wrist, hollow in the center down to the center of the earth. Set them on release and just release all that competitive energy, any failed energy.

You can also clear the prostate at this point and you can clear the whole male mechanism, if you wish. So you could just set it all on release. Any failed energy anywhere, just go ahead and clear that out. And you can look at the color and just like females with ovaries, males testicles can be a variety of colors. There isn't a right color. Let's go ahead and look at the gauge. Where are you at? Of course, that main hormone that's launched from the testicles is testosterone.

And let's go ahead and set that gauge up to a 100%. We want full function. Testosterone is really helpful for maintaining muscles, maintaining weight, maintaining your drive, your ability to get up and go, go to work. Lots and lots of good things come from testosterone. So you definitely want to be at a 100%.

Very good. Alrighty, mission accomplished. So now, we're going to seal up this healing and let's go ahead and we're going to bring spirit through a golden ribbon or a golden sun, it doesn't matter. So bring your spirit into the top of your head with a golden ribbon, kind of like you're diving down and you're holding on to this golden ribbon and we're going to bring it through the entire endocrine system.

So diving down into the hypothalamus with the golden ribbon and your spirit, we're dovetailing spirit and body. Bringing it through the pineal gland, the pituitary gland, the thyroid, the parathyroids, down through the thymus, down through the pancreas, the adrenal glands, the testicles, looping back up through the adrenal glands, through the pancreas, then through the thymus, thyroid and parathyroids up through the center of the head, pineal, pituitary and hypothalamus. And just making beautiful kind of looping figure eight through the body and just feeling a joy of diving in with this gold energy, the energy of God and just really integrating spirit through the endocrine system. And that endocrine system is as close a mechanism we have to spirit in our physical body.

So those hormones floating through the body, energizing, recharging, all that amazing chemistry going through the body is really the closest thing we have to spirit in a physical body. And so, we kind of leave this beautiful interconnected thread of energy where we're fully and completely integrated spirit in hormonal body, in physical body.

And then, finally, we're going to start bringing you completely back into your body. So let's put a golden sun at the top of your head and let's put you as a handsome yogi sitting



at the top of your head, cross legged in meditation pose. And let's just slip your right back into your body using this golden sun as the spiritual shoehorn, getting yourself filled out better than you ever had before. Really filling out all the way to the edge of your skin, coming into your toes and fingers, hands and feet, legs and arms, torso, neck and head, filling in with this golden sun.

And another golden sun of validation sitting at the top of your head there's a golden sun of validation. You are capable, competent, strong, vital, vibrant, intelligent, able. You are the picture of vibrant health, joy in the body, bliss, gratitude, pleasure, happiness. And bring that golden sun into your body and really let that gold energy and that validation seal up this healing.

Sealing up the healing in your male body, in your adrenals and all the endocrine system. Breathing deeply in and out. Feeling how good it feels to feel so good in this male body feels fantastic. And a couple more nice deep breaths, in and out. Wiggling your fingers and toes, feeling very, very present in your body coming back into the room.

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