

## Q5Grounded\_and\_Calm

Welcome spirit. So glad to have you joining us in this journey of grounded peaceful calm energy. Send a grounding cord down from the base of your spine to the center of the earth, setting the grounding cord on release. Letting go of excess energy in the body, and breathing in and out cleansing breaths while you ground and become more and more peaceful. Going to the center of the body of the torso, I'd like you to ground your adrenals. The right adrenal and left adrenal with a hollow tube. A hollow grounded cord as wide as your wrist, hollow in the center, down through the perineum, down to the center of the earth. So the grounding cord for the adrenal is on release, and release the fight or flight stress out energy in the adrenals. And then I'd also like you to ground your nervous system through the adrenals, so you're going to plug the sciatic nerve into the adrenals, and just see the nervous system release. And continue to do your cleansing breaths, feeling very very present and very fortunate. And continuing to release, and let go of any excess nervous energy, any dark energy, being more grounded, more clear, then you've been in a long time.

And going to the center of the head, let's go ahead and wash out the center of the head. Taking a spiritual fire hose, I'd like you to open a trap door out the back and just wash out any looping thoughts, worries or concerns. This is your time to be serene and peaceful. And when everything's been washed out, vacuumed out, brushed out, scooped out, however you want to clean it out, close the trap door and sit in the center of your head. Sit on your golden throne. In this temple of silence. Bringing earth energy up through your feet, ankles, shins, calves, knees, thighs, and out the hips down the grounding cord, and cosmic energy into the back of your head, down your neck, shoulders, arms, elbows, forearms, hands, fingers, and fingertips, and more of that energy down through your back channels, looping up through the pelvic cradle, 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. Let's go ahead and tighten up the aura, it's 18 inches around the body. Let's make sure that the aura is connected and if there's some tears in the aura, just go ahead and mend that with some magic spray or a spray. And now sitting in the center of your head, is a beautiful yogini or a handsome yogi. Repeat a mantra of ohm, of peace, of love. You are calm, serene, and grounded. Breathing in deeply, and out completely. Breathing in deeply, and noticing the parasympathetic system beginning to restore, reboot, and make solid that which was wiggly and out of kilter. Breathing in, peace, breathing out. Breathing in, serenity, breathing out. Feeling grounded and centered. May it with the blessings of the supreme being, that this healing is complete. Amen.