

welcome

Introductory Opt-In Healing Meditation Transcript

Welcome to your healing meditation. Begin to take a long slow inhale... and a long slow exhale.

Again, long inhale... and long exhale, as you prepare yourself for some moments of intentional healing, allowing in vibrations of healing and well-being; of higher frequencies of love and light to move through your cells... to move through your body... to move through your perspectives... to move through your thoughts and emotions.

Begin, now, to bring your attention to something that you would like to have healing around. Perhaps it's something with your body; perhaps it's something with your money; perhaps it's something with relationships; perhaps it's something with your work, job, avocation, or projects; perhaps it's something with your spiritual experience, that feeling of being connected to love and light, that which is the Divine itself.

Just begin to turn your gentle attention toward whatever it is, right now, that's calling through you - to be uplifted, to be called back to the natural state of wellness and wholeness that is inherent. Even if that's not something that you're experiencing in this moment, understand that the healing that you're wanting, is wanting you. It's calling you forth... as you are calling it forth.

So right now, I'm going to bring in the intention of your own highest and best: Beloved mighty I Am Presence, inner most Divine and most high Divine, being the same... I call in your guardian angels; I call in your guides and teachers, the Ascended Masters - those whom you know, and those whom you don't. The Archangels and their great angelic host. I call for the presence, right now, of your guides, teachers, and higher aspects that have been calling to you and playing with you... that you have had a gentle sense of, but perhaps not been fully sure that that presence, that connection, was real. But it is.

So, I ask in this moment, that you become willing to open the energies around and within your heart. Just being willing to open to love and to higher frequencies.

Begin to take note of a softening and an ease at the crown of the head. Love and light, softening and ease moving down through the crown of the head... through the skull, through the scalp, through the awesome brain; down across your face... love and light, all the way down through the neck. Love and light across your shoulders, bringing softening and release.

Love and light moving down through your whole torso, reminding the cells of their inherent wholeness. The vibration of love that is your birthright within every cell. Love and light moving down past the shoulders, down the upper arms, and the elbows, and the forearms. The frequencies of love and light through the wrists, and the hands, the palms, the fingers, and the thumbs.

Just inviting the body into deep relaxing. Opening easily to the levels and vibrations of healing. Love and light moving through the whole central area of you: the reproductive organs, the sitz bones, the hips, the buttocks, the pelvis. Love and light through the upper legs, and the knees, and the lower legs. Through the ankles and the feet. Love and light bringing softening and relief... throughout all of the cells of the body, from the crown of the head all the way down to the bottoms of the feet.

As you call to mind that area or situation that you are calling in and allowing healing to move through. That which you are wanting is wanting you. And the higher realms of love, and consciousness of the Divine itself, are helping open you and your experience in this moment... to that.

"I am open to healing and ease and love in this moment. I am open to healing and ease and love in this moment. I allow the vibrations of love and light and Divine healing to wash over and through my situation, or my experience. I call in and I allow healing far beyond even that which I have thought was possible. As I breathe, healing moves through my body, my money, my situation, my relationships, my work. It is my divine birthright to experience health, wealth, love, perfect self-expression, and the time, and the meaning, and the love to enjoy it all!"

And now open your hands. Just gently allow the palms of your hands to open, if they have not been. And invite in that posture of openness, just for these moments. Miracles following miracles, and wonders that never cease. Touching that which is your own Divine Essence. Radiating from your own inner being and heart. Radiating the intention and the willingness, to experience the ease, and the relief, and the healing that you most want.

Imagine feeling your whole body, your mind, your heart, your spirit, your soul, filled with love, filled with light, filled with the joyful vibration of that which is good in this moment. I ask that whatever this dear one is most wanting, that it moves through their world in Godspeed ways for the highest and best of all concerned. That which this dear one is wanting, or something even higher and better.

Begin to feel your breath again moving in and out. Notice perhaps a lightness of being, or a little more energy, or a little more focus, or a little more breath of hope... breath of possibility... breath of inspiration. Now let the toes wiggle around a little bit and let the fingers wiggle around a little bit. And lengthen your breath. As you start to hear my voice a little more fully, more consciously. And as you get ready to move into the rest of your day or evening, with the remembering-even just for these moments-that it is your birthright to feel your own inherent worth, and your goodness, and to have your life work for you in beautiful ways, beyond even what you've experienced up to this point. And so it is. Goodbye for now.

Thank you