



A quick note:

I originally conceived of this as an audio meditation, but decided to add the video aspect in order to highlight the primary concepts shared around money, our physical bodies, and how supportive and not-so-supportive financial guides and angels connect with us. There are also graphics with gentle reminders of the healing principles we explored earlier in the course. You can listen or watch this multiple times. Each time your own guides and angels will connect with my guides and angels and something new will happen.

This meditation addresses how we allow, but often don't allow, *enough* support into our life. Issues relating to support can manifest as financial, but they are also apt to appear as physical issues in our lower back, digestive system, and depth of sleep. We will be creating sacred space, and then sharing some ideas from my own experience, as well as from my guides, Archangel Michael and Mary, whose energies you may sense already working with you through my voice.

I offer a song, Creating Comfort, and we close this meditation by releasing Sacred Space. As always, be sure to jump to the end and release out of Sacred Space should you need to leave the meditation early.

The purpose of this meditation is to provide you with opportunities to recognize learned beliefs around money, finances and support, feel where and how they impact your body, notice the emotions and memories that arise, and release any old guides or angels embedded into your body that are no longer of service to your Soul's journey. As always, we will also be welcoming those guides, angels and energetic patterns that your Soul desires for you and your body to be supported by right now to step forward and engage with you more fully. Find a space to relax, lie down, and let's get started.

Invocation of Sacred Space

Join me now for an invocation of Sacred Space. Feel the room around you. We use our rooms for so many different things; from reading to watching TV, cooking and relaxing or sleeping...for this reason we take a moment to allow those energy already present in the room and the land beneath it that reflect unconditional love to step forward.

Tuning into the room and welcoming the Nature Spirits of your room, Those that vibrate at what they consider to be their level of unconditional love to step forward. The same for the land beneath. The Nature Spirits, there in the land directly beneath the room, welcoming those that vibrate at their level of unconditional love to step forward.

And finally the Pure Energy of Nature, that wonderful grandmother energy, allowing that energy to step forward as well, the Pure Energy of Nature. Allowing all of these together to create a sphere around your space, your room, that reflects the unconditional love of the Nature Spirits of the room, the land beneath, and the Pure Energy of Nature.

Into this welcoming Archangel Michael. That aspect, that portion of Archangel Michael working with you right here, right now, today, in this very moment. Letting Michael step forward into your awareness, and then allowing Archangel Michael's energetic presence to share with you a consciousness magnified connection to Michael in the lower dimensions, in first dimension, and then in second dimension.

Sometimes it feels as if a pulling or a tugging is happening from the floor of the room downward, sometimes you can feel that upside down pyramid that reflects Archangel Michael's conscious moving from the floor of the room down. As we can follow Michael down into the Earth aspect, the more familiar Heavenly dimensions open more fully and completely to us.

Welcome Archangel Michael's presence, in the upper dimensions, into our conscious awareness. And allowing Archangel Michael's presence to move beyond right and wrong, beyond our awareness, and anchor into that place beyond polarity.

And with this we also welcome the energetic tube, that Archangel Michael's energies create. This energetic tube goes all the way from that very core of the first dimension, as if it is deep within the Earth, to that point beyond right and wrong, beyond polarity, up above us.

Archangel Michael has the ability to help other energies go to wherever they need to go to. Therefore we welcome that aspect of Archangel Michael that wants to be present here, now, today, to be within this meditation.

Welcoming as well that one guide or angel that would sit with you, now. This may be a guide or angel that you know, or it may be a completely new presence. What one guide, what one angel, is most suitable right here, right now, for this meditation, for you?

Money, Ease and Comfort

I want to start by sharing a story with you that pertains to how we value things in our culture, and how we might want to change that for ourselves.

I was thinking the other day about how hard it must be to have huge wealth. I know, that sounds crazy doesn't it? I am talking about the size of wealth where you are responsible for many businesses, own homes in different countries and hire people to supervise the supervisors of the staff who tend to all the homes.

How what you own may be costing you your life force

I have been in mansions. I have been in some of those huge humungous crazy insane mansions that some people throw events in for hundreds of other wealthy people. Usually I was there as a musician, helping to raise money for a charitable cause. And you know what? I got to see both the public and private parts of the mansions, and here is what I learned.

People don't live in the whole house. They throw the party in a very open, public section of the mansion. They live in a private section. They always have what is about half of the size of a regular size kitchen in their private quarters. It's more than a kitchenette, but not by much. They have just enough in their private part of the mansion...a bedroom, a sitting room, a big TV, a piano, the kitchenette and a bathroom. Maybe two bathrooms. The rest of the house is for show. Sometimes huge rooms have little or no furniture. They rent furniture for specific events at the home. They walk through these rooms to get to the full sized kitchen, a car, the pool or a work-out space. And I was thinking how truly reflective this is of human nature, to have the desire for both opulent grandeur and personal intimacy.

In US culture we are taught (by watching the behavior of those around us) that we should have a drive to accumulate lots of money and houses and 'stuff'. We should want a huge mansion! And yet ultimately our bodies have to engage with the physical space around us. And it depletes us to try to live in a space that is too large for us, or that has too much stuff in it.

We imbue our possessions with our personal etheric energy

A little side note about how our personal energy interacts with what surrounds us. We imbue everything that we own, and the apartment, home or space we live in, with a little bit of our own personal energy. This energy comes from the etheric layer of our aura. This is the part of the aura that lies closest to the physical body, and is in fact the 'blue-print' for our physical body.

The problem is, we need that etheric energy to surround our own body. Our body 'listens' to the etheric field to know how to create our physical form. Depleting this part of the aura means weakening our physical body's connection to our spiritual energies.

Why do we do it? Because by surrounding what we own with our etheric energy, we make our stuff feel like us. The vibration of all of our stuff is indeed then the same as that of our own body.

In any size home you typically prioritize caring for the space and things you use personally on a daily basis. You may have housekeepers, personal assistants or others to tend to the less private spaces around you. It is a very sobering and wise moment when you realize that you cannot put your personal etheric energy field into more than a certain amount of physical space, physical objects, or mundane daily tasks. At a certain point, you need other humans to help you, support you, and to work on your behalf.

And because of this I was thinking about the difficulty that arises when fully engaging with a home, family, as well as with personal and business finances, especially if we are unable to ask for and receive the *quality* of support we need. We would not expect a tree to grow if it doesn't receive water and nutrients. Why do we insist that we can grow without more fully tapping into the support available for us, in our life, as it is right now?

In order to change we must grow.
In order to grow we must receive what nourishes us.

There is a quality of ease that promotes deeply creative actions in our lives when we learn to ask for and allow support. This support is already waiting to be invited into our lives, be it in the form of people or our guides and angels, all of whom do what they do best when we allow them to support us.

Our Unity Sphere

Some people are wired (energetically and psychically) to be able to connect to a large number of people through a small number of people. They have turned on a part of their aura that extends out about 55 feet in all directions. I call this their Unity Sphere. These people naturally build a hedge or inner circle around themselves. For them, owning and overseeing businesses in a conscious manner is comfortable. They honor and listen to honest feedback from their inner circle. They engage with everyone within their trusted inner circle, whether it is their personal housekeeper, their best friend or their lawyer.

Our Personal Sphere (Aura)

For many other people, they imagine that they can do it all themselves, from cleaning the house, to baking bread, to running the kids to school, to supervising every single aspect of a business. Because they can do it, they assume they should do it. Prioritizing and doing first those tasks that only you can do is a foundation of both good business and excellent spiritual practice. Over time, I have learned to allow others to support me by doing what they do well. For some people this style of trusting in honest support from others feels somehow wrong. It is as if they are cheating by not doing it all themselves. But striving to be bigger, without support, itself becomes an issue that draws you away from living in comfort.

Navel Chakra and low back issues

Notice your lower back, and the space behind your low body. I find old beliefs about *'having to do it all yourself'* or *'it doesn't really count unless you yourself do it'* relate to discomfort behind our low backs. Out-of-time guides and angels hold old beliefs in place, and they often reside in the space behind us. Take a moment, and notice what you notice. Heaviness, static, pressure, an emotion, memory, tense muscles, looping thoughts...any of these might be happening. Ask whatever you notice if it is really yours. Is it really in tune with your

body right now? Is it a manifestation of your Soul's journey in your life? As you ask the questions, appreciate whatever experience you have, and whatever insights are coming to you now. Take a breath, and allow the guides, angels and energies to move onto where ever they desire to go. Energies are constantly evolving, just like we are. Release them onto their own journey now.

There can be related issues in your Navel Chakra. The reason I am bringing this up is to tag those beliefs that somehow you should be different, be more, or be greater than *who* you are and *how* you are now...and that how you are now is somehow wrong. Instead, lets look at what you are good at doing. What, no matter how normal or insignificant it seems, are you great at doing? And chances are, it's not going to be hard for you, so you may be overlooking something very obvious.

You may have learned that if something isn't hard, it isn't worthwhile. Let's undo that programming now! Your Soul designed your body to specifically be a vehicle for your Spiritual expression in this lifetime. That means, all the energies that your Navel chakra takes in are meant to nourish your entire chakra system and body perfectly. Let's clear and reset both the front and rear sides of your Navel Chakra now.

Feel the space behind your low back. Every chakra of your body has both a front and back side. The Navel chakra is easy to find, since it runs through the physical navel. You might want to put your hand or finger on it. Notice how the space inside of your body, just behind the navel feels. Go a little deeper into your body. Can you feel a tube or a line of energy at your navel that runs all the way through your body, front to back? If not, notice whatever you do sense. The goal isn't a squeaky clean chakra, or to try to make you look like pictures in a textbook. Our goal is to bring your body and Soul into balance. Whatever issues are not ready to resolve will remain. Whatever you notice is ready to be released. Most people feel some awareness of energy for about an inch inside of themselves around their navel, and then they lose track of it. That is fine.

Resetting the Core of Your Navel Chakra

Let's continue with this meditation, which you can repeat, and this will help to reset the core of your Navel chakra, deep inside your body, while we clear and re-weave the front and back side vortices generated from the central core of the Navel chakra.

Let's begin with these ideas:

- You have absolute permission to make all the money your Soul wants you to make.
- You have absolute permission to have all the stuff your Soul wants you to have, and to own all the homes your Soul wants you to have.
- You have permission to do whatever feels comfortable for you!

How does this quality of energy feel now in your navel? At the very core, deep within your body, how does your Soul want to support and engage with your Navel Chakra? Allow your feet to feel that innate support from all the Earth energies that are truly in tune with you right now. There is a fulfilling quality of ease and comfort available now, to you.

Your Soul desires for You to Have Enough

It is enough. You are enough.

Rather than trying to push personal energy to create physical form, through a linear thought process, allow your Navel Chakra and your Soul to engage together and encourage you to move in whatever way is appropriate now. What does your Navel Chakra want to feel like? What is the quality of ease and flow that your Soul has in mind, right in this moment, for your physical body?

Sometimes taking a long walk is exactly what the Soul wants the body to be doing. Sometimes taking a nap or a few days of rest is what the body needs in order to engage more fully with the external world again, so that the body can be a vehicle for the Soul's expression. Perhaps living in a city is exactly what the Soul wants the body to be doing now. And at times being quiet and contemplative is exactly how the Soul wants the body to be. There is no right or wrong.

The question is:

What is the quality of energy that feels amazingly easy, flowing, and comfortable in your Navel chakra now?

As you tune into this, whatever the form is that fits this quality of ease and flow will be naturally drawn to you and into your life.

Notice how your Navel Chakra and the space behind your low back (the backside of that same Navel Chakra) feel right now. I find a lot of pushy guides from other people sit near our low back and are partially intertwined with the back side of both our Navel and 2nd Chakras.

Let's release some of these now. Ask if what you notice reflects your legally incarnating Soul and your body now. (Yes, you can talk to your Soul and body!) By doing so you give permission for the causal energies, including out-of-time and out-of-tune guides and angels, to release from your space. It is their presence that causes the heaviness, the static and other energies that you feel physically impacting you. The beliefs, the thoughts and the images that you have to *do* something, or that you have to *have* something in order to be good enough are also a result of their presence.

Let me say that one more time. The beliefs, the thoughts and the images that you have to *do* something, or that you have to *have* something in order to be good enough are also a result of the presence of old guides and angels. All of these can be offered gratitude for teaching us something. And in offering them gratitude, we release them.

You are enough. It is enough.

It is time for us collectively to notice how easily we are drawn to bright shiny pictures of fame, wealth and fortune that aren't what our Soul desires for our body to experience right now in our life. This is part of why we, as a world, are collectively dealing with narcissism right now. We will address and be releasing our own connections to these unrealistic pictures and their associated energetic patterns that cause physical discomfort in our head, neck and shoulders in another meditation.

For right now, bring your focus back to your own breathing. Let yourself breathe very slowly and easily into the space behind your low back. As you listen to the upcoming healing song that I sing, *Creating Comfort*, you can be completely still within yourself, or consider this question:

*How much ease and comfort
does your Soul want your body to have in life now?*

It is enough. You are enough.

We will do a final clearing and release Sacred Space after the song.

Creating Comfort an improvised healing song from Spirit

Releasing Sacred Space

Breathe slowly into your body. Allow your awareness to return to the room around you. As you do this, we thank and release all those guides and angels that have been present. Thanking and releasing that aspect of Archangel Michael that has sat with you. Releasing Archangel Michael from the upper dimensions, those Heavenly dimensions, and releasing Michael also from the Earthly, or lower dimensions. Letting that aspect of Archangel Michael that truly is already and always a part of you simply reconnect to you now, stepping back into relationship with you in whatever way is appropriate now. And if indeed I have a conscious connection to that aspect of Archangel Michael I release that as well right now.

Feeling that wonderful sphere created by the Nature energies all around the room. Beginning with the Pure Energy of Nature, letting it cleanse, clear and release any energies that it can cleanse and clear. Thanking the Pure Energy of Nature for being present, and releasing it from holding the uppermost portion of the sphere. Letting the Pure Energy of Nature clear and cleanse whatever it can help to escort homeward. We thank the Pure Energy of Nature for sharing a conscious connection with us, we release the Pure Energy of Nature from holding the sphere, and we release our conscious connection to it now.

In the room itself, the Nature Spirits, those vibrating at their level of unconditional love holding the sphere, we welcome them to clear and cleanse themselves from this meditation, clear and cleanse the room, and you, from this meditation. Thanking them for their service, and letting them step back to however they relate to the room and to you now. Releasing them from holding the sphere and releasing our conscious connection to them now.

And from within the land beneath, the Nature Spirits have been holding the lower portion of the sphere. Those Nature Spirits, vibrating at their level of unconditional love within the land beneath, we welcome them to cleanse and clear themselves from the meditation, cleanse and clear the land beneath from the meditation, and cleanse and clear the lower portion of the sphere from the meditation. Allowing the Nature Spirits from the land beneath to escort homeward all those energies from the meditation that are ready to be released, and that they can assist now. We thank the Nature Spirits from the land beneath for their service, releasing them from holding the sphere, and releasing our conscious connection to them.

Finally, bringing awareness to that one guide or angel we welcomed to step forward at the very beginning of the meditation. Take a moment. What one word, symbol, or image would be useful for you to hear or know now? And gently thanking and releasing that one guide, that one angel, knowing you can always reconnect whenever the time is right.

Completing the release out of Sacred Space, allow yourself to breathe and feel the changes that have occurred in your body now. Feel your navel, feel your low back. And know, that something has changed. And know, that this is the new you stepping forward now. You have changed, and no one else has to change. But you have changed.