

GREENSMOOTHIEGIRL

LOVE = 528Hz MEDITATION

Today, in this moment, I feel perfect peace and contentment. My feet are in contact with the earth, which brings me into harmony with the 528 Hertz vibration of the planet, that same synchronous optimal vibration of living green things. I'm bringing my own energetic harmonics into synchronicity with the earth. The sunshine is on my bare skin, which brings a flow of happiness hormones and makes vitamin D on the surface of my skin that my bloodstream will absorb. This is my defense against disease of all kinds, for living beings were born to be in the clean air and the sunshine.

My lungs are filling with clean, fresh air, and deeply cleansing my respiratory system, which breathes and pulsates in harmony with other living beings everywhere in the world, some of them creating oxygen, and some of them creating carbon dioxide, feeding all of nature.

As I take a deep breath in, when I feel my lungs are full, I take one more last sip of air, and when I slowly release all of the air in my lungs, at the bottom of that breath, I exhale just one last bit of breath, pure, beautiful, clean and energizing. I feel joy and gratitude in this moment as I realize that my life has the potential to increase in happiness and health. In so doing, I'm able to give more to my family, my community, and to the world. I'm capable of things greater than I've ever done before. I'm open and flexible to the needs of the universe, that I may be called on to respond to.

I choose to be keenly attuned to the needs of other beings around me in this day. I'm grateful for the opportunity to breathe, to do meaningful work, to sleep, to enjoy food and drink, to contribute to my biological or my chosen family. I feel the deepest gratitude for the company of other human beings and animals around me. In this moment, I chose to have contentment wash over me, and I set all criticism and dissatisfaction outside of my energy field while I bathe in endorphins, satisfaction, and harmony. I feel perfect peace and relaxation as my body serves me to bend, invert, twist, stretch, wringing toxins from my spine and helping me increase in flexibility and health. As my body is limber, my mind and spirit are clear, flexible, resilient, and youthful as well. I grow in love and harmony as I honor the miracle of my own life, my body and spirit, and in turn, dedicate my life to honoring the divine in others.

As I grow in peace and love, I am able to give more and help others achieve peace and love as well. The divine in me bows to the divine in you. Namaste.

For the rest of this yoga flow, please take 30 deep breaths, and as you release each breath, bring a word into your energy field that is positive state you're working on, such as joy, fun, peace, or acceptance, or you can always say "release" on each exhale to remind yourself, to remind your respiratory system, your psyche, and any tension in your muscles, to let go of what doesn't serve.

Deep breath in. One, two, three, four, one last sip. Release. One, two, three, four, one last push. Deep breath in. One, two, three, four, one last little sip. Release. One, two, three, four.